

HOLIDAY CLOSURE

All York Region Ontario Works offices (Georgina, Newmarket, Richmond Hill and Vaughan) will be closed on:
Labour Day on Monday, September 5, 2011

OW FINANCIAL

LET US KNOW WHEN THINGS CHANGE WITH YOUR LIVING ARRANGEMENTS....

It is your responsibility to report changes in your situation to your Case Worker right away. This is to make sure you receive the correct amount of assistance from Ontario Works and to assess if you qualify for other benefits.

Notify your Case Worker if:

- You move
- Your rent or shelter costs change
- The number of people in your family changes
- Your child leaves or returns home
- Your child stops attending school



Is Your Child Registered In School?

Every year parents of school age children are to report if children are registered and attending school. Send confirmation of school attendance to your Case Worker by Friday, September 16, 2011.

Acceptable proof of attendance includes: a letter from the school, registration form or another document with both your child's name and the name of the school.

EMPLOYMENT AND TRAINING



Smart Start

**Want to work in
Customer Service
or Food Services?**

Industry Specific Certification and Training
A Customized Return-to-Work Action Plan
A Personal Career Assessment
Job Search Techniques
Personal Success Skills
Work Experience

Smart Start is delivered at various locations throughout York Region

Please call for dates, times and locations

1-866-256-0861

smartstart@jobskills.org jobskills.org/smartstart

Delivered by:



Location: Richmond Hill
Start Date: September 12, 2011

Retail and Grocery

Customer Service Training Program



The March of Dimes offers a three-week customer service training program in retail, grocery and other related sectors.

This program provides employability and customer service skills, safe food handling, job search techniques, interview skills and more!

**This program is offered monthly in many locations in York Region. For more information, please call:
1-888-256-1112 ext. 6503**

Funded in part by The Regional Municipality of York through the Community Development and Investment Fund.



STEPS

Society for
Permanent
Recovery

**Are you in recovery or impacted
by drug or alcohol addiction?
Don't miss the chance to enroll in this**

EIGHT-WEEK PROGRAM

STEPS offers a pre-employment program providing computer training, individualized supports, job placements and much more.

To participate in this program you must be in recovery or impacted by drug and/or alcohol addiction, and unemployed or underemployed.

**For more information call Jackie Tersigni
at 1-888-256-1112 ext. 2507**

NEXT SESSION DATES IN RICHMOND HILL: SEPT. 19 TO NOV. 11

Funded in part by The Regional Municipality of York through the Community Development and Investment Fund.

GET S.E.T. FOR SUCCESS

This is your opportunity to participate in skills upgrading to meet your needs and get industry-specific certification.

There is no cost to enroll in this program. Training is for people living in Georgina and surrounding areas.

For more information or to enroll call:

**Georgina Trades Training Inc.
905.722.6300**

Space is limited.

Funded in part by The Regional Municipality of York through the Community Development and Investment Fund.



CHILDREN & FAMILIES

PLAY

FREE RECREATION AND SPORT PROGRAMS

FOR ELIGIBLE children and youth AGES 4 TO 18 and single parents receiving Ontario Works.

Choose from: arts and crafts, dance, martial arts, sports, swimming, yoga and much more!



Gym memberships and drop-in activities are also an option.

Call the KIDSLINE at **1-888-703-KIDS (5437)** TTY 905-762-0401 and press Option 6 to see if you qualify.

Eligibility includes: children, youth and single parents receiving Ontario Works, Child Care Fee Assistance or Rent Geared-to-Income tenants.

COME IN AND DISCOVER



FREE Early Child Development and Parenting Programs in your community for parents and caregivers with children up to six years old.

For more program information and times of operation, please contact the site you are interested in attending.

EAST GWILLIMBURY

Holland Landing Public School
905-841-1314

GEORGINA

St. Bernadette Catholic Elementary School and Black River Public School
905-722-9630

St. Thomas Aquinas Catholic Elementary School, Keswick
905-722-9630

THORNHILL

Promenade Mall
The Family Resource Centre
905-882-8509

MARKHAM

Unionville Library
905-471-1620
Markham Library
905-471-1620
Ashton Meadows Public School, Markham
905-471-1620
Parkland Public School
Markham
905-472-9685
Milliken Mills Library
Unionville
905-471-1620

RICHMOND HILL

Doncrest Public School
905-731-9596
Lake Wilcox Community Centre
Oak Ridges
905-883-6901
Moraine Hills Public School
Richmond Hill
905-883-6901
Charles Howitt Public School
Richmond Hill
905-841-1314
16th Avenue Public School
Richmond Hill
905-883-6901

VAUGHAN

Maple Community Centre
905-832-8500 or 905-773-4323 ext. 318 for Mother Goose
Maple Creek Public School, Maple
1-866-404-2077
Teston Village Public School, Maple
1-866-404-2077
King City Library
Mother Goose Program
905-773-4323 ext. 318
Michael Cranny Public School, Vaughan
1-866-404-2077

NUTRITION

Healthy Lunch Ideas for Kids

Whether your kids eat at home or school, making healthy lunches for your child can be a challenging task for many parents and caregivers. But, with a little planning, you can put together a tasty, nutritious lunch to help your child concentrate, learn and play better.

The next time you make your child's lunch, keep the following tips in mind:

- Involve your child in planning what to make and pack for lunch for the entire week. Children will be more likely to eat a lunch that they chose
- Consider making lunches after dinner rather than in the morning before school to beat the morning rush
- Use Canada's Food Guide to show children how much of each Food Group they need for a healthy diet. A healthy lunch includes three out of four Food Groups
- Offer a variety of foods to make snack time and lunch fun and enjoyable. Have fun and mix and match from the following table:

Packing it properly

Some kids may be picky and not eat their lunch if sandwiches are soggy, fruits are smashed and drinks have spilled. Here are some helpful tips in mind when packing lunches:

- Send tomato slices or any watery vegetables or fruit in a separate container. Have your child add them to their lunch just before eating
- If using re-useable juice containers, make sure they have secure lids. Remind your child to close it before putting it back in their lunch bag
- Place whole or pre-cut fruits in a container to prevent it from being bruised
- Use a thermos to keep hot foods hot and cold foods cold. Pack a frozen drink and use as ice pack. The drink will be refreshingly cold for lunch time as well

Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
Carrot sticks	Whole wheat breads, buns, bagels, pitas	Milk	Boiled eggs
Celery sticks	Tortilla wraps	Chocolate milk	Hummus
Cucumber slices	Naan	Soy milk	Kidney beans
Pepper strips	Crackers	Yogurt	Lean sliced deli meat
Tossed salad	Cereal	Cheese slices	Roast meat slices
Apples slices	Pasta		Meatballs
Bananas	Rice		Tuna
Grapes			
Orange wedges			
Canned fruit			
100 per cent juice			

This article was produced by Nutrition Services of the Community and Health Services Department. For more information visit www.york.ca/nutrition. To speak to a Registered Dietician call EatRight Ontario at 1-877-510-5102.