

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>World Breastfeeding Week</p> <p>Is celebrated every year from August 1st – 7th in more than 170 countries to encourage breastfeeding and improve the health of babies around the world. Free community breastfeeding support group is open to all pregnant and breastfeeding families. Join us Thursday mornings to meet other moms, or to consult a nurse or lactation consultant. At AccessPoint, 3079 Danforth Avenue. Childcare and TTC tickets are available. For more information contact Farzana at 416-778-5805, extension 212.</p>					
		<p>1</p> <p>11:00am – 12:30pm Baby's First Year* 1:00pm – 3:00pm Brain Booster 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Gentle Fit 2*</p>	<p>2</p> <p>10:30am – 12:30pm Breastfeeding Support Group @AP 1:30pm – 3:30pm For the Health of It* 2:30pm – 4:30pm Art Café Drop-In 3:30pm – 4:30pm Sexual Health Drop-In</p>	<p>3</p> <p>10:00am – 4:00pm Free Summer Camp for Parents and Kids (8-12)*</p>	<p>4</p>
<p>6</p> <p>CIVIC HOLIDAY CENTRE CLOSED</p>	<p>7</p> <p>10:00am – 11:00am Active Walk* 2:30pm – 4:30pm Computer Café Drop-In 6:15pm – 7:30pm Gentle Yoga*</p>	<p>8</p> <p>11:00am – 12:30pm Baby's First Year* 1:00pm – 3:00pm Healthy Living for Immigrant Women @AP 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Gentle Fit 2*</p>	<p>9</p> <p>10:30am – 12:30pm Breastfeeding Support Group @AP 3:30pm – 4:30pm Sexual Health Drop-In</p>	<p>10</p> <p>10:00am – 4:00pm Free Summer Camp for Parents and Kids (8-12)*</p>	<p>11</p>
<p>13</p> <p>10:00am – 11:30am Diabetes Support Group 11:00am – 1:00pm 55+ Gardening Group* 1:30pm – 3:00pm Diabetes Support Group 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Building Better Backs*</p>	<p>14</p> <p>10:00am – 11:00am Active Walk* 2:30pm – 4:30pm Computer Café Drop-In 6:15pm – 7:30pm Gentle Yoga*</p>	<p>15</p> <p>11:00am – 12:30pm Baby's First Year* 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Gentle Fit 2* 5:00pm – 7:30pm Good Food Box*</p>	<p>16</p> <p>10:30am – 12:30pm Breastfeeding Support Group @AP 3:30pm – 4:30pm Sexual Health Drop-In</p>	<p>17</p> <p>10:00am – 4:00pm Free Summer Camp for Parents and Kids (8-12)*</p>	<p>18</p> <p>10:00am – 1:00pm Summer Salads*</p>
<p>20</p> <p>11:00am – 1:00pm 55+ Gardening Group* 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Gentle Fit 2*</p>	<p>21</p> <p>10:00am – 11:00am Active Walk* 2:30pm – 4:30pm Computer Café Drop-In 6:15pm – 7:30pm Gentle Yoga*</p>	<p>22</p> <p>11:00am – 12:30pm Baby's First Year* 1:00pm – 3:00pm Healthy Living for Immigrant Women @AP 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Gentle Fit 2*</p>	<p>23</p> <p>10:30am – 12:30pm Breastfeeding Support Group @AP 2:30pm – 4:00pm Live with Less Clutter* 3:30pm – 4:30pm Sexual Health Drop-In</p>	<p>24</p> <p>10:00am – 11:30pm Advanced Care Planning*</p>	<p>25</p>
<p>27</p> <p>3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Building Better Backs*</p>	<p>28</p> <p>10:00am – 11:00am Active Walk* 2:30pm – 4:30pm Computer Café Drop-In 6:15pm – 7:30pm Gentle Yoga*</p>	<p>29</p> <p>11:00am – 12:30pm Baby's First Year* 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Gentle Fit 2*</p>	<p>30</p> <p>10:30am – 12:30pm Breastfeeding Support Group @AP 3:30pm – 4:30pm Sexual Health Drop-In</p>	<p>31</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 Carruthers 416-778-5805 x220

