

 Harmony Community Food Centre • September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Harmony Community Food Market 2:45pm-4:45pm	2 Truth and Reconciliation Community Meal 3:30pm-5:00pm	3	4
7 Closed for Labour Day No Harmony CFC Café	8	9 Community Meal 3:30pm-5:00pm	10	11
14 Harmony CFC Café 11:00am-12:00pm	15 Harmony Community Food Market 2:45pm-4:45pm	16 Community Meal 3:30pm-5:00pm	17	18
21 Harmony CFC Café 11:00am-12:00pm	22 Harmony Community Food Market 2:45pm-4:45pm	23 No Community Meal	24 South Riverdale Community Health Centre's Truth and Reconciliation Event, 955 Queen St. E. 1:00pm-3:00pm	25
28 Harmony CFC Café 11:00am-12:00pm Mind Your Food – Youth Program 4:15pm-6:30pm	29 Harmony Community Food Market 2:45pm-4:45pm	30 Closed for The National Day for Truth and Reconciliation No Community Meal		

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

Community Meal Program

please note there is no community meal on Weds Sept 23 or Weds Sept 30

Date: Every Wednesday, 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. Made from scratch. 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. For more info, contact Sarah.**

Harmony CFC Café **please note there is no café on Mon Sept 7**

Date: Every Monday, 11:00am-12:00pm

Location: 2 Gower St.

Drop-in program. Join us for coffee, tea, and a simple breakfast (yogurt, fresh baked goods, fruit, eggs). **Free. For more info, contact Sarah.**

Contact information:

Sarah (she/her): sclement@srchc.com, 416-752-0101 x4226

Marishka (she/her): mpope@srchc.com, 416-752-0101 x4227

Ashley (she/her): aedwards@srchc.com, 416-752-0101 x4225

Lydia (she/her, manager): lsun@srchc.com, 416-752-0101 x4221

Mind Your Food Youth Program

Date: Mondays 4:15-6:30pm, September 28 – December

Location: 2 Gower St.

Registration required. Harmony CFC youth program. Free, food-focused program for youth ages 13-19. Cooking, baking, learning about food and mental health, food systems, and more! **Contact Sarah to register and for more information.**

Harmony Community Food Market

Date: Tuesdays until the end of October, 2:45pm-4:45pm

Location: 2 Gower St.

Drop-in program. Join us at the market every Tuesday until the end of October! We will be selling affordable fresh fruits and vegetables, snacks, and more! Activities for families, and fun opportunities for all community members! **For more information, please contact Sarah.**

South Riverdale Community Health Centre's Truth and Reconciliation Event

Date: Thursday Sept 24

Location: 955 Queen St. E.

No registration required. Free. Drop in. Please join us to mark the National Day for Truth and Reconciliation. Food, Healthcare offerings, Indigenous artisan market, raffle giveaway, and more. **For more information, please contact Sarah.**