

Preparing & Eating Food



Collective Kitchens & Cooking Classes

- **Carleton Place & District Youth Centre**
Carleton Place, ON
613-257-8901
www.cpyouthcentre.org
- **Country Roads Community Health Centre (CRCHC)**
Portland, ON
613-272-3302 ext 237 or 1-888-998-9927
www.crchc.on.ca
- **Kemptville Youth Centre**
Kemptville, ON
director@kemptvilleyc.com
613-258-5212
www.kemptvilleyc.com
- **Lanark Highlands Youth Centre**
Lanark, ON
613-259-2012
lhyci@storm.ca
North Lanark Community Health Centre (NLCHC)
Lanark, ON
Dietitian 613-259-2182
www.northlanarkchc.on.ca
- **Real Canadian Superstore**
Brockville, ON
www.realcanadiansuperstore.ca
613-498-0994
- **Rideau Community Health Services - Merrickville**
Merrickville, ON
613-269-3400
www.rvds.ca
- **Rideau Community Health Services - Brockville**
Rideau Valley Diabetes Services
Brockville, ON
info@rideauchs.ca
- **Smiths Falls & District Club for Youth**
Smiths Falls, ON
613-284-1784
www.sfdcy.ca
- **Smiths Falls Community Health Centre**
Smiths Falls, ON
613-283-1952
www.rvds.ca
- **Youth Action Kommittee of Perth and District**
Perth, ON
613-264-8381
www.yakyouth.ca

Other Programs

- **Connections Program for Families**
www.connectionsprogram.ca
1-888-284-2204



Leeds . Grenville . Lanark

www.foodcorelgl.ca

foodcorelgl@gmail.com or 1-800-660-5853 and ask for "foodcore"