



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p><b>East End CHC Annual General Meeting (AGM) is on June 21<sup>st</sup>!</b> Join us for a special presentation by Dr. Susan Hoffmann on "Demystifying Adult Immunizations". Get information about our programs and services and a chance to meet your board of directors. <b>To arrange for childcare, contact us by June 15<sup>th</sup> at 5:00pm.</b> <b>Doors open at 5:45 pm, the meeting starts at 6:30 pm. Refreshments will be provided.</b></p>					<p><b>1</b> 1:00pm – 2:30pm Community Services for Seniors*</p>	<p><b>2</b></p>
<p><b>4</b> 9:30am – 11:30am Helping Our Babies Grow <b>@AG</b> 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Gentle Fit 2*</p>	<p><b>5</b> 10:00am – 11:00am Active Walk* 2:30pm – 4:30pm Computer Café Drop-In 3:00pm – 5:30pm Craving Change*</p>	<p><b>6</b> 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*</p>	<p><b>7</b> 10:00am – 12:00pm Creative Play 10:30am – 12:30pm Breastfeeding Support Group <b>@AP</b> 11:00am – 1:00pm Chase the Blues Away* 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><b>8</b> 1:00pm – 3:00pm 55+ Internet Café – Social Media*</p>	<p><b>9</b></p>	
<p><b>11</b> 9:30am – 11:30am Helping Our Babies Grow <b>@AG</b> 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><b>12</b> 10:00am – 11:00am Active Walk* 2:30pm – 4:30pm Computer Café Drop-In 3:00pm – 5:30pm Craving Change*</p>	<p><b>13</b> 11:00am – 12:30pm Baby's First Year* 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Gentle Fit 2*</p>	<p><b>14</b> 10:00am – 12:00pm Creative Play 10:30am – 12:30pm Breastfeeding Support Group <b>@AP</b> 1:30pm – 3:30pm For the Health of It* 3:30pm – 4:30pm Sexual Health Drop-In</p>	<p><b>15</b> 1:00pm – 3:00pm 55+ Internet Café – Social Media*</p>	<p><b>16</b></p>	
<p><b>18</b> 9:30am – 11:30am Helping Our Babies Grow <b>@AG</b> 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Gentle Fit 2*</p>	<p><b>19</b> 10:00am – 11:00am Active Walk* 2:30pm – 4:30pm Computer Café Drop-In 3:00pm – 5:30pm Craving Change*</p>	<p><b>20</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*</p>	<p><b>21</b> 10:00am – 12:00pm Creative Play 10:30am – 12:30pm Breastfeeding Support Group <b>@AP</b> 1:30pm – 3:30pm For the Health of It* <b>4:30pm – 8:00pm No Client Appointments</b> <b>6:30pm – 8:00pm East End CHC AGM</b></p>	<p><b>22</b> 10:00am – 11:30am Introduction to Mindfulness 1:00pm – 3:00pm 55+ Internet Café – Social Media*</p>	<p><b>23</b></p>	
<p><b>25</b> 9:30am – 11:30am Helping Our Babies Grow <b>@AG</b> 11:00am – 1:00pm 55+ Gardening Group* 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Building Better Backs*</p>	<p><b>26</b> 10:00am – 11:00am Active Walk* 2:30pm – 4:30pm Computer Café Drop-In</p>	<p><b>27</b> 11:00am – 12:30pm Baby's First Year* 1:00pm – 3:00pm Healthy Living for Immigrant Women <b>@AP</b> 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Gentle Fit 2*</p>	<p><b>28</b> 10:00am – 12:00pm Creative Play 10:30am – 12:30pm Breastfeeding Support Group <b>@AP</b> 1:30pm – 3:30pm For the Health of It* 2:30pm – 4:00pm Live with Less Clutter* 3:30pm – 4:30pm Sexual Health Drop-In</p>	<p><b>29</b> 1:00pm – 3:00pm 55+ Internet Café – Social Media*</p>	<p><b>30</b></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. 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: Farzana Yusuf 416-778-5805 x212

## 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 in this 8 week program 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

**NEW!**

### 55+ Internet Café – Social Media

\* Must register in advance

Are you 55+ and interested in learning more about using Facebook, Twitter, or Instagram? Join this 4 week program to learn about how you can use social media safely to connect with friends, family, and communities. Basic computer skills, including ability to use mouse and keyboard, are recommended.

Contact: Shirin Yilmaz 416-778-5805 x226

**NEW!**

### 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

### Chase the Blues Away

\* Must register in advance

This is a 6-week educational group on living with depression. Join us to improve your mood and energy, learn problem-solving, stress management, self-care, and coping skills.

Contact: Zari Atai 416-778-5805 x222

### Community Services for Seniors

\* Must register in advance

Join this 3-week workshop to learn about services that can help you connect with others in the east end and live independently. Topics include leisure and recreation programs, transportation assistance, community meal programs, and in-home supports.

Contact: Shirin Yilmaz 416-778-5805 x226

### 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

### Craving Change

\* Must register in advance

Join us in this 6-week workshop aimed at helping you understand what can affect your eating behaviours and how to change your relationship with food. Registration is required.

Contact: Miriam Page 416-778-5805x210

### Diabetes Support Group

Drop-In

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

### For the Health of It

\* Must register in advance

Learn to plan healthy meals and control portions in this 9 week program. Cook well balanced meals on a budget, and increase your physical activity.

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

**NEW!**

### 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

### 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 Immigrant 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

### Introduction to Mindfulness

Drop-In

Drop by and join us, as we discuss and learn more about mindfulness. One of the many definitions says "Mindfulness is about observation without criticism; being compassionate with yourself." If you are curious to learn more, please drop by. All are welcome!

Contact: Joanne Gallagher 416-778-5805 x218

**NEW!**

### 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

## 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

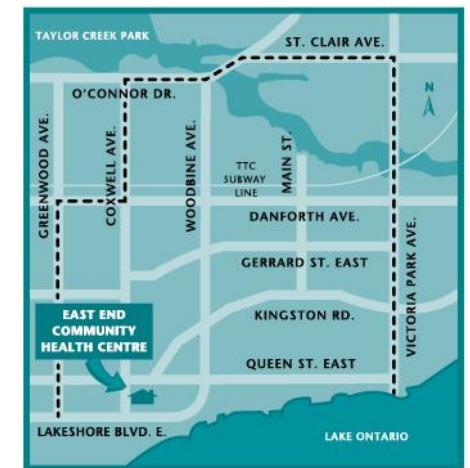
Drop-in to speak to a health provider about questions you may have related to sexual health. The clinic provides services such as birth control counselling, free condoms, STI and HIV testing, sexuality and gender counselling, and more.

Contact: 416-778-5858



# PROGRAM CALENDAR

## JUNE 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

