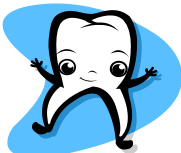



| MONDAY (9AM to 8PM) | TUESDAY (8AM to 12PM, 2PM to 8PM) | WEDNESDAY (8AM to 8PM) | THURSDAY (8AM to 8PM) | FRIDAY (9AM to 5PM) | SATURDAY (9AM to 12PM, 1PM to 5PM) |
|---|---|--|--|---|--|
| 1 12:45pm – 1:45pm GLA:D™ Program* 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Gentle Fit 2* 6:00pm – 7:00pm GLA:D™ Program* | 2 10:00am – 11:00am Active Walk* 2:30pm – 4:30pm Dialectical Behavioral Therapy Skills* 6:15pm – 7:30pm Gentle Yoga* | 3 11:00am – 12:30pm Baby's First Year 12:45pm – 1:45pm GLA:D™ Program* 1:00pm – 3:00pm Brain Booster 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Gentle Fit 2* 6:00pm – 7:00pm GLA:D™ Program* | 4 10:00am – 12:00pm Creative Play 2:30pm – 4:30pm Art Café Drop-In 3:30pm – 4:30pm Sexual Health Drop-In | 5 11:00am – 2:00pm Diabetes Education* | 6 |
| 8 10:00am – 11:30am Diabetes Support Group 12:45pm – 1:45pm GLA:D™ Program* 1:30pm – 3:00pm Diabetes Support Group 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Building Better Backs* 6:00pm – 7:00pm GLA:D™ Program** | 9 10:00am – 11:00am Active Walk 2:30pm – 4:30pm Dialectical Behavioral Therapy Skills* 6:15pm – 7:30pm Gentle Yoga* | 10 11:00am – 12:30pm Baby's First Year 12:45pm – 1:45pm GLA:D™ Program* 1:00pm – 3:00pm Healthy Living for Immigrant Women @AP 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Gentle Fit 2* 6:00pm – 7:00pm GLA:D™ Program* | 11 10:00am – 12:00pm Creative Play 3:30pm – 4:30pm Sexual Health Drop-In | 12 11:00am – 2:00pm Diabetes Education* | 13 |
| 15 12:45pm – 1:45pm GLA:D™ Program* 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Gentle Fit 2* 6:00pm – 7:00pm GLA:D™ Program* | 16 10:00am – 11:00am Active Walk 2:30pm – 4:30pm Dialectical Behavioral Therapy Skills* 6:15pm – 7:30pm Gentle Yoga* | 17 11:00am – 12:30pm Baby's First Year 12:45pm – 1:45pm GLA:D™ Program* 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Gentle Fit 2* 5:00pm – 7:30pm Good Food Box* 6:00pm – 7:00pm GLA:D™ Program* | 18 10:00am – 12:00pm Creative Play 2:30pm – 4:30pm Knitting Group 3:30pm – 4:30pm Sexual Health Drop-In | GOOD FRIDAY CENTRE CLOSED | |
| 22 12:45pm – 1:45pm GLA:D™ Program* 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Building Better Backs* 6:00pm – 7:00pm GLA:D™ Program* | 23 10:00am – 11:00am Active Walk* 2:30pm – 4:30pm Dialectical Behavioral Therapy Skills* 6:15pm – 7:30pm Gentle Yoga* | 24 11:00am – 12:30pm Baby's First Year 12:45pm – 1:45pm GLA:D™ Program* 1:00pm – 3:00pm Healthy Living for Immigrant Women @AP 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Gentle Fit 2* 6:00pm – 7:00pm GLA:D™ Program* | 25 10:00am – 12:00pm Creative Play 2:30pm – 4:00pm Live with Less Clutter* 3:30pm – 4:30pm Sexual Health Drop-In | 26 11:00am – 2:00pm Diabetes Education* | 27 |
| 29 12:45pm – 1:45pm GLA:D™ Program* 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Gentle Fit 2* 6:00pm – 7:00pm GLA:D™ Program* | 30 10:00am – 11:00am Active Walk* 6:15pm – 7:30pm Gentle Yoga* |  <p>April is National Oral Health Month: A healthy mouth is an important part of a healthy body! Practice good oral health by brushing, flossing and avoiding tobacco products. To find out if you—or your children—are eligible for free dental care, call 311 and get connected to the Toronto Public Health Clinic nearest you. For more information please call Jackie at 416-778-5805, extension 220</p>  | | | |

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, Wednesdays from 11:00 am – 12:30 pm. This post-natal support group discusses infant feeding and healthy development.

Contact: Jackie at 416-778-5805 x220

Creative Play

Drop-In

A fun free program for parents and children, ages 18 months to 4 years, Thursdays from 10:00 am – 12:00 pm. Parents learn about parenting and child development while enjoying storytelling, music, and interactive play with other toddlers and their parents.

Contact: Sudha at 416-778-5805 x224

Personal Health and Wellness

Active Walk

** Must register in advance*

Get the most out of your walk Tuesdays from 10:00 am – 11:00 am. Focus on posture, technique, goal setting, balance, and stretches for walkers. Pedometers will be loaned out to track your steps and help measure your success.

