



The Four Villages
Community Health Centre

WORKING TOGETHER FOR WHOLE HEALTH

UPCOMING PROGRAMS as of November 2017

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.



A flu shot is your best bet to avoid getting and spreading the flu.

You can get a flu shot at most pharmacies or from your primary care provider.

If you are a **registered client** of a doctor or nurse practitioner at Four Villages, ask your provider when you come in for an appointment or visit one of our flu clinics.

Bloor Site: Wednesday November 8, 4:30 pm to 7:00 pm
Tuesday November 21, 1:00 to 4:00 pm

Dundas Site: Wednesday November 8, 9:00 am to 11:00 am
Monday November 20, 4:30 to 7:00 pm

If you've already received your flu shot elsewhere, please tell us so we can update your medical records.

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: Fridays, October 20 to November 24 10:00 am to 11:00 am

Where: 3446 Dundas Street West (Program Room B)

Contact: For more information, call Mark at 416-604-3362 ext 6438 or Elizabeth at 416-855-0640 ext 1055.

Programs for Adults

Child Minding Training

This program is for people who are interested in working with children. The 15 week certificate program 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. Many graduates find employment providing childcare in schools and community agencies. Registration is required.

When: Tuesdays, September 5 to December 19 1:00 pm to 3:00 pm

Where: Davenport Neighbourhood & Community Health Centre, 1900 Davenport Rd

Contact: For more information, call Salma at 416-855-1066 or Amir 416-604-6448.

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: Wednesdays, October 11 to December 13, 1:30 to 3:30 pm

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

Contact: For more information, call Balazs at Regeneration Community Services: 416-703-9645 ext. 301.

Healthy Bodies

This 8 week program is for adult ages 25-55 that are looking for options beyond crash diets. Activities include fitness and yoga, stress management, menu planning, cooking demonstrations and nutrition label reading.

When: Wednesdays, September 27- November 15, 5:00-7:00pm

Where: 1700 Bloor Street West (Multi Purpose Room)

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

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 November 28, 10:00 am to 12:00 pm
Where: 3446 Dundas Street West
Contact: To book an appointment, call Amir at 416-604-6448.

Let's Talk About Healthy Eating

A 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.

When: Fridays, October 6- March 2, 2018, 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, August 1- December 19, 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.

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.

When: Tuesdays, October 24 – November 28, 1:30 pm to 3:00 pm
Where: 1700 Bloor Street West, (Multi Purpose Room)
Contact: For more information contact Mark at 416-604-6438

Shoe Clinic

Proper footwear can reduce pain and prevent injuries. Visit our Shoe Clinic to get the right shoes for you! Foster Shoes provides education, shoe fitting, and a selection of shoes to purchase. Appointments must be booked in advance.

When: Wednesday November 8, 9:15 am to 12:00 pm
Where: 1700 Bloor Street West
Contact: To book an appointment, call Monica at 416-855-1063.

Programs for Adults

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.

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, fitness levels and mobility levels! Poles are available to borrow upon request.

When: Every Wednesday (weather permitting), 10:30 to 11:30 am

Where: High Park (meet at the Black Oak Cafe on West Road)

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

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: Wednesdays, November 8 & 22, 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

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.

Dundas Site

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

Where: 3446 Dundas St. W.

Strong and Steady

Have you fallen or are you afraid of falling? This program is for adults 65+ who want to learn how to stay safe at home and in the community. Learn easy exercises that promote balance, strength and endurance. Registration is required.

When: Mondays, October 2 to December 11, 10:00 am to 12:00 pm

Where: West Toronto Support Services (1709 Bloor St. W.)

Contact: To register or for more information, call Elizabeth at 416-855-1052.

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, October 13 to December 1, 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, November 10 & 24, 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

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.

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. Registration is required.

When: Tuesdays, September 26 to November 14, 5:00 to 7:30 pm

Where: 3446 Dundas Street West (Program Room B)

Contact: For more information, call Krystyna at 416-855-1058.

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 October 4 to December 13, 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

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, November 21, and December 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 October 9, 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 416-604-1044. Registration is required.

When: First Monday of every month, Monday November 6, 4:00 to 6:00 pm

Where: 3446 Dundas Street West (Program Room B)

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

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.

When: Thursdays, 4:30 to 6:30 pm

Where: 3446 Dundas Street West (Program Room A)

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

Diabetes Programs

Diabetes Exercise Group

An exercise program for 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. Suitable for people with reduced mobility. Only a few spots left, Registration is required.

When: Mondays, August 28 to November 20, 10:30 to 11:30 am

Where: 3446 Dundas Street West (Program Room B)

Contact: To register, call the West Toronto Diabetes Education Program at 416-252-1928 ext. 299.
