

Attention HHP members: Verifications and/or internet packets are due by Wednesday, **May 31, 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.

MOTHER'S DAY CRAFTS WITH LUCY: Led by Lucy Qusenberry

Tuesday, 5/9, 11:00 AM (Please call to RSVP)

MENTAL HEALTH AND WELLNESS: Led by Adrienne Feldmann

Tuesday, 5/16, 11:00 AM (Please call to RSVP)

HEALTHY MEAL PREP: Led by Loreal Greathouse

Wednesday, 5/24, 11:00 AM (Please call to RSVP)

EACM WOMEN'S SUPPORT GROUP:

Thursday, 5/18, 6:30 PM Please 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, May 23rd, 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

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English Class Schedule (ESL)

MONDAY 10 - 11:30 AM	MONDAY EVENING 6:30 - 8 PM	TUESDAY 10 - 11:30 AM	TUESDAY EVENING 7 - 8 PM	WEDNESDAY 10 - 11:30 AM	FRIDAY 9 - 10:30 AM
Virtual (Zoom) Intermediate Advanced	Virtual (Zoom) Conversation Class - Intermediate - Advanced	Virtual (Zoom) Conversation Class - Intermediate - Advanced	In-Person Beginners	Virtual (Zoom) Intermediate Advanced	Virtual (Zoom) Beginners
In-Person Beginners Intermediate				In-Person Beginners Intermediate	

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 AM – noon.**

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

Poppy Seed Broccoli Cranberry Crunch Salad: by Yvonne Mickens

Total Time: Preparation 10-15 minutes + Chilling

Yield: 10-12 servings

Ingredients:

- 2 lbs. broccoli florets, roughly chopped
- ½ large purple onion, chopped
- 3-4 green onions, thinly sliced on a diagonal (optional)
- 1 clove garlic (minced)
- ½ cup toasted sliced almonds (have a little extra for garnish)
 - ½ cup toasted sunflower seeds
 - ½ cup or more sweetened dried cranberries
- 1 bottle of Brianna's Poppy Seed salad dressing (or any other brand)
- ½ - 1 tsp. salt
- ½ - 1 tsp. pepper

Directions:

In a large bowl, combine all vegetable ingredients, almonds, sunflower seeds, and cranberries. In a separate bowl, mix the salad dressing, salt, and pepper; taste and adjust seasoning if necessary. Drizzle over salad and toss to coat. Cover and refrigerate for at least 1 hour before serving and sprinkle with 1-2 tablespoons of sliced almonds for garnish. Yield: 10-12 servings depending on who is eating! Feel free to cut this recipe in half.