

Attention HHP members: All verifications or packets are due by Tuesday, October 31, 2023 by 12:00pm

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 **502-426-2824 Ext. 310** to register.

MEDICARE BENEFITS 2024: Led by Cynthia Correa and Craig Friedman
Tuesday, Oct. 10, 11am-12pm (Please call to RSVP)

BEGINNERS YOGA CLASS: Led by Previn Kukalla
Tuesday, Oct. 17, 11am-12pm (Please call to RSVP)

HEALTH AND WELLNESS: Led by Carolina Robles, University of Kentucky
and Parisa Ramazani, Elevance Health
Tuesday, Oct. 24, 11am-12pm (Please call to RSVP)

FALL CRAFTS: Led by Lucy Quesenberry
Tuesday, Oct. 31, 11am-12pm (Please call to RSVP)

EACM WOMEN'S SUPPORT GROUP TEMPORARILY ON HOLD

If you are unable to attend any In-Person events, you have the option of picking up a take home Packet. Please ask someone at the front desk for assistance. There are 30 days to complete a packet or attend a workshop. Please email Shiny at svarughese@eacmonline.org with any questions or concerns.

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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, October 24th, 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

NEW: Childcare is now available during in-person morning classes.

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) Intermediate	Virtual (Zoom) Conversation Class - Intermediate - Advanced	In-Person Beginners	Virtual (Zoom) Intermediate Advanced	Virtual (Zoom) Beginners
In-Person Beginners Intermediate				In-Person Beginners Intermediate	

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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 email Shiny at svarughese@eacmonline.org 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.