



THE CHEDOKE CHRONICLE

500 BENDAMERE AVENUE
HAMILTON, ONTARIO
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**Hamilton-
Wentworth District
School Board**

**Thursday,
May 4,
2017**

MRS. P. MOCHRIE, PRINCIPAL
MR. J. CORBIN HARPER, VICE PRINCIPAL
MS. L. ROMANO, SUPERINTENDENT

MRS. G. MILOVANOV, OFFICE ADMINISTRATOR
MRS. E. PINTO, OFFICE ADMINISTRATOR
MR. D. WARDELL, HEAD CARETAKER



Wednesday, May 17, 2017

Chedoke Spring Musical Showcase @ Sir Allan MacNab—6:00 pm

Monday, May 22, 2017

Victoria Day—No School

Wednesday, May 24 to

Wednesday, June 2, 2017

EQAO—Grades 3 and 6

Wednesday, May 31, 2017

Grade 8 Graduation Trip

Wednesday, May 24, 2017

School Council Meeting—6:00 pm

Friday, June 9, 2017

P.A. Day—No School

Friday, June 23, 2017

Graduation @ Sir Allan MacNab—4:00 to 6:00 pm

Tuesday, June 27, 2017

Term 2 Report Cards go home

Thursday, June 29, 2017

Last day of School

Friday, June 30, 2017

P.A. Day—No school

Note: Please open the Calendar tab for further dates and events in the school.



Intermediate Swim Meet

We had a great day at McMaster on Monday. We took 18 students to the intermediate swim meet and all swam their hearts out. Student who placed were:

Grade 8 Boys medley relay, Sebastian M., Nico M., Ryan C., and Eric L.—2nd place.

Grade 6 Boys 100m relay, Matt F., Owen F., Russell N., and Eric G.—2nd place

Grade 8 Boys 25 m Freestyle, Sebastian M.—3rd place

Grade 7 Girls 25 m Backstroke, Samantha G.—3rd place





Helping make life better

April 2017

Dear Community Partner,

We are pleased to offer your organization some of our new **Walk-In Counselling** brochures to make available to the individuals you support.

Change is Always Possible

Life's challenges don't always allow for scheduled appointments or waiting lists. **CFS Walk-In Counselling** provides professional, brief, strength-based, same-day service every Tuesday from 12-6:30pm. We welcome individuals, couples and families. Sessions are generally 50 minutes in length. As well, **Credit Counselling Walk-In** is offered every Wednesday from 2-6:30. Sessions last about 45 minutes beginning with a financial assessment and discussing options for solutions. No appointment or referral is necessary! Our trained counsellors see clients as quickly as possible, and work on a first-come first-served basis. We pride ourselves on offering high-quality, solution-focused counselling. Individuals are supported in developing next steps and being the experts of their own solutions.

Everyone is Welcome

Catholic Family Services of Hamilton (CFS) is a non-profit, multi-service agency offering services to anyone in need regardless of faith, race, ethnicity, economic status, sexual orientation, gender, age, physical and/or intellectual ability. There is a fee for our service; however, subsidy is available. Some people are able to use insurance from their family's employment benefit package to cover costs. We encourage people to bring their income or benefit information with them and for Credit Counselling clients, bring creditor statements so we can best assist them. CFS is safe space for everyone and our services are confidential and voluntary.



Leave with a Plan

Both *Walk-In Counselling* and *Credit Counselling Walk-In* can be used on an as-needed basis, although many find that one visit is all that is required. Our Counselling is focused on providing professional service to assist people with a wide variety of issues related to individual, couple or family needs. Our professional counsellors offer a safe, non-judgmental space to address what each individual feels is important to them and will often link clients with additional supports in the community.

We have attached a .pdf for our brochures and posters. If you require printed copies, don't hesitate to contact us and we can mail a package to you.

For further information or questions about the Walk-In Counselling, please contact our Intake Team at (905) 527-3823, ext. 279.

Sincerely,

A handwritten signature in blue ink, appearing to read 'Catherine Howson', with a long horizontal flourish extending to the right.

Catherine Howson, M.A., R.P., (Cert) OACCPP
Team Leader, Family Counselling
and Family Group Conferencing

A handwritten signature in blue ink, appearing to read 'Tony Daly', with a long horizontal flourish extending to the right.

Tony Daly B.A./B.A.
Team Leader, Credit Counselling
AFCC., QIC



Financial Health Walk-In Credit Counselling Clinic

**Every Wednesday
from 2pm - 7pm**

We provide specific counselling
on credit and debt issues.
Our Credit Counsellors practice
solution-focused financial counselling.

**The clinic operates on a first-come,
first-serve basis.
Appointments are not necessary**

You drop in and are given a counselling session
with the next available counsellor.

Bring to your session: Statements of debt balances, a pay stub
and a list of household expenses.

Free for those who qualify or fee for service
based on a sliding scale
(dependent on household-income and family size)

**Accredited member of
Credit Counselling Canada**

**CFS of Hamilton
447 Main Street East, Unit 201**

Intake: 905-527-3823, ext 279
or intake@cfshw.com

www.cfshw.com



Funded by 
Hamilton



Walk-In Counselling Clinic

**Every Tuesday
from 12 noon - 6:30pm**

The Walk-In Counselling Clinic provides drop-in support for immediate issues.

We operate on a first-come, first-serve basis.

Appointments are not necessary

You drop in and are given a counselling session with the next available professional social work counsellor.

We see individuals, couples, and families at the Walk-In Clinic.

Free for those who qualify or fee for service

Based on a sliding scale
(dependent on household-income and family size)

**CFS of Hamilton
447 Main Street East, Unit 201**

**Intake: 905-527-3823, ext 279
or intake@cfshw.com**

www.cfshw.com



Funded by  Hamilton

Depression Loss Divorce Stress Anxiety Family Problems Couples Parent & Child Relationships



WEDNESDAY, MAY 17
6:00 PM
CHEDOKE
SPRING MUSICAL
SHOWCASE

**Sir Allan MacNab Secondary School
Auditorium**

Tickets - \$2.00 per person; children 10 and
under FREE

**Enjoy the newly-
renovated
Auditorium at Sir
Allan MacNab
Secondary School!**

**Come and
Celebrate
Chedoke's
Talented
Musicians!**

**Ticket Proceeds
go to Chedoke's
Music
Department!**










**Great Soloists and
Small ensembles!**

**Fabulous Vocal
and Instrumental
Ensembles!**



SCHOOL STORE PRODUCT LIST

Open Daily during First Nutrition Break — 12:53 to 1:05 p.m.

	COOKIES	\$0.75
	APPLE SAUCE (pineapple, peach, apple, field berry, grape)	\$0.50
	FRUIT TO GO (berry mania, strawberry watermelon, wild berry, strawberry)	\$0.50
	GRANOLA BAR	\$0.50
	MILK (chocolate and white)	\$0.75
	FROZEN YOGURT	\$1.00
	YOGURT TUBES	\$1.00
	FRUIT CUPS	\$1.00
	POPCORN	\$2.00

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