







HAMILTON URBAN CORE COMMUNITY HEALTH CENTRE

HEALTH PROMOTION CALENDAR OCTOBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Monday Breakfast at the core 10AM-11.30AM	3 LAFFERS 1:30PM-3:00PM GETTING THE JOB! 1PM-4PM BLACK NYWELE PROGRAM 5:00PM - 7:00PM	4	5 COOKING AT THE CORE 1PM-3PM WOMEN'S APPROCH TO ANGER MANAGMENT 5:00PM-7:00PM Pathways to Settlement 1:00PM - 4:00PM BLACK NYWELE PROGRAM 5:00PM - 7:00PM MEN'S CIRCLE 6:00PM - 7:30PM	6 FOOD SHARE 1PM-2:30 PM Lets Go Hiking! Friday 1-4pm	7
9 	10 LAFFERS 1:30PM-3:00PM GETTING THE JOB! 1PM-4PM BLACK NYWELE PROGRAM 5:00PM - 7:00PM	11 CTS Open House 10:30AM - 11:30AM 70 James St N.	12 COOKING AT THE CORE 1PM-3PM WOMEN'S APPROCH TO ANGER MANAGMENT 5:00PM-7:00PM Pathways to Settlement 1:00PM - 4:00PM My Health My Responsibility Program 2PM - 3:30PM BLACK NYWELE PROGRAM 5:00PM - 7:00PM MEN'S CIRCLE 6:00PM - 7:30PM	13 FOOD SHARE 1PM-2:30 PM Lets Go Hiking! Friday 1-4pm	14
16 Monday Breakfast at the core 10AM-11.30AM MEN'S ANGER MANAGEMENT 1PM-3PM	17 PANCAKE TUESADY 10AM-11:30PM LAFFERS 1:30PM-3:00PM GETTING THE JOB! 1PM-4PM MEN'S ANGER MANAGEMENT 5PM-7PM HOMEWORK CLUB 5:30PM - 7:30PM BLACK NYWELE PROGRAM 5:00PM - 7:00PM	18	19 COOKING AT THE CORE 1PM-3PM Pathways to Settlement 1:00PM - 4:00PM WOMEN'S APPROCH TO ANGER MANAGMENT 5:00PM-7:00PM HOMEWORKCLUB5:30PM- 7:30PM BLACK NYWELE PROGRAM 5:00PM - 7:00PM MEN'S CIRCLE 6:00PM - 7:30PM	20 FOOD SHARE 1PM-2:30 PM Lets Go Hiking! Friday 1-4pm DINNER & MOVIE 6PM - 8PM	21 COMMUNITY SATURDAY- FAMILY FUN DAY 10:00AM-1:00PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23 Monday Breakfast at the core 10AM-11.30AM MEN'S ANGER MANAGEMENT 1PM-3PM	24 LAFFERS 1:30PM-3:00PM GETTING THE JOB! 1PM-4PM MEN'S ANGER MANAGEMENT 5PM-7PM BLACK NYWELE PROGRAM 5:00PM - 7:00PM HOMEWORK CLUB 5:30PM - 7:30PM	25	26 COOKING AT THE CORE 1PM - 3PM SENIOR'S-PRESENTATION 2:30PM- 4PM ZOOM Pathways to Settlement 1:00PM - 4:00PM Benefits and Credits Available for newcomers2:30PM-4PM WOMEN'S APPROCH TO ANGER MANAGMENT 5:00PM-7:00PM BLACK NYWELE PROGRAM 5:00PM - 7:00PM HOMEWORK CLUB 5:30PM - 7:30PM MEN'S CIRCLE 6:00PM - 7:30PM	27 FOOD SHARE 1PM-2:30 PM Lets Go Hiking! Friday 1-4pm	28

30 Monday Breakfast at the core 10AM-11.30AM MEN'S ANGER MANAGEMENT 1PM-3PM 	31 LAFFERS 1:30PM-3:00PM GETTING THE JOB! 1PM-4PM MEN'S ANGER MANAGEMENT 5PM-7PM BLACK NYWELE PROGRAM 5:00PM - 7:00PM HOMEWORK CLUB 5:30PM - 7:30PM 	<p>For more information, call: 905-522-3233 email: communityhealth@hucchc.com 181 Main St. W CTS Location: 70 James St.S., Hamilton ON</p> 			
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