



# News from Amity

## Summer 2013

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### Contact Information:

**9213-146 Avenue**  
**Edmonton, AB**  
**T5E 2J9**  
**Phone: 780.478.5022**  
**Fax: 780.473.8979**  
**Email: info@amityhouse.ca**  
**Web: www.amityhouse.ca**  
**Hours of Operation:**  
**Monday to Friday**  
**8:30 AM-4:00 PM**



*Dickinsfield Amity House is a family resource and drop-in centre that has served north Edmonton since 1972. We exist to promote the independence and well-being of families and individual by providing educational, social, and recreational programming at the preventive level, and we offer a wide range of programs and services for the community. Learn more about us at [www.amityhouse.ca](http://www.amityhouse.ca)*

## Jam Making Session at Amity!

Have you ever wanted to learn how to make your own jam? Well now is your chance! Fruits of Sherbrooke Edmonton is hosting a Jam making course at Amity on **August 19th at 9:15 AM**. The fee for this course is \$1.00. Participants will also have the chance to learn how to make preserves and salad dressings. You can bring your own herbs from your garden or your favorite spices to incorporate into the recipes. All the fruit and jam making supplies will be provided. The Dickinsfield Community Gardens Club will also be donating a variety of herbs and raspberries for this course. If interested please talk to Kumudu or email us at [info@amityhouse.ca](mailto:info@amityhouse.ca). We hope to see you there!

Come and Jam with us!

*Have you checked out our new website? [www.amityhouse.ca](http://www.amityhouse.ca)  
 Thanks to our awesome Volunteer Brandy for helping us build it!*



## Centre Resources

### DROP IN

Come in for coffee, read the paper, meet other people in your community—or join in on bingo or arts and crafts! Check out our calendar for upcoming programs and events.

### OUTREACH

Need help? Come talk to Caron by appointment, drop-in or over the phone. She can assist with filling in applications, applying for services and writing letters. Feeling stressed and not sure what help is available?

Ask Caron-she's here to listen to you. Drop by to see Caron, or give her a call at 780-478-5022.

### JOB SEARCH ASSISTANCE

Get help with writing a resume, check the job board, and fax your resume.

### WE CAN FOOD CO-OP

Amity House is a delivery site for the WeCan Food Co-op — a program that allows participants to stretch their food dollar by joining a larger group, enabling bulk purchases. Membership is \$5/year, and food

orders are \$25.00 per month. Food orders consist of 3 meats, 3 fruits, 3 veggies and one bag of potatoes. You may purchase a meat order for \$15 or just a produce order for \$10 For more information or to participate, please call Lalitha at 780-412-1062.

### FREE BREAD

A variety of bread is available for pick-up every Monday and Friday.

### SWAP SHOP

Amity house collects clothing and small household

donations, and has a swap shop area where people in need can get these items for free.

### OFFICE EQUIPMENT

A phone, photocopier, and fax machine are available for free community use.

### INCOME TAX FILING

We offer free income tax filing with the help of accounting student volunteers. Please call and make an appointment at 780-478-5022.

## Lunch and Learn

*Parents gain knowledge & enjoy lunch!*

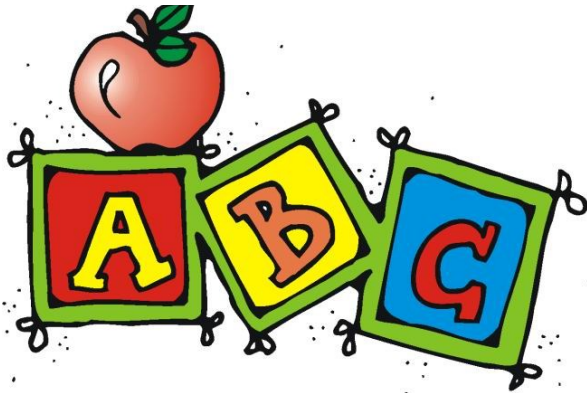
Join us once a month for a family lunch, followed by a speaker who will discuss topics of importance to parents. For more information or to register, call our Family Support Worker Samantha at 780 478 5022.

## Teaching Tots Preschool and Nursery

*Helping ensure all children start school on equal footing!*

Teaching Tots provides early learning experiences for children to promote their optimum development, and give their parents a break. Children in the preschool are engaged in a wide variety of enrichment activities, from regular fieldtrips to growing a garden in their classroom to regular visits from a professional storyteller to weekly visits by local artists and musicians. The program runs Monday to Thursday, and sessions run from 9:00-11:30 AM or 1:00-3:15 PM. Children aged 3-5 can come full-time, and children 19 months-3 years can attend part-time. There is a \$20/month fee for children attending full-time.

Interested in learning more? To be accepted into the program, families must complete an intake with our Family Support Worker. To arrange an intake appointment, please contact Samantha at (780) 478-5022. Teaching Tots is funded by Region 6, Edmonton and Area, Child and Family Services.



## Together Time

Together Time uses music, movement, books, exploring through play, and more to help young children learn and strengthen skills and problem-solving strategies, as well as learn how to make choices, take risks, and deal with consequences. By mastering these skills children also gain self-esteem and confidence. In addition, parents will learn strategies to help their child's healthy development. Together Time is open to young children and their families, no registration required. It is available from September to June, every other Friday from 9:30 AM to 10:30 AM. Please refer to our calendar for exact dates!

## Family Night

*Fun-filled activities for families!*

Join the fun every third Thursday of the month, except for July and August. Bring your family for fun holiday and seasonal activities! Snacks and juice provided. Please contact Samantha for details about the planned activities or to sign-up at 780-478-5022.



