



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>2</b> 1:00pm – 3:00pm Pulmonary Rehab Group* 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Gentle Fit 2*	<b>3</b> 10:00am – 11:00am Active Walk* 2:30pm – 4:30pm Computer Café Drop-In 6:15pm – 7:30pm Gentle Yoga*	<b>4</b> 11:00am – 12:30pm Baby's First Year* 1:00pm – 3:00pm Pulmonary Rehab Group* 1:00pm – 3:00pm Brain Booster 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Gentle Fit 2*	<b>5</b> 10:00am – 11:00am Walking Group 10:00am – 12:00pm Creative Play 10:30am – 12:30pm Breastfeeding Support Group @AP 2:30pm – 4:30pm Art Café Drop-In 3:30pm – 4:30pm Sexual Health Drop-In	<b>6</b>	<b>7</b>
<b>9</b> 9:30am – 11:30am Helping Our Babies Grow @AG 10:00am – 11:30am Diabetes Support Group* 1:30pm – 3:00pm Diabetes Support Group* 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Building Better Backs*	<b>10</b> 10:00am – 11:00am Active Walk* 2:30pm – 4:30pm Computer Café Drop-In 6:15pm – 7:30pm Gentle Yoga*	<b>11</b> 11:00am – 12:30pm Baby's First Year* 1:00pm – 3:00pm Healthy Living for South Asian Women @AP 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Gentle Fit 2*	<b>12</b> 10:00am – 11:00am Walking Group 10:00am – 12:00pm Creative Play 10:30am – 12:30pm Breastfeeding Support Group @AP 3:30pm – 4:30pm Sexual Health Drop-In	<b>13</b> 2:00pm – 3:30pm Coping with Stress*	<b>14</b>
<b>16</b> 9:30am – 11:30am Helping Our Babies Grow @AG 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Gentle Fit 2*	<b>17</b> 10:00am – 11:00am Active Walk* 2:30pm – 4:30pm Computer Café Drop-In 6:15pm – 7:30pm Gentle Yoga*	<b>18</b> 11:00am – 12:30pm Baby's First Year* 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Gentle Fit 2* 5:00pm – 7:30pm Good Food Box*	<b>19</b> 10:00am – 11:00am Walking Group 10:00am – 12:00pm Creative Play 10:30am – 12:30pm Breastfeeding Support Group @AP 3:30pm – 4:30pm Sexual Health Drop-In	<b>20</b> 1:00pm – 3:00pm Taking Care of Me* 2:00pm – 3:30pm Coping with Stress*	<b>21</b>
<b>23</b> 9:30am – 11:30am Helping Our Babies Grow @AG 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Building Better Backs*	<b>24</b> 10:00am – 11:00am Active Walk* 2:30pm – 4:30pm Computer Café Drop-In 6:15pm – 7:30pm Gentle Yoga*	<b>25</b> 11:00am – 12:30pm Baby's First Year* 1:00pm – 3:00pm Healthy Living for South Asian Women @AP 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Gentle Fit 2*	<b>26</b> 10:00am – 11:00am Walking Group 10:00am – 12:00pm Creative Play 10:30am – 12:30pm Breastfeeding Support Group @AP 2:30pm – 4:00pm Live with Less Clutter* 3:30pm – 4:30pm Sexual Health Drop-In	<b>27</b> 1:00pm – 3:00pm Taking Care of Me* 2:00pm – 3:30pm Coping with Stress*	<b>28</b> 1:30pm – 3:00pm Wellness Drumming*
<b>30</b> 9:30am – 11:30am Helping Our Babies Grow @AG 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Gentle Fit 2*	<div style="display: flex; align-items: center;">  <div style="flex-grow: 1;"> <p style="text-align: center;"><b>Are you interested in volunteering on our Board of Directors?</b></p> <p>We are looking for community members or clients of East End CHC who are interested in helping us better serve our community.</p> <p><b>Qualifications:</b> a commitment to our vision of health and well-being for everyone in our community, and to our core values; an interest in community health issues and governance; living in our catchment area. Being a client or having prior knowledge of the Centre is an asset.</p> <p><b>Responsibilities:</b> 4-6 hours per month at Board/Committee meetings.</p> <p>To learn more about what's involved in being a board member, call Joyce Kalsen, Executive Director at 416-778-5858 before <b>Friday May 4, 2018.</b></p> </div>  </div>				

