

Media Release
September 2, 2014



Bridges Out of Poverty Workshop comes to Smiths Falls

Rideau Community Health Services, in partnership with the Leeds, Grenville and Lanark District Health Unit, is hosting a Bridges Out of Poverty workshop on Thursday, October 2, 2014 at the Smiths Falls Civitan Club.

Bridges Out Of Poverty is a framework that helps people understand the hidden rules of poverty, open their minds to the culture of poverty and build relationships to create a sustainable community. "This workshop would benefit all sectors, including community non-profits, the criminal justice system, government agencies, health care providers, businesses and community members," said Mona Wynn, Health Promotion Coordinator, Rideau Community Health Services.

Not everyone has the same opportunity for health. People living in poverty face challenges that are virtually unknown to the middle class or wealthy. Research shows that the poorer we are, the less healthy we are. Poverty affects all of us, including those in our community. Close to 11,000 families in Leeds, Grenville and Lanark are living on \$19,000 or less per year (Canadian Community Health Survey, 2011). This is not nearly enough income to raise a family and pay for food, clothing, shelter, health expenses, transportation and childcare.

"The real life stories shared during the workshop really helped shed light on the burden of poverty in our community and got the conversation started in our workplace," said Danika Wentzel, Health Equity Coordinator, Leeds, Grenville & Lanark District Health Unit.

Bridges Out of Poverty provides an opportunity for members of our community to better understand the challenges people experiencing poverty face and to start the dialogue about how we can work together to create a healthier community.

To register: www.sfbridges.eventbrite.ca or call the health ACTON Line at 1-800-660-5853. Registration fee is \$35.00 and includes lunch and workbook.

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