



**The Four Villages**  
Community Health Centre

WORKING TOGETHER FOR WHOLE HEALTH

# UPCOMING PROGRAMS

## as of February 2019

The Four Villages Community Health Centre offers a variety of fun and friendly programs for every age and stage. All of our programs are free unless noted. Programs are offered at our Bloor Site (1700 Bloor Street West), Dundas Site (3446 Dundas Street West) and at other locations in the community. **Please contact the staff member listed in the program description for additional information.**

**Please note we will be closed February 18th**

### Programs for Adults

#### Back to Movement

This 7 week physiotherapy led exercise program is targeting clients who have chronic low back pain and are not physically active. The goals of the program are to improve function and quality of life, reduce pain and recurrence of low back pain. The program consists of a weekly 1 hour 'yoga' based group exercise program. Ideally participants should be independent with transferring from standing to the floor.

**When:** Tuesdays, February 5<sup>th</sup> to March 12<sup>th</sup>, 10:00 am to 12:00 pm

**Where:** 1700 Bloor St West (Multipurpose Room)

**Contact:** For more information contact Mark at 416-604-6438, Elizabeth at 416-855-1055 or Adilah at 416-855-1060

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#### Childbirth Education

A 5 week program for all soon-to-be moms and partners. This program provides the information and skills needed for a positive pregnancy, delivery, and early parenting experience. Topics include healthy pregnancy, nutrition, labour and delivery, relaxation techniques, stages of labour, preparing for the hospital, bringing baby home, basic baby care, and much more.

**When:** Thursdays, February 7<sup>th</sup> to March 7<sup>th</sup>, 4:00 to 6:30 pm

**Where:** 3446 Dundas Street West (Program Room B)

**Contact:** For more information contact Leah at 416-604-6456.

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#### Knitting Group

Calling all knitters! Join our drop-in knitting group where you can knit, chat, and make friends. Whether you've been knitting for years or just want to learn, this group is for you!

**When:** Thursdays, 1:00 to 4:00 pm

**Where:** 3446 Dundas Street West (Program Room A)

**Contact:** For more information, call Michelle at 416-604-6431

## Programs for Adults

### Legal Clinic

The clinic offers 30 minute free summary advice, information, and referrals. Family law and immigration clinic runs the last Tuesday of the month alternating between Four Villages Bloor and Dundas Sites. Assistance with a human rights and employment law also available upon request.

Appointments must be booked in advance.

**When:** Tuesday, February 26<sup>th</sup>

**Where:** **Legal Clinic** -10:00 am to 12:00 pm  
**Immigration Clinic** -12:00 to 2:00 pm  
1700 Bloor Street West

**Contact:** To book an appointment, call Amir at 416-604-6448

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### Let's Talk About Healthy Eating

Join us for hands-on cooking demonstrations and taste-testing of easy recipes. Topics include eating well on a budget, easy cooking for one or two people, simple meal planning, and healthy eating for weight management.

**When:** First Friday of every month, 10:00 am to 11:30 am

**Where:** 3446 Dundas Street West (Program Kitchen)

**Contact:** For more information contact Katie 416-604-6443

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### West Toronto Housing Help Program

Meet with a housing worker who can assist with housing issues, evictions, finding emergency shelter and accessing subsidized housing. Appointments must be booked in advance.

**When:** Wednesday, February 13<sup>th</sup> & 27<sup>th</sup>, 9:00 am to 12:00 pm

**Where:** 3446 Dundas Street West

**Contact:** To book an appointment, call the Bloor Site at 416-604-3361 or Dundas Site at 416-604-3362.

## Programs for Older Adults

### Meals-On-Wheels Fruit and Vegetable Basket

Have a fresh fruit and vegetable basket delivered right to your door! Meals-on-Wheels delivers nutritious lunches and fresh produce to older adults 55+ or adults 34-54 with a long-term disability. The fruit and vegetable basket costs \$13.75 and is delivered bi-weekly.

**Contact:** For more information, call West Toronto Support Services at 416-653-3535.

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### Memory Technique

This 6 weeks workshop is designed for adults of all ages including seniors who are interested in sharpening their memory skills. The workshop is designed to stimulate memory, and participants will practice activities aiming to improve both short-term and long-term memory.

