



The Four Villages
Community Health Centre

WORKING TOGETHER FOR WHOLE HEALTH

UPCOMING PROGRAMS as of February 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 February 19

Programs for Adults

Back to Movement

This physiotherapy led exercise program is targeting clients who have chronic low back pain and are not physically active. The goals of the program are to improve function and quality of life, reduce pain and recurrence of low back pain. The program is 6 weeks in duration and will consist of a weekly 1 hour 'Yoga' based group exercise program. Participants will also be given an exercise booklet to complete the same exercises at home. Ideally participants should be independent with transferring from standing to the floor.

When: Wednesdays, February 7 to March 14 10:00 am to 11:00 am

Where: 1700 Bloor Street West (Vilnius Manor)

Contact: For more information, call Mark at 416-604-6438 or Elizabeth at 416-855-1055 or Adiiilah 416-855-1060.

Chronic Disease Self-Management Workshops

This 6 week program helps people with chronic conditions to better manage their symptoms and their daily lives. The workshop provides information and teaches practical skills. It gives people the confidence and motivation they need to manage the challenges of living with chronic health conditions. The program is open to anyone with any type of chronic health condition, as well as their family, friends and caregivers. Registration is required.

When: Mondays, February 26 to April 2, 10:00 to 12:30 pm

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

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

Programs for Adults

Chronic Pain Self-Management Workshops

This 6 week workshop helps people with chronic pain to better manage their symptoms and their daily lives. The workshop provides information and teaches practical skills. It gives people the confidence and motivation they need to manage the challenges of living with chronic pain. The program is open to anyone with any type of chronic pain, as well as their family, friends and caregivers. Registration is required.

When: Thursdays, February 15 to March 22, 12:30 pm to 3:30 pm

Where: 1709 Bloor St West

Contact: To register or for more information call Salma at 416-855-1066.

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 416-855-1058.

Getting On With Life And Its Challenges

This mental health recovery and skill development program focuses on increasing participants' knowledge of and skills for community living. This program offers a place where individuals living with mental health issues can interact with other members of their community in a safe environment. A steering committee meets weekly to develop a 10 week workshop series for the community twice a year. Registration is required.

When: Wednesday February 7 to April 11, 1:30 to 3:30 pm

Where: Regeneration Community Services (2238 Dundas Street West, Suite 307)

Contact: For more information, call Scott at Regeneration Community Services:
416-703-9645 ext. 270.

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.

Programs for Adults

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, February 27, 10:00 am to 12:00 pm (Legal), 12:00 to 2:00 pm (Immigration)

Where: 3446 Dundas Street West

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

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

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.

Mindfulness for Beginners

Tune into what is happening now, both within yourself and around you. This 8 week program will teach you how to be more present and pay attention to everyday life, cope with negative emotions and meditate. Registration is required.

When: Friday January 26 to April 6, 1:30 to 3:30 pm

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

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

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.

Programs for Adults

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, February 14 & 28, 9:00 am to 12:00 pm

Where: 3446 Dundas Street West

Contact: To book an appointment, call the Bloor Site at 416-604-3361 or 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

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: Tuesdays
9:30 to 11:30 am
Where: 1700 Bloor St. W.

Dundas Site

When: Mondays and Thursdays
1:00 to 3:00 pm
Where: 3446 Dundas St. W.

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

Yoga for 50+

Relax and rejuvenate with gentle yoga catered to your needs and abilities. Options are available to accommodate various levels of mobility and fitness. Please note this program is for individuals who have NOT previously participated in a yoga program at Four Villages. Registration is required.

When: Fridays, February 2 to March 23, 1:30 to 2:30 pm
Where: 3446 Dundas Street West (Program Room B)
Contact: For more information, call Junko at 416-604-6453.

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, February 9 & 23, 3:00 to 4:00 pm
Where: 3446 Dundas Street West (Program Room B)
Contact: For more information, call Junko at 416-604-6453.

Programs for Parents, Families and Children

Childbirth Education

A program for all soon-to-be moms and partners. This program provides the information and skills needed for a positive pregnancy, delivery, and early parenting experience. Topics include healthy pregnancy, nutrition, labour and delivery, relaxation techniques, stages of labour, preparing for the hospital, bringing baby home, basic baby care, and much more. Registration is required.

When: Tuesdays, February 6 to March 6, 4:30 to 7:00 pm

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

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

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.

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.

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.

Programs for Parents, Families and Children

Making Baby Food

Learn when, what, and how to feed baby's first foods! Plus the pros and cons of baby-led weaning. Registration is required. Tokens provided. Child-minding available if requested in advance.

When: Thursday, February 8, 9:00 am to 12:00 pm

Where: 3446 Dundas Street West

Contact: To register call Susan at 416-604-6442.

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: Tuesdays, February 20, March 20, April 17, May 22, and June 19, 1:30 to 3:30 pm

Where: 3446 Dundas Street West

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

Programs for Youth

Time Out!

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

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.

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 416-855-1044. 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.

Diabetes Programs

Pep Talk: Diabetes, Healthy Feet and You: Do you have diabetes and experience tingling/numbness in your feet, changes to the shape of your feet or sores/blisters on your feet? These peer-led workshops are run by people who have experienced diabetic foot complications. Pre-Registration is required.

When: Thursday, February 15, 1:00 to 3:30 pm

Where: 1700 Bloor Street West (Multi Purpose Room)

Contact: To Register or for more information contact Deirdre at 416-604-6436
