

# The Four Villages Community Health Centre

## **PROGRAMS FOR CHILDREN (6-12)**

If you are looking for programs that are fun, active, and educational, we have them.  
**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.

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**FAMILIES GET TOGETHER:** This 8 week program promotes 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 component facilitated by a trained instructor. For more information contact Krystyna at 416-604-0640, ext. 1058.

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**G.I.R.L.S (Get Involved Run Laugh Shine):** This 8 week physical activity and nutrition program is for girls ages 9 to 12. The program offers a combination of nutrition and hands-on food skills, plus activities such as zumba, basketball and yoga. For more information contact Camilla at 416-604-0640, ext. 6454.

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**KIDS CAN CREATE:** Are you interested in having your little ones learn how foods grow, make yummy recipes, and enjoy their delicious creations. They will meet new friends and enhance fine motor skills with crafts and activities. This 4 week program is for children 4 to 7 years old. For more information contact Susan at 416-604-0640, ext. 6443.

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**KIDS COOKING CLUB:** Want to have fun learning learning how to cook with your friends? This 5 week cooking and nutrition education program is for children ages 8 to 12 years old. Children learn about food and nutrition in a fun and interactive way. For more information contact Krystyna at 416-604-0640, ext. 1058.

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**SCHOOL NUTRITION EDUCATION:** Are you a teacher interested in inviting a Registered Dietitian into your classroom? This program offers elementary school students the opportunity to learn about nutrition and develop cooking skills through hands-on food preparation. Tasting of the prepared food and eating together often facilitate additional discussion on healthy eating practices as well as different cultural foods. For more information contact Krystyna at 416-604-0640, ext. 1058.

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**STRETCH YOUR SPIRIT:** An annual school event designed to promote health and wellness for children and their parents/caregivers. This fun-filled day allows participants to take part in activities such as zumba, expressive arts, and cooking demonstrations. Participants will go home with knowledge on how to keep their mind, body and spirit healthy. For more information Camilla at 416-604-0640, ext. 6454.

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**SWANSEA MEWS YOUTH OF TODAY:** This program offers a chance for youth ages 12 to 17 to gain leadership skills and participate in their community. Workshops are offered on sexual health, mental health, employment and other topics relevant to the youth of today. For more information Camilla at 416-604-0640, ext. 6454.

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**TUTOR IT UP:** This program for students in grades 5-12 incorporates tutoring and mentorship. Get homework assistance, learn study skills, and build on your reading, writing and math abilities. For more information contact Camilla at 416-604-0640, ext. 6454.

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