

COMMUNITY ALLIANCE NEWSLETTER

WHO ARE WE?

We inspire, build, and empower individuals by providing access to the supports and services marginalized and vulnerable groups need to achieve a fulfilled life without barriers

CONNECT WITH CASE!

T: (905)-216-2244
E: info@casecommunity.org

Visit us in
Downtown Brampton
60 Queen Street East
Unit #103 Brampton, ON

Connect with CASE
virtually & online

 @caseempowerment

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 COMMUNITY ALLIANCE
FOR SUPPORT & EMPOWERMENT

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Visit us at our
website

www.casecommunity.org

WEEKLY ACTIVITIES AT CASE

Every Monday

Seniors Computer
Literacy
11AM to 1PM

Virtual, with registration*

CASE teaches basic internet skills and empower Seniors to confidently navigate our technologically dominant world.

We used the virtual classes to unite the community of Brampton Seniors to reduce social isolation during the pandemic and encourage computer literacy.

Every Tuesday

Seniors
Coffee & Chat
10AM to 12PM

Join us in person!
The Scott Building



*Scan to register for our Programs with our QR code!

Every Friday

Seniors Recreational
Activity
3PM to 5PM

Virtual, with registration*

Every week, CASE hosts a virtual recreation activity for our seniors.

This form of COVID-relief effort gives seniors the opportunity to socialize with others on a regular basis, which helps to positively impact their mental health.

OUR COMMUNITY IMPACT

over 70

Seniors trained and empowered in our Computer Literacy Program

24,938 lbs

fresh groceries, fruits, vegetables, root crops, grains and cereals distributed to our Seniors

over 1,300

marginalized and low-income Brampton Seniors served by our Healthy Mini Food Bank

\$36,000

in Food Vouchers distributed to over 720 Brampton Seniors from April to June 2022

over 1,600

meals (valued at \$3630) received and distributed through the Second Harvest Food Rescue Program

over 100

attendees at our First Annual Fundraising Gala: Reducing Poverty, Raising Hope

over 20

Lenova tablets distributed to further digitally empower our Seniors in April 2022



YOUTH ACTIVITIES

Minding Money in the Modern World Workshop

CASE is delighted to present virtual financial literacy workshops for youth aged 14 to 24 in the Peel Region with support from TD Ready Commitment.

These weekly workshops feature expert speakers who share valuable resources and cover topics that are beneficial for financial management, such as investing, saving, and budgeting. Upcoming speakers for Fall 2022 include Steve Oliveira, a Facilitator with TD Wealth Practice Management, presenting on credit management and investing. In addition, we offer weekly wellness sessions to help alleviate stress and anxiety associated with financial management, featuring fun games and educational workshops.



Scan and register for our Winter session!

Our FREE program runs from February 16th to April 6th

CASE HAS RENOVATED!

The Resilient Communities Fund grant, which assists grantees in their efforts to rebuild and recover from the impacts of COVID-19, helped CASE renovate our office space to ensure greater capacity for social distancing and meet the increased needs for in-person programming for staff and vulnerable seniors that we work with.



Thank you to the Ontario Trillium Foundation (OTF), an agency of the Government of Ontario, and one of Canada's leading granting foundations, for making a lasting impact in communities!

COMING EVENTS

Youth Mental Health and Music

In partnership with Keep6ix Foundation, this program seeks to improve the mental health of youth through counseling referrals, music therapy and monthly workshops. **COMING SOON!**

Youth and Seniors Wellness Workshop

In partnership with Stepstones For Youth, this workshop series will teach you about the benefits of mindfulness meditation and how this can improve our overall wellness. **COMING SOON!**

CASE Supportive Counselling

Our goal is to offer emotional support to patients who are going through a difficult time. Sessions by appointment only are **COMING SOON!**

SENIORS CORNER

FEATURED EVENTS THIS WINTER

Coffee & Chat

Seniors Choir Performance

First Annual Fundraising Gala Night

CASE programs are FREE with Annual Registration

SENIOR TESTIMONIAL

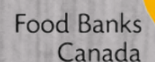
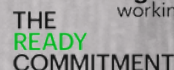
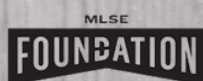
"My thanks to Community Alliance for Support and Empowerment.

Your food voucher of \$50.00 has added spending power to getting my basic needs like berries, avocados, almond milk, and fish at this time. Oh! What a help it would be to have continued support throughout this Covid-19 Pandemic season."

- Irene Carr

THANK YOU TO OUR SPONSORS & PARTNERS

Ontario Trillium Foundation





GALA NIGHT 2022: REDUCING POVERTY & RAISING HOPE

On December 16, 2022 CASE had the pleasure of hosting an evening of winter delights! Our First Annual Gala Night 2022: Reducing Poverty, Raising Hope was an incredible success and we would like to thank all of the sponsors, volunteers, donors, speakers, performers, special guests and MPPs who made this evening possible



THANK YOU TO OUR MAIN SPONSOR

**AFRO
CARIBBEAN
BUSINESS
NETWORK**

Sir Ryan-O'Neil Knight is an entrepreneur living in Brampton, Ontario, Canada.

The founder of Detailing Knights and the current Chairman and President of the Afro-Caribbean Business Network. After founding one of the first social enterprise car cleaning companies he now uses ACBN Canada to promote more companies to become social Enterprises.

