



The Four Villages
Community Health Centre

WORKING TOGETHER FOR WHOLE HEALTH

UPCOMING PROGRAMS as of May 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 May 22 for Victoria Day.

Programs for Adults

Concerning Cholesterol

This 8 week program offers education and support for people with high cholesterol. This program includes nutrition education and stress management workshops, a cooking demonstration and heart healthy exercise led by trained facilitators. Registration required.

When: Wednesdays, May 3 to June 21, 5:00 to 7:00 pm

Where: 1700 Bloor Street West

Contact: To register call Cindy at 416-604-0640 ext. 1044.

Craving Change

This program is for people struggling with emotional eating. It encourages behaviour change through awareness of personal eating triggers. The program addresses why we eat the way we do, without a focus on what, when, where, or how much to eat. Registration required.

When: Tuesdays, June 6 to 27, 10:00 to 11:30 am

Where: 3446 Dundas Street West (Program Room A)

Contact: To register call Katie at 416-604-0640 ext. 6443

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. Join us for our 10 week spring workshop series *Enjoy Life with Health and Wellness*. Topics include friends, exercise, eating healthy, time management, staying positive in negative time, and more! Workshops are on a drop-in basis.

When: Wednesdays, April 19 to June 21, 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.

Programs for Adults

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 May 10, May 24, and June 7

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

Contact: For more information, call Kassandra at 416-604-0640 ext. 6412.

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.

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, May 18, June 15, and July 20, 10:30 to 11:30 am

Where: 3446 Dundas Street West (Program Room A)

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

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 May 30, 10:00 am to 12:00 pm

Where: 3446 Dundas 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, April 7, May 5, and June 2, 10:00 to 11:30 am

Where: 3446 Dundas Street West

Contact: For more information call Katie at 416-604-0640 ext. 6443.

Programs for Adults

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: Mondays starting May 8, 9:30 am to 12:00 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 May 10, 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.

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.

If you have diabetes, you may also be interested in the *Nordic Pole Walking* group listed under *Diabetes Programs*.

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, May 3 & 31 and June 7 & 28, 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

Living Life To The Full for Caregivers 55+

Are you over 55 and caring for a family member, friend, or neighbour? In this 8 week group, you will use the principles of cognitive behavioural therapy (CBT) to learn more about mental well-being and how to make small changes to feel happier, less stressed and more in control. Registration is required.

When: Thursdays, April 13 to June 1, 1:30 to 3:00 pm

Where: Syme 55+ Centre, 33 Pritchard Avenue

Contact: To register or for more information, call Kelly at Syme 55+: 416-766-0388 ext. 204.

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
1:00 to 2:00 pm & 2:00 to 3:00 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, April 7 to June 2, 1:30 to 2:30 pm

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, May 12 & 26, 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

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 Cooking Club

Want to have fun 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. Deadline to register is May 9.

When: Tuesdays, May 16 to June 13, 4:00 to 6:00 pm

Where: 3446 Dundas Street West, Program Room B

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

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: [Bloor Site](#)
Thursday June 1
2:00 to 4:00 pm

Where: 1700 Bloor Street West

Contact: To register call Susan at 416-604-0640 ext. 6410.

When: [Dundas Site](#)
Tuesday August 8
2:00 to 4:00 pm

Where: 3446 Dundas Street West

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. 6416.

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, May 16 and June 20, 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: Mondays until May 29, 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, May 1 and June 5, 4:00 to 6:30 pm

Where: 3446 Dundas Street West (Program Room B)

Contact: For more information, call Katie at 416-604-0640 ext. 6443.

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 *How Diabetes Works*. Friends and family welcome! Registration required.

When: Tuesday June 13, 5:00 to 7:00 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.

Nordic Pole Walking

Join your diabetes team for an 8 week diabetes education and walking program. Each week will include discussion of a topic related to living with pre-diabetes or diabetes and a 45 minute Nordic Pole walk in beautiful High Park. Poles will be provided. Registration required.

If you do not have diabetes or pre-diabetes, please see the listing for *Walk This Way* under *Programs for Adults*.

When: Wednesdays, May 17 to June 28, 1:30 to 3:30 pm

Where: Meet at 1700 Bloor Street West

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. Program is held the third Thursday of the month.

When: Thursday May 18, 5:30 to 7:30 pm

Where: 1700 Bloor Street West

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