

## A Program of House of Friendship

- Live & Learn is a program of House of Friendship's Family Services Division.
- House of Friendship is a Christian human service agency founded in 1939. It currently serves over 30,000 people annually through 15 programs (see back panel).
- House of Friendship's mission is to serve low-income people in need of support, and to promote opportunities for personal growth, wholesome relationships, and community development through the application of holistic Christian principles.

## Program Funding

- The Live & Learn Program receives funding from United Way of Kitchener-Waterloo & Area and donations to House of Friendship.
- Your donations are needed to keep this valuable program operating. Please make cheques payable to:  
House of Friendship (specified for the Live & Learn Program)  
P.O Box 1837, Station 'C'  
Kitchener, Ont., N2G 4R3
- Electronic donations can be made through our website at [www.houseoffriendship.org](http://www.houseoffriendship.org)

## House of Friendship Programs

Addiction Services	Community Services
Alcontrol (women) 174 King Street N. (men)	Appliance Repairs Christmas Hampers Emergency Food Hampers
Family Services	Residential Services
Community Centres <ul style="list-style-type: none"> <li>• Chandler-Mowat</li> <li>• Courtland-Shelley</li> <li>• Kingsdale</li> <li>• Sunnysdale</li> </ul> Live and Learn Camp Sponsorship	Cramer House Eby Village Kiwanis House Charles St. Men's Hostel

For further information  
please contact:

Program Supervisor  
Live & Learn Program  
Helen Louise Thompson House  
807 Guelph St.,  
Kitchener, ON N2H 5Z2

**Phone:** (519) 570-0954

**Fax:** (519) 570-4695

**E-mail:** [liveandlearn@houseoffriendship.org](mailto:liveandlearn@houseoffriendship.org)

**Website:** [www.houseoffriendship.org](http://www.houseoffriendship.org)



*Extending the hand of friendship  
to our neighbours in need since 1939.*

## Live & Learn

### Program

**Helen Louise Thompson House**  
807 Guelph Street,  
Kitchener



**Opportunities for  
support, personal growth  
and friendship for  
women  
and their preschool children**

A Program of



*"I want to see a mighty flood of justice,  
a torrent of doing good." -Amos 5:24*

## Our Goal...

The goal of the Live & Learn Program is to provide support and personal development opportunities for women and their preschool children who are living on limited income with limited supports.

## Our Objectives...

- To provide opportunities for socialization and wholesome relationships.
- To improve participants' lifeskills.
- To provide opportunities for constructive group experiences for the women and children.
- To advocate for the women and their children.
- To help participants meet their families' physical needs.



Through the Live & Learn Program, mothers and their preschool children experience community support and enjoy weekly opportunities to learn and socialize.

## About Live & Learn

Live & Learn is a community-based program that provides support and development opportunities for women and their preschool children who are living on limited income.

Women meet together for cooking, crafts, speakers, outings, and community service projects. Parenting courses are also offered.

While the mothers meet, care and creative play is provided for their preschool children by staff and volunteers.

Staff also offer individual support through regular telephone contact and home visits.

## What participants say ...

*“Live and Learn is a group where the staff respect your opinions and suggest options where possible. I found the atmosphere very comfortable and enjoyed meeting the other women. The fact that transportation is provided was a real bonus with two children in afternoon kindergarten and a baby to take to group. I have now returned to school after finding out about a program called ‘Focus for Change’ at my Live & Learn group. Thank you for supporting this group.”*

- a Live & Learn group member

## Weekly Groups

- The Live & Learn Program runs from September to June. Three groups of 10 women and their preschool children meet weekly at local churches on Tuesday, Wednesday and Thursday afternoons from 1:15 – 3:15 p.m.
- Interested women may refer themselves or be referred by other individuals or agencies. Transportation is provided when needed.



## Volunteers Needed

- Reliable volunteers are needed on a regular basis to assist with childcare and transportation for group members.
- Volunteering is a great way to contribute to your community and meet new people. We welcome your help!
- **Please give us a call at 570-0954.**