



Are you looking for a chance to volunteer in the community?
Do you want to make a meaningful difference in the lives of others?

Supportive Housing of Waterloo (SHOW), in conjunction with Cedars Worship Center (Temple Shalom & Westminster United Church) & Westvale Neighbourhood Association are looking to coordinate and offer **free monthly Community Dinner** (at the Cedars) to the residents of the neighbourhood.

The vision for this monthly Community Dinner:

- where everyone is welcome
- drop-in and enjoy a free, nutritious meal
- connect & build relationships with caring community members
- reduce isolation
- support people's health and wellness

If this initiative sounds like something you would like to be **involved in and help with**, please join us!

We are looking for people to help with **meal preparation** and **set-up**, possible **cooking, serving, clean-up, transportation, promotion**, and **children's activities**.

For more information, please contact:

SHOW - Supportive Housing of Waterloo (519-886-8200)

iliana.pressman@showaterloo.org

cheryljboyd@gmail.com (519-885-5948)