

UPCOMING PROGRAMS

as of March 2020

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.**

Programs for Adults

Colour It Up 50+

This 6-week nutrition program is for women 50 and over. The program encourages participants to eat more vegetables and fruit through hands-on food preparation, tips on healthy snacks, and recipe ideas.

When: Thursdays, March 26th to April 30th, 1:30 to 3:30 pm

Where: 1700 Bloor Street West (Multipurpose Room)

Contact: For more information, call Krystyna at 416-855-1058

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

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, March 31st

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

Contact: To book an appointment, call Alex at 416-604-5097

Programs for Adults

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 call Yasmin at 416-604-6443

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, March 11th & 25th, 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.

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.

Dundas Site

When: Mondays and Thursdays
1:00 to 3:00 pm
Where: 3446 Dundas St. W.

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

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, March 13th & 27th, 3:00 to 4:00 pm
Where: 3446 Dundas Street West (Program Room B)
Contact: For more information, call Junko at 416-604-6453

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 Kassandra 416-604-6457

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 4-12 months) and
1:30 to 3:30 pm (for pregnant women and babies under 4 months)

Where: 3446 Dundas Street West (Program Room B)

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

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 15th to March 25th, 5:00 pm to 7:00 pm

Where: 3446 Dundas Street West (Program Room B)

Contact: For more information call Leah at 416-604-6456

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, March 17th & April 21st, 1:30 to 3:30 pm

Where: 3446 Dundas Street West

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

Programs for Youth

Time Out!

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

Diabetes Programs

Diabetes Conversation Map

Do you have Type 2 Diabetes or pre-diabetes? Join us for a FREE 3-week informative and interactive workshop with the Diabetes Education Team. Registration required.

When: Thursdays, March 5th & 26th, 10:00 to 11:30 am

Where: 3446 Dundas Street West, Program Room B

Contact: To register, call the West Toronto Diabetes Education Program at 416-252-1928, ext. 299

Diabetes Exercise Group

An exercise program for those with diabetes or pre-diabetes. The program uses resistance and stretch training to help increase fitness levels, control blood sugar, and improve overall wellness. Suitable for people with reduced mobility. Space is limited! Registration required.

When: Mondays, starting January 30, 10:30 to 11:30 am

Where: 3446 Dundas Street West (Program Room B)

Contact: To register, call the West Toronto Diabetes Education Program at 416-252-1928 ext. 299
