

The Four Villages Community Health Centre
PROGRAMS FOR ADULTS



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.**

CHILD MINDING TRAINING: This 15 week program is for people who are interested in working with children. The program provides training in the areas of child development, health, nutrition, child safety, community resources, behaviour management, understanding child abuse, and program planning, as well as food handling and CPR certification. Many graduates find employment providing childcare in schools and community agencies. For more information contact **Salma at 416-855-1066.**

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.**

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CHRONIC DISEASE SELF-MANAGEMENT: This 6 week **peer led** program helps participants with chronic conditions 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 health conditions. The program is open to anyone with any type of chronic health condition, as well as their family, friends and caregivers. For more information contact **Amir at 416-604-6448.**

CHRONIC PAIN SELF MANAGEMENT: These 6 week **peer led** workshops help participants focus on pain management. The workshops provide information and teach 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. For more information contact **Amir at 416-604-6448.**

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 and stress management workshops, a cooking demonstration and physical activity led by trained facilitators. For more information contact **Cindy at 416-855-1044.**

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 **Katie 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.**

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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. 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 **Katie 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 **Katie at 416-604-6443.**

HEALTHY BODIES: This 8 week program is for adults ages 25 to 55 who are looking for options beyond crash diets. Activities include fitness and yoga, stress management, menu planning, cooking demonstrations, and nutrition label reading. 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! 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 **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. For more information contact **Katie at 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. For more information contact **Mark at 416-604-6438, Adiilah at 416-604-1060, or Elizabeth at 416-604-1055**.

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**.

MOBILE DENTAL CLINIC: The dental bus provides basic dental care to adults on OW or ODSP, who are experiencing pain or other urgent dental health issues. The Mobile Dental Clinic is run by Toronto Public Health. To find out if you are eligible and set up an appointment, contact **Salma at 416-855-1066**.

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**.

SHOE CLINIC: Proper footwear can reduce pain and prevent injuries. Visit our Shoe Clinic to get the right shoes for you! Foster Shoes provides education, shoe fitting, and a selection of shoes to purchase. For more information contact **Monica at 416-855-1063**.

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SURFING TSUMANIS: A 20 week DBT skills group. This group is for people who have BPD or BPD traits as well as challenges with extreme emotion dysregulation and difficulty with impulsivity. People will need to have their own individual therapist at the time of the group. This group runs in partnership with Canadian Mental Health Association, Davenport Perth community Health Centre, Flemindon Health Centre & Woodgreen Community Services. For more information please contact **Chantal 416-604-6440**.

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)**.
