

The Four Villages Community Health Centre **PROGRAMS FOR ADULTS**



The Four Villages
Community Health Centre

WORKING TOGETHER FOR WHOLE HEALTH

If you are looking for programs that improve your overall health, help you manage chronic conditions, help you with lifestyle changes and assist you with maintaining your activity – these programs are for you. **We look forward to seeing you in our programs!**

Please note:

- Programs are offered at various locations and times throughout the year.
- Some programs may be available infrequently based on demand.
- Some programs are offered off-site.
- Please call the contact person indicated for additional program information.

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

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

COLOUR IT UP: This 6 week nutrition program is for women ages 20 to 50. The program encourages participants to eat more vegetables and fruit through hands-on food preparation, tips on healthy snacks, and recipe ideas. For more information contact **Krystyna at 416-855-1058.**

CONCERNING CHOLESTEROL: This 6 week program offers education and support for people with high cholesterol. This program includes nutrition education (including Mediterranean Diet), menu planning, nutrition label reading, physical activity, and stress management workshop led by trained facilitators. For more information contact **Cindy at 416-855-1044.**

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CRAVING CHANGE: This 4 week program is for people struggling with emotional eating. It encourages behaviour change through awareness of personal eating triggers. The program addresses why we eat the way we do, without a focus on what, when, where, or how much to eat. For more information contact **Paige at 416-604-6443**.

EXPRESSIVE ARTS: A 10 week program for women who are interested in learning creative ways to improve your physical and mental health, and general well-being. The program focuses on self-expression using various arts modalities in a safe environment. Artistic experience is not required! For more information, contact **Ela at 416- 855 1046**.

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. For more information contact **Krystyna at 416-855-1058**.

FOOD HANDLER TRAINING: This 6 week program is for people who are interested in a job in the food service industry. You will get hands-on food preparation experience and the opportunity to earn a Food Handler Certification. For more information contact **Paige at 416-604-6443**.

GETTING ON WITH LIFE AND ITS CHALLENGES: This mental health recovery and skill development program focuses on increasing participants' knowledge of and skills for community living. This program offers a place where individuals living with mental health issues can interact with other members of their community in a safe environment. A steering committee meets weekly to develop a 10 week workshop series for the community twice a year. For more information contact **Rhonda at 416-703-9645 ext 233 or Antonella at 416-703-9645**.

GROCERY STORE TOURS: Join us for a tour of your local grocery store! Learn about making healthy food choices while sticking to a budget. You will also learn how to read and understand food labels. For more information contact **Paige at 416-604-6443**.

HEALTHY BODIES: This 6 week program is for adults ages 25 to 55 who are looking for options beyond crash diets. Activities include fitness sessions, menu planning, nutrition label reading, and stress management. For more information contact **Cindy at 416- 855-1044**.

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HEALTHY EATING HEALTHY AGING: This bi-monthly group is designed to help you learn how to eat healthy and manage medical conditions without breaking the bank. The group will focus on preparing quick nutritious meals, creating balanced meals and snacks, ideas on how to substitute lower cost menu items into your diet, shopping list make-over, as well as food demonstrations and tasting. For more information contact **Krystyna at 416-855-1058**.

HYPERTENSION: Join us for a 4 week program on prevention of high blood pressure. You will learn about blood pressure, the DASH diet (Dietary Approaches to Stop Hypertension), how to read food labels, stress management techniques, medications and medication management and setting goals for yourself and your health. This group will be facilitated by Krystyna, a Registered Dietitian; Martine, a Registered Nurse and Samantha, an Occupational therapist. For more information, please contact **Samantha at 416-855-1052**.

KNITTING: 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! For more information contact **Michelle at 416-604-6431**.

LEGAL CLINIC: The clinic offers 30 minute free summary advice, information, and referrals on family law, immigration, and employment matters. For more information contact **Sanju at 416-855-1061**.

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. For more information contact **Paige at 416-604-6443**.

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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. For more information contact **Mark at 416-604-6438, Adiilah at 416-604-1060, or Elizabeth at 416-604-1055.**

LIVING LIFE TO THE FULL: In this 8 week group, you will use the principles of cognitive behavioural therapy (CBT) to learn more about mental well-being and how to make small changes to feel happier, less stressed and more in control. For more information contact **Chantal at 416-604-6440 or visit www.LLTTF.ca.**

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

MINDFULNESS FOR BEGINNERS: Tune into what is happening now, both within yourself and around you. This 8 week program will teach you how to be more present and pay attention to everyday life, cope with negative emotions and meditate. For more information contact **Michelle at 416-604-6431.**

PEP TALK: DIABETES, HEALTHY FEET AND YOU: Do you have diabetes and experience tingling/numbness in your feet, changes to the shape of your feet or sores/blisters on your feet? These peer-led workshops are run by people who have experienced diabetic foot complications. For more information contact **Deirdre at 416-604-6436.**

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SURFING TSUNAMIS: A 20 week DBT skills group. This group is for people who have BPD, BPD traits or challenges with extreme emotion dysregulation and impulsive behaviours. People will need to have their own individual therapist at the time of the group. This group runs in partnership with Davenport Perth Community Health Centre, Flemington Health Centre & Scarborough Academic Family Health Team. Please be aware you may encounter a waitlist and to get on the waitlist there will be a phone screening. For more information please contact **Chantal at 416-604-6440**.

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

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

WEST TORONTO DIABETES EDUCATION - EXERCISE PROGRAM: 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. For more information contact the **West Toronto Diabetes Education Program at 416-252-1928, extension 299**.

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. **To register call 416-252-1928, extension 299**.

WEST TORONTO HOUSING HELP: Meet with a housing worker who can assist with housing issues, evictions, finding emergency shelter, and accessing subsidized housing. For more information contact **416-604-3361 (Bloor Site) or 416-604-3362 (Dundas Site)**.
