

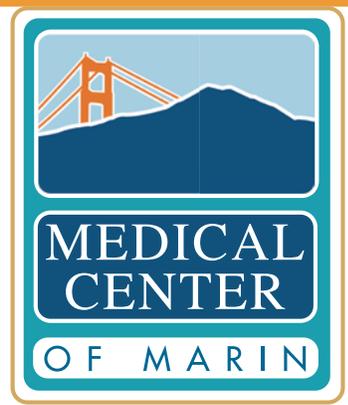
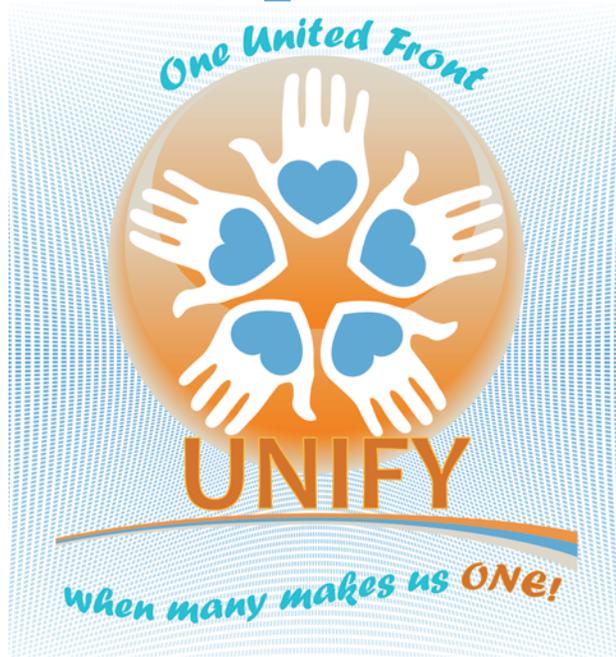
ONE WARM COAT

Coats for this event can be donated at:

Whole Foods Markets in Mill Valley at the Blithedale Avenue and Miller Avenue locations and in Novato at the De Long Avenue store! Thank you **Whole Foods** for your service to the community!



Let Us Help You



ONE FLU SHOT

Flu shots given day of the event:

Medical Center of Marin will be dispensing a limited yet generous number of flu shots free-of-charge to those in need the day of the event as a way of giving back to our community.



On **January 17th, 2015** between **10:00 am** and **3:00 pm** **Whistlestop Active Aging Center** becomes a place for **families in transition** and **families in need** to help themselves to numerous donated items and services!

930 Tamalpais Avenue, San Rafael



- * Safety Tips & Demonstration 10 am to 12 Noon
- * Earn-A-Bike Program **FREE**
- * Bike Thrift Shop (**Great Bargains**)



- * Oral Hygiene Dental Clinic Info
- * Affordable Care Act Sign Up



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Free Items:

- + Coats graciously collected at **Whole Foods Markets**
- + Flu Shots distributed by **Medical Center of Marin**
- + Groceries generously donated by **Whole Foods Markets**
- + Cooking Classes donated by **Kids Cooking for Life**



- * Housing Programs and Services



Families lead, kids succeed.

- * Community Outreach
- * Resources and Referrals
- * Family Advocacy
- * Family Literacy
- * Learning Together, Playgroup (0-5 yrs)



- * Nutrition/CalFresh
- * Alcohol and Substance Use
- * Mental Health & Depression Screening
- * Diabetes Prevention
- * Personal Preparedness



- * Sign up for **FREE** Kid's Cooking Classes



- * Emergency Shelter—Bilingual
- * Transitional Housing—Bilingual
- * Advocacy/Court Accompaniment—Bilingual
- * Support Groups/Hotlines—Bilingual
- * Programs to End Violent Behavior
- * Teen Dating Abuse Services



- * Referrals to Agencies/Services
- * Information about Homelessness



- * Literacy Bus—Portable Library