

PROGRAM DESCRIPTIONS

BREAKFAST CLUB: Weekly breakfast prepared by and for residents of **100 High Park**. Mondays from 8:00 - 11:00 am. For more information contact Junko or Katie.

CHILDBIRTH EDUCATION: A 5 week program on everything you need to know about having a baby. Tuesdays, January 31 to February 28 from 4:00 - 6:00 pm at **Four Villages Bloor Site**. For more information contact Leah.

COLOUR IT UP: A nutrition program offered to women age 20-50, to help you eat more vegetables and fruit through hands-on food preparation, tips on healthy snacks and recipe ideas. Thursdays, January 26 to March 1 from 1:30 - 3:30 pm at **Four Villages Dundas Site**. To register contact Krystyna. Childcare provided.

COOK LIKE A MAN: Learn to cook for yourself and impress others in this 8 week program for young men aged 14-18 years, facilitated by Toronto's best male chefs. Make and eat delicious food, gain valuable work experience, and get a letter of reference upon program completion. Tuesdays, January 10 to February 28, 5:00 - 8:00 pm at **Four Villages Dundas Site**. Registration is limited. To register or for more information contact Katie.

GETTING ON WITH LIFE AND ITS CHALLENGES: A mental health support and skill development program. A steering committee works to develop, plan, and organize workshops for the Four Villages community. Join us to learn, discuss, develop skills, build friendships, and share information. Wednesdays from 1:30 - 3:30 pm at **Regeneration Community Services**. For more information or to register contact Jennifer or Ela.

FAMILY DROP-IN PROGRAMS: For families with children under the age of six. Come join us for crafts, games, singing, and creative circle time. Mondays from 9:00 - 11:30 am at **Swansea Town Hall** and Thursdays from 9:00 am - 3:00 pm at **Gooch Family Resource Centre**. For more information contact Chantal or Gayle.

FAMILY FUN: Drop-in for parents and caregivers of children under the age of six. First three Thursdays of the month from 9:30 - 11:30 am at **100 High Park**. For more information contact Chantal.

4CATS MEETING: 4CATS (Four Villages & Committed Action Team for Seniors) meets monthly to help identify the needs of seniors and advocate for the improvement of services in the community. Next meeting will be Friday February 17th from 2:00 - 4:00 pm at **Four Villages Bloor Site**. If you would like to get involved in issues important to seniors, contact Junko for more information.

FRIENDLY NITE @ GOOCH: Drop-in for older adults 50+. Two Wednesdays a month from 6:00 - 8:00 pm in the **Gooch Recreation Room**. For more information contact Junko.

GOOCH FAMILY FOOD PROGRAM: This food program is for residents of 3725 and 3735 Dundas St. W. and is organized by resident volunteers. Registration is required to use the program. Two Fridays a month from 2:00 - 4:00 pm at **Gooch**. For more information or to volunteer for the program contact Junko.

HEALTHY WOMEN HEALTHY BABIES: Join our relaxing and friendly group! Meet other moms, learn about nutrition, pregnancy, and child development. Two sessions every Wednesday at **Four Villages Dundas Site**: 1) 9:30 - 11:30 am, for pregnant women and women with children under 4 months; 2) 1:30 - 3:30 pm, for women with children aged 4-12 months. For more information contact Gayle.

LEGAL CLINIC: Family law and immigration clinic runs the last Tuesday of the month from 10:00 am - 3:00 pm. Human rights and employment law clinic runs the last Wednesday of the month (bimonthly) from 4:00 - 6:00 pm. Both clinics are at **Four Villages Bloor Site**. Contact Chantal to schedule an appointment.

MORE THAN RELAXATION: This 12 week program for women focuses on learning techniques to reduce stress in a friendly atmosphere. Monday, January 16 to April 16 from 4:15 - 6:15 pm at **St. Joseph's Women's Health Centre**. For more information contact Ela.

PEER NUTRITION PROGRAM: A nutrition program for parents and caregivers of children six and under, including hands on cooking and recipes appropriate to your culture. Fridays, January 20 to February 24 from 1:00 - 3:30 pm at **Masaryk-Cowan Community Centre**. For more information contact Salma.

