

PROGRAM DESCRIPTIONS

BABY STEPS PROGRAM: Come meet other moms with children aged 6 months to 4 years. You can also talk to a Nurse, Dietitian and Social Worker. Wednesdays from 9:30 - 11:30 am at **Parkdale-High Park OEYC**. For more information contact Gayle.

BEAT, RHYMES & LIFE: A hip-hop music program that gives youth the opportunity to express themselves while learning about important social issues that affect their lives. Fridays during lunch at **Runnymede Collegiate**. Open to students of Runnymede Collegiate. For more information contact Mikhe'al.

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 Caroline.

CHILD-MINDING TRAINING: Gain employment skills and meet new people! Tuesdays from March 30 to June 22, 1:00 - 3:30 pm at **Creating Together**. For more information or to register contact Salma.

COLOUR IT UP: A nutrition program offered to women age 20-55, to help you eat more vegetables and fruit through hands-on food preparation, tips on healthy snacks and recipe ideas. Thursdays, February 4 to March 18 from 1:30 - 3:30 pm at **Four Villages Bloor Site**. To register contact Krystyna. Childcare provided.

COMMUNITY KITCHEN & NUTRITION WORKSHOPS: Join us for hands-on cooking with other families and children, learn about Canada's Food Guide and healthy lifestyles. Workshop topics may include making baby food, introducing solids to your infant, feeding picky eaters, making healthy snacks, and understanding food labels. **Various locations** and times. For more information contact Sulana.

COOKING WITH MUMS: A program for mothers and caregivers of children aged 2-6 years old. Join us for hands-on cooking and to learn more about practical and affordable ways to eat healthier. Fridays, February 5 to March 12 from 12:30 - 3:30 pm at **More Than Child's Play**. For more information or to register contact Salma.

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**. For more information contact Chantal or Gayle.

FAMILY FUN: Drop-in for parents and caregivers of children under the age of six. Alternating Thursday mornings (9:30 - 11:30 am) and afternoons (1:30 - 3:30 pm) at **100 High Park**. For more information contact Chantal.

FAMILY RECONNECTION CENTRE: A supportive program for mothers who are recovering from addiction(s). A children's program is also available. Thursdays from 1:00 - 2:00 pm at **Child Development Institute**. For more information contact Leah.

4CATS: 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 is Friday March 19th from 2:00 - 4:00 pm at **Four Villages Bloor Site**. For more information contact Junko.

4 YOUTH: A program open to youth ages 12 to 18 featuring exciting activities and engaging discussions on various practical issues. Tuesdays from 3:30 - 6:00 pm at the **Jane/Dundas Library**. For more information contact Mikhe'al.

FRIENDLY NITE @ GOOCH: Drop-in for older adults 50+. Wednesdays March 10th and 24th from 7:00 - 9:00 pm in the **Gooch Recreation Room**. For more information contact Junko.

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 1:30 - 3:30 pm at **Four Villages Bloor Site**. Registration is required. For more information please contact Ela or Cara.

HEALTHY WOMEN HEALTHY BABIES: Join our relaxing and friendly group! Meet other moms, learn about nutrition, pregnancy, and child development. Wednesdays from 1:30 - 3:30 pm at **Evangeline Residence**. *Please note this program will move to Four Villages Dundas Site starting April 7th.* For more information contact Gayle.

LEGAL CLINIC: Meet with a lawyer who specializes in family law, immigration, human rights or income security. Clinic runs the last Tuesday of the month at **Four Villages Bloor Site**. This month the clinic will focus on family law from 10:00 am - 12:30 pm and immigration from 1:00 - 3:00 pm. Contact Chantal to schedule an appointment.

LET'S TALK: Practice your English, learn about other cultures, and make new friends! Tuesdays from January 26 to March 2, 1:00 - 3:00 pm at **Creating Together**. For more information contact Salma.

PEER NUTRITION PROGRAM IN SPANISH: A nutrition program for parents and caregivers of children six and under, including hands on cooking and recipes appropriate to your culture. Wednesdays from March 3 to 31, 1:00 - 3:00 pm at **Toronto Public Health - Crossways**. For more information or to register contact Chantal.

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.

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**. To make an appointment contact Monica.

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 - 6:00 pm at **Swansea Mews**. For more information contact Natasha.

TIME OUT!: Drop-in for young parents and caregivers (includes dinner). Wednesdays from 5:00 - 8:00 pm at **Trinity Spadina OEYC**. For more information contact Sandra.

