

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

### 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. 306 or Ext. 310** to register.

**ARTS AND CRAFTS: Led by Lucy Quesberry**

**Tuesday, Jan. 9, 11am-12pm** (Please call to RSVP)

**HEALTHY LIVING: Led by Carolina Robles, University of Kentucky  
and Parisa Ramazani, Elevance Health**

**Tuesday, Jan. 23, 11am-12pm** (Please call to RSVP)

**BEGINNERS YOGA CLASS: Led by Previn Kukalla**

**Tuesday, Jan. 30, 11am-12pm** (Please call to RSVP)

Please note: The EACM women's support group is temporarily on hold.

If you are unable to attend any In-Person events, you have the option of picking up an Internet Packet. If you need one emailed to you please email Shiny at least 5 days before the due date. There are 30 days to complete a packet or attend a workshop, therefore I will not accept late packets unless it is extenuating circumstances. Please call Shiny at 502-426-2824 ext. 306 or email at [svarughese@eacmonline.org](mailto:svarughese@eacmonline.org) with any questions or concerns.

### 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 (502) 426-2824, x300.**

**Latina Women's Group**

**Tuesday, January 23, 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) <b>Intermediate Advanced</b>	Virtual (Zoom) <b>Intermediate</b>	Virtual (Zoom) <b>Conversation Class</b> - <b>Intermediate</b> - <b>Advanced</b>	In-Person <b>Beginners</b>	Virtual (Zoom) <b>Intermediate Advanced</b>	Virtual (Zoom) <b>Beginners</b>
In-Person <b>Beginners Intermediate</b>				In-Person <b>Beginners Intermediate</b>	

## Off-Site Opportunities

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

### 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](mailto: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.**