
COOKING & NUTRITION

4th Thurs Each Month 1:30 PM – 3:00 PM

FOOD SAFETY

Jan

BASIC NUTRITION

Feb

FOOD CHOICES

March

COOKING WITH COMMODITIES

April

GARDENING

May

MAKE YOUR NEXT PLATE GREAT

June

SUMMER MEALS

July

ONE DISH MEALS

Aug

HEALTHY SNACKS

Sept

HOLIDAY MEALS & LEFTOVERS

Oct



Thursday Evenings 6:30 PM

HOPE Church Support Groups

In addition to the classes offered at the Care Center, HOPE Church offers support groups on Thursday evenings for those dealing with or recovering from addictions, grief, abuses, teen/single mom pregnancies, parenting, marital issues and divorce.

For more information, go to
www.gfhope.org/supportgroups.



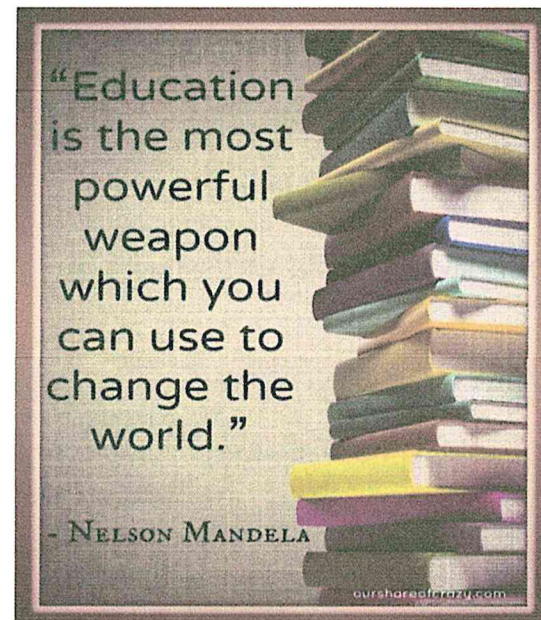
IN THE GRAND CITIES MALL

www.gfhope.org/CareCenter

CareCenter@gfhope.org

Classes

Thurs Each Month 1:30 PM – 3:00 PM



SIGN-UP

In Person or Online

www.gfhope.org/CareCenter

IN THE GRAND CITIES MALL

CareCenter@gfhope.org

*Classes Will Not Be Held On Holidays or Days When School is Canceled Due to Weather

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IN THE GRAND CITIES MALL

ABOUT OUR CLASSES

Our classes were created to provide the life skills necessary for a successful future. Taught by educators within our community, these classes will be Thursday afternoons at the HC Community Care Center.

JOB READINESS

1st Thurs Each Month 1:30 PM – 3:00 PM

RESUMES/JOB APPLICATIONS

Jan/May/Sept

INTERVIEWING & DRESSING FOR SUCCESS

Feb/June/Oct

I HAVE A JOB, NOW WHAT?

March/July/Nov

MONEY MANAGEMENT

April/Aug/Dec



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CareCenter@gmail.com

SAFE KIDS

2nd Thurs Each Month 1:30 PM – 3:00 PM

POISONING/MEDICATION

Jan

WINTER HOME SAFETY

Feb

FIRE SAFETY

March

GUNS & FIREARMS

April

PLAYGROUND SAFETY

May

CAR SAFETY

June

WATER SAFETY

July

SPORTS HYDRATION

Aug

PEDESTRIAN SAFETY/BACK TO SCHOOL

Sept

HALLOWEEN SAFETY

Oct

HOME SAFETY

Nov

EMERGANCY PREPAREDNESS

Dec

*Classes Will Not Be Held on Holidays or Days When School is Canceled Due to Weather

Sign-up In Person

At The Care Center & Food Pantry

HEALTH & WELLNESS

3rd Thurs Each Month 1:30 PM – 3:00 PM

HYPERTENSION & HEART HEALTH

Jan

DIABETES

Feb

KIDS HEALTH & NUTRITION

March

CARING FOR SICK KIDS

April

SUMMER HEALTH & HEAT STROKE

May

EMERGANCY CPR

June

HYDRATION & CLEAN WATER

July

VISITING THE DOCTOR

Aug

FIRST AID

Sept

ILLNESS PREVENTION

Oct

SPECIAL DIETS

Nov

BONE HEALTH

Dec

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Sign-Up Online

www.gfhope.org/CareCenter