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**. *Please note this program is cancelled on Tuesdays March 2nd and 30th.* For more information contact Cara.

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.

PROGRAM LOCATIONS

Four Villages (FV) Bloor Site - 1700 Bloor St. W.

100 High Park - 100 High Park Ave.
Child Development Institute - 197 Euclid Ave.
Creating Together - 1497 Queen St. W.
Davenport Perth Neighbourhood Centre - 1900 Davenport Rd.
Evangeline Residence - 2808 Dundas St. W.
Gooch - 3725/3735 Dundas St. W.
Jane/Dundas Library - 620 Jane St.

Four Villages (FV) Dundas Site - 3446 Dundas St. W.

More Than Child's Play - 220 Cowan Ave.
Parkdale-High Park OEYC - 2918 Dundas St. W.
Runnymede Collegiate - 569 Jane St.
Swansea Mews - Windermere & The Queensway
Swansea Town Hall - 95 Lavinia Ave..
Trinity Spadina OEYC - 486 Shaw St.
Toronto Public Health-Crossways - 2340 Dundas St. W.



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



PROGRAM CALENDAR



March 2010



Ontario's Community
Health Centres

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">1</p> <p>8:00-11:00 Breakfast Club @ 100 High Park 9:00-11:30 Family Drop-in Program @ Swansea Town Hall</p>	<p style="text-align: right;">2</p> <p>1:00-3:00 Let's Talk @ Creating Together 3:30-6:00 4 Youth @ Jane/Dundas Library</p>	<p style="text-align: right;">3</p> <p>9:30-11:30 Baby STEPs Program @ Parkdale-High Park OEYC 9:30-12:30 West Toronto Housing Help @ FV Bloor Site 10:00-12:00 Nutrition Workshop - Label Reading @ Gooch 1:00-3:00 Peer Nutrition Program in Spanish @ Toronto Public Health-Crossways 1:30-3:30 Getting on With Life & Its Challenges @ FV Bloor Site 1:30-3:30 Healthy Women Healthy Babies @ Evangeline Residence 5:00-8:00 Time Out! @ Trinity Spadina OEYC</p>	<p style="text-align: right;">4</p> <p>9:00-3:00 Family Drop-in Program @ Gooch 9:30-11:30 Family Fun @ 100 High Park 1:00-2:00 Family Reconnection Centre @ Child Development Institute 1:30-3:30 Colour It Up! @ FV Bloor Site 4:00-6:00 Swansea Mews After School Program</p>	<p style="text-align: right;">5</p> <p>10:30-11:30 Wellness Group @ FV Bloor Site 11:30-12:30 Beats, Rhymes & Life @ Runnymede Collegiate 12:00-3:00 Cooking with Mums @ More Than Child's Play</p>
<p style="text-align: right;">8</p> <p>8:00-11:00 Breakfast Club @ 100 High Park 9:00-11:30 Family Drop-in Program @ Swansea Town Hall</p>	<p style="text-align: right;">9</p> <p>10:30-11:30 Wellness Group @ FV Bloor Site 1:30-3:30 Nutrition Workshop - Making Snacks @ More Than Child's Play 3:30-6:00 4 Youth @ Jane/Dundas Library</p>	<p style="text-align: right;">10</p> <p>9:15-3:00 Shoe Clinic @ FV Bloor Site 9:30-11:30 Baby STEPs Program @ Parkdale-High Park OEYC 9:30-12:30 West Toronto Housing Help @ FV Bloor Site 1:00-3:00 Peer Nutrition Program in Spanish @ Toronto Public Health-Crossways 1:30-3:30 Getting on With Life & Its Challenges @ FV Bloor Site 1:30-3:30 Healthy Women Healthy Babies @ Evangeline Residence 5:00-8:00 Time Out! @ Trinity Spadina OEYC 7:00-9:00 Friendly Nite @ Gooch</p>	<p style="text-align: right;">11</p> <p>9:00-3:00 Family Drop-in Program @ Gooch 10:00-12:00 Community Kitchen @ Davenport-Perth Neighbourhood Centre 1:00-2:00 Family Reconnection Centre @ Child Development Institute 1:30-3:30 Colour It Up! @ FV Bloor Site 1:30-3:30 Family Fun @ 100 High Park 4:00-6:00 Swansea Mews After School Program</p>	<p style="text-align: right;">12</p> <p>10:30-11:30 Wellness Group @ FV Bloor Site 11:30-12:30 Beats, Rhymes & Life @ Runnymede Collegiate 12:00-3:00 Cooking with Mums @ More Than Child's Play</p>
