

community information

serving your community

DAILY BREAD FOOD BANK

Daily Bread Food Bank is Toronto's leader in the fight against hunger. It's agencies run neighbourhood food banks where people come to access food hampers, as well as meal programs where people can access prepared meals such as soups or casseroles. Daily Bread is non-partisan and all-inclusive. Supporters come from every income bracket, cultural background, faith group, and walk of life. However, one thing that every supporter has in common is the belief that no one in Canada should go hungry. The Daily Bread Food Bank fights hunger by: Collecting food, sorting and packaging food, food distribution, kitchen training programs, advocacy services, research and public education The Daily Bread Food Bank can be contacted through their website: www.dailybread.ca

D.A.R.E.

Drugs and alcohol abuse continue to be a problem for Canadian youth. D.A.R.E.'s primary mission is to provide children with the information and skills they need to live drug-and-violence-free lives. D.A.R.E (Drug Abuse Resistance Education) is a 17-week program taught to Grade six students in both the public and the separate school boards by certified and specially trained law enforcement officers.

The D.A.R.E. program is designed to provide children with the self-esteem and the will power to refuse drugs and alcohol when offered in school and other social settings.

Contact the Halton Regional Police at 905-825-4777, ext. 4720 for more information.

**HABITAT FOR HUMANITY**

Habitat for Humanity Canada is a national, non-profit, faith-based organization working for a world where everyone has a safe and decent place to live. Habitat for Humanity's mission is to mobilize volunteers and community partners in building affordable housing and promoting homeownership as a means to breaking the cycle of poverty. The organization was founded in 1985 and consists of 30,000 volunteers and 70 affiliate organizations from coast to coast. It is a member of Habitat for Humanity International, which spans 100 countries, has built more than 200,000 homes, and is now building a new home every 24 minutes. Habitat for Humanity Canada can be contacted through their website: www.habitat.ca

HALTON FAMILY SERVICES

Hope, solace, comfort, and guidance - these are the things that our staff of professional counselors offers to individuals, couples and families faced with the challenges of life. At Halton Family Services, we help clients meet these challenges and learn to use the

opportunities in them for growth and development. Our services include: Individual, Marital, Family and Group Counseling, Advocacy Credit/Debt Counseling, Employee Assistant Programs, Family Life Education, Grief Counseling, Group Programs, Services for Abused Women, and Relationship Groups for Men. Day and evening appointments available, no fees counseling to abused women. Fees for all other services geared to income. Call 905-845-3811.

HALTON HEALTH CARE SERVICES

700 adult and youth volunteers devote their time and talents to the enhancement of patient care at the Oakville Hospital. A tradition they have continued for more than 55 years. Through their dedicated service to the patients, families and staff at OTMH, the volunteers have made a significant impact on the quality of health care in Oakville, being active in more than 70 direct or indirect patient care services. If you would like more information on volunteer opportunities at OTMH contact 905-338-4643.



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