Breastfeeding Support Group @AP

Drop-In

Are you pregnant or breastfeeding? Join us Thursdays from 10:30 am – 12:30 pm 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

Free Summer Camp

* Must register in advance

Join us Fridays, August 3rd – August 17th from 10:00 am – 4:00 pm in this free three session summer camp for parents and their children (8-12 years old). Learn capoeira, an Afro-Brazilian martial art that combines elements of dance, acrobatics, and music. Parents will learn quick healthy recipes while kids have the opportunity to help with meal preparation. Space is limited – Call to register!

Contact: Sudha Ellie 416-778-5805 x224

NEW!

Personal Health and Wellness

55+ Gardening Group

* Must register in advance

If you are 55+ and you are interested in planting, growing, and eating herbs and vegetables then this group is for you! Join us on August 13th and August 20th from 11:00 am – 1:00 pm to plant an edible vertical garden in our court yard. Understand the different types of herbs and how to cook with them. Learn what you can grow on your window sill or balcony. Enjoy good company while keeping active.

Contact: Jackie Carruthers 416-778-5805 x220

Active Walk

* Must register in advance

Get the most out of your walk by joining this program, 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 help measure your success.

Contact: Shirin Yilmaz 416-778-5805 x226

Advance Care Planning

* Must register in advance

Get more information about Advance Care Plans and Power of Attorney Friday, August 24th from 10:00 am – 11:30 am. Learn how to discuss your plans and decisions with the significant people and healthcare providers in your life. Tools and resources provided to help your planning process.

Contact: Joanne Gallagher 416-778-5805 x218

NEW!

Art Café Drop-In

Drop-In

Join us on the 1st Thursday of the month from 10:00 am – 12:00 pm 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. Drop by on the 1st Wednesday of the month from 1:00 pm – 3:00 pm.

Contact: Farzana Yusuf 416-778-5805 x212

Building Better Backs

* Must register in advance

Learn how to manage your back pain through exercise and education on the 2nd and 4th Monday of the month from 4:15 pm – 5:15 pm. Practice 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 Tuesdays from 2:30 pm – 4:30 pm to 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 program but staff or volunteers may be able to assist with computer questions.

Contact: Jackie Carruthers 416-778-5805 x220

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

For the Health of It

* Must register in advance

Learn to plan healthy meals and control portions in this 9 week program which ends August 2nd from 1:30 pm – 3:30 pm. Cook well balanced meals on a budget, and increase your physical activity.

Contact: Olivia O'Young 416-778-5805x208

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. Join us on Mondays and Wednesdays from 3:15 pm – 4:15 pm.

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. Join us the 1st, 3rd, and 5th Monday of the month and Wednesdays from 4:15 pm – 5:15 pm.

Contact: Leslie Brown 416-778-5805 x237

Gentle Yoga

* Must register in advance

Accessible yoga for everyone! Learn stretching exercises and relaxation techniques. Tuesdays from 6:15 pm – 7:30 pm, 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! 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 Atai 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. Held at AccessPoint, 3079 Danforth Avenue on the 2nd and 4th Wednesday of the month from 1:00 pm – 3:00 pm.

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? Join us the 4th Thursday of the month from 2:30 pm – 4:00 pm. 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

Summer Salads

* Must register in advance

Learn how to prepare healthy, easy and refreshing summer salads. Meet us August 18th from 10:00 am – 1:00 pm. This program is open to all ages. Space is limited – Call to register!

Contact: Sudha Ellie 416-778-5805 x224

NEW!

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.

Contact: 416-778-5858



PROGRAM CALENDAR

AUGUST 2018



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

