

Fall 2026

Adult & Family Programs

For program information, email aaliyahp@langs.org or phone 519-248-4769 ext. 3002.

Most programs take place at Grow - 1 Groh Ave, Cambridge

Take a Break - Jacob Hespeler Lodge - 70 Mulberry Dr

Join us for games, snacks, crafts and monthly birthday celebrations!

Days: Tuesdays, Sep 8 - Nov 24

Time: 1:30 - 2:30 pm



Community Roots - Family Program

Bring your family for crafts, cooking and more!

Days: Mondays, Sept 14 - Nov 23

*No program Oct 12 and 26

Time: 6:30 - 8:00 pm

Cost: Free drop-in, no registration required



Resource Centre

Create resumes, print documents, or use the computers.

Printing: 1st print/copy is free, additional copies \$0.10/page

Hours: Mon, Wed, or Fri

12:00 - 4:00 pm

Participants will be asked to sign in and provide contact information.

Schedule subject to change. Please call ahead.



Fall 2026

Adult & Family Programs

For program information, email aaliyahp@langs.org or phone 519-248-4769 ext. 3002.

All programs take place at Grow - 1 Groh Ave, Cambridge

Take a Break - Jacob Hespeler Lodge - 70 Mulberry Dr

Join us for games, snacks, crafts and monthly birthday celebrations!

Days: Tuesdays, Sep 8 - Nov 24

Time: 1:30 - 2:30 pm



Community Roots - Family Program

Bring your family for crafts, cooking and more!

Days: Mondays, Sept 14 - Nov 23

*No program Oct 12 and 26

Time: 6:30 - 8:00 pm

Cost: Free drop-in, no registration required



Resource Centre

Create resumes, print documents, or use the computers.

Printing: 1st print/copy is free, additional copies \$0.10/page

Hours: Mon, Wed, or Fri

12:00 - 4:00 pm

Participants will be asked to sign in and provide contact information.

Schedule subject to change. Please call ahead.

