



February Newsletter

What can you look forward to in 2022?!

Upcoming Programs & Events:

Registration Feb 1st

Where: 1332 Hamilton St
When: Every Tuesday from Feb 22nd - April 26th 2022
Cost: \$50 total

Kids Club Ages 4 - 6
4:15- 5:15 pm

Youth Club Ages 7 - 9
5:30 - 6:30 pm

Tween Club Ages 10 - 12
6:45 - 7:45 pm

PHCG OFFERS PAYMENT PLANS AND POTENTIAL SUBSIDIES
PLEASE CONTACT ELLIAL@PRESTONHEIGHTS.CA FOR MORE
INFORMATION ON HOW TO REGISTER

Registration for our winter programming, including Kids, Youth and Tween club is now open. Spaces are filling fast though, so please click the green button below to register!

Register

Would you like to contact our Community and Recreation Coordinator for information or be added to our parent list?

Contact
Ellia

Our **Girls Empowerment Group** will be a structured model/support group, designed to foster self-esteem, help girls maintain authentic connections with peers, counter trends toward self-doubt, and allow for genuine self-expression.

Stay tuned for more details on this FREE program, including how to register for your spot!

Coming Soon!

GIRLS EMPOWERMENT GROUP

Stay tuned for more information!
Please contact ellial@prestonheights.ca for inquiries/questions

Looking for Family Day Fun?
register for

Tobogganing & Tims
Put on by PHCG Recreation Lending Library

Sign out Items such as:

- GT Racer Sled
- Foam Sleds
- 2 Person Sleds
- Snowball Makers
- Snow block molds
- Snowshoes

And Receive a Tim Hortons Gift Card to Enjoy with your Family

For questions & to sign out items please email
Ellia at Ellial@prestonheights.ca

Looking for something fun & FREE to do this Family Day weekend?

Choose from an amazing collection of winter fun items in our **Recreation Lending Library**, sign them out to enjoy for the weekend, and as an added bonus, receive a Tim's gift card to enjoy!

And if you send us your winter activity photos afterwards, you'll have a chance to win passes to **Chicopee Tube Park!**

Come work with us!

Are you 13 years of age or older and want to join us as an **LIT (Leader In Training)** this summer? Or 16+ years old and want to be a **summer staff** with our camp programs? If so, we want to hear from you!

Stay tuned later this month for details on our LIT info sessions and look on *Indeed* for our summer staff postings!



Collaborate with us!

**Get up to
\$500 to do a
project for your
neighbourhood.**

**Apply for a
Neighbourhood
Action Grant
today!**



Find out more at
prestonheights.ca

Neighborhood Action Grants are grants of up to \$500 from the Lyle S. Hallman foundation for residents in the Preston neighbourhood. Residents can apply with a partner from another household to plan an event or project in their neighbourhood. The goal of NAG grants are to bring fun, engaging projects to neighbourhoods, create connections between neighbours and build neighbourhood skills, leadership and capacity.

Contact Us About a
NAG

Get to Know Our Engagement Team!

Hello! My name is Sandra and I am a Community Engagement Coordinator working with a few of the amazing neighbourhood organizations that we have here in Cambridge, including Preston Heights Community Group. I have many years of experience in the fields of both recreation and volunteer management, and love that my role with PHCG very often combines both of these. I am a Cambridge resident (of almost 20 years!), and my teenage boys have flourished by having the opportunity to grow up here, and get involved in our community.

I look forward to connecting with many new (and familiar) faces in the coming months!



Hello everyone! My name is Ellia and I am the Community and Recreation Coordinator here at Preston Heights Community Group and I began my role in the beginning of September of 2021. We may have had the opportunity to meet in person at the Mobile Market, our Pumpkin Giveaway, or at the After-School drop-in hour we had in the fall. I am looking forward to being able to meet more of our community this year! In my free time, I like to be able to get out into nature, play the piano and learn new arts and crafts. Over the past 6 months, I have enjoyed learning more about the Preston Heights community, and having the opportunity to meet our community members.

My name is Kathleen; I am a Community Engagement Coordinator with PHCG. In my role, I get most excited connecting with neighbours, hearing their stories and strengths, and getting to collaborate on projects that are important to them. Neighbourhood Action Grants are one of my favourite ways to do this! Outside of my job, I get most excited by a good book, ABBA's 'Dancing Queen', and walking my golden retriever named Odie.



We look forward to seeing you in the
neighbourhood soon!

We respectfully acknowledge that we are on the traditional territory of the Anishnawbe, Haudenosaunee and Neutral peoples. Cambridge is situated on the Haldimand Tract, land that was granted to the Six Nations of the Grand River.

Connect with us
www.prestonheights.ca