<p style="text-align: right;">15</p> <p>8:00-11:00 Breakfast Club @ 100 High Park 9:00-11:30 Family Drop-in Program @ Swansea Town Hall 1:00-3:00 Nutrition Workshop - Infant Nutrition @ FV Bloor Site</p>	<p style="text-align: right;">16</p> <p>10:30-11:30 Wellness Group @ FV Bloor Site 3:30-6:00 4 Youth @ Jane/Dundas Library</p>	<p style="text-align: right;">17</p> <p>9:30-11:30 Baby STEPs Program @ Parkdale-High Park OEYC 9:30-12:30 West Toronto Housing Help @ FV Bloor Site 1:00-3:00 Peer Nutrition Program in Spanish @ Toronto Public Health-Crossways 1:30-3:30 Getting on With Life & Its Challenges @ FV Bloor Site 1:30-3:30 Healthy Women Healthy Babies @ Evangeline Residence 5:00-8:00 Time Out! @ Trinity Spadina OEYC</p>	<p style="text-align: right;">18</p> <p>9:00-3:00 Family Drop-in Program @ Gooch 9:30-11:30 Family Fun @ 100 High Park 1:00-2:00 Family Reconnection Centre @ Child Development Institute 1:30-3:30 Colour It Up! @ FV Bloor Site 4:00-6:00 Swansea Mews After School Program 6:00-8:00 Polish Chapter of the Canadian Diabetes Association @ FV Bloor Site</p>	<p style="text-align: right;">19</p> <p>10:30-11:30 Wellness Group @ FV Bloor Site 2:00-4:00 4CATS Meeting @ FV Bloor Site</p>
<p style="text-align: right;">22</p> <p>8:00-11:00 Breakfast Club @ 100 High Park 9:00-11:30 Family Drop-in Program @ Swansea Town Hall 1:00-3:00 Nutrition Workshop - Toddler Nutrition @ FV Bloor Site</p>	<p style="text-align: right;">23</p> <p>10:30-11:30 Wellness Group @ FV Bloor Site</p>	<p style="text-align: right;">24</p> <p>9:30-11:30 Baby STEPs Program @ Parkdale-High Park OEYC 9:30-12:30 West Toronto Housing Help @ FV Bloor Site 1:00-3:00 Peer Nutrition Program in Spanish @ Toronto Public Health-Crossways 1:30-3:30 Getting on With Life & Its Challenges @ FV Bloor Site 1:30-3:30 Healthy Women Healthy Babies @ Evangeline Residence 5:00-8:00 Time Out! @ Trinity Spadina OEYC 7:00-9:00 Friendly Nite @ Gooch</p>	<p style="text-align: right;">25</p> <p>9:00-3:00 Family Drop-in Program @ Gooch 1:30-3:30 Family Fun @ 100 High Park 1:00-2:00 Family Reconnection Centre @ Child Development Institute 4:00-6:00 Swansea Mews After School Program</p>	<p style="text-align: right;">26</p> <p>10:30-11:30 Wellness Group @ FV Bloor Site 11:30-12:30 Beats, Rhymes & Life @ Runnymede Collegiate</p>
<p style="text-align: right;">29</p> <p>8:00-11:00 Breakfast Club @ 100 High Park 9:00-11:30 Family Drop-in Program @ Swansea Town Hall 10:00-12:00 Nutrition Workshop - Toddler Nutrition @ Creating Together 1:00-3:00 Nutrition Workshop - Food Skills @ FV Bloor Site</p>	<p style="text-align: right;">30</p> <p>10:00-3:00 Legal Clinic @ FV Bloor Site 1:00-3:30 Child-Minding Training @ Creating Together 3:30-6:00 4 Youth @ Jane/Dundas Library</p>	<p style="text-align: right;">31</p> <p>9:30-11:30 Baby STEPs Program @ Parkdale-High Park OEYC 9:30-12:30 West Toronto Housing Help @ FV Bloor Site 1:00-3:00 Peer Nutrition Program in Spanish @ Toronto Public Health-Crossways 1:30-3:30 Getting on With Life & Its Challenges @ FV Bloor Site 1:30-3:30 Healthy Women Healthy Babies @ Evangeline Residence 5:00-8:00 Time Out! @ Trinity Spadina OEYC</p>	<div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: center;"> <p>FOR MORE INFORMATION CALL 416-604-0640</p> </div>  </div>	