

JAN



WINDSOR FAMILY HOMES & COMMUNITY PARTNERSHIPS

this issue

Introductions **P.1**

Kids First Fitness Centre Schedule **P.2**

January Events/Community Support **P.3**

Photo Gallery/ News from the Front Office **P.4**

Kids First Food Bank Updates **P. 5**

Nourishing Young Minds



Kids First Fitness



Day Camps



Be sure to register!



Welcome to the January newsletter

January was a very busy month for us at WFHCP, Kids First Food Bank. We introduced new programs and welcomed many new volunteers, students and interns to our agency. We believe they will be a great addition to our team. We would like to take this opportunity to introduce them now with a little description of what they will be doing with us.

Bingo Volunteers-

In December we put a call out on Social media and in our newsletter for Bingo volunteers. These volunteers are an important part of our team as Bingo funds are a large source of funding for us. We would like to thank Diksha, Chanrapeet and Beverly for contacting us, attending Bingo volunteer training and offering their time to run sessions for us at Breakaway Bingo.

Bingo volunteer shirts have been ordered and we look forward to having you as part of our team, representing our agency.

Food Bank Volunteers-

We have had a lot of interest from the public lately, interested in becoming volunteers at Kids First Food Bank. We would like to thank Priscilla and Mouna for joining our team.

Kids First Fitness Centre-

WFHCP understands the importance of adding a physical fitness component to the nutritional goals of our programs and that everyone should have access to fun, family fitness programs for free.

With this goal in mind, we welcomed four St. Clair

College, Fitness and Health Promotion students to our team, tasked with developing programs for our new Nourishing Young Minds program.

Jynessa, Kyle, Diane and Aliya have been developing nutrition/fitness programs, training staff, running public classes and day camps and working hard promoting this new program. Please take a moment and click on the mouse to go like their new Facebook page, "Kids First Fitness Centre."



Women in LEAD – WEST of Windsor interns-

This month we welcome two interns from WEST of Windsor, Jennifer and Christina. They will be assisting in the office with administration duties.

We have a fitness class for everyone to enjoy!

Please take a look at the schedule below and join us in our Kids First Fitness Centre for some fun, free fitness.

Looking for childcare during the strike days, PA days and March break? Register your child for our free day camps.

Kids will enjoy a day of fun crafts, fitness activities and a free lunch.



Windsor Family Homes & Community Partnerships

We've added a physical fitness component to enhance the Kids First Food Bank!



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING						MADE TO MOVE ADULT CLASS 9:00AM-9:45AM	
AFTERNOON			LET'S GET PHYSICAL YOUTH CLASS 3:30PM-4:15PM	CO:RB 0'CLOCK WOMEN'S CLASS 12PM-12:30PM		PARENT CLASS 10AM-10:45AM	
EVENING			NOURISHING OF HEALTHY MINDS KID'S CLASS 4:30PM-5:30PM	BLAST THE BUM WOMEN'S CLASS 12:30PM-1PM		CO:RB 0'CLOCK WOMEN'S CLASS 11AM-11:30AM	
			MADE TO MOVE ADULT CLASS 5:45PM-6:30PM	LET'S GET PHYSICAL YOUTH CLASS 4PM-4:45PM	MOMMY & ME PARENT CLASS 4PM-4:45PM	BLAST THAT BUM WOMEN'S CLASS 11:30AM-NOON	
				BEAT THE HEAT MEN'S CLASS 5PM-5:45PM	BEAT THE HEAT MEN'S CLASS 5PM-5:45PM		

Drop in's welcome! New members please come 10 mins prior to class for registration

Parent Classes: Babies 6 wks-3 yrs

Kid's Classes: Ages 4-12

Youth Classes: Ages 13-17

Adult Classes: Ages 18+

Thank you to everyone for your kind words and generous acts of support.



It's been a crazy, busy month but we pulled through as a team!



“If our hopes of building a better and safer world are to become more than wishful thinking, we will need the engagement of volunteers more than ever.” — Kofi Annan



Thank you to The Windsor Spitfires, who offered to hold a food drive following the robbery, OnFreight Logistics for the use of their truck and the volunteers who came out to help.

January's community support

Well, 2020 started off with a “BANG.”

Quite a few actually ... with a crowbar ... to our food bank doors.

Monday, January 20, started off like any other workday, until it soon became clear that it would not be like any other workday.

After noticing significant damage to our interior door, closer investigation revealed an astonishing weekend event that took place at our agency, as staff gathered around and watched surveillance videos.

We were robbed!

It didn't take long for word to get out. Media was all over it and calls of support came in from

individuals and local businesses wanting to know how they could help.

No one could comprehend why anyone would rob a food bank. It was clear this incident angered the community.

The days that would follow proved just how generous, compassionate and empathetic Windsor Essex County is.

Calls came in from individuals who wanted to donate, businesses who rallied other businesses to help us, clubs and organizations who were organizing food drives and calls from parents of children who heard what happened and wanted to help.

Radio interviews, TV news coverage and newspaper

articles brought even more attention to our agency.

Thanks to the many clubs, schools, organizations, individuals and businesses who came forward to help us. We now have a new alarm system with improvements to our locks and doors, full shelves and monetary donations to help us throughout the year

We were amazed at how far the news spread. We were offered assistance from a food bank in Toronto who heard the news, skids of food from Sun Bright Foods in Ruthven and after answering the tweets of a couple local children, Campbells delivered three skids of food from Mississauga ... to name a few.

Thank you to our many donors in January!



Watch for news on our upcoming inaugural signature event.

Volunteers will be needed for upcoming trivia fundraiser events. Watch our social media for more information.

We are expanding our social media presence. Click on the logos below and follow us on Instagram

[@wfh_cp](#)



And Twitter

[@wfh_cp](#)



News from the front office

Free tax clinic will take place March 23 and March 30. For more details and to reserve your spot, call Laurie at 519.258.4501

We are looking for passionate, dedicated committee members for an upcoming event. If interested call 519.258.4501 and ask for Laurie

Follow us Facebook



Visit our new website. coming soon:

www.wfhcp.com



KIDS FIRST FOOD BANK UPDATES

This month, we are thankful more than ever for our community, staff and volunteers at Kids First. After the break in and what was supposed to be such a negative situation- we are beyond thrilled to speak of the blessing that came from such an ugly act. Our break in situation was featured on almost all of Windsor's media outlets. Our Facebook posts were viewed by thousands. The break in really put our name out into the community. The day after the break in- donations started rolling in. A month that we usually receive next to nothing our shelves were STOCKED and more. Several businesses hosted food drives or rallied food and monetary donations for us. We were incredibly lucky for all of the kind hearts that walked through our doors. Because of the media attention from the break in- our staff and volunteers have worked extra hard to organize the back room while foot traffic of clients in the food bank has picked up. The community's efforts to stock our shelves will keep us in a great place until summertime. We will continue to make a difference in our community!

Each month we will give some praise to a volunteer (or two) that have gone above and beyond.

This month's Shining Star Award goes to.....

KRISTA AND STEVE

The dream team spent hours upon hours organizing and sorting cans in the food storage room. What a difference they made!

We cannot express enough how much your hard work is appreciated. You guys are SOUP-ER DUPER!

In case you missed the volunteer meeting:

A volunteer meeting was held on January 28th. At that meeting we introduced several new volunteers. We also discussed the volunteer handbook and collected updated contact information. If you weren't there, please contact Danielle with your current phone number and email address.

Lastly, we will be updating the list of food we give out to each client. A new system will be in place soon.

