

Interested in volunteering with the Northview Garden?

New volunteers welcome!
Working in the garden includes:

- A chance to be outdoors with others and meet new people
- Benefits such as taking home some fresh produce

Gardening is a great activity for relieving stress. Enjoy watching plants grow over the season!

Volunteer tasks include:

- Planting (at start of season)
- Watering, weeding & tending plants
- Picking and packing veggies for donation to North York Harvest Food Bank
- Spreading top soil, mulching
- Preparing the garden for winter



For more information contact Ana at:
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 **Unison**
Health & Community Services