



The Four Villages
Community Health Centre

WORKING TOGETHER FOR WHOLE HEALTH

UPCOMING PROGRAMS as of July 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.

Please note we are closed Monday July 3 and Monday August 7.

Programs for Adults

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, 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.

Good Food Box

The Good Food Box offers an easy and low cost way to introduce more vegetables and fruits into your meals. FoodShare delivers orders to Four Villages every other week. Orders must be paid for at least 10 days in advance. Visit www.foodshare.net/good-food-box for more information on prices and contents.

When: Pick up on July 5, July 19, August 2, August 16, and August 30

Where: Pick up at 3446 Dundas Street West (Volunteer/Student/Project Staff Room)

Contact: For more information, call Cassandra at 416-604-0640 ext. 6457.

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 416-604-0640 ext. 6431.

Programs for Adults

Laughter & Health

Discover a unique way to experience the many benefits of laughter. Unlike regular yoga, laughter yoga does not use poses. Beginners are welcome and everyone can participate! Registration is required.

When: Thursdays July 20 and August 17, 10:30 to 11:30 am

Where: 3446 Dundas Street West (Program Room A)

Contact: To register, call Martine at 416-604-0640 ext. 6451.

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 July 25, 10:00 am to 12:00 pm

Where: 1700 Bloor Street West

Contact: To book an appointment, call Amir at 416-604-0640 ext. 6448.

Let's Talk About Healthy Eating

A monthly drop-in program 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, July 7, August 4, and September 8, 10:00 to 11:30 am

Where: 3446 Dundas Street West

Contact: For more information call Katie at 416-604-0640 ext. 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, May 16 to July 4, 10:00 am to 12:30 pm

Where: 3446 Dundas Street West

Contact: For more information contact Martha at 416-604-0640 ext. 6441.

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 July 12, 9:15 am to 12:00 pm

Where: 1700 Bloor Street West

Contact: To book an appointment, call Monica at 416-604-0640 ext. 1063.

Programs for Adults

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 416-604-0640 ext. 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, July 12 & 26, 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.

When: Fridays, May 5 to July 7, 10:00 am to 12:00 pm

Where: 3446 Dundas Street West

Contact: To register and for more information on eligibility, call Jennifer at 416-604-0640 ext. 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, June 23 to August 25, 1:30 to 2:30 pm (no group July 28 & August 4)

Where: 3446 Dundas Street West (Program Room B)

Contact: For more information, call Junko at 416-604-0640 ext. 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, July 7 & 21, August 11 & 25, 3:00 to 4:00 pm

Where: 3446 Dundas Street West (Program Room B)

Contact: For more information, call Junko at 416-604-0640 ext. 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, September 5 to October 3, 4:00 to 6:30 pm

Where: 1700 Bloor Street West

Contact: For more information, call Leah at 416-604-0640 ext. 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 416-604-0640 ext. 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, Dietitian 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 416-604-0640 ext. 6452.

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 5 to 7 years old. Registration is required.

When: Tuesdays, July 4 to 25, 3:00 to 5:00 pm

Where: 3446 Dundas Street West, Program Room B

Contact: For more information, call Susan at 416-604-0640 ext. 6442.

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: Tuesday August 8, 2:00 to 4:00 pm

Where: 3446 Dundas Street West

Contact: To register call Susan at 416-604-0640 ext. 6442.

Programs for Parents, Families and Children

Time Out!

This drop-in program focuses on the specific needs of young parents and caregivers up to 30 years of age. Dinner is included! Get information and support in the areas of nutrition, general health, parenting, community resources, and employment readiness to name a few.

When: Wednesdays until July 19, 5:00 to 7:00 pm

Where: 3446 Dundas Street West (Program Room B)

Contact: For more information, call Leah at 416-604-0640 ext. 6456.

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, September 19, October 17, November 21, and December 19, 1:30 to 3:30 pm

Where: 3446 Dundas Street West

Contact: For more information, call Gayle at 416-604-0640 ext. 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 416-604-0640 ext. 6454.

Youth Cooking Club

Let's cook together! This monthly drop-in program is open to youth ages 12 to 24 years. The program is usually held on the first Monday of the month, excluding holidays.

When: Mondays, July 10 and August 14, 4:30 to 6:30 pm

Where: 3446 Dundas Street West (Program Room B)

Contact: For more information, call Cindy at 416-604-0640 ext. 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 416-604-0640 ext. 6454.

Diabetes Programs

Diabetes Cooking Workshop

Do you have pre-diabetes or diabetes? Are you tired of figuring what to eat and how to cook it? Join our diabetes education team for a free cooking class and information session. Registration required.

When: Thursday July 27, 4:00 to 6:00 pm

Where: 3446 Dundas Street West (Program Room B)

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

Diabetes Conversation Map

Join your diabetes team for a conversation on living with diabetes. Friends and family welcome! Registration required.

When: Wednesday August 9, 1:00 to 3:00 pm

Where: 3446 Dundas Street West (Program Room A)

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

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. Space is limited! Registration 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.

Heart Health

Learn about how to prevent heart disease in this educational session presented by your Diabetes Team. Light snack and tokens provided. Registration required.

When: Thursday August 24, 10:00 am to 12:00 pm

Where: 3446 Dundas Street West, Program Room A

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

Polish Chapter Of The Canadian Diabetes Association

An ongoing monthly drop-in program that offers self-help, peer support, and education in a supportive environment of people who live with diabetes.

When: Program will resume in September

Where: 1700 Bloor Street West

Contact: For more information, call Krystyna at 416-604-0640 ext. 1058.