# PROGRAM DESCRIPTIONS

All programs are free. For more information, or to register, please call the contacts listed below.

## Healthy Child, Healthy Families

### Baby's First Year

*Drop-In*

Get out of the house and meet other moms. This post-natal support group discusses infant feeding and healthy development.

Contact: Jackie Carruthers 416-778-5805 x220

### Breastfeeding Support Group

*Drop-In*

Are you pregnant or breastfeeding? Join us Thursday mornings to meet other moms, or to consult a nurse or lactation consultant.

At AccessPoint, 3079 Danforth Avenue. Childcare is available.

Contact: Farzana Yusuf 416-778-5805 x212

### Creative Play

*Drop-In*

For parents and children, 18 months to 4 years. Participate in child-centred and age-appropriate activities. Learn about parenting and child development.

Contact: Sudha Ellie 416-778-5805 x224

### Helping our Babies Grow

*Drop-In*

Weekly drop-in for pregnant women offers information on having a healthy pregnancy and baby. Mondays at Applegrove Community Centre. Staff speaks Mandarin, Cantonese, Urdu, Hindi, and Kutchi.

Contact: Miriam Page 416-778-5805 x210

## Personal Health and Wellness

### Active Walk

*\* Must register in advance*

Get the most out of your walk. Focus on posture, technique, goal setting, balance, and stretches for walkers. Pedometers will be loaned out to help measure your success.

Contact: Leslie Brown 416-778-5805 x237

### Art Café Drop-In

*Drop-In*

Join us to express and explore your emotions and thoughts through drawing, painting, poetry writing, etc. No artistic skill required.

Some supplies available – feel free to bring your own!

Contact: Zari Atai 416-778-5805 x222

### Brain Booster

*Drop-In*

The human brain has an astonishing ability to adapt and change even into old age. Learn how memory works, and try activities to improve yours.

Contact: Farzana Yusuf 416-778-5805 x212

### Building Better Backs

*\* Must register in advance*

Learn to manage your back pain through exercise and education. Practice deep core strengthening, improve your posture, and learn to relieve back pain properly.

Contact: Leslie Brown 416-778-5805 x237

### Computer Café Drop-In

*Drop-In*

Drop by and check your email, explore the internet, or simply practice your computer skills with other community members.

There is no lesson plan with this drop-in but staff or volunteers may be able to assist with computer questions.

Contact: Jackie Carruthers 416-778-5805 x220

### Coping with Stress

*\* Must register in advance*

Empower yourself to cope with life challenges! Learn practical strategies to deal with stress, achieve balance and positive thinking.

Contact: Joanne Gallagher 416-778-5805 x218 **NEW!**

### Diabetes Support Group

*\* Must register in advance*

Participants support each other in managing their diabetes and health. A dietitian is present as a resource person.

Contact: Miriam Page 416-778-5805 x210

### Gentle Fit 1

*\* Must register in advance*

A stretch and strengthen exercise group to help maintain flexibility, reduce falls and joint pain. This program is designed for seniors with low conditioning, low mobility, arthritis, or in wheelchairs.

Contact: Leslie Brown 416-778-5805 x237

### Gentle Fit 2

*\* Must register in advance*

Continue to build your strength, increase your balance, and improve your posture and flexibility. Gentle Fit 2 will help clients that would like to try exercises that are more challenging, and still practice age-appropriate and safe movements.

