



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>1</p> <p>ALL PROGRAMS CLOSED TODAY</p> <p>Enjoy the holiday weekend!</p>	<p>2</p> <p>Garden Thyme 10:00am- 12:00pm</p> <p>Youth Counselling Drop-In 11:00 - 1:00</p> <p>Welcome Baby 12:30- 2:30pm</p>	<p>3</p>	<p>4</p> <p>Microgreens & Sprouts 1:00- 3:00pm</p> <p>Employment Support 3:30- 5:30pm</p> <p>Garden Thyme 4:00- 6:00pm</p> <p>COMMUNITY DINNER 4:30- 6:00pm</p>	<p>5</p> <p>Film Screening: Biggest Little Farm 1:00- 3:00pm</p>	<p>6</p> <p>Self-Care Workshop 11:00 am- 12:00pm</p> <p>Garden Thyme 10:00am- 12:00pm</p> <p>Produce Market & Morning Café 10:30am- 12:30pm</p>
<p>8</p> <p>Intercultural Community Kitchen 12:30- 3:00pm</p>	<p>9</p> <p>Garden Thyme 10:00am- 12:00pm</p> <p>Youth Counselling Drop-In 11:00 - 1:00</p> <p>Welcome Baby 12:30- 2:30pm</p> <p>Youth Kitchen 3:30-5:30pm</p>	<p>10</p>	<p>11</p> <p>Nature Kids Club 9:30- 11:00am</p> <p>Microgreens & Sprouts 1:00- 3:00pm</p> <p>Garden Thyme 4:00- 6:00pm</p> <p>COMMUNITY DINNER 4:30- 6:00pm</p>	<p>12</p> <p>YWe Connect 10:30am- 12:00pm</p> <p>COMMUNITY LUNCH 12:00- 1:30pm</p>	<p>13</p> <p>Garden Thyme 10:00am- 12:00pm</p> <p>Produce Market & Morning Café 10:30am- 12:30pm</p> <p>Pride Drag Performance with Haus of the Holy Spirit 2:30- 4:30pm</p>
<p>15</p>	<p>16</p> <p>Garden Thyme 10:00am- 12:00pm</p> <p>Youth Counselling Drop-In 11:00 - 1:00</p> <p>Welcome Baby 12:30- 2:30pm</p>	<p>17</p>	<p>18</p> <p>Nature Kids Club 9:30- 11:00am</p> <p>Belonging & Crafting 1:00- 2:00pm</p> <p>Employment Support 3:30- 5:30pm</p> <p>Garden Thyme 4:00- 6:00pm</p> <p>COMMUNITY DINNER 4:30- 6:00pm</p>	<p>19</p> <p>Canadian Centre for Housing Rights Presentation & Discussion 12:00- 1:30pm</p> <p>YWe Connect 10:30am- 12:00pm</p> <p>COMMUNITY LUNCH 12:00- 1:30pm</p>	<p>20</p> <p>Garden Thyme 10:00am- 12:00pm</p> <p>Produce Market & Morning Café 10:30am- 12:30pm</p> <p>Self-Care Workshop 11:00 am- 12:00pm</p>
<p>22</p> <p>Great Taste Cooking Series at Dundurn Castle 11:45am- 3:00pm</p> <p>Intercultural Community Kitchen 12:30- 3:00pm</p>	<p>23</p> <p>Garden Thyme 10:00am- 12:00pm</p> <p>Youth Counselling Drop-In 11:00 - 1:00</p> <p>Welcome Baby 12:30- 2:30pm</p> <p>Youth Kitchen 3:30- 5:30pm</p>	<p>24</p>	<p>25</p> <p>Nature Kids Club 9:30- 11:00am</p> <p>Employment Support 3:30- 5:30pm</p> <p>Garden Thyme 4:00- 6:00pm</p> <p>COMMUNITY DINNER 4:30- 6:00pm</p>	<p>26</p> <p>VIRTUAL EVENT- Gender Based Safety Review 12:00- 1:30pm</p>	<p>27</p> <p>Garden Thyme 10:00am- 12:00pm</p> <p>Produce Market & Morning Café 10:30am- 12:30pm</p>
<p>29</p> <p>Great Taste Cooking Series at Dundurn Castle 11:45am- 3:00pm</p>	<p>30</p> <p>Garden Thyme 10:00am- 12:00pm</p> <p>Youth Counselling Drop-In 11:00 - 1:00</p> <p>Welcome Baby 12:30- 2:30pm</p>	<p>31</p> <p><i>We use food as a way to help us learn from each other & connect with culture & land.</i></p> <p><i>Everyone is welcome.</i></p>	<p>See reverse for Advocacy Office hours</p>	<ul style="list-style-type: none"> ● Drop-in Programs ● Registration Programs ● Special Events ● Garden Programs 	<p><i>All programs FREE</i></p> <p><i>Except Saturday Produce Market & Morning Cafe or otherwise specified</i></p>

DROP-IN PROGRAMS:

Community Dinner

Thursdays 4:30 – 6:00pm

Freshly made meals, highlighting plant-based ingredients. ALL MEALS NO COST.

Community Lunch

Fridays 12:00 – 1:30pm

Enjoy a light nutritious lunch highlighting a variety of fresh ingredients.

