

ABOUT US

Open Door Community Tabernacle is a non-denominational church that opened its doors in 1998. Since then, we have worked closely with the communities as part of our missionary work to give back to these communities that have graciously hosted us.

In the past we've worked extensively with the youth to help instill confidence, self esteem, self-discipline by providing skills to help them be outstanding members of society. Several youth from the congregation and the immediate communities benefited immensely from these programs. The youth



Some of the beneficiaries of the past Youth Programs

activities included a Home Economics programs where they learned to cook, sew and knit. They also learned landscaping, mechanics, money management, multimedia skills like Adobe application, and music (instruments and voice)

OUR PROGRAMS

Our most recent community ventures include the Health and Nutrition Education Program, a program aimed to address poor health outcomes (obesity and their associated health problems) among members of our congregation and community through the education towards adoption of healthier lifestyles and habits.



A healthy birthday celebration for one of the participants

We will also be starting a training program for Certified Nurse Assistants, a 6-8weeks program that will be open to all members of our community that are interested in pursuing a career in the ever expanding field of Healthcare.

If you would like to receive more information on our programs and how you can participate, please call 1-855-237-6736 (select Option 2)

HEALTH AND NUTRITION EDUCATION PROGRAM

Obesity, poor nutrition, and limited physical activity are major health concerns in our communities. Lack of information and educational resources are often a problem

"I can't believe how much healthier and stronger I feel just from the changes I've made in diet. Since I feel less tired, I'm now taking walks with my children in the evenings. I'm eating healthy and moving more. I feel great"

..Program participant

Our Health and Nutrition education program is free to all members of our community. We offer following:

- Group educational sessions on different health and nutrition topics and answer questions (Wednesdays and Saturdays)
- Home visits to assess pantry / Refrigerator contents and counsel on diet and food prep
- Accompaniment for food shopping to educate on the right food choices and Label Reading
- One-on-one in-person or phone consultation in regards to nutrition and health concerns
- Weekly emails to discuss a health topic, share a healthy recipe or a simple exercise that participants can do at home or at work
- Weekly phone follow-up with each participant to discuss progress (weight loss, diet changes)