



**The Four Villages**  
Community Health Centre

WORKING TOGETHER FOR WHOLE HEALTH

# UPCOMING PROGRAMS

## as of January 2018

The Four Villages Community Health Centre offers a variety of fun and friendly programs for every age and stage. All of our programs are free unless noted. Programs are offered at our Bloor Site (1700 Bloor Street West), Dundas Site (3446 Dundas Street West) and at other locations in the community. Please contact the staff member listed in the program description for additional information.

**Please note we are closed January 1**

### Programs for Adults

#### Colour It Up

This 6 week nutrition program is for women ages 20 to 50. The program encourages participants to eat more vegetables and fruit through hands-on food preparation, tips on healthy snacks, and recipe ideas. Free child-minding available. Registration is required.

**When:** Tuesdays, January 23 to February 27, 1:00 to 3:30 pm

**Where:** 3446 Dundas Street West (Program Room B)

**Contact:** For more information, call Krystyna at 416-604-1058.

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#### Knitting Group

Calling all knitters! Join our drop-in knitting group where you can knit, chat, and make friends. Whether you've been knitting for years or just want to learn, this group is for you!

**When:** Thursdays, 1:00 to 4:00 pm

**Where:** 3446 Dundas Street West (Program Room A)

**Contact:** For more information, call Michelle at 416-604-6431.

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#### Legal Clinic

The clinic offers 30 minute free summary advice, information, and referrals. Family law and immigration clinic runs the last Tuesday of the month alternating between Four Villages Bloor and Dundas Sites. Assistance with a human rights and employment law also available upon request. Appointments must be booked in advance.

**When:** Tuesday January 30, 10:00 am to 12:00 pm

**Where:** 3446 Dundas Street West

**Contact:** To book an appointment, call Amir at 416-604-6448.

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## Programs for Adults

### Let's Talk About Healthy Eating

Join us for hands-on cooking demonstrations and taste-testing of easy recipes. Topics include eating well on a budget, easy cooking for one or two people, simple meal planning, and healthy eating for weight management.

**When:** First Friday of every month, 10:00 am to 11:30 am

**Where:** 3446 Dundas Street West (Program Kitchen)

**Contact:** For more information contact Katie 416-604-6443

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### Let's Talk

Practice your English and make new friends. If you are interested in learning English and can't attend other English classes, this program is for you! Childminding available.

**When:** Tuesdays, January 9- March 27, 10:00 am to 12:30 pm

**Where:** 3446 Dundas Street West, (Program Room A)

**Contact:** For more information contact Martha at 416-604-6441.

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### Surfing Tsunamis

A 20 week Dialectical Behaviour Therapy (DBT) skills group for adults who want to learn to manage emotions better, improve distress tolerance, develop mindfulness, and communicate more effectively. Registration is required.

**When:** Wednesdays, September 20 to February 14, 2:00 to 4:15 pm

**Where:** 1700 Bloor Street West, (Multi Purpose Room)

**Contact:** For more information contact Chantal at 416-604-6440.

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### West Toronto Housing Help Program

Meet with a housing worker who can assist with housing issues, evictions, finding emergency shelter and accessing subsidized housing. Appointments must be booked in advance.

**When:** Wednesday, January 10 & 24, 9:00 am to 12:00 pm

**Where:** 3446 Dundas Street West

**Contact:** To book an appointment, call the Dundas Site at 416-604-3362.

## Programs for Older Adults

### Meals-On-Wheels Fruit and Vegetable Basket

Have a fresh fruit and vegetable basket delivered right to your door! Meals-on-Wheels delivers nutritious lunches and fresh produce to older adults 55+ or adults 34-54 with a long-term disability. The fruit and vegetable basket costs \$13.75 and is delivered bi-weekly.

