



"I came to Canada from Syria nine years ago. At first, I didn't know anyone. I joined some cooking programs at ... KCHC. I thought they were interesting, so I kept going back. Over time, they became a part of me. When you move to a new country, it's hard to resettle. Hard to feel involved. When I first arrived, I had my wife and two children here. Now I'm alone. My wife passed away. My children moved away... The kitchen helped fill that emptiness. It gave me people to talk to, food to share, and a place where I belong."

**Joseph, Open Kitchen Participant**