POLISH CHAPTER OF THE CANADIAN DIABETES ASSOCIATION (DIABETES SELF-HELP GROUP): Diabetes education in a supportive environment for people who live with diabetes. Third Thursday of the month from 6:00 - 8:00 pm at **Four Villages Bloor Site**. For more information contact Krystyna.

REVISIT YOUR RESOLUTION: A COMMUNITY FAMILY WALK IN HIGH PARK: Are you motivated to improve your health? Want to set personal goals and experience outdoor walking trails in your community? Want to learn about the benefits of walking? Want to have fun while being active with friends? Join us on a community walk in High Park on Sunday February 12. We will meet at 11:00 am at the Black Oak Cafe (220 West Road, Bloor Street entrance). The walk will take place on Ring Road. For more information contact Katie or Chantal.

SHOE CLINIC: Get information and advice on proper footwear and purchase shoes to suit your special needs. Every second Wednesday of the month from 9:15 am - 3:00 pm at **Four Villages Bloor Site**. Contact Monica to schedule at appointment.

SWANSEA MEWS AFTER SCHOOL PROGRAM: This program includes arts and crafts, reading circle, and other fun activities for children ages 6 to 11. Thursdays from 4:00 - 6:30 pm at **Swansea Mews**. For more information contact Camilla.

TIME OUT!: Drop-in for young parents and caregivers (includes dinner). Wednesdays from 5:00 - 8:00 pm at **Four Villages Dundas Site**. For more information contact Leah.

WELLNESS GROUP: Older adults participate in gentle exercises to stay fit. Every Tuesday and Friday from 10:30 - 11:30 am at **Four Villages Bloor Site**. For more information contact Jennifer.

WEST TORONTO HOUSING HELP PROGRAM: Assistance with housing issues, evictions, finding emergency shelter and accessing subsidized housing. Wednesdays from 9:30 am - 12:30 pm at **Four Villages Bloor Site**. Call to schedule an appointment.

