

**WINTER TERM  
REGISTRATION  
IS NOW OPEN!**

**PROGRAM LEAD:  
MADDIE@KERRSTREET.COM**



Kerr Street Mission is a safe and fun place for youth grade 6 through high school to hang out. All students are warmly welcomed into a community where they will be accepted, encouraged and challenged by our staff, volunteers and their peers.

**To learn more about activities  
scan the code above or visit**

**[www.kerrstreet.com/youth-connected](http://www.kerrstreet.com/youth-connected)**

**PLEASE NOTE :**

**JANUARY HOURS**

**Wednesday Jan 1st: KSM IS CLOSED**

**Thursday Jan 2nd: 9am -8pm**

**(NO MARKETS/ KIDS/YOUTH PROGRAMS)**

**Friday January 3rd: Regular meal + market hours.**

**Monday Jan 6th: Kids + Youth programs resume.**

## **BECOME A VOLUNTEER AT KSM THIS NEW YEAR!**

Is volunteering at KSM on your New Year's list? We have a variety of opportunities available across our departments here at KSM and welcome all applications online via our website.

Please visit [Kerrstreet.com](http://Kerrstreet.com) for all available volunteer positions.

## **THANK YOU!**

Every year we are so thankful for the flood of donations, extra hours our volunteers graciously offer and the online and in-person monetary donations that come through our doors.

Please watch for posters in the main lobby for notes on things most in need and submit any urgent needs by speaking to the front desk staff.

## **INCOME TAX CLINIC CHANGES**

Help for Income Tax preparation is changing in 2025. New KSM clinics will be announced for dates starting in March. Please watch for updates and sign up information coming soon.



## **YOUR MENTAL HEALTH AND WELLNESS MATTERS!**

**Need some help after the holidays?**

According to the CMHA, 52% of Canadians report experiencing high levels of depression, anxiety and isolation during the holiday season.

Unfortunately this can also have a tendency to creep into January and we often see an increase in mental health and wellness challenges within our community here at KSM.

### **NEW PROGRAMMING COMING IN 2025**

In addition to our supportive listening programming, new programs are being planned for 2025 to support the mental health and wellness of our KSM community

If you have questions or need support, please email [Julie@kerrstreet.com](mailto:Julie@kerrstreet.com)

*For emergency situations, please call 911.*

# JANUARY 2025

**MARKET**  
CHOOSE ONE TIME TO SHOP PER WEEK

**KSM CAFÉ**  
ENTER BEFORE 12:15 TO GET A SEAT

**YOUNG AT HEART:**  
9:30 - 11:00 AM

**ESL PROGRAM:**  
4:00 - 5:30 PM *BEGINNERS*  
6:15 - 7:45 PM *INTERMEDIATE*

**HALTON REGION KIDS N' ME**  
DROP-IN: 9:30 - 11:00 AM

**HALTON REGION PRENATAL**  
DROP-IN: 11:00 AM - 1:00 PM

**FEMALE SHOWERS:**  
1:00 - 2:00 PM

**MALE SHOWERS:**  
1:00 - 2:00 PM

**KICKBOXING**  
7:00 - 8:00 PM

**MOTHER MATTERS**  
COMMUNITY PROGRAM

**PA DAY CHILD & YOUTH PROGRAM**  
(REGISTRATION REQUIRED, NO REGULAR PROGRAMMING)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Kerr Village Church Service <b>In-Person @10am or Online*</b>	<b>NO PROGRAMS NO MARKETS</b>	<b>NO PROGRAMS NO MARKETS</b>	<b>1 NEW YEARS DAY KSM CLOSED</b>	<b>2 NO PROGRAMS NO KIDS/YOUTH  NO MARKET HOURS TODAY</b>	<b>3 BACK TO REGULAR HOURS, PROGRAMS AND MARKETS.</b> 	<b>4</b> 
<b>5</b> Kerr Village Church Service <b>In-Person @10am or Online*</b>	<b>6</b> <b>Mother Matters</b> 9.30 - 11am 	<b>7</b> 	<b>8</b> 	<b>9</b> 	<b>10</b> 	<b>11</b> 
<b>12</b> Kerr Village Church Service <b>In-Person @10am or Online*</b>	<b>13</b> <b>Mother Matters</b> 9.30 - 11am 	<b>14</b> 	<b>15</b> 	<b>16</b> 	<b>17</b> 	<b>18</b> 
<b>19</b> Kerr Village Church Service <b>In-Person @10am or Online*</b>	<b>20</b> <b>Mother Matters</b> 9.30 - 11am 	<b>21</b> 	<b>22</b> 	<b>23</b> 	<b>24</b> <b>LAST DAY FOR</b> <i>choose FRESH</i> sign up 	<b>25</b> 
<b>26</b> Kerr Village Church Service <b>In-Person @10am or Online*</b>	<b>27</b> <b>Mother Matters</b> 9.30 - 11am 	<b>28</b> 	<b>29</b> 	<b>30</b> 	<b>31</b> 	

## MARKET HOURS

\* Please bring your market card.

	OPEN MARKET TIMES*	PROGRAM SPECIFIC MARKET TIMES
<b>Monday</b>	1:00 - 2:30 pm	<b>5:30 - 6:30 pm</b> <i>KSM family meal attendees only</i>
<b>Tuesday</b>	1:00 - 2:30 pm 6:00 - 7:30 pm	
<b>Wednesday</b>	1:00 - 2:30 pm	
<b>Thursday</b>	6:00 - 7:30 pm	<b>9:45 - 11:45 am</b> <i>Prenatal &amp; Kids'n Me programs only</i>
<b>Friday</b>	1:00 - 2:30 pm	
<b>Saturday</b>	10:00 - 11:30 am	
<b>Sunday</b>	CLOSED	

## CHOOSE FRESH

NOTE: NO CHOOSE FRESH JAN 1 - 4

JAN 6 - 11 : **PROTEIN WEEK**

JAN 13 - 18 : **PRODUCE WEEK**

JAN 20 - 25 : **PROTEIN WEEK**

JAN 27 - 31 : **PRODUCE WEEK**

## KSM CAFÉ (MEALS)

<b>Monday</b>	5:45 - 7:45 pm <i>For KSM registered families with children 18 years &amp; under. Registration required - see front desk.</i>
<b>Tuesday</b>	11:45 am - 12:15 pm <i>Open meal time</i>
<b>Wednesday</b>	5:45 - 7:45 pm <i>Adults ONLY. No registration required.</i>
<b>Friday</b>	11:45 am - 12:15 pm <i>Open meal time</i>
<b>Saturday</b>	8:45 - 9:45 am <i>No registration required.</i>

\*Meals are limited to the first 42 people who arrive.