

The Alex Community Food Centre

Summer Programs
2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Community Action Training 12-3 p.m. <i>Starts Sept. 17</i></p> <p>Volunteer Food Prep 12-4 p.m.</p> <p>Peer Advocacy Office 4:30-5:30 p.m.</p> <p>Drop-In Community Dinner 5-6 p.m.</p>	<p>Healthy on a Budget 10-12:30 a.m. <i>starts July 31</i></p> <p>Level Ground Gardening Group 4-6 p.m. <i>starts Aug. 14</i></p> <p>FoodFit 6-9 p.m.</p>	<p>Drop-In Beginner Yoga 9-10 a.m.</p> <p>Drop-In Community Lunch 12-1 p.m.</p> <p>Peer Advocacy Office 12:30-2 p.m.</p> <p>Cooking Up Justice 4:30-7:30 p.m. <i>starts July 4</i></p>	<p>FoodFit 10am-1 p.m.</p> <p>Kids in the Kitchen 2:30-5 p.m. <i>starts July 26</i></p>	<p>Drop-In Community Breakfast 9-11 a.m.</p> <p>Peer Advocacy Office 10:30-12 p.m.</p> <p>Level Ground Gardening Group 2-4 p.m. <i>starts Aug. 17</i></p>

Registration is ongoing. All programs are free and prioritized for people living on low-incomes. Volunteer applications are available online or call (403) 455-5792.

Program Descriptions

Monday

Community Action Training

Learn how to advocate, navigate social systems, and take action on issues in the community.

Who: Community members. Registration required.

Contact: Syma Habib shabib@thealex.ca (403) 970-5473

FoodFit

A 12 week program to help you improve your well-being through healthy cooking and gentle exercise in a positive, supportive environment.

Who: Community members. Registration required.

Contact: Erin Gionet egionet@thealex.ca (403) 801-6755

Thursday

FoodFit

A 12 week program to help you improve your well-being through healthy cooking and gentle exercise in a positive, supportive environment.

Who: Community members. Registration required.

Contact: Erin Gionet egionet@thealex.ca (403) 801-6755

Peer Advocacy Office

Receive assistance on a wide variety of issues from trained community members.

Who: Adults and supervised children. Drop-in.

Contact: Joe Espina jespina@thealex.ca (403) 863-3953

Drop-In Beginner Yoga

Join an experienced yoga and meditation guide for conscious breath work and learn to move mindfully. (No experience necessary.)

Contact: Miriam Bankey mbankey@thealex.ca (403) 801-6041

Kids in the Kitchen

Kids come together to learn about healthy food, cooking skills, and teamwork!

Who: Kids aged 8-12.

Contact: Jessica Reimer jreimer@thealex.ca (403) 869-1513

Drop In Community Dinner

Drop-in for a free, nutritious dinner.

Who: Adults and supervised children.

Contact: Bethel Tesfay btesfay@thealex.ca (403) 510-3417

Drop In Community Lunch

Drop-in for a free, nutritious lunch.

Who: Adults and supervised children.

Contact: Bethel Tesfay btesfay@thealex.ca (403) 510-3417

Friday

Drop-In Breakfast

Receive assistance on a wide variety of issues from trained community members.

Who: Adults and supervised children. Drop-in.

Contact: Joe Espina jespina@thealex.ca (403) 863-3953

Tuesday

Healthy on a Budget

Healthy food that tastes good does not have to be expensive!

Who: Community Members. Registration Required.

Contact: Jessica Reimer jreimer@thealex.ca (403) 869-1513

Peer Advocacy Office

Receive assistance on a wide variety of issues from trained community members.

Who: Adults and supervised children. Drop-in.

Contact: Joe Espina jespina@thealex.ca (403) 863-3953

Peer Advocacy Office

Receive assistance on a wide variety of issues from trained community members.

Who: Adults and supervised children. Drop-in.

Contact: peeradvocacy@thealex.ca (403) 455-5792

Level Ground Gardening Group

Join us in the gardens where together we grow food, community, and health. Bring your passion and appetite for local food production and watch as our thumbs get greener!

Who: All ages welcome, children younger than 7 to be accompanied by an adult.

Contact: Joanna Tschudy jtschudy@thealex.ca (403) 869-2524

Cooking Up Justice

Learn to grow, cook, share and advocate for good food while discussing social justice issues, making art, and hanging out in a safe and welcoming space.

Who: Youth aged 14-24. Registered drop-in. Text or call ahead.

Contact: Syma Habib shabib@thealex.ca (403) 970-5473

Level Ground Gardening Group

Join us in the gardens where together we grow food, community, and health. Bring your passion and appetite for local food production and watch as our thumbs get greener!

Who: All ages welcome, children younger than 7 to be accompanied by an adult.

Contact: Joanna Tschudy jtschudy@thealex.ca (403) 869-2524