

# Community Hub and Warming Centre Monday-Friday 8:30am - 4:00pm

22 High Street, Morrisburg ON, K0C 1X0

## \* February Community Schedule \*

### MONDAYS

#### 8:30am - 11:00am: DROP-IN

- The drop-in includes free breakfast, as well as an opportunity to do one or more of the following: socialize, play games, do crafts, attend a presentation, and get information about local services and resources. Everyone is welcome!

#### 1:00pm - 4:00pm: ADVOCACY CENTRE

- Do you need assistance figuring out where to get help? Are you aware of what services might be available to help you in a financial crisis? Maybe you need help filling out paperwork or navigating an online form? We can offer non-judgmental assistance to help you access services available to you in the community.

\*Computer available for appointments/virtual meetings/online use.

### TUESDAYS

#### 8:30am - 4:00pm: LEGAL CLINIC

- Roy McMurtry Legal Clinic serves low income individuals, groups, and service providers in the counties of Stormont, Dundas, and Glengarry.

#### What Do We Do?

- Traditional Legal Advice
- Legal Counselling
- Legal Representation
- Public Legal Education
- Law Reform
- Community Activities

To book an appointment please call: 613-932-2703 or drop-in during the above hours.

### WEDNESDAYS

#### 9:00am - 4:00pm: INCOME TAX CLINIC

- HOL provides free one-on-one assistance with filling out CRA Tax Returns. The program is open to everyone with a basic income tax return.

#### 12:00pm - 1:00pm: DROP-IN LUNCH

- Everyone is welcome, the drop-in includes a free lunch and the opportunity to socialize.

#### 11:00am - 2:00pm: MEDITATION AND HP (excluding February 15, 2023)

- Healing Pathway is an energy healing model similar to *reiki*. It is based on Healing Touch used by the medical professions. Trained volunteers help you relax, let go of anxieties and stress, and bring your body, mind and spirit into balance, so you can heal.

Available times for Healing Pathways:  
12:15pm and 1:15pm, please call House of Lazarus to book 613-989-3830.

### THURSDAYS

#### 9:00am - 12:00pm: RECOVERY CARE

- The mobile clinic will provide individuals with a variety of services under one roof, including assessment, support, education, and treatment for substance use. Narcan kits, nicotine replacements, and general wound care will also be offered.

#### 11:00am - 4:00pm: ADVOCACY CENTRE

### FRIDAY FEB 17 (ONLY)

#### 9:00am - 3:00pm: UNITED WAY

- Offering assistance with the LEAP application for Rideau St. Lawrence.

Please contact House of Lazarus for further information on the schedule 613-989-3830

St James Anglican Church - 20 High Street, Morrisburg ON, K0C 1X0 # 613-543-3904

MARTHAS DROP-IN: Thursday, February 16, 11:30am-1:00pm (Food and Fellowship)

MARTHAS CLOSET: Saturday, February 25, 9:00am-12:00pm (provides free clothing for those in need)

FAMILY FUN NIGHT: Friday, February 24, 5:00pm-7:00pm (dinner, socialization and activities for kids)