



The Four Villages
Community Health Centre

WORKING TOGETHER FOR WHOLE HEALTH

UPCOMING PROGRAMS as of November 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.**

Programs for Adults

Healthy Bodies

This 6 week program is for adults ages 22 to 55 who are looking for options beyond crash diets. This program includes: activities with a fitness instructor, education on healthy eating for a healthy lifestyle, and stress management. Registration is required.

When: Wednesdays, November 7th to December 12th, 5:30 pm to 7:30 pm
Where: 1700 Bloor St West, (Multipurpose Room)
Contact: For more information contact Cindy at 416-855-1044

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, November 27th
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

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 Katie 416-604-6443

Living Better with Pain

This 6 week physiotherapy led program aims to improve function through self-management support, pain science education, and individualized goal oriented exercise. This program includes a weekly group appointment, for individual appointments and two follow up sessions at 1 and 3 months, after the completion of the program. Education topics include the science of pain, pain and exercise, stress, sleep and pain, as well as thoughts, emotions and pain. The minimum criteria for a screening appointment include: pain for more than 6 months and the ability to read / write / speak English.

When: Wednesdays, November 7th to December 12th, 11:00 am to 12:30 pm

Where: 3446 Dundas Street West

Contact: For more information contact Mark at 416-604-6438 or Adiilah at 416-604-1060

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, November 14th & 28th, 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.

Memory Technique Workshop

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. Registration is required.

When: Fridays, November 9th to December 14, 10:00 am to 12:00 pm
Where: 3446 Dundas Street West (Program Room A)
Contact: To register or for more information, call Junko at 416-604-6453

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), 10:00 to 11:00 am
Where: High Park (meet at the Black Oak Cafe on West Road)
Contact: For more information, call Junko at 416-604-6453

Yoga for 50+

This program runs for 8 weeks and graduates can participate in a monthly drop-in session. 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, November 2nd to December 21st, 1:30 to 2:30 pm
Where: 3446 Dundas Street West (Program Room B)
Contact: For more information, call Junko at 416-604-6453

Programs for Older Adults

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, November 2nd, 16th & 30th, 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 Amir at 416-604-6448

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

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, November 20th, 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*.

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, November 20th, 4:00 to 7:00 pm

Where: 3446 Dundas Street West (Program Room A)

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

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