

CASE COMMUNITY SERVICES 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
-  @caseempowerment
-  @caseempowerment
-  CASE COMMUNITY SERVICES
-  CASE COMMUNITY SERVICES

Visit us at our website

www.casecommunity.org

WEEKLY ACTIVITIES AT CASE

Every Monday

Seniors Computer Literacy classes

11AM to 1PM
1PM to 3PM

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

Join us in person!
60 Queen St. E
Suite 103 Brampton

Call to register

Every Wednesday

Seniors Recreational Arts & Crafts

11AM to 2PM

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.

All programs at CASE are FREE with registration



Every Thursday

Seniors Morning Take a Walk

8:30AM to 10AM

Youth Minding Money

4:30PM to 6PM
Virtual, with registration*

Start your Thursday with a morning walk at CASE! Low impact exercises and a walk around Rosalea Park are led by our Youth. Coffee and refreshments follow at our Office.

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 Summer 2023 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 Summer session!
Our FREE program runs from
May 18th to July 13th

FREE DIGITAL LITERACY CLASSES

The Digitally Conscious and Connected program provides free access to computer literacy classes at our office! This program is available to low-income individuals, newcomers and youth in Brampton. Join us for free weekly classes and learn Advanced Computer Basics, how to access online job resources, and more!



This program is supported by Region of Peel. Our program is youth led by our Computer Instructors joining us this summer thanks to the Canada Summer Jobs program.

OUR 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

Seniors Digital Literacy One-on-One

Supported and led by our Youth Computer Instructors, Seniors can now drop in at our office for one-on-one instruction on computer and digital literacy! Sessions are by appointment only

CASE Supportive Counselling

Our goal is to offer one-on-one emotional and socio-economic support and brief solutions-focused support to clients who are going through a difficult time. Sessions are by appointment only

SENIORS CORNER

FEATURED EVENTS THIS SPRING

Seniors Arts & Crafts

Seniors Take a Walk Mornings

Computer Literacy Classes

CASE programs are FREE with Annual Registration

SENIOR TESTIMONIAL

*"My thanks to
CASE Community Services*

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**

