Sure, let's create an example of toggling between dark and light themes using React context and the useContext hook.

Step 1: Create a ThemeContext

First, create a context for managing the theme.

```
// ThemeContext.js
import { createContext, useState } from 'react';
const ThemeContext = createContext();
const ThemeProvider = ({ children }) => {
  const [isDarkMode, setDarkMode] = useState(false);
 const toggleTheme = () => {
   setDarkMode((prevMode) => !prevMode);
 };
 const theme = isDarkMode ? 'dark' : 'light';
 return (
    <ThemeContext.Provider value={{ theme, toggleTheme }}>
      {children}
    </ThemeContext.Provider>
 );
};
export { ThemeProvider, ThemeContext };
```

Step 2: Wrap your App with the ThemeProvider

Wrap your application (or part of it) with the ThemeProvider.

Step 3: Use useContext in a ThemedComponent

Create a component that uses the useContext hook to access the theme information.

Now, when you click the "Toggle Theme" button, it will switch between dark and light themes, and the ThemedComponent will reflect the changes in the background and text colors.

Step 4: Render Components

Finally, render your components in the main file.

Now, you have a simple example of toggling themes using React context and the useContext hook.