Contact: Shirin at 416-778-5805 x226

Art Café Drop-In

Drop-In

Join us on the 1st Thursday of the month from 2:30 pm – 4:30 pm to express yourself. 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 at 416-778-5805 x222

Brain Booster

Drop-In

The human brain has an astonishing ability to adapt and change even into old age. On the 1st Wednesday of the month from 1:00 pm – 3:00 pm, learn how memory works and try activities to improve yours.

Contact: Shirin at 416-778-5805 x226

Building Better Backs

** Must register in advance*

Learn to manage your back pain through exercise and education. Practice core strengthening, improve your posture, and learn to relieve back pain properly. This program takes place on the 2nd and 4th Monday of the month from 4:15 pm – 5:15 pm.

Contact: Leslie at 416-778-5805 x237

Diabetes Education

** Must register in advance*

Increase your knowledge on the signs & symptoms of diabetes and its etiology. Learn more about nutrition and diet, stress management and its effects on diabetes. Discuss medications and importance of physical activity. Join us on Fridays for 8-weeks from 11:00 am – 2:00 pm. Learn how to manage diabetes effectively and lead a healthier and happier lifestyle.

Contact: Naaheed at 416-778-5805 x278

Diabetes Support Group

Drop-In

Get up-to-date information on how to manage your diabetes and practice healthy living. Programs are offered at various locations. Meet us on the 2nd Monday of the month from 10:00 am – 11:30 am or from 1:30 pm – 3:00 pm, where participants support each other in managing their diabetes and health. A dietitian is present as a resource for your questions and concerns.

Contact: 416-461-9042

Dialectical Behavioral Therapy Skills

** Must register in advance*

Do you struggle with overwhelming emotions which can be challenging for you and your loved ones to manage? Join us in a 12-week program Tuesdays from 2:30 pm – 4:30 pm. Learn distress tolerance, mindfulness, emotional regulation and interpersonal skills. Registration is now closed.

Contact: Azra 416-778-5805 x214

Gentle Fit 1

** Must register in advance*

A stretch and strengthen exercise group aims to help you maintain flexibility, reduce falls, and manage joint pain. Join us Mondays and Wednesdays from 3:15 pm – 4:15 pm. Designed for seniors with low conditioning, low mobility, arthritis, or who are in wheelchairs.

Contact: Leslie at 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. This group meets on the 1st, 3rd and 5th Monday of the month and Wednesdays from 4:15 pm – 5:15 pm.

Contact: Leslie at 416-778-5805 x237

Gentle Yoga

** Must register in advance*

Accessible yoga for everyone! Learn stretching exercises and relaxation techniques on Tuesdays from 6:15 pm – 7:30 pm.

Contact: Sudha at 416-778-5805 x224

GLA:D™ Program

** Must register in advance*

The GLA:D™ Canada program is an education and exercise program to help people with hip and knee osteoarthritis. Join us Mondays and Wednesdays from 12:45 pm – 1:45 pm and 6:00 pm – 7:00 pm. Participate in neuromuscular exercise sessions twice a week for six weeks to improve muscle control and stability of the joint. A rapid assessment clinic referral is required, please speak to your Primary Health Care Provider or if you are a clinical client, book with our physiotherapist. Registration is ongoing.

Contact: Julieth at 416-778-5805 x225

Good Food Box

** Must call in advance*

Get fresh fruits and vegetables once a month! The Boxes are \$13 – \$38 and are to be picked up from East End CHC on the 3rd Wednesday of the month from 5:00 pm – 7:30 pm.

Contact: Zari at 416-778-5805 x222

Healthy Living for Immigrant Women @AP

Drop-In

Try healthy recipes, get information about health issues, and meet other women. Provided in Urdu, Hindi, and English, and held at AccessPoint, 3079 Danforth Avenue, on the 2nd and 4th Wednesday of the month from 1:00 pm – 3:00 pm.

Contact: Sudha at 416-778-5805 x224

Knitting Group

Drop-In

Do you love knitting or want to learn how? Knit for yourself or for charity! Join us on the 3rd Thursday of the month from 2:30 pm – 4:00 pm. Learn knitting from our instructor. Enjoy the company of others as you create unique pieces. Feel free to bring your own needles and yarn. Supplies are available if needed. Donations are always appreciated.

Contact: Zari 416-778-5805 x222

NEW!

Live with Less Clutter

** Must register in advance*

Ever wondered why we keep so much stuff and why it can be so difficult to stay organized? Join us the 4th Thursday of the month from 2:30 pm – 4:00 pm. In this program, you will learn useful strategies to reduce existing clutter, tips for spring cleaning and how to limit the accumulations of new items.

Contact: Zari at 416-778-5805 x222

Special News

Drop-In Sexual Health Clinic

Drop-In

Drop-in Thursdays from 3:30 pm – 4:30 pm 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, pregnancy testing, STI and HIV testing, sexuality and gender counselling, and more. No appointment needed.

Contact: 416-778-5858



PROGRAM CALENDAR

April 2019



Programs are free and are open to people living in our catchment community. For more information, visit www.eastendchc.on.ca

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