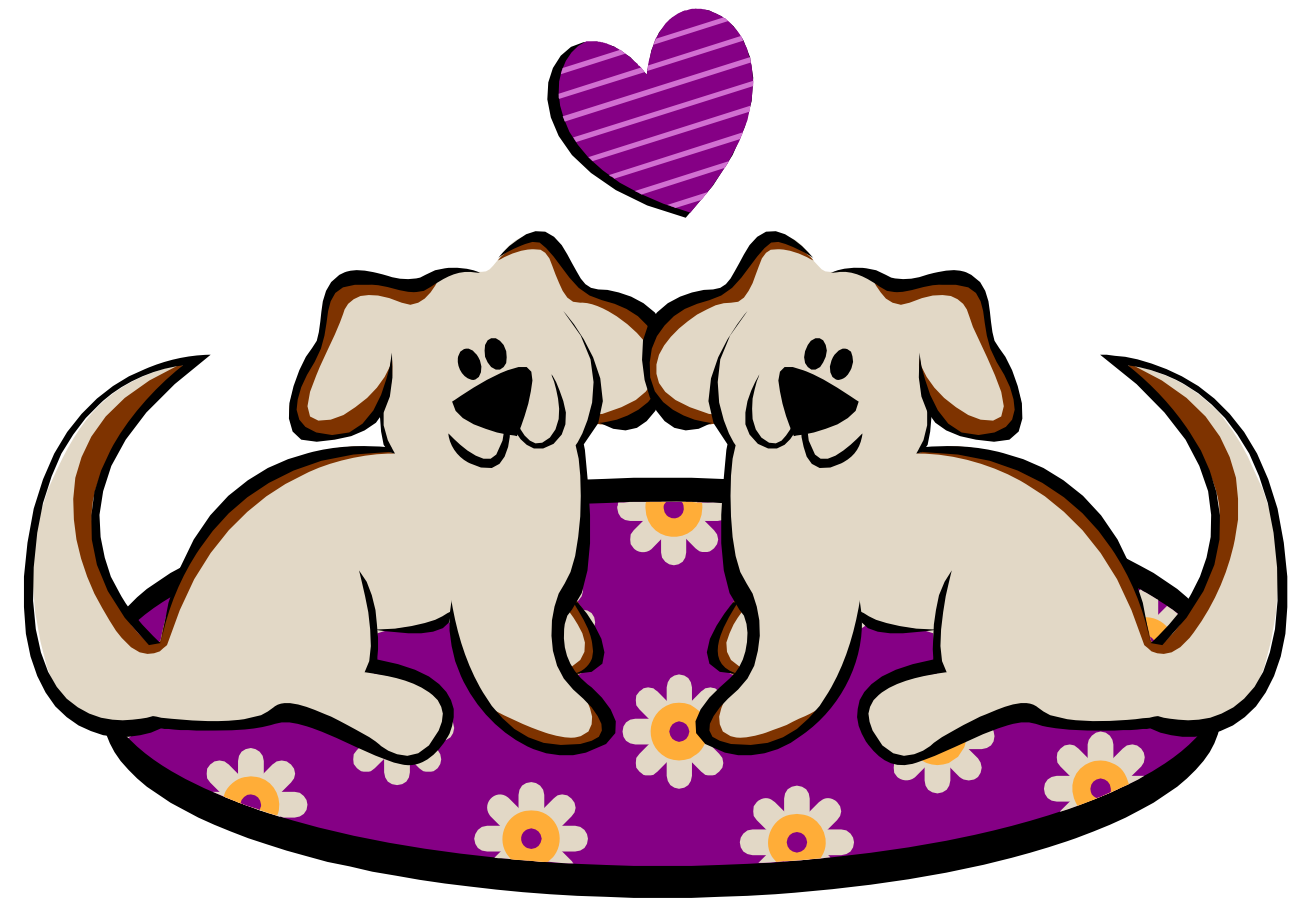
WOMENS SELF CARE: Take some time for you! Activities include relaxation, stress management, exercise with music, and dancing with tots. Childcare available. Wednesdays, January 18 to February 22, 3:00 - 5:00 pm at **Parkdale Intercultural Association**. For more information contact Salma.

YOUTH DROP IN: Youth ages 13-25 are invited to drop by to talk to a Doctor, Nurse, Social Worker, Dietitian, or Community Health Worker. Confidential and no appointment necessary! Meet with someone individually or join one of our programs. Mondays from 4:00 - 7:30 pm at **Four Villages Dundas Site**. Cooking Club will be held the first Monday of the month. Call for more information or send an email to ask.us@4villages.on.ca.




- Bloor Site • 1700 Bloor Street West
- Dundas Site • 3446 Dundas Street West
- T 416 604-0640 • www.4villageschc.ca

