

Kids:

Come on out to **CHILI FEST!**
On December 8th, 2011 from 6-8pm
At the Alzheimer Society of Niagara Region
403 Ontario St., St. Catharines



Make a meal to show off your cooking skills to your family!

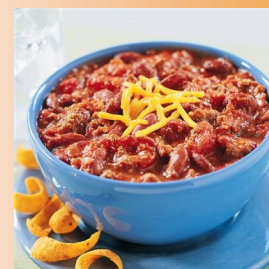
THEN . . .

Families:

Join us for the **FAMILY FEAST**
On December 15th, 2011 from 5-7pm
At the Alzheimer Society of Niagara Region
403 Ontario St., St. Catharines



Enjoy a meal created by your child!



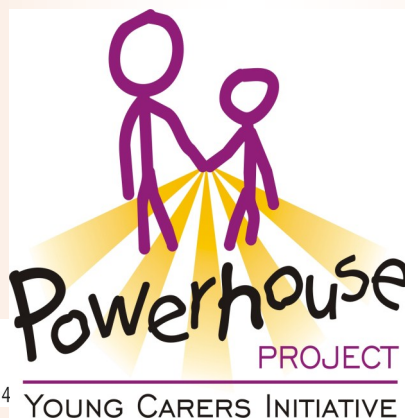
LIMITED SPOTS AVAILABLE - FAMILIES MUST BE REGISTERED

To Register Call: (905) 834-3521 ext. 423/424

nsoble@powerhouseproject.ca

Who are Young Carers?

Children and youth aged 5-18 who help take care of a parent, sibling or grandparent recovering from an addiction, or experiencing a disability, illness (mental/physical), or language barrier.



What is the Powerhouse Project?

The Powerhouse Project offers a variety of services and activities to empower young carers, and give them time where "kids can be kids". Social, leisure, educational and skill development opportunities are offered at our Drop-In Centre and during "on the road" sessions throughout the regions of Niagara and Haldimand Norfolk.



With funding from the LHIN
(Local Health Integration Network)
Hamilton Niagara Haldimand Brant LHIN 4

YOUNG CARERS INITIATIVE

powerhouseproject.ca