

# **Rideau-Rockliffe Community Resource Centre**



## **Are you new at our Food Bank?**

- Have you been wondering where to turn to access other resources?
- Are you looking for a free program to help you reach your goals?

Meet with a support worker for the “Yes I Can” program, because we believe that  
You Can take steps forward!

**For more information, please contact Carolie Nkanza by dialing 613-745-0073 ext. 107**