



# CAPC St. Jamestown Community Project

Free Drop-In Program for Parents/Caregivers and children ages 0 -6 years

## PEER NUTRITION PROGRAM

is

held at Growing Together

three times per year

260 Wellesley St. E., Room # 103

Monday\*

9:30 - 11:30 a.m.\*

(6 week program - registration required)



Cook and eat healthy food,

learn about nutrition,

learn about food safety,

meet new people.

Childcare is provided

For more information please call Kathy at 416-960-8321

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