

## A Program of House of Friendship

- *Live & Learn* is a program of House of Friendship's Family Services Division. The program was started in 1974.
- House of Friendship is a charitable human service agency founded in 1939. It currently serves over 42,000 people annually through 18 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 donation will help assist participants and sustain this valuable service.

Please make cheques payable to:

*House of Friendship*  
(*Live & Learn Program*)  
PO Box 1837, Station C  
Kitchener, ON N2G 4R3

Electronic donations can be made at the secure donation portal:

[www.CanadaHelps.org](http://www.CanadaHelps.org) or via  
[www.houseoffriendship.org](http://www.houseoffriendship.org)

## House of Friendship Programs

### Addiction Services

Alcontrol  
174 King Street North  
Moving Forward  
Bridges to Health

### Community Services

Appliance Repairs  
Christmas Hampers  
Emergency Food Hampers

### Family Services

Community Centres

- Chandler Mowat
- Courtland Shelley
- Kingsdale
- Sunnydale

Live and Learn  
Camp Sponsorship

### Residential Services

Charles St. Men's Hostel  
Kiwans House  
Cramer House  
Eby Village  
Charles Village

## For Further Information Please Contact:

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

Charitable Number: 10749 3892 RR0001



## Live & Learn



**Providing opportunities  
for support, personal growth,  
friendship, and life skills for  
women and their  
children (0-6 years)**

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

## Live & Learn Is ...

a community-based program where we welcome women and their young children (aged 0-6) who want to increase their supports in the community.

Perhaps the most valuable thing the program provides is simple friendship; in addition, the women learn new skills through weekly group activities that include speakers, outings, cooking, crafts and community service projects.

While the mothers meet with their group, supervised care and programming is provided for their children by staff and volunteers.

At other times of the week, staff maintain contact with group members through telephone calls and home visits.



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

## Program Goal & Objectives

The goal of the *Live & Learn Program* is to provide support and personal development opportunities for women who are pregnant and/or parenting children (0-6 years), and who are living on a low income, with few supports.

### Objectives:

- to provide opportunities for participants to socialize together and build healthy relationships
- to improve participants' life skills
- to provide constructive group experiences and socialization for children
- to advocate for the women and their children
- to help mothers meet their families' basic needs

## Our Program

The *Live & Learn Program* runs from September to June. Three groups of 10 women and their young children meet weekly at local churches on Tuesday, Wednesday, and Thursday afternoons.

Transportation may be provided according to availability.

Interested women may refer themselves or be referred by other people or social service agencies.

## What Participants Say:

*"Caring, understanding, ears wide open, and patient about everything you say or do."*

*"Some people have no one to open up to, and some do. No matter what... Live'n'Learn is there to listen."*

- a Live & Learn group member



## Volunteer With Us!

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!

**To get involved, call 519-570-0954**