



DIABETES PREVENTION AND MANAGEMENT

SOUTH ASIAN DIABETES PREVENTION PROGRAM	DON MILLS DIABETES EDUCATION PROGRAM
<p>You may not have diabetes right now, learn how you can keep it that way! Come join us for an Early Detection Clinic! You will get a chance to learn and meet with a registered dietitian and nurse. Register today! Contact Ammara to speak in Urdu, Punjabi and Hindi at 416-629-2614 Contact Priyenka to speak in Tamil at 416-799-6107 For more information on screening schedules and workshops contact : Neil Stephens, Program Coordinator cell: 416-803-2813 or 416-429-4991ext. 217</p>	<p>We offer group and individual sessions for people with Type 2 diabetes & pre-diabetes. You can learn healthy eating, blood sugar monitoring and preventing complications</p> <p>For group sessions and to meet with the registered dietitian and nurse</p> <p>please call: Lilian 416-429-4991ext. 276</p> 

CHILDREN, YOUTH AND FAMILIES PROