

April 2025

Happening at the Hub



2 **Getting Ready for Employment**

April

Come to the Hub each week to get help finding a job. An employment counsellor will support you one-on-one.

9 **Kitchen Safety Workshop**

April

This workshop will cover fire safety, food sanitation, and injury prevention—essential skills for any home cook.

16 **Smart Shopping & Easy Cooking**

April

Join us to learn how to shop smart, save money, and cook easy, healthy meals. We'll share tips on reading food labels, planning meals, and making tasty dishes with a few ingredients.

23 **Shopping Smart 101**

April

Join us for a simple and helpful workshop! Learn easy tips to find the best deals, stretch your budget, and make healthy choices. We'll talk about discount stores, reading price tags, and smart shopping tricks.

30 **Save Money, Waste Less**

April

Join us to learn easy ways to waste less and save more! We'll share tips on using leftovers, storing food properly, and making the most of what you buy. Small changes can help your wallet and the planet!

SCAN ME



Services Available Every Wednesday at the Hub

**Employment Counselling
& Job Search Support**
from 10 a.m. to 12:30 p.m.

Housing Support Program
from 1 p.m. to 3 p.m.