



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 NEW YEAR'S DAY CENTRE CLOSED	2 10:00am – 11:00am Active Walk* 2:30pm – 4:30pm Computer Café Drop-In 6:15pm – 7:30pm Gentle Yoga*	3 11:00am – 12:30pm Baby's First Year* 1:00pm – 3:00pm Brain Booster 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Gentle Fit 2*	4 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	5	6
8 9:30am – 11:30am Helping Our Babies Grow @AG 10:00am – 11:30am Diabetes Support Grp* 1:30pm – 3:00pm Diabetes Support Grp* 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Building Better Backs*	9 10:00am – 11:00am Active Walk* 2:30pm – 4:30pm Computer Café Drop-In 6:15pm – 7:30pm Gentle Yoga*	10 11:00am – 12:30pm Baby's First Year* 1:00pm – 3:00pm Healthy Living for South Asian Women @AP 1:00pm – 3:00pm Healthy Heart...Healthy Life* 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Gentle Fit 2*	11 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	12 1:00pm – 3:00pm Solutions for Better Sleep*	13 10:00am – 12:00pm Board Games Drop-In
15 9:30am – 11:30am Helping Our Babies Grow @AG 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Gentle Fit 2*	16 10:00am – 11:00am Active Walk* 2:30pm – 4:30pm Computer Café Drop-In 6:15pm – 7:30pm Gentle Yoga*	17 11:00am – 12:30pm Baby's First Year* 1:00pm – 3:00pm Healthy Heart...Healthy Life* 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Gentle Fit 2* 5:00pm – 7:30pm Good Food Box*	18 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	19 1:00pm – 3:00pm Solutions for Better Sleep*	20
22 9:30am – 11:30am Helping Our Babies Grow @AG 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Building Better Backs*	23 10:00am – 11:00am Active Walk* 2:30pm – 4:30pm Computer Café Drop-In 6:15pm – 7:30pm Gentle Yoga*	24 11:00am – 12:30pm Baby's First Year* 1:00pm – 3:00pm Healthy Living for South Asian Women @AP 1:00pm – 3:00pm Healthy Heart...Healthy Life* 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Gentle Fit 2*	25 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	26 1:00pm – 3:00pm Solutions for Better Sleep* 2:30pm – 4:30pm Anger Management*	27 10:00am – 12:00pm Board Games Drop-In 1:30pm – 3:00pm Wellness Drumming*
29 9:30am – 11:30am Helping Our Babies Grow @AG 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Gentle Fit 2*	30 10:00am – 11:00am Active Walk* 2:30pm – 4:30pm Computer Café Drop-In 6:15pm – 7:30pm Gentle Yoga*	31 11:00am – 12:30pm Baby's First Year* 1:00pm – 3:00pm Healthy Heart...Healthy Life* 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Gentle Fit 2*	National Non-Smoking week is Jan.21st to Jan.27th, 2018. When you're ready to talk about quitting, we're here to help. You can talk to your doctor or nurse practitioner to find more information about quitting. 		It's not too late to get the flu shot! Call 416-778-5858 to book an appointment or just drop-in! IT'S FREE 

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

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

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

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

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

Anger Management

** Must register in advance*

Intensive 6-week workshop aimed at helping you understand and deal with anger. Develop healthy and positive strategies to deal with stressful situations and people.

Contact: Azra Adamally 416-778-5805 x214

NEW!

Art Café

Drop-In

Join us to express and explore your emotions and thoughts through drawing, painting, poetry writing, etc. No artistic skill required, explore your emotions and connect with other community members. Some supplies available – feel free to bring your own!

Contact: Zari Atai 416-778-5805 x222

Board Games

Drop-In

Join us for some fun and games! Enjoy some snacks and connect with other community members. Some board games available, feel free to bring your own!

Contact: Joanne Gallagher 416-778-5805 x218

Brain Booster

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 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

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 Heart ... Healthy Life!

** Must register in advance*

Join us in a 6-week Heart Health workshop to get information on heart disease and risk factors, benefits of healthy eating, physical activity, and stress management. Hands on activities and cooking. Guest speakers include Physiotherapist, Dietitian, and Pharmacist.

Contact: Shirin Yilmaz 416-778-5805 x226

NEW!

Healthy Living for South Asian Women

Try healthy recipes, get information about health issues and meet other women. Provided in Urdu/Hindi and English. Held on the 2nd and 4th 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

Solutions for Better Sleep

** Must register in advance*

Is not enough sleep or poor quality sleep impacting your life? Many factors can influence our sleep patterns. Learn about strategies to help you get a good night's sleep and feel more rested.

Contact: Shirin Yilmaz 416-778-5805 x226

NEW!

Walking Group

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

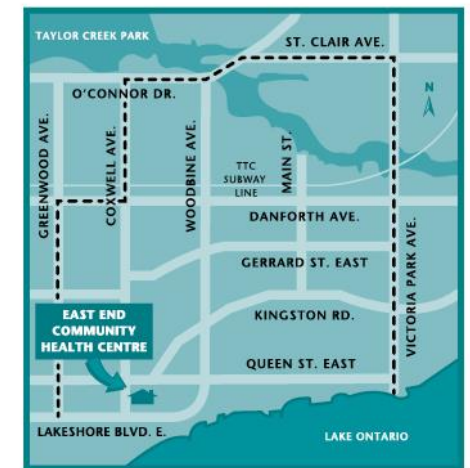


All of our programs are wheelchair accessible. We want our visitors to feel welcome and respected, by providing a positive space free from discrimination. The term positive space means that we support all sexual orientations, gender identities, and expressions.



PROGRAM CALENDAR

January 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

