



### Breakfast Club

Breakfast is provided **FREE** of charge for school-aged children

Monday - Friday 7:15 am - 8:30 am during the school year.

\*Contact staff for additional times/changes.

### Hot Lunch Program

Our Roger St. location offers a hot lunch **FREE** of charge to school-aged children on Mondays, Wednesdays & Fridays from 12:50 pm - 1:20 pm.

### Snack Program

Healthy snacks provided **FREE** of charge for school-aged children

\*Contact staff for times or changes.

### After-School Program

This program offers **FREE** after school activities for children 6-12 years of age. Activities include arts and crafts, recreation, homework help and a healthy snack.

\* Summer day camps also at these locations.



### Community Enrichment Activities

- Outdoor Movie Nights
- Neighbourhood Barbeques
- Community Holiday Dinners
- Community Clean-ups
- Community Gardening

### C. O. R. E.

(Community Outreach Resource Education)

The YMCA of Sarnia Lambton operates three amenity houses in geared-to-income neighbourhoods within our community. CORE offers educational workshops at the Resource Houses and remotely. We deliver accessible workshops and provide ongoing support for families.

### Workshops

- Conflict resolution
- Self esteem awareness
- Employment readiness skills
- Personal growth and development
- Job search strategies & time management
- Basic computer skills, resumes, cover letters
- Community-based parenting programs
- Goal setting and stress management
- Addiction risk behaviour related
- Physical/mental health
- Healthy lifestyle

\*All workshops and services are **FREE** and available to anyone within Sarnia-Lambton.



### Adult Upgrading

Earn your high school diploma or upgrade your skills for work or home...join anytime and work at your own pace!

Lambton-Kent District School Board  
Adult Learning Instructor Available  
Mondays & Wednesdays 9:00 am-12:00 pm  
\*Registration required.

### Community Access Program (CAP)

Computer and Internet training is available on a first come first served basis, unless with appointment. Internet skill development offered at our CAP site are:

- E-mail
- Web browsing
- Search engines
- Social networking
- Operating a computer

### Both programs offered at:

YMCA House By the Side of the Road  
454 Kathleen Ave.,  
Sarnia, ON N7T 1E9  
519-332-0216

Call now for these **FREE** exciting programs!

## Our Mission

The YMCA of Sarnia-Lambton will be the recognized leader in building strong kids, strong families and strong communities.

## Our Vision

The YMCA of Sarnia-Lambton is a charitable organization dedicated to the enrichment of the community through the growth and development of people in spirit, mind and body.

## Our Core Values

Caring, Honesty, Respect, Responsibility

**The YMCA Community Services Department provides programming in three neighbourhood amenity houses.**

**These programs are located at:**

**YMCA Our House**  
15-914 Confederation St.  
Sarnia, ON N7T 1E9  
519-383-0672

**YMCA Friendship House**  
681 Roger St.  
Sarnia, ON N7S 2S8  
519-344-9418

**YMCA House By the Side of the Road**  
454 Kathleen Ave.  
Sarnia, ON N7T 1E9  
519-332-0216

Our many community partners help enhance our programs and help us provide many different educational, employment, and social programming.

## How to register:

Pick up a registration form at any of the three YMCA locations listed in this brochure. Complete and return the registration form on or before the first day of program attendance.

# YMCA Community Resource Houses

• AFTER SCHOOL PROGRAM •

• BREAKFAST/SNACK PROGRAM •

• COMMUNITY OUTREACH SERVICES •



YMCA

We build strong kids,  
strong families, strong communities.



**All workshops and services are FREE and available to anyone within Sarnia-Lambton.**