YWConnect Wellness with YWCA

Fridays 10:30am – 12:00pm

Fitness, nutrition, movement & self-care.

Produce Market & Morning Café

Saturdays 10:30am – 12:30pm

Enjoy low-cost baked goods and hot drinks, along with local and organic fresh fruits and vegetables at a low cost (subsidized).

Child & Youth Counselling Drop-In

Tuesdays 11:00am – 1:00pm

Clinical Counsellors are available for children, youth and their caregivers 0-18 years old. No appointment needed. Stop by and say hello.

Employment Support by Mohawk College

Thursdays-July 4th & 18th

3:30 – 5:30pm

Pre-employment supports with a youth & adult focus. Drop-In.

For more information contact
sbrionesclarke@n2ncentre.com ext. 303



REGISTRATION PROGRAMS:

Welcome Baby

Tuesdays 12:30pm – 2:30pm

Canadian Pre-Natal Nutrition Program.

Register with Health Connections at:
cpnp@hamilton.ca or 905-546-3550

Youth Kitchen Club: Ages 13-18

Select Tuesdays- July 9th & 23rd

3:30- 5:30pm

Hands-on cooking & fun for youth!

Drop-in Tuesday or Register with Krista at:
kdaoust@n2ncentre.ca/ ext. 205

Queer Gaming Hamilton Club

Friday, July 26th 6:00pm

Queer-focused community gathering with board games.

Register at
QueerGamingHamilton@protonmail.com

COMMUNITY GARDEN:

Garden Thyme (May- August)

Tuesdays 10:00am- 12:00pm

Thursdays 4:00- 6:00pm

Saturdays 10:00am- 12:00pm

Cultivate a thriving garden! Essential skills for all ages and levels. Take part in hands-on activities or simply join to hangout and enjoy the vibe. Drop-in or RSVP.

For Community Garden Programs,
contact Embers at
ecarroza@n2ncentre.com OR ext.308

Meeting location at Community Garden
in Captain. Cornelius Park.



All Programs offered at N2N's
Hamilton Community Food Centre
310 Limeridge Rd W. Unit#10

SPECIAL EVENTS:

Intercultural Community Kitchen

Mondays, July 8th & 22nd 12:30- 3:00pm

Cook with fresh ingredients, share recipes, build friendships, and empower each other through intercultural experiences.

Register with Nicola at: ext. 304
nmoore@n2ncentre.com

Microgreens and Sprouts Workshop

Select Thursdays- July 4th & July 11th
1:00- 3:00pm

Learn to grow your own delicious & nutritious microgreens at home- even in apartments. Bring home a grow kit!

Register with Embers at: ext. 308 or
ecarroza@n2ncentre.com

Film Screening: Biggest Little Farm

Thursday, July 5th

10:00am-1:30pm

Watch the documentary "Biggest Little Farm" along with snacks, refreshments.

Contact Sarah to register at ext. 303 or
sbrionesclarke@n2ncentre.com

Canadian Centre for Housing Rights Presentation

Friday, July 19th 12:00- 1:30pm

Learn your housing rights and join us for lunch. Register with Sarah at:
sbrionesclarke@n2ncentre.com/ ext. 303

Great Taste Cooking Series - Dundurn

Monday, July 22nd & July 29th

11:45am - 3:00pm

Field trip for seniors & youth to Dundurn's
Historic Kitchen & Gardens - storytelling.
Meet at CFC for transportation together.
Kdaoust@n2ncentre.com

ADVOCACY OFFICE:

Office Hours:

Open Thursdays & Saturdays

Contact for Hours/ Availability

System navigation, community support & referrals. No appointment needed.

For information contact Sarah at:
905-574-1334 ext. 231
sbrionesclarke@n2ncentre.com

SPECIAL EVENTS:

Belonging & Crafting Workshop

Thursday, July 18th 1:00- 2:00pm

Anti-Oppression discussion & crafting.

Register with Sarah at: ext. 303/
sbrionesclarke@n2ncentre.com

*Volunteer hours given for taking this session.

Self Care Workshop

Saturdays, July 6th & 20th

11:00am – 12:00pm

Mindfulness and reflections on wellness & self care.

Register with Shaden at:
ssaleh@n2ncentre.com/ ext. 213

VIRTUAL EVENT:

Gender Based Safety Review

Friday, July 26th 12:00- 1:30pm

Give your opinion of gendered safety in space. In partnership with YWCA.

\$10 Gift cards given for participation.

Limited spaces available.

Register with Sarah at ext. 303/
sbrionesclarke@n2ncentre.com

PRIDE Drag Performance

with House of the Holy Spirit

Saturday July 13th 2:30- 4:30pm

St. John Boy (he/him) and
Oxymoron(she/her) put on a drag show
for our community as we provide activities
and crafts for all ages.

Register with Embers at
ecarroza@n2ncentre.com OR ext.304

Nature Kids Club

Thursdays - STARTING JULY 11TH

9:30- 11:00am

Garden & nature play for kids 6 - 12 years
old! This is an outdoor program with
indoor activities for inclement weather
days only. Light snack provided.

Register with Amy at:
aangelo@n2ncentre.com or ext. 302

For more information on programs at
N2N's Hamilton Community Food
Centre, please contact Krista at:
kdaoust@n2ncentre.com or ext. 205



905-574-1334

www.n2ncentre.com

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JULY 2024