

JANUARY 2021

NEWSLETTER

C5 HUB & FAMILY RESOURCE NETWORK

The Hub

As we reflect on the past year, there is no doubt that 2020 was a year like no other. With a new year ahead of us, we want to wish you a Happy New Year filled with love, happiness and success. No matter what 2021 has in store for us, we are eager to serve you!

Drop-in Services

We continue to be here to serve you! While most of our programs have moved online, we are still able to offer drop In supports for specific service needs, such as computer access, faxing, referrals and general information.

Our top priority continues to be the health and safety of our community members, volunteers and staff, that's why we continue to follow public health guidelines, have added cleaning measures, and ask guests to sanitize their hands, sign-in and sign-out, and to wear a mask.

TALK TO US

780-424-4106

frn@C5edmonton.ca

www.EdmontonNorthEastHub.com

Facebook.com/EdmontonNorthEastHub





Family Resource Network

The Family Resource Network offers **free programs, services and supports** for families with children and youth aged 0 to 18. With over a dozen programs, there is something for everyone!

December Highlights

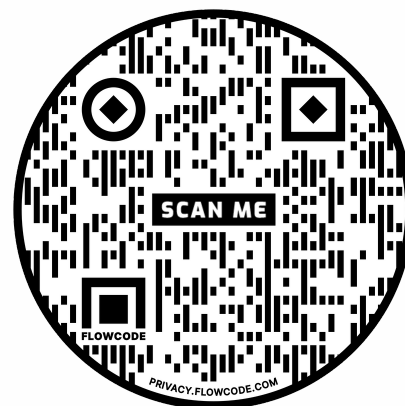
During our Parents Are Us program, participants joined us for some fun activities, including crafts, gingerbread houses and hot chocolate bombs!

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Hiy Hiy, C5 Hub for the activity bag. It was fun!

Program
Participant

Join Us!





FULL

Pantry Program

The Program

The Pantry Program provides 700 families with a hamper of primarily fresh fruit and vegetables, milk, bread and other pantry necessities every other week. **At this time the Pantry Program is full. New applicants will be added to a waitlist.**

Holiday Hampers

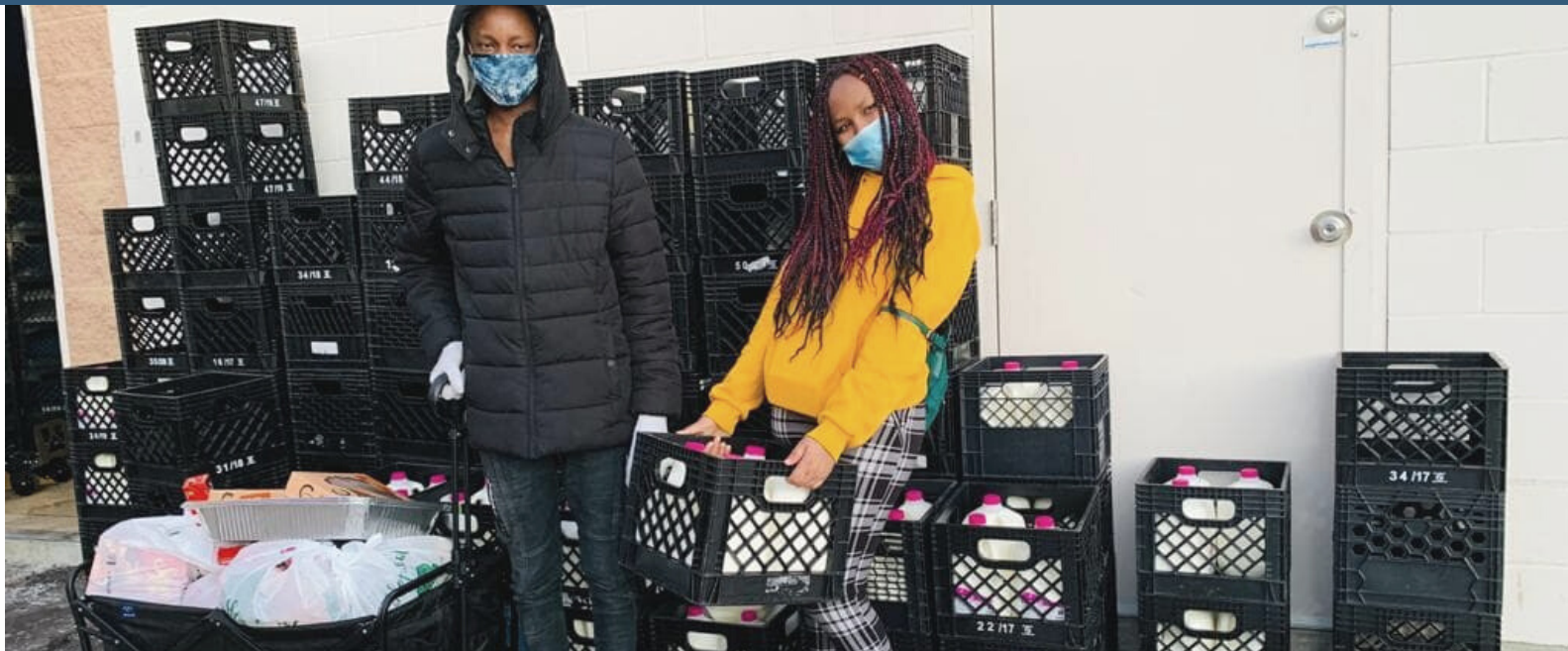
We recognize that the pandemic is affecting the people we serve particularly hard. As a way to make the holiday season a little brighter, we provided a wrapped game and festive foods inside each holiday hamper. Thanks to our generous donors and dedicated volunteers for helping make this happen!



700 HAMPERS

3,000 RECIPIENTS

30,000 LBS OF FOOD



Volunteering

Appreciation Event

The pandemic prevented us from coming together in person for our volunteer appreciation event, so we moved the party online! Activities included a door prize, speeches and entertainment, including a live performance by Fawn Wood and Dallas Waskahat. Volunteers are an integral part of the work we do. We appreciate the dedication and hard work they bring to our community.

We Need You!

Do you believe food security is a basic human right? Are you looking for a way to get involved in your community and give back during this difficult time? We are looking for volunteers to assist with delivering hampers of primarily fresh food to community members in need. Contact us to find out how you can get involved!

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**My kids always
come running with
excitement when
our hamper is
delivered.**

Pantry
Recipient

A heart felt
Thank You
to our amazing volunteers!



Employment Hub

Employment Services

We are available to help you with your career search. Services include:

- Career counselling consultation
- Resume support
- Interview support
- Career assessment tools
- Job search support
- Online safety ticket training

For more information, please contact:

Adelaide Bekono
abekono@emcn.ab.ca
780-203-4954

Mental Health Supports

Wellness Recovery Program

A mental health program facilitated by peers, for peers. In this hands-on workshop, people with lived experience of mental health challenges will work together to design their own Wellness Recovery Action Plans in practical, day-to-day terms.

For more information, please contact:

Lauren Pearson
Lauren.Pearson@albertahealthservices.ca
780-342-7686