



# Community Forum

Join the community to learn more about available community resources. Service providers will be available to offer their supports on the spot.

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**Date:** November 8, 2023

**Time:** 11:30 AM - 2:30 PM

**Location:** Loaves and Fishes, 25 Front Ave., Brockville

**Hosted by:** Rideau Community Health Services in Partnership with Lanark, Leeds and Grenville Addictions and Mental Health

**Please consider bringing a donation for the local food banks! Most requested items include:**

- Instant coffee
- Stews
- Pea soup
- Shampoo
- Tampons
- Baby food
- Diapers and wipes
- Canned vegetables and fruit
- Canned ham and tuna
- Crackers
- Cookies
- Mayonnaise
- Ketchup
- Cereal

**Free Meal for all  
who attend**  
**Live music from  
the “Slinky B’s”**  
**Local art displays**

**“Alone we can do so little, together  
we can do so much” - Helen Keller**