



**The Four Villages**  
Community Health Centre

WORKING TOGETHER FOR WHOLE HEALTH

# UPCOMING PROGRAMS as of September 2018

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 are closed **Monday September 3**

## 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, September 18th to October 30<sup>th</sup>, 10:00 am to 11:00 am  
**Where:** 3446 Dundas Street West (Program Room B)  
**Contact:** For more information, call Mark at 416-604-6438 or Elizabeth at 416-855-1055 or Adillah at 416-855-1060

### Chronic Pain Self-Management Workshops

This 6 week workshop helps people with chronic pain to better manage their symptoms and their daily lives. The workshop provides information and teaches practical skills. It gives people the confidence and motivation they need to manage the challenges of living with chronic pain. The program is open to anyone with any type of chronic pain, as well as their family, friends and caregivers. Registration is required.

**When:** Thursdays, September 10, 17, 24 & October 1, 15 & 22nd, 12:30 pm to 3:30 pm  
**Where:** 3446 Dundas Street West (Program Room A)  
**Contact:** To register or for more information call Amir at 416-604-6448.

## Programs for Adults

### 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.

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### 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, September 25th  
**Legal Clinic** -10:00 am to 12:00 pm  
**Immigration Clinic** -12:00 to 2:00 pm  
**Where:** 3446 Dundas 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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### Let's Talk ESL

Practice your English and make new friends. If you are interested in learning English and can't attend other English classes, this program is for you!

**When:** Tuesdays, September 4<sup>th</sup> to December 18th, 10:00 am to 12:30 pm  
**Where:** 3446 Dundas Street West, (Program Room A)  
**Contact:** For more information contact Martha at 416-604-6441.

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## 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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### 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.

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### Walk This Way

Discover a new way of walking! Nordic Pole Walking is a fun and effective, low impact, full-body workout for people of all ages, fitness and mobility levels! Poles are available to borrow upon request.

**When:** Every Wednesday starting April 4 (weather permitting), 10:30 to 11:30 am  
**Where:** High Park (meet at the Black Oak Cafe on West Road)  
**Contact:** For more information, call Junko at 416-604-6453.

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### Yoga for 50+

Relax and rejuvenate with gentle yoga catered to your needs and abilities. Options are available to accommodate various levels of mobility and fitness. Please note this program is for individuals who have NOT previously participated in a yoga program at Four Villages. Registration is required.

**When:** Fridays, September 7th to October 26th, 1:30 to 2:30 pm  
**Where:** 3446 Dundas Street West (Program Room B)  
**Contact:** For more information, call Junko at 416-604-6453.

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### 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:** Fridays, September 7<sup>th</sup> & 21<sup>st</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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### Families Get Together

This 8 week program promotes healthy weights and healthy living for parents and children 8-10 years old. The program includes information on nutrition, body image, self-esteem, and physical activity. Each session has a one hour exercise component facilitated by a trained instructor. Registration is required.

**When:** Tuesdays, September 25th to November 13th, 5:00 to 7:30 pm

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

**Contact:** For more information, call Krystyna at 416-604-1058.

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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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### 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, September 18<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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### 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.

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## Diabetes Programs

### West Toronto Diabetes Education – Exercise

This exercise program is geared towards 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.

**When:** Mondays, August 27<sup>th</sup> to November 26<sup>th</sup>, 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.

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### West Toronto Diabetes Education – Workshops

Do you have pre-diabetes or diabetes? Join our diabetes education team to learn about the fundamentals of managing diabetes including healthy eating, physical activity, medication, and how to prevent complications. This class will help to build your confidence to take action in daily life to live well with diabetes for years to come. There are daytime and evening class options and classes alternate between the Dundas & Bloor sites. Registration required.

**When:** First Tuesday every other month, September 4<sup>th</sup> & November 6<sup>th</sup>, 1:30 to 3:30 pm

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

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

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**When:** Second Tuesday every other month, October 9<sup>th</sup> & December 11<sup>th</sup>, 4:30 to 6:30 pm

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

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

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