

Nota Bene:

- A participation certificate will be delivered to all participants at the end of every workshop
- A light snack will be served
- An attendance prize draw will be held at the end of every workshop

Nota Bene:

- Un certificat de participation sera remis à la fin de chaque atelier
- Une légère collation sera servie
- Des prix de présence seront tirés au sort à la fin de chaque

We hope to see you soon !

Nous espérons vous voir bientôt !



**Centre de ressources communautaires
RIDEAU-ROCKCLIFFE
Community Resource Centre**

Overbrook • Forbes • Carson Grove • Manor Park
Lindenlea • Rockcliffe • New Edinburgh

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ressources
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Rideau-Rockcliffe
Community
Resource Centre**

Programme réduction de la pauvreté
Poverty Reduction Programme

***Calendrier des
ateliers
Workshops
Calendar***

Workshops will take place
at 120-225 Donald Street
Room: Marion Dewar

Les ateliers auront lieu au
120- 225 rue Donald
Salle: Marion Dewar



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Calendrier des activités 2016 / Workshop calendar 2016

April / Avril 2016

7 Avril/April 7 : *Budget : Des Chiffres qui parlent* (Français seulement / French only). Explore l'importance de la planification financière par EBO Financial Education Centre
13h30-15h30 / 1:30-3:30pm

21 Avril /April 21: *Crédit: C'est dans mon intérêt d'y voir* (Français seulement/French only). Explore le fonctionnement du crédit et sa nécessité d'une planification budgétaire par EBO Financial Education Centre **13h30-15h30 / 1:30-3:30pm**

28 Avril/April: *House Fire Prevention: how to prevent fire while ensuring people's safety at home* by Ottawa Fire Services. **10h00 –12h00 / 10am-12pm**

May / Mai 2016

5 Mai/May 5 : *Consommation: Mes choix, mes influences* (En français seulement/french only). Apprendre à déterminer les influences qui orientent les choix et les besoins de consommation par EBO Financial Education Centre.
13h30-15h30 / 1:30-3:30pm

12 Mai/May 12 : *Healthy eating / low income budget.* Healthy recipes for people living with low budgets by Community Food Advisor.
13h30-15h30 / 1:30-3:30pm

26 Mai/May 26 : *Access to free legal services in Ottawa.* Overview of various free legal services in Ottawa (Anglais seulement / English only) by Community Legal Clinic– University of Ottawa
13h30-15h30 / 1:30-3:30pm

Juin / June 2016

2 Juin/June 2 : *Acheter/Épargner : comment concilier les deux* (Français seulement/ French only). Définir les éléments clés d'une consommation réfléchie et le rôle précis de l'épargne à cet égard par EBO Financial Education Centre.
13h30-15h30 / 1:30-3:30pm

9 Juin/June 9: *Workers rights* (Anglais seulement / English only). Informs the public of its rights under the Employment Act Standards. It addresses issues such as minimum wages, holidays, breaks, and termination par Community Legal Clinic—University of Ottawa
13h30-15h30 / 1:30-3:30pm

29 Juin/June 29: *Living with various dependencies:* Discussion on the different forms of dependencies and how they can affect our mental and physical health: economic or financial/psychological/social dependencies. Over some of these things we have little control, but over others there is much that we can do by MD. Paul Cappon.
13h30-15h30 / 1:30-3:30 pm

Juillet / July 2016

7 Juillet/July 7 : *Surendettement: des solutions pour s'en sortir.* (Français seulement / French only). Identifier des voies et moyens pour sortir de l'endettement par EBO Financial Education Centre.
13h30-15h30 / 1:30-3:30pm

14 Juillet/July 14 : *Home takeover.* Take of people with vulnerabilities by Crime Prevention Ottawa. **13h30-15h30 / 1:30-3:30pm**

28 Juillet/July 28: *Health with your health: understanding standing the food labels.* Learn how to understand food labels like 'reduced sugar', 'low fat', 'no GMO' and 'sodium free', for an informed decision by Living Healthy Champlain / Bruyere Continuing Care. **13h30-15h30 / 1:30-3:30pm.**

Août / August 2016

10 Août/August 10: *Youth Criminal Justice: what parents should know.* (Anglais seulement / English only). Provide parents, caregivers and community members with necessary skills to recognize the signs of criminality on youth by Somali Centre for Family Services.
17h00-19h00 / 5:00-7:00pm

18 Août/August 18 2016 : *Benefits of child life and critical insurance / Q-A :* Benefits of child life and critical illness

insurance / Q-A by Andrew Smith Insurance. **13h30-15h30 / 1:30-3:30 pm**

Septembre / September 2016

1 Septembre/September 1: *House Info-Sessions.* Answering questions to different housing issues such as rent, lease, discrimination, eviction, repair and other related housing matters by Action Housing **13h30-15h30 / 1:30-3:30pm**

29 Septembre/September 29 : *Budget: how to plan your budget.* Review: planning your budget: tips and practices by Marciel Lavallée CPA
13h30-15h30 / 1:30-3:30pm

Octobre / October 2016

13 Octobre/October 13 : *Dealing with debts.* Review: how to manage your personal debts by Marciel Lavallée CPA **13h30-15h30 / 1:30-3:30 pm.**

26 Octobre/October 26: *Youth Criminal Justice: what parents should know:* Comment reconnaître les signes de criminalité auprès des jeunes par Somali Centre for Family Services
17h00-19h00 / 5:00-7:00 pm.

Novembre / November 2016

10 Novembre/November 10: *Program SCREEN: promotion/screening of Diabetes.* How to prevent diabetes (healthy eating, physical activity) and provide blood sugar test to detect pre-diabetic or diabetics' participants by Centretown Community Health Centre. **13h30-15h30 / 1:30-3:30pm**

24 Novembre/November 24: *Tenants insurance ?.* What is tenant insurance ? Do I really need it ? By Andrew Smith Insurance Inc.
13h30-15h30 / 1:30 to 3:30pm

Décembre / December 2016

8 Décembre/December 8 : *Accidents and Insurance.* What do I do if I am involved in an accident ? What do I do if I have a house fire ? By Andrew Smith Insurance Inc. **13h30-15h30 / 1:30-3:30pm**