



MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY**



For more information, call: 905-522-3233
email: communityhealth@hucchc.com
181 Main St. W
CTS Location: 70 James St.S., Hamilton ON



3
FOOD SHARE (DROP-IN): 10AM-11.30AM

4
LAFFERS
1:30PM-3:00PM
FUN & FITNESS @ GAGE PARK: 5:30PM-7:30PM
UNPACKING BLACKNESS HEALING CIRCLE 5PM-7PM
PATHWAYS TO SETTLEMENT 3-5PM

5
SERENITY IN MOTION
1:00PM- 3:00PM
EXPLORING ART
3:30PM - 5:00PM

6
COOKING AT THE CORE
1:00PM-3:00PM

Getting the Job Done - 3-5

7
FOOD SHARE (DROP-IN): 1PM-3PM

8

10
FOOD SHARE (DROP-IN)
10:AM - 11:00AM

11
LAFFERS
1:30PM-3:00PM
FUN & FITNESS @ GAGE PARK: 5:30PM-7:30PM
PATHWAYS TO SETTLEMENT 3-5PM

12
SERENITY IN MOTION
1:00PM- 3:00PM

13
COOKING AT THE CORE
1:00PM-3:00PM

14
FOOD SHARE (DROP-IN): 1PM-3PM

15

17
FOOD SHARE (DROP-IN): 10AM-11.30AM
ANGER MANAGEMENT FOR MEN: 1PM-3PM

18
PANCAKE TUESDAY 10AM-12PM
LAFFERS
1:30PM-3:00PM
ANGER MANAGEMENT FOR MEN: 5PM-7PM
UNPACKING BLACKNESS HEALING CIRCLE 5PM-7PM
PATHWAYS TO SETTLEMENT 3-5PM

19
SERENITY IN MOTION
1:00PM- 3:00PM

20
COOKING AT THE CORE
1:00PM-3:00PM
Benefits and Credits Available for newcomers- Youth Financial Literacy.2:30 - 4:00
WOMEN'S APPROCH TO ANGER MANAGMENT
5:00PM-7:00PM
Getting the Job Done 3-5pm

21
FOOD SHARE (DROP-IN): 1PM-3PM
MOVIE & DINNER
6:00PM-8:00PM

22
Community SATURDAY
10:00AM-1:00PM

24
FOOD SHARE (DROP-IN): 10AM-11.30AM
ANGER MANAGEMENT FOR MEN: 1PM-3PM

25
LAFFERS
1:30PM-3:00PM
ANGER MANAGEMENT FOR MEN : 5PM-7PM
FUN & FITNESS @ GAGE PARK: 5:30PM-7:30PM
PATHWAYS TO SETTLEMENT 3-5PM

26
SERENITY IN MOTION
1:00PM- 3:00PM

27
Health Effects of Obesity and Overweight 10:30 -12:30
COOKING AT THE CORE
1:00PM-3:00PM

WOMEN'S APPROCH TO ANGER MANAGMENT
5:00PM-7:00PM
Getting the Job Done 3-5pm

28
FOOD SHARE (DROP-IN): 1PM-3PM

29

31
FOOD SHARE (DROP-IN): 10AM-11.30AM
ANGER MANAGEMENT FOR MEN: 1PM-3PM

