



FONTBONNE MINISTRIES
Mustard Seed
SISTERS OF ST. JOSEPH, TORONTO



COMMUNITY KITCHEN

“Come have dinner with us in a family style environment.”

This program caters to:

- People that are comfortable spending time with others
- People that enjoy participating in activities

What you will learn:

- Social skills by interacting with others and sharing ideas during reflection time
- Food preparation and healthy eating
- Housekeeping skills

This program is best suited for people who are comfortable with:

- Spending time in a large group
- Listening, reflecting, and sharing

The Community Kitchen Program is offered:

- Tuesday – 3:00pm – 6:00pm

Is there a cost:

- Yes—fee required is either \$10 per month or \$3 per meal

Do you need to sign-up:

- Yes, please call reception at 416-465-6069
- Space is limited

What participants are saying about the Community Kitchen Program:

“The meals are fantastic and healthy.”

“The Mustard Seed is like my second home.”

