

The Four Villages Community Health Centre
**PROGRAMS FOR NEWCOMERS
& FAMILIES WITH CHILDREN 0-6**



The Four Villages
Community Health Centre

WORKING TOGETHER FOR WHOLE HEALTH

If you are looking for programs that are educational, 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.

BABY FOOD MAKING: Wondering what to feed your baby? These workshops offer advice on feeding your infant or toddler. Topics include introducing solids, making baby food, toddler-friendly foods, feeding picky eaters, and healthy snack options. For more information contact **Susan at 416-604-6442.**

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.**

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. For more information contact **Kassandra at 416-604-6457.**

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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 CHILD SCREENING: These screening clinics for children ages 2 to 6 are designed to identify any child development needs or concerns. Through a follow-up process referrals are made and families are linked to needed resources and supports. The screenings are staffed by Social Workers, Speech and Language Pathologists, Registered Nurses, Nurse Practitioners, Dietitians, Audiologists, Optometrists, Dental Hygienists, Community Health Workers and Settlement Workers. For more information contact **Kassandra at 416-604-6457.**

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, Dietitian and Community Health Worker, and is designed to support women through pregnancy as well as baby's first year. For more information contact **Gayle at 416-604-6452.**

KIDS CAN CREATE: This 4 week program is for children 4 to 7 years old. If you are interested in having your little ones learn how foods grow, make yummy recipes, and enjoy their delicious creations, this is the program! Children will meet new friends and enhance fine motor skills with crafts and activities. For more information contact **Susan at 416-604-6442.**

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 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! For more information contact **Martha at 416-604-6441.**

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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.**

TODDLER TALKS: Join us for monthly workshops on the challenges of parenting your 1 to 3 year old. Topics include difficult behaviour, toilet training, picky eaters and sleep problems. Free childminding available (pre-registration required). For more information contact **Gayle at 416-604-6452.**

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).**
