

## Women's Program, Community Development and Social Action Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 No programs: <b>CIVIC HOLIDAY</b>	2 4:30 pm: TMO Women's Group → <b>Urban Farming</b>	3 11 am: Community Gardening → <b>How to grow an Avocado from seed</b> 12:30- 3:30 pm: <b>Voicemail Program</b> 4 pm: TMO → <b>English Conversation Circle Virtual</b>	4 4:30 pm: TMO Women's Group → <b>Virtual Gentle Yoga</b>	5 Gardening + Green Champions → <b>Urban Farm Trip</b>
8 10 am: <b>RP Community Gardening</b> 12:30 pm: <b>Voicemail Program</b> 1 pm: Green Champions → <b>One Year Celebration</b>	9 4:30 pm: TMO Women's Group → <b>Featuring Nature</b>	10 11 am: Community Gardening → <b>Tai Chi</b> 12:30- 3:30 pm: <b>Voicemail Program</b> 4 pm: TMO → <b>English Conversation Circle Virtual</b>	11 11 am: <b>Mending Workshop with Jannette</b> 2:30 pm: Member Advocacy Committee → <b>Harm Reduction Advocacy Planning</b> 4:30 pm: TMO Women's Group → <b>Virtual Gentle Yoga</b>	12
15 10 am: <b>RP Community Gardening</b> 12:30 pm: <b>Voicemail Program</b>	16 4:30 pm: TMO Women's Group → <b>Toronto Island Visit</b>	17 11 am: Community Gardening → <b>How to grow Bok Choy</b> 12:30- 3:30 pm: <b>Voicemail Program</b> 4 pm: TMO → <b>English Conversation Circle Virtual</b>	18 4:30 pm: TMO Women's Group → <b>Virtual Gentle Yoga</b>	19
22 10 am: <b>RP Community Gardening</b> 12:30 pm: <b>Voicemail Program</b> 1:00 pm: Green Champions → <b>Community Posters</b>	23 No TMO Women's Group workshop on this date.	24 11 am: Community Gardening → <b>Tai Chi</b> 12:30- 3:30 pm: <b>Voicemail Program</b> No TMO English Conversation Circle on this date.	25 2:30 pm: Member Advocacy Committee → <b>Summer Celebration</b> 4:30 pm: TMO Women's Group → <b>Virtual Gentle Yoga</b>	26
29 10 am: <b>RP Community Gardening</b> 12:30 pm: <b>Voicemail Program</b>	30 No TMO Women's Group workshop on this date.	31 11 am: Community Gardening → <b>Ways to Grow Spinach</b> 12:30- 3:30 pm: <b>Voicemail Program</b> No TMO English Conversation Circle on this date.		

# EVENTS

## Clothe Mending Workshop

Mending is a lost art of repairing much-loved clothes that have holes, are torn, or have other signs of wear to make them feel new and beautiful. This workshop is about reusing clothes to promote the idea of reusing items that are repairable to reduce waste. Please join us to reduce, re-use, and recycle as newer is not better 😊 TNG/CNH is organizing clothe mending workshop on **Thursday, August 11th, 2022** from 11:00 – 1:00 PM to work on techniques of mending, alternate use of fabrics, clothes and to promote the idea of reusing and reducing. Email Touhida at [Touhida.Choudhury@tngcs.org](mailto:Touhida.Choudhury@tngcs.org), or phone 416.925.4363 x 103, for more information.

Women's Programs		Community Development and Social Action Programs				
Women's Club	TMO Women's Group	Community Gardening Workshop	Easy Access Voicemail	Computer Access Program	Member Advocacy Committee	Green Champions Group
<p>Our Women's Club provides language-specific workshops in the Bengali, Tamil, Mandarin, Somali, and Swahili, Pashto and Dari. Languages may be added as needed. Workshops focus on social connection, well-being and navigating school and support systems, parenting, safety, mental health, civic engagement, ,parenting, . Yoga, Tai Chi, informal counselling, and advocacy are also provided. We are closed in August and will resume again on September</p> <ul style="list-style-type: none"> <li>The Tamil, Bengali, Somali/Swahili, Pashto/Dari Women's Group meets every Thursday from 1:30 pm - 3:00 pm.</li> <li>The Mandarin Women's Group meet every other Thursday from 11:30 am - 1:00 pm.</li> <li>We do yoga every Monday from 1:30 - 3:00 pm.</li> <li>The English Conversation Circle is every Tuesday from 1:30 - 3:00 pm.</li> </ul>	<p>The Women's Settlement Program is a unique program designed for newcomer women and families. The goal of the program is to help Newcomers fully engage with our workers and with each other using life-skill, social, educational, wellness and recreational groups that help with navigation of Canadian systems and in all aspects of Canadian life. We connect to support, community and resources including housing, job search, childcare, registration in school and navigate the Canadian education system, access to programs (such as English or French classes, employment services, skills training, and foreign credential assessment), information about healthcare and social services and more.</p>	<p>Weekly gardening wellness and food security workshops. In-person Workshops at the RP Community Garden. At CNH workshops on food access and gardening topics, such as indoor gardening, connection food resources, wellness, and making fertilizer. On alternate weeks, we do Tai Chi together. We meet on Wednesdays on ZOOM from 11 am-12:00 pm.</p>	<p>The Easy Access Voicemail Project has provided a low-cost voicemail service to more than 200 community members across the GTA annually. At the low cost of \$10.00 for three months, you can get your own phone number for a voicemail box, leave your own greeting and pickup your messages from any phone. Callers are not aware this is a service provided by CNH.</p> <p>You can register by dropping by CNH on Monday and Wednesday afternoons from 12:30 – 3:30 pm at 349 Ontario St.</p>	<p>The Computer Access Program at CNH is now open. You can have free access to one of the computers to check your email or to work on the computers. There is a phone for community use as well.</p> <p>You can use computers or telephone Monday to Friday from 9:00 am to 5:30 pm.</p>	<p>The Member Advocacy Committee (known as MAC) is a group that uses lived experience with poverty, homelessness, disability, and more, and our conversations with people who experience poverty, to action for social change. We conduct outreach including voter engagement, election outreach, and activism on issues like harm reduction, affordable housing and supporting the proposed multi-tenant (rooming) house regulations.</p> <p>We meet every other Thursday from 2:30 - 3:30 pm.</p>	<p>The Green Champions are a group of community members who come together with a shared interest in our environment. Each week, we meet to share our knowledge and learn from one another about topics including gardening, composting, recycling, and climate action. We also look for ways that we can protect our environment together.</p>
<p>Email Safia (Women's Program Coordinator) at <a href="mailto:Safia.Hirsi@tngcs.org">Safia.Hirsi@tngcs.org</a>, or phone 416.925.4363 x 120, for more information.</p>	<p>Email Sohelia (Women's Settlement Team Leader) at <a href="mailto:Sohelia.Bonhi@tngcs.org">Sohelia.Bonhi@tngcs.org</a>, or phone 416.904.8096, for more information.</p>	<p>Email Touhida (Community Development Coordinator) at <a href="mailto:Touhida.Choudhury@tngcs.org">Touhida.Choudhury@tngcs.org</a>, or phone 416.925.4363 x 103, for more information.</p>			<p>Email Bridget (Community Development and Social Action Worker) at <a href="mailto:Bridget.CarterWhitney@tngcs.org">Bridget.CarterWhitney@tngcs.org</a>, or phone 416 925 2103 x 4254, for more information.</p>	