**Contact:** For more information, call West Toronto Support Services at 416-653-3535

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### Seniors Exercise Programs

Increase strength, balance, and flexibility with this exercise program for adults 55+. Options are available to accommodate various levels of mobility and fitness. Registration is required. *Please note this program is currently full. New participants will be placed on a waiting list and may join when space becomes available.*

#### Bloor Site

**When:** Mondays  
1:30 to 2:30 pm & 2:30 to 3:30 pm

**Where:** 1700 Bloor St. W.

**Contact:** For more information, call Anna at Etobicoke Support Services: 416-243-0127 ext. 271.

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#### Dundas Site

**When:** Mondays and Thursdays  
1:00 to 2:00 pm & 2:00 to 3:00 pm

**Where:** 3446 Dundas St. W.

### Yoga for 50+ Review Class for Previous Participants

This class is ONLY for previous participants of the Yoga for 50+ program. To help us accommodate increasing numbers of participants, please be sure to arrive on time. Anyone arriving more than 10 minutes late will not be admitted.

**When:** Fridays, January 12 & 26, 3:00 to 4:00 pm

**Where:** 3446 Dundas Street West (Program Room B)

**Contact:** For more information, call Junko at 416-604-6453.

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## Programs for Parents, Families and Children

### Family Fun

This weekly drop-in program is for families with children under the age of six. Activities and circle time are designed to promote child development, social skill building and school preparedness. The program also offers parenting support and information about community resources.

**When:** Thursdays, 9:30 to 11:30 am

**Where:** 100 High Park Avenue (Recreation Room, Buzzer Code 550)

**Contact:** For more information, call Amir at 416-604-6448.

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### Healthy Women Healthy Babies

This weekly drop-in program is for pregnant women and women with new babies who are isolated, new to Canada or have financial difficulties. Enjoy weekly presentations about child safety, child development, breastfeeding, baby care, nutrition, cooking and more. The program is staffed by a Nurse, Dietician and Community Health Worker, and is designed to support women through pregnancy as well as baby's first year.

**When:** Wednesdays, 9:30 to 11:30 am (for women with babies 6-12 months) and 1:30 to 3:30 pm (for pregnant women and babies under 6 months)

**Where:** 3446 Dundas Street West (Program Room B)

**Contact:** For more information, call Gayle at 416-604-6452.

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### Time Out!

Sometimes parents need time out! Looking for a place where you can focus on yourself, learn new skills and explore your interests? You can find it at Time Out, a weekly drop-in program for parents and parents-to-be ages 29 and under. Join us to share a meal, swap stories and take part in workshops on topics such as sexual health, parenting, life skills and self-care - while your wee ones enjoy their own programming. For more information contact Leah at 416-604-6456.

**When:** Wednesdays January 10 to March 28, 5:00 to 7:00 pm

**Where:** 3446 Dundas Street West (Program Room B)

**Contact:** For more information, call Leah at 416-604-6456.

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### Toddler Talks

Join us for monthly workshops on the challenges of parenting your 1 to 3 year old. Free childminding available (pre-registration required).

**When:** Tuesday, January 16 and February 20, 1:30 to 3:30 pm

**Where:** 3446 Dundas Street West

**Contact:** For more information, call Gayle at 416-604-6452.

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## Programs for Youth

### Time Out!

See listing above under *Programs for Parents, Families and Children*.

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### Tutor It Up

A program for students in Grades 5 to 12 that incorporates tutoring and mentorship. Get homework assistance, learn study skills, and build on your reading, writing and math abilities. Registration is required.

**When:** Program will restart Monday January 8, 4:00 to 6:00 pm

**Where:** 3446 Dundas Street West (Program Room B)

**Contact:** For more information, call Camilla at 416-604-6454.

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### Youth Cooking Club

Drop in and let's cook together! This monthly drop-in is for youth ages 12 to 24. For more information contact Cindy at 416-604-1044. Registration is required.

**When:** Once a month, Monday January 8, 4:00 to 6:00 pm

**Where:** 3446 Dundas Street West (Program Room B)

**Contact:** For more information, call Cindy at 416-855-1044.

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