

The Four Villages Community Health Centre

PROGRAMS FOR ADULTS

If you are looking for programs that improve your overall health, help you manage chronic conditions, help you with lifestyle changes and assist you with maintaining your activity – these programs are for you. **We look forward to seeing you in our programs!**

Please note:

- Programs are offered at various locations and times throughout the year.
- Some programs may be available infrequently based on demand.
- Some programs are offered off-site.
- Please call the contact person indicated for additional program information.

CHILD MINDING TRAINING: Gain employment skills and meet new people! A 15 week certificate program that provides training in the areas of child development, health, nutrition, child safety, community resources, behaviour management, understanding child abuse, and program planning, as well as food handling and CPR certification. For more information contact Salma at 416-604-0640, ext. 1066.

CHILDBIRTH EDUCATION: A program for all soon-to-be moms and partners. Topics covered 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. This program provides expecting parents with the information and skills they need to improve pregnancy and birth outcomes, helps participants have a positive birthing experience, and prepares participants for early parenting. For more information contact Leah at 416-604-0640, ext. 6416.

CHRONIC DISEASE SELF-MANAGEMENT: A 6 week program for anyone with a chronic disease such as diabetes, asthma, emphysema, heart conditions, high blood pressure, MS, ALS, HIV/AIDS, etc. or anyone caring for a person with a chronic disease. The program teaches the skills needed for daily management of chronic health problems. For more information contact Amir at 416-604-0640, ext. 6448.

The Four Villages Community Health Centre

PROGRAMS FOR ADULTS

CHRONIC PAIN SELF-MANAGEMENT: 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. For more information contact Amir at ext. 416-604-0640 ext. 6448.

COLOUR IT UP: A 6 to 8 week nutrition program offered once a year to women aged 20 to 50, to encourage eating more vegetables and fruit through hands-on food preparation, tips on healthy snacks, and recipe ideas. For more information contact Caroline at 416-604-0640, ext. 1044 or Krystyna at 416-604-0640, ext. 1058.

CONCERNING CHOLESTEROL: An 8 week program offering education and support for people with high cholesterol. Topics include nutrition, exercise, and stress management. For more information contact Caroline at 416-604-0640, ext. 1044.

CRAVING CHANGE: An 8 week program for people struggling with emotional eating that encourages awareness of personal eating triggers and changing problematic behaviours. The program addresses why we eat the way we do, without a focus on what, when, where, or how much to eat. For more information contact Katie at 416-604-0640, ext. 6443.

EXPRESSIVE ARTS GROUP: A group for adults 18+ who want to let go of stress and express themselves through art in a safe and friendly environment. No artistic experience required! All art materials provided. For more information contact Ela at 416-604-0640, ext. 1046.

FAMILIES GET TOGETHER: An 8 week program promoting healthy weights and healthy living for parents and children 8-10 years old. The program includes information on nutrition, body image, self-esteem, and physical activity. Each session has a one hour exercise/activity component. For more information contact Krystyna at 416-604-0640, ext. 1058.

FOOD HANDLER TRAINING: A 6 week program for people who are interested in a job in the food service industry. Get hands-on food preparation experience and the opportunity to earn a Food Handler Certification. For more information contact Katie at 416-604-0640, ext. 6443.

The Four Villages Community Health Centre

PROGRAMS FOR ADULTS

GETTING ON WITH LIFE AND ITS CHALLENGES: A mental health recovery and skill development program focused 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 (spring and fall). This program is offered in partnership with Regeneration Community Services. For more information contact Jennifer at 416-604-0640, ext. 1052 or Ela at 416-604-0640, ext. 1046.

GOOD FOOD BOX: In partnership with Food Share, this food security program ensures fresh fruits and vegetables are affordable and accessible. Orders for the Good Food Box are completed bi-weekly. For more information on prices and contents, visit www.foodshare.net/good-food-box. To order a box call 416-604-0640, ext. 6412.

GROCERY STORE TOURS: Join us for a tour of your local grocery store! Learn about making healthy food choices while sticking to a budget. For more information contact Katie at 416-604-0640, ext. 6443.

HEALTHY BODIES: An 8 week program for adults ages 25 to 55 who are looking for options beyond crash diets. Activities include fitness and yoga, stress management, menu planning, cooking demonstrations, and nutrition label reading. For more information contact Caroline at 416-604-0640, ext. 1044.

KNITTING GROUP: A peer led drop-in program where you can knit, chat, and make friends. Beginners and experienced knitters are welcome! For more information contact Michelle at 416-604-0640, ext. 6431.

LEGAL CLINIC: The clinic offers 30 minute free summary advice, information, and referrals on family law, immigration, and employment matters. For more information contact Amir at 416-604-0640, ext. 6448.

LET'S TALK ABOUT HEALTHY EATING: A drop-in program for women featuring 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. For more information contact Katie at 416-604-0640, ext. 6443.

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PROGRAMS FOR ADULTS

LIVING BETTER WITH PAIN: This physiotherapy led program aims to improve function through self-management support, pain science education, and individualized, goal oriented exercise. The program is 6 weeks with one group appointment and one individual appointment each week. Education topics include the science of pain, pain and exercise, stress, sleep and pain, as well as thoughts, emotions and pain. The minimum criteria for a screening appointment include: pain for more than 6 months and the ability to read / write / speak English. For more information contact Mark at ext. 6438, Marlies at ext. 1060, or Elizabeth ext. 1055.

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. On-going monthly meditations sits allow you to continue the practice after the initial 8 weeks has ended. For more information contact Michelle at ext. 6431.

MOBILE DENTAL CLINIC: This clinic run by Toronto Public Health is available to adults on OW or ODSP who are experiencing pain or other dental health issues. The dental bus visits the Dundas Site about once a month and is equipped to provide basic dental care. To find out if you are eligible and set up an appointment, call Salma at 416-604-0640 ext. 1066.

PEP TALK: DIABETES, HEALTHY FEET AND YOU: These are peer-led workshops are for anyone with diabetes and are run by people who have experienced diabetic foot complications. For more information contact Deirdre at 416-604-0640 ext 6436.

SHOE CLINIC: On the second Wednesday of each month you can purchase footwear to suit your special needs from John Foster Shoes. Information is available on proper footwear, as well as referrals to specialists, and assistance for individuals on low incomes. For more information contact Monica at 416-604-0640, ext. 1063.

WALK THIS WAY: Discover a new way of walking! Nordic Pole Walking is a fun and effective, low impact, full-body workout for people of all ages and fitness levels! Poles are available to borrow upon request. For more information contact Junko at ext. 6453.

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WEST TORONTO DIABETES EDUCATION PROGRAM - EXERCISE PROGRAM: A chair exercise program geared towards those with diabetes or pre-diabetes. The program uses resistance and stretch training to help increase fitness levels, control blood sugar, and improve overall wellness. For more information contact the West Toronto Diabetes Education Program at 416-252-1928.

WEST TORONTO DIABETES EDUCATION PROGRAM - WORKSHOPS: Have ever wondered what diabetes is, why some people get it and not others, or why people with diabetes have to watch what they eat? These one-time workshops will give you the basics of diabetes and simple instructions to either manage diabetes or prevent it altogether. For more information contact the West Toronto Diabetes Education Program at 416-252-1928.

WEST TORONTO HOUSING HELP: Meet with a housing worker who can assist with housing issues, evictions, finding emergency shelter, and accessing subsidized housing. For more information contact 416-604-3361 (Bloor Site) or 416-604-3362 (Dundas Site).
