

# Tikvah Nus Tikvah Nus



July 2008

- ✧ **Discount Cards:** Please return the questionnaire from last month's Tikvah Nus. This information will let us know how valuable this program is to our clients. Your feedback gives the program its direction!
  
- ✧ Thank you!! Very much! To those who attended our June workshop featuring **Credit Counselling Services of Eastern Ontario**. Sarah Johnston was terrific. We will all remember never to use those vicious money lenders. For those who would like to contact her or her office at 1300 Carling Avenue Suite 209 please call 613-728-2041 or toll free at 1-866-202-0425. She, or any of her colleagues, will be more than pleased to hear from you or spend time with you free of charge to answer any questions or concerns that you may have regarding your credit, budget, or personal finances.
  
- ✧ Is there a **workshop** topic that you would like to see? *Please fill out the attached form* and send it back to Karen Beutel.
  
- ✧ **RSVP** for the upcoming workshop! Reserve 2pm Wednesday July 9 2008. We will be having Kimberly Stoddard from **Home Management Services** talk with us about their program. As well, we will have an opportunity to inquire about job re-entry experiences and opportunities.

For any Tikvah questions please contact Andrea or Sarah at 613-722-2225

Dates to remember:  
**Kosher Food Bank**  
July 6 or 27  
Aug 17 or 24  
Sept 7 or 21

**Miriam's Well**  
July 28  
Aug 25  
Sept 29

**Tikvah Distribution**  
Second Tues of the month.  
Same day as the Workshop!

Tikvah Nus is also  
available at  
[www.jfsottawa.com](http://www.jfsottawa.com)