

# UPCOMING PROGRAMS as of September 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 are closed September 2<sup>nd</sup>**

## Programs for Adults

### 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, September 12<sup>th</sup> to October 10<sup>th</sup>, 2:00 to 4:30 pm

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

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

### 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, contact 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, September 24<sup>th</sup>

**Where:** **Legal Clinic** -10:00 am to 12:00 pm

**Immigration Clinic** -12:00 to 2:00 pm

3446 Dundas Street West

**Contact:** To book an appointment, contact Sanju at 416-855-1061

## 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 contact Paige at 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:** Wednesdays, September 11<sup>th</sup> & 25<sup>th</sup>, 9:00 am to 12:00 pm  
**Where:** 3446 Dundas Street West  
**Contact:** To book an appointment, contact the Bloor Site at 416-604-3361 or Dundas Site at 416-604-3362

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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, contact 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.*

	<u>Bloor Site</u>		<u>Dundas Site</u>
<b>When:</b>	Tuesdays 9:30 to 11:30 am	<b>When:</b>	Mondays and Thursdays 1:00 to 3:00 pm
<b>Where:</b>	1700 Bloor St. W.	<b>Where:</b>	3446 Dundas St. W.
<b>Contact:</b>	For more information, contact Anna at Etobicoke Support Services: 416-243-0127 ext. 271		

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### Strong & Steady

Have you fallen or are you afraid of falling? This 12 week program is for adults 65+ who want to learn how to stay safe at home and in the community. Learn easy exercises that promote balance, strength and endurance,

**When:** Mondays, September 9<sup>th</sup> to November 11<sup>th</sup>, 12:30 to 2:30 pm  
**Where:** 1709 Bloor Street West  
**Contact:** For more information, including eligibility criteria, contact Sam at 416-855-1052

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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:** Wednesdays starting May 1<sup>st</sup> to October 30<sup>th</sup> (weather permitting), 10:00 to 11:00 am  
**Where:** High Park (meet at the Black Oak Cafe on West Road)  
**Contact:** For more information, contact 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:** Friday, September 6<sup>th</sup> & 27<sup>th</sup>, 3:00 to 4:00 pm  
**Where:** 3446 Dundas Street West (Program Room B)  
**Contact:** For more information, contact Junko at 416-604-6453

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## Programs for Parents, Families and Children

### 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, contact Gayle at 416-604-6452

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## Diabetes Programs

### Yoga

A 10 week Yoga session for those with prediabetes or diabetes lead by a certified yoga instructor. No previous experience required, Yoga Therapy will be modified by instructor to suit each person's need and comfort level.

**When:** Mondays, September 30<sup>th</sup> to December 2<sup>nd</sup>, 10:30 to 11:30 am

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

**Contact:** For more information and to register, contact West Toronto Diabetes Education Program at 416-252-1928.

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