Contact: Leslie Brown 416-778-5805 x237

### Gentle Yoga

*\* Must register in advance*

Accessible yoga for everybody, learn stretching exercises and relaxation techniques. Call for more information.

Contact: Sudha Ellie 416-778-5805 x224

### Good Food Box

*\* Must call in advance*

Get fresh fruits and vegetables once a month! Boxes are \$13-\$38 and are to be picked up from East End CHC on Wednesday evenings.

Contact: Zari Atai 416-778-5805 x222

### Healthy Living for South Asian Women

*Drop-In*

Try healthy recipes, get information about health issues and meet other women. Provided in Urdu/Hindi and English. Held on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month at AccessPoint, 3079 Danforth Ave.

Contact: Farzana Yusuf 416-778-5805 x212

### Live with Less Clutter

*\* Must register in advance*

Ever wondered why we accumulate so much stuff and why it can be so difficult to stay organized? In this program, you will learn practical strategies to reduce existing clutter, tips for spring cleaning, and how to limit the accumulations of new items.

Contact: Zari Atai 416-778-5805 x222

### Pulmonary Rehab Group

*\* Must register in advance*

Have you been diagnosed with Chronic Obstructive Pulmonary Disease (COPD)? Do you want to learn more about your condition and how to best manage your symptoms? Join us for a free 8 week, twice a week, pulmonary rehabilitation program. Combines educational topics, and supervised exercise to improve COPD symptoms, and increase exercise tolerance. Primary Care Provider referral and pre-registration is required.

Contact: Leslie Brown 416-778-5805 x237

### Taking Care of Me

*\* Must register in advance*

A 4-week program for people who are interested in learning more on living a healthy life with chronic illness. Topics include: simple ways to achieve a healthy diet and active lifestyle, how to take medication properly, working with your healthcare team, strategies to reduce stress and burnout and coping with persistent symptoms.

Contact: Shirin Yilmaz 416-778-5805 x226 **NEW!**

### Walking Group

*Drop-In*

Join us Thursday mornings for an outdoor walk with light stretching or playful activities. A friendly, gentle way to get moving.

Contact: Zari Atai 416-778-5805 x222

### Wellness Drumming

*\* Must register in advance*

Join our drumming circle for physical and emotional wellness. Have fun as you improve your mood and connect with others. New and experienced drummers are welcome. Bring your own drum, or free drums provided. Space is limited. Call to register

Contact: Zari Atai 416-778-5805 x222

## Diabetes Education Network of East Toronto

Get up-to-date information on how to manage your diabetes and practice healthy living. Programs are offered at various locations.

Contact: 416-461-9042 or Miriam Page 416-778-5805 x210

## Special News

### Drop-In Sexual Health Clinic

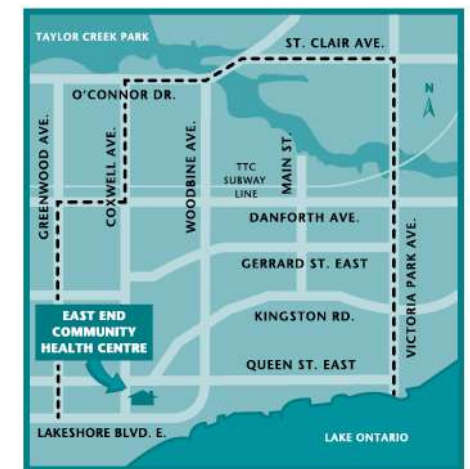
Drop-in to speak to a health provider about questions you may have related to sexual health. The clinic provides services such as birth control counselling, free condoms, STI and HIV testing, sexuality and gender counselling, and more.

Contact: 416-778-5858



# PROGRAM CALENDAR

## APRIL 2018



Programs are free and are open to people living in our catchment community.

For more information, visit [www.eastendchc.on.ca](http://www.eastendchc.on.ca)

1619 Queen Street East  
General Inquiries: 416-778-5858

