

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 10:00am – 12:00pm 55+ Internet Café* 10:00am – 12:00pm Back to Movement*	2
4 10:00am – 12:00pm Pulmonary Rehab Group* 12:30pm – 2:00pm Strong and Steady* 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*	5 10:00am – 11:00am Active Walk* 2:30pm – 4:00pm Financial Security Focus Group* 2:30pm – 4:30pm Dialectical Behavioral Therapy Skills* 6:15pm – 7:30pm Gentle Yoga*	6 10:00am – 12:00pm Pulmonary Rehab Group* 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*	7 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	8 10:00am – 12:00pm 55+ Internet Café* 10:00am – 12:00pm Back to Movement*	9
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25 10:00am – 12:00pm Pulmonary Rehab Group* 12:30pm – 2:00pm Strong and Steady* 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*	26 10:00am – 11:00am Active Walk* 2:30pm – 4:30pm Dialectical Behavioral Therapy Skills* 6:15pm – 7:30pm Gentle Yoga*	27 10:00am – 12:00pm Pulmonary Rehab Group* 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*	28 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	World Cancer Day happens every year on February 4th! Have you received your cancer screening? World Cancer Day empowers all of us across the world to show support, raise our collective voice, take personal action and press our governments to do more. Cancer screening detects cancer at an early stage when there is a better chance of treating it successfully. Screening is for people who do not have any cancer symptoms. If you are interested in screening, please contact your primary care provider.	

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

Breastfeeding Support Group @AP

Drop-In

Are you pregnant or breastfeeding? Meet other moms and connect with a nurse or lactation consultant for questions and concerns. Drop by Thursdays from 10:30 am – 12:30 pm at AccessPoint, 3079 Danforth Avenue. Childcare is available.

Contact: Farzana at 416-778-5805 x212

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

55+ Internet Café

* Must register in advance

If you are 55+ and want to learn or update your knowledge on how to use computers this café is for you! Join us Fridays from 10:00 am – 12:00 pm in an 8-week program. Learn the basics of computer use, how to browse the internet and use popular programs to keep in touch with others. Also learn how to find health information you can trust. At each session, there will be short presentations on health-related topics.

Contact: Shirin 416-778-5805 x226

NEW!

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

Back to Movement

* Must register in advance

Do you have back pain? Join us Fridays from 10:00 am – 12:00 pm in a 7-week exercise program delivered by a physiotherapist. Learn how to reduce pain, improve function and quality of life. To participate in this program, you should be able to put weight through all four limbs. You should also be able to lie on your stomach and back, and go into crawling position independently.

Contact: Sudha at 416-778-5805 x224

NEW!

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: Farzana at 416-778-5805 x212

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

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, please call to be placed on a wait-list for the next program.

Contact: Azra 416-778-5805 x214

NEW!

Financial Security Focus Group

* Must register in advance

We are looking for people to participate in a discussion group about ways to better develop our financial security program. Join us on Tuesday, February 5th from 2:30 pm – 4:00 pm. Participation will also involve completion of an on-line Benefits Screening Tool to assist in identifying additional income benefits you may be eligible for, but not receiving.

Contact: Jackie at 416-778-5805 x220

NEW!

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. 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: Farzana at 416-778-5805 x212

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

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 8-weeks (twice a week), Mondays and Wednesdays from 10:00 am – 12:00 pm. The program combines educational topics and supervised exercise to improve COPD symptoms and increase exercise tolerance. Primary Health Care Provider referral and pre-registration is required.

Contact: Leslie at 416-778-5805 x237

NEW!

Strong and Steady

* Must register in advance

Join us on Mondays from 12:30 pm – 2:00 pm in a 9-week physiotherapy led exercise program aimed at making you stronger, improve your balance, and prevent you from falling. If you have fallen in the past, or are afraid of falling, this program is especially for you! Registration is now closed, please call to be placed on a wait-list for the next program.

Contact: Daysha at 416 778 5805 x206

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

February 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

