

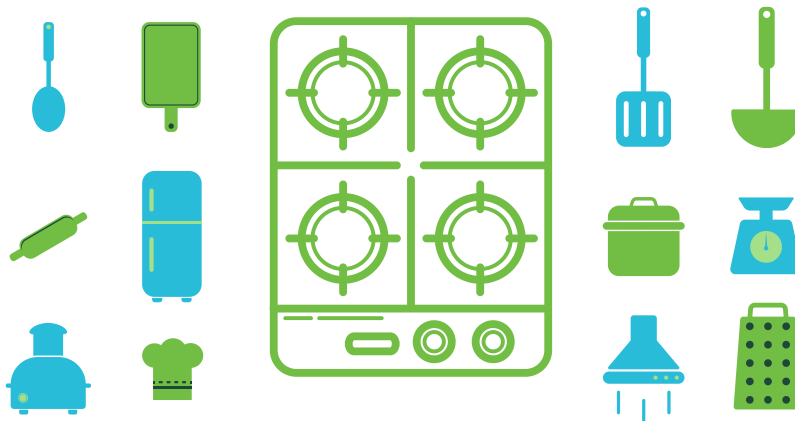


**YOUTH WELLNESS
HUB NIAGARA**
CARREFOUR BIEN-ÊTRE
DES JEUNES DU NIAGARA

FCC
Family Counselling | Centre de
Centre Niagara | counseling familial

Supported by
**health
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santé

COOKING WITH THE HUB



**THE YOUTH WELLNESS HUB NIAGARA
INVITES YOU TO PARTICIPATE IN A MONDAY
NIGHT COOKING CLASS HOSTED BY OUR
YOUTH NAVIGATORS.**

Join us virtually and create delicious snacks and meals from your kitchen at home. We'll deliver all the ingredients you need!

AVAILABLE DATES:

- Monday, November 15th 2021 (No-Bake Granola Bar)
- Monday, December 13th 2021 (Banana Pancakes)
- Monday, January 17th 2022 (Tortilla Pizza)
- Monday, February 14th 2022 (Chocolate Mousse)
- Monday, March 14th 2022 (Rice Pudding)

FOR YOUTH AGES 12-25
PLEASE REGISTER IN ADVANCE BY SENDING
AN EMAIL TO CATHY GALES
cathy@contactniagara.org