

Harmony Community Food Centre • November 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Harmony CFC Café 11:00am-12:00pm Mind Your Food 4:15pm-6:30pm	4	5 Ethiopian Coffee Ceremony 2:00pm-3:00pm Black History Meal: An Ethiopian Dinner 3:30pm-5:00pm	6 Harmony Garden Club Workshop: Seed Packing 2:30pm-4:30pm	7
10 *No Harmony CFC Café* Harmony Garden Club Workshop: Indoor Gardens 1:00pm-3:00pm Mind Your Food 4:15pm-6:30pm	11	12 *No Community Meal*	13 Harmony Garden Club Workshop: Tinted Lip-Balm Making 1:00pm-3:00pm	14
17 Harmony CFC Café 11:00am-12:00pm Mind Your Food 4:15pm-6:30pm	18	19 Community Meal 3:30pm-5:00pm	20 Food Connects: Large batch cooking! 11:30am-2:00pm	21
24 Harmony CFC Café 11:00am-12:00pm Mind Your Food 4:15pm-6:30pm	25	26 Community Meal 3:30pm-5:00pm	27	28

Programs in blue require registration. Programs in black are drop-in.

Community Meal Program <i>Please note, there is NO Meal on Weds November 12</i> Date: Every Wednesday Time: 3:30pm-5:00pm Location: 2 Gower St. Drop-in program. Please join us for a nourishing, hot meal at Harmony CFC every Wednesday 3:30pm-5:00pm. Restaurant style. Come in, sit down, and we will serve you a meal! Coffee and hot drinks. Meet new people and connect with friends and neighbours. No take-out available. Free, no registration. For more information, please contact Sarah.	Harmony Garden Club Workshops Thursday November 6, 2:30pm-4:30pm: <i>Seed saving and seed packing</i> Monday November 10, 12:00pm-2:00pm: <i>Small space/indoor gardening</i> Thursday November 13, 1:00pm-3:00pm: <i>Tinted lip-balm making</i> Location: 2 Gower St. Registration required. Join Anda to learn about garden and food related topics! No experience necessary. Everyone is welcome! Free, for more information and to register, please contact Anda.	Mind Your Food Date: Mondays, 4:15pm-6:15pm Location: 2 Gower St. Registration required. Free, food-focused program for youth ages 13-19. We will explore food traditions, food and land, cooking and baking skills, new and familiar recipes, our bodies and our wellbeing, and how emotions are connected to what we eat! We'll also take some special trips! For more information, contact Sarah.
Harmony CFC Café <i>Please note: there is NO Harmony CFC Café Monday November 10</i> Date: Every Monday Time: 11:00am-12:00pm Location: 2 Gower St. Drop-in program. Come join us on Monday mornings at Harmony CFC for coffee, tea, and simple breakfast snacks like yogurt, fresh baked goods, and fruit. A great way to meet people, have good conversations, and spend time with Harmony CFC staff. Free, no registration. For more information, please contact Sarah.	Ethiopian Coffee Ceremony Date: Wednesday November 5 Time: 2:00pm-3:00pm Location: 2 Gower St. Drop-in program. Please join us for a traditional Ethiopian Coffee Ceremony, where we will roast, prepare, and enjoy coffee together. Free. Contact Sarah for more information. Black History Meal: An Ethiopian Dinner Date: Wednesday November 5 Time: 3:30pm-5:00pm Location: 2 Gower St. Drop-in program. Please join us for a celebration of Ethiopian food and culture. Planned, cooked, and created by Harmony CFC volunteers! For more information, please contact Sarah.	Food Connects: Large batch cooking! Date: Thursday November 20 Time: 11:30am-2:00pm Location: 2 Gower St. Registration required. Free. Open to anyone who has done a Community Kitchen at Harmony CFC in the past. We will be making large batches of food to enjoy and take home! Please join us. For more information and registration, contact Sarah or Marishka. Contact information: Sarah: sclement@srhc.com, 416-752-0101 x4226 Marishka: mpope@srhc.com, 416-752-0101 x4227 Anda: Aali@srhc.com, 416-752-0101 x4225 Lydia (manager): lsun@srhc.com, 416-752-0101 x4221

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