



Let Our Hands Speak!

Community Connections & Wellness Programs for Newcomers to Canada

The YWCA Hamilton has an exciting free program that seeks to bridge the gap between Indigenous Canadians and Newcomers identifying as women, 2SLGBTQIA+ or non binary individuals.

Come out and join us to practice English, learn the history and origin of crochet, the benefits and how it can affect your general well-being plus much more!

Location: N2N Community Food Center (310 Lime Ridge Road West Unit 10)

Date: Fridays August 4, 11, 25th

Time: 1:00 - 2:30 pm

For more info and to register contact:

Rana Aldibs

Supervisor, Community Connections & Wellness Programs

YWCA Hamilton

T 905.522.9922 ext. 180

E raldibs@ywcahamilton.org

**Crochet for
Beginners!**





Community Connections & Wellness Programs for Newcomers to Canada

The YWCA Hamilton has an exciting free program that seeks to bridge the gap between Indigenous Canadians and Newcomers identifying as women, 2SLGBTQIA+ or non binary individuals.

Let our hands speak!

Crochet for beginners

Fridays August 4, 11, 25th

1:00 - 2:30 pm

at N2N Community Food Center (310 Limeridge road west unit 10)

Come out and join us to practice English, learn the history and origin of crochet, the benefits and how it can affect your general well being plus much more!

for more info and to register contact

Rana Aldibs

Supervisor, Community Connections & Wellness Programs

YWCA Hamilton

T 905.522.9922 ext. 180