**When:** Fridays, February 1<sup>st</sup> to March 8<sup>th</sup>, 10:00 to 12:00 pm

**Where:** 3446 Dundas Street West (Program Room A)

**Contact:** For more information contact Junko at 416-604-6453.

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### Seniors Exercise Programs

Increase strength, balance, and flexibility with this exercise program for adults 55+. Options are available to accommodate various levels of mobility and fitness. Registration is required. *Please note this program is currently full. New participants will be placed on a waiting list and may join when space becomes available.*

#### Bloor Site

**When:** Tuesdays  
9:30 to 11:30 am

**Where:** 1700 Bloor St. W.

**Contact:** For more information, call Anna at Etobicoke Support Services: 416-243-0127 ext. 271.

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#### Dundas Site

**When:** Mondays and Thursdays  
1:00 to 3:00 pm

**Where:** 3446 Dundas St. W.

### Yoga for 50+ Review Class for Previous Participants

This monthly drop-in class is ONLY for graduates of the 8 week program. Relax and rejuvenate with gentle yoga catered to your needs and abilities. Options are available to accommodate various levels of mobility and fitness.

**When:** Friday, February 1<sup>st</sup> & 22<sup>nd</sup>, 3:00 to 4:00 pm

**Where:** 3446 Dundas Street West (Program Room B)

**Contact:** For more information, call Junko at 416-604-6453

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## Programs for Parents, Families and Children

### Family Fun

This weekly drop-in program is for families with children under the age of six. Activities and circle time are designed to promote child development, social skill building and school preparedness. The program also offers parenting support and information about community resources.

**When:** Thursdays, 9:30 to 11:30 am

**Where:** 100 High Park Avenue (Recreation Room, Buzzer Code 550)

**Contact:** For more information, call Amir at 416-604-6448

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### Healthy Women Healthy Babies

This weekly drop-in program is for pregnant women and women with new babies who are isolated, new to Canada or have financial difficulties. Enjoy weekly presentations about child safety, child development, breastfeeding, baby care, nutrition, cooking and more. The program is staffed by a Nurse, Dietician and Community Health Worker, and is designed to support women through pregnancy as well as baby's first year.

**When:** Wednesdays, 9:30 to 11:30 am (for women with babies 6-12 months) and 1:30 to 3:30 pm (for pregnant women and babies under 6 months)

**Where:** 3446 Dundas Street West (Program Room B)

**Contact:** For more information, call Gayle at 416-604-6452

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### Time Out!

Sometimes parents need time out! Looking for a place where you can focus on yourself, learn new skills and explore your interests? You can find it at Time Out, a weekly drop-in program for parents and parents-to-be ages 29 and under. Join us to share a meal, swap stories and take part in workshops on topics such as sexual health, parenting, life skills, mental wellness and self-care - while your little ones enjoy their own programming.

**When:** Wednesdays, January 16<sup>th</sup> to March 27<sup>th</sup>, 5:00 pm to 7:00 pm

**Where:** 3446 Dundas Street West (Program Room B)

**Contact:** For more information contact Leah at 416-604-6456.

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### Toddler Talks

Join us for monthly workshops on the challenges of parenting your 1 to 3 year old. Free childminding available (pre-registration required).

**When:** Tuesday, February 19<sup>th</sup>, March 19<sup>th</sup> & April 16<sup>th</sup>, 1:30 to 3:30 pm

**Where:** 3446 Dundas Street West

**Contact:** For more information, call Gayle at 416-604-6452

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## Programs for Youth

### Time Out!

See listing above under *Programs for Parents, Families and Children*.

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### Transitions

Are you a youth interested in learning about opportunities for your future? Do you want to learn about career opportunities and post secondary school? We have a program for you. Join us at our monthly workshops as we explore different careers; learn about job opportunities; review the post-secondary application process and support with preparing applications; and, learn about your strengths, interests and future possibilities. Parents and caregivers of youth are welcome.

**When:** Tuesdays, February 26<sup>th</sup> & March 26<sup>th</sup>, 4:00 to 7:00 pm

**Where:** 3446 Dundas Street West (Program Room A)

**Contact:** For more information, call Camilla at 416-604-6454

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### Youth Cooking Club

Let's cook together! Join us for hands-on cooking with a dietitian and learn about healthy eating. This monthly cooking program is for youth ages 12 to 24.

**When:** First Monday of the month, 4:30 to 6:30 pm

**Where:** 3446 Dundas Street West (Program Room B)

**Contact:** For more information, call Cindy at 416-855-1044