## How to Talk so Kids Will Listen

*Workshops help equip parents with skills and knowledge!*

Amity House offers a parenting workshop that provides strategies to parents on how to cope with a child's negative feelings, frustration, disappointment, anger, etc., and equips parents with the skills to set firm limits and still maintain goodwill, use alternatives to punishment, resolve family conflicts peacefully and engage your child's willing cooperation. Want to learn more or register? Contact Samantha at 780-478-5022.

## Magic Carpet Ride

*Parents gain knowledge & enjoy lunch!*

The Magic Carpet Ride is an early literacy program developed by the Calgary Learning Center. Many activities are provided which help set the foundation for learning! Games, crafts, songs and stories provide an enriched environment for preschoolers to learn important skills that they will need for life long learning. Parents attend the program with their children to maximize the benefits to the child and give parents the tools to continue the learning process at home.

This program is open to all families with children ages 1-5 years and takes place every other Friday at 9:30- 10:30 AM. Please call Ursula at 780-476-4882 to learn more or register. Check out our calendar for the dates!

## Cooking Club

*Sharing recipes from around the world!*

The Cooking Club meets every Thursday morning from 9:00 to 11:30 AM, September to June. It is free to everyone in the community. Come teach us how to make one of your favorite dishes, learn new recipes from another group member, and meet people who also love cooking! Interested in joining? Call Kumudu at 780-478-5022.

## Collective Kitchen

*Cook together to save money, learn more, and have fun!*

One of Amity House's longest running programs, Collective Kitchen gives people the opportunity to stretch their food dollar, prepare nutritious meals for their families and come together with their neighbors. They meet on the second and fourth Mondays of every month from 5:00 PM to 9:00 PM. As well as the first Saturday of every month from 11:00 AM to 3:00 PM.

Participating families pay \$3.00 per portion (up to a maximum of 4 portions), and Amity House matches that amount. Groceries are purchased with the money, recipes are decided on at previous kitchen, food will be prepared by participants, and 4 meals will be distributed to take home. For more information or to sign up, call Kumudu at 780-478-5022. This program is generously funded by ECALA (Edmonton Community Adult Learning Association).

## Community Lunch

*By the community, for the community!*

Every second and fourth Wednesday of the month, join us for a Community lunch! The meal is prepared by volunteers and is free to everyone. Serving begins at 11:30 AM. Come enjoy a free, delicious meal, and meet your neighbors! Have an idea for meal, or want to help prepare or serve? Give Alyssa a call at 780-478-5022!



## Arts and Crafts

*Express your creativity!*

Come join in weekly Arts and Crafts every Friday, 1:00PM to 3:30PM. All ages are welcome, but children must be accompanied by an adult. Activities include painting, drawing, beading, and more! All materials and supplies are provided for free.

Thanks to Bellare Industrials for maintaining a coffee fund to support this program.



## C.O.W. Bus

*Enjoy reading with your children!*

The Classroom on Wheels (C.O.W.) Bus is a free drop-in program for parents and children from birth to 6 years old that helps support children's learning. This program runs every Friday from 10:30 12:00 noon, September till June. You can borrow books for 2 weeks, share books with your child, and listen to stories and songs. The C.O.W. bus is parks on 92 ST.

## ESL Class

*Are you new to Canada?*

Is English your second or additional language? Come join as at Londonderry Library (program room) on Tuesdays, at 10:00-noon to improve your spoken and written English in a fun filled environment. This program runs from September to June. Call Kumudu at 780-478 5022 to pre-register!



Happy Canada Day!  
*July 1*

### Ideas or Suggestions?

If you have any ideas about programs and services at Amity House, please let us know! What would YOU like to see?

# Get Involved!

## Donate

We accept in-kind donations to help support our programs and services.

The community continues to support Amity with generous donations of clothing, household goods, children's items, and other items! We are always accepting clothing, household goods, art supplies, and children or baby items. Some donations are utilized for our programs and services, and others go to the Swap Shop where community members are free to browse items and take what they need.

We accept donations during our hours of operations, but alternative arrangements can be made by calling Kumudu at 780-478-5022. We also issue a tax-receipt for all cash donations over \$10.

Thanks to Starbucks (Northtown ), Bellare Industrials, Sobeys (Hollick-Kenyon), Crave Cookies and Cupcakes, and Baby J (formerly Kids Clothes Plus More) for their regular donations!



## Volunteer

We rely on our volunteers for success, and are always looking for more!

Why volunteer? There are so many great reasons- gain experience for your resume, share your skills and learn new ones, meet new people and make friends, and have a positive impact on your community!

We are always looking for people to help prepare and serve Community Lunch, help run the front desk, sort donations, and more...and we want to know your skills and interests — we can match them to the needs of our organization! To learn more please contact our Volunteer Coordinator Alyssa at 780-478-5022.

## About Dickinsfield Amity House

Dickinsfield Amity House has been a fixture in the community for 37 years. We began as a volunteer-run program, bringing together community professionals who recognized a need for support services in the neighborhood. We have since grown to be a fully staffed agency, occupying a unit generously provided by Capital Region Housing. We are governed by a volunteer Board of Directors., a policy governing board, that sets the policy for Amity House, and every 3 years, set a vision for the next 3 years in a Strategic Plan. Amity House would not be what it is today without the support of volunteers, sponsors, donors and funders.

We would especially like to thank our funders:

City of Edmonton FCSS  
Edmonton Community Adult Learning Association  
Region 6, Edmonton and Area Child and Family Services  
Edmonton Community Foundation

### OUR MISSION:

Our Mission is to promote and encourage the independence and well-being of individuals and families by providing social, recreational, and educational programming at the preventive level.

### OUR VISION:

Amity House is a welcoming, vibrant place where diverse communities and people thrive.



### OUR VALUES:

We believe in:  
Respect, Dignity, Integrity, and Acceptance

We are committed to quality service for children and their families.