PROGRAM CALENDAR



February 2012

FOR MORE INFORMATION CALL
416-604-0640

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PROGRAM LOCATIONS <i>Four Villages (FV) Bloor Site - 1700 Bloor St. W.</i> <i>Four Villages (FV) Dundas Site - 3446 Dundas St. W.</i> <i>100 High Park - 100 High Park Ave.</i> <i>Gooch - 3725/3735 Dundas St. W.</i> <i>Masaryk-Cowan Community Centre - 220 Cowan Ave.</i>				
<p style="text-align: right;">6</p> <p>8:00-11:00 Breakfast Club @ 100 High Park 9:00-11:30 Family Drop-in Program @ Swansea Town Hall 4:00-7:30 Youth Drop-in @ FV Dundas Site 4:15-6:15 More Than Relaxation @ St. Joseph's Women's Health Centre</p>	<p style="text-align: right;">7</p> <p>10:30-11:30 Wellness Group @ FV Bloor Site 4:00-6:00 Childbirth Education @ FV Bloor Site 5:00-8:00 Cook Like A Man @ FV Dundas Site</p>	<p style="text-align: right;">8</p> <p>9:15-3:00 Shoe Clinic @ FV Bloor Site 9:30-11:30 Healthy Women Healthy Babies @ FV Dundas Site 9:30-12:30 West Toronto Housing Help @ FV Bloor Site 1:30-3:30 Getting On With Life & Its Challenges @ Regeneration Community Services @ FV Dundas Site 1:30-3:30 Healthy Women Healthy Babies @ FV Dundas Site 3:00-5:00 Women's Self Care @ Parkdale Intercultural Association 5:00-8:00 Time Out @ FV Dundas Site</p>	<p style="text-align: right;">9</p> <p>9:00-3:00 Family Drop-in Program @ Gooch 9:30-11:30 Family Fun @ 100 High Park 1:30-3:30 Colour It Up @ FV Dundas Site 4:00-6:30 Swansea Mews After School Program @ Swansea Mews</p>	<p style="text-align: right;">10</p> <p>10:30-11:30 Wellness Group @ FV Bloor Site 1:00-3:30 Peer Nutrition Program @ Masaryk-Cowan Community Centre 2:00-4:00 Gooch Family Food Program @ Gooch</p>
<p style="text-align: center;">SUNDAY</p> <p>11:00-12:00 Revisit Your Resolution: A Community Family Walk in High Park (meet @ the Black Oak Café)</p>	<p style="text-align: right;">14</p> <p>10:30-11:30 Wellness Group @ FV Bloor Site 4:00-6:00 Childbirth Education @ FV Bloor Site 5:00-8:00 Cook Like A Man @ FV Dundas Site</p>	<p style="text-align: right;">15</p> <p>9:30-11:30 Healthy Women Healthy Babies @ FV Dundas Site 9:30-12:30 West Toronto Housing Help @ FV Bloor Site 1:30-3:30 Getting On With Life & Its Challenges @ Regeneration Community Services @ FV Dundas Site 1:30-3:30 Healthy Women Healthy Babies @ FV Dundas Site 3:00-5:00 Women's Self Care @ Parkdale Intercultural Association 5:00-8:00 Time Out @ FV Dundas Site 6:00-8:00 Friendly Nite @ Gooch</p>	<p style="text-align: right;">16</p> <p>9:00-3:00 Family Drop-in Program @ Gooch 9:30-11:30 Family Fun @ 100 High Park 1:30-3:30 Colour It Up @ FV Dundas Site 4:00-6:30 Swansea Mews After School Program @ Swansea Mews 6:00-8:00 Polish Chapter of the Canadian Diabetes Association @ FV Bloor Site</p>	<p style="text-align: right;">17</p> <p>10:30-11:30 Wellness Group @ FV Bloor Site 1:00-3:30 Peer Nutrition Program @ Masaryk-Cowan Community Centre 2:00-4:00 4CATS Meeting @ FV Bloor Site</p>
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<p style="text-align: center;">CLOSED FOR FAMILY DAY</p> 	<p style="text-align: right;">21</p> <p>10:30-11:30 Wellness Group @ FV Bloor Site 4:00-6:00 Childbirth Education @ FV Bloor Site 5:00-8:00 Cook Like A Man @ FV Dundas Site</p>	<p style="text-align: right;">22</p> <p>9:30-11:30 Healthy Women Healthy Babies @ FV Dundas Site 9:30-12:30 West Toronto Housing Help @ FV Bloor Site 1:30-3:30 Getting On With Life & Its Challenges @ Regeneration Community Services @ FV Dundas Site 1:30-3:30 Healthy Women Healthy Babies @ FV Dundas Site 3:00-5:00 Women's Self Care @ Parkdale Intercultural Association 5:00-8:00 Time Out @ FV Dundas Site</p>	<p style="text-align: right;">23</p> <p>9:00-3:00 Family Drop-in Program @ Gooch 1:30-3:30 Colour It Up @ FV Dundas Site 4:00-6:30 Swansea Mews After School Program @ Swansea Mews</p>	<p style="text-align: right;">24</p> <p>10:30-11:30 Wellness Group @ FV Bloor Site 1:00-3:30 Peer Nutrition Program @ Masaryk-Cowan Community Centre 2:00-4:00 Gooch Family Food Program @ Gooch</p>
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