

Attention HHP members: Verifications and/or internet packets are due by Friday, **March 30, 2023**

On-Site Events

These events are held at the fellowship hall (upstairs) of the John Knox Presbyterian Church, 9104 Westport Road. **Must register for workshops.** Please call **Shiny at 502-426-2824, x306** or **Ext. 310** to register.

SPRING CRAFTS WITH LUCY: Led by Lucy Qusenberry
We will be decorating pots to grow our flowers and herbs.
Tuesday, 3/14 @ 11:00am (Please call to RSVP)

MENTAL HEALTH AND WELLNESS: Led by Adrienne Feldmann
Tuesday, 3/21 @ 11:00am (Please call to RSVP)

NO STRESS HEALTHY MEAL PREP: Led by Pam Serban
Tuesday, 3/28 @ 11:00am (Please call to RSVP)

EACM WOMEN'S SUPPORT GROUP:
Thursday, 3/16 @ 6:30pm. **Must contact Shiny to join.**

If you are unable to attend any In-Person events, you have the option of picking up an Internet Packet. Please ask someone at the front desk or ask Shiny for assistance.

Multicultural Community Services

Several of these events take place off-site, not at the EACM office. Please note event locations.

Free English Classes (ESL), citizenship test preparation, and support groups

In-person classes are located at Springdale Presbyterian Church, 7812 Brownsboro Rd., Louisville, KY 40241. **Must register to join. Call Paty Robles for more information at 426-2824, x300.**

Latina Women's Group

Tuesday, March 28, 6-8PM (Please call Paty for more information)
(4th Tuesday of every month)

Citizenship Test Preparation

Call Paty Robles for information at 426-2824, x300

English Class Schedule (ESL)

MONDAY	MONDAY EVENING	TUESDAY	WEDNESDAY	FRIDAY
10 - 11:30 AM	6:30-8:00 PM	10 - 11:30 AM	10 - 11:30 AM	9 - 10:30 AM
Virtual (Zoom) Intermediate Advanced	Virtual (Zoom) Conversation Class - Intermediate - Advanced	Virtual (Zoom) Conversation Class - Intermediate - Advanced	Virtual (Zoom) Intermediate Advanced	Virtual (Zoom) Beginners 1&2
In-Person Beginners 1&2			In-Person Beginners 1&2	

Off-Site Opportunities

These community events are sponsored by outside groups and are held at various locations.
Unless otherwise noted, these events are free.

MENTAL WELLNES WORKSHOP OFFERED AT NOTHEAST CHRISTIAN CHURCH

On the first Tuesday of each month, Northeast Christian Church will gather for a Mental Wellness Workshop. Through teaching, small group discussion, and personal reflection, tools you can integrate into your life right away. Please call Shiny for more details.

MAMA MATTERS

Family Support of Catholic Charities of Louisville offers a space where mothers with children birth to five can meet, socialize, and support one another through the joys and challenges of motherhood.

Now Virtual! Group meetings on the 2nd and 4th Thursday from 11:00 a.m. - 12:00 p.m.

For more information or to register, contact Cydnei Dean.

Email- cdean@archlou.org, Office- 502-637-9786 x 306

Cell (text available)- 502-649-5569

Attn: Please let Shiny know if you plan on attending these meetings.

MOTHER INFANT CARE

Catholic Charities of Louisville is offering a 6-week course covering a variety of topics related to pregnancy and newborn care. Upon completion of the course, participants can select a brand-new item such as a crib, car seat, pack-n-play and more! Other baby items are offered throughout the program.

To be eligible, you must be pregnant or have given birth in the last three months. This program is currently offered virtually. **RSVP Required. Contact Cydnei Dean at 502-637-9786.**

Attn: If you attend at least 4 out of the 6 week classes it will count for 3 months of HHP participation. Please see Shiny for more details.

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RECIPE OF THE MONTH

The items needed for this recipe can be found in our food pantry. Enjoy! 😊

Also here are the recipes for this month...

7 Can Soup:

1 can chili w/ beans

1 can black beans

1 can kidney or chili beans

1 can diced tomatoes

1 can Rotel tomatoes (tomatoes w/chiles)

1 can corn

1 can green beans

Dump all the ingredients including water/juices into the pot and simmer for 10 minutes.

Date Brownies:

Cooking spray

½ cup dried dates

½ cup very hot coffee or water

1 box brownie mix

1 large egg

1 Tbsp vegetable oil

Optional: ½ cup pecan or walnut halves

Preheat oven to 350 degrees and coat 9x9 inch pan with cooking spray. Place dates in a small bowl, cover with very hot coffee or water and allow to sit for 1 hour. Puree dates and coffee or water until smooth (resembles thin pancake batter). Place brownie mix in large bowl add date mixture, egg, oil and nuts if desired. Mix according to package directions. Spread batter into prepared pan and bake 30-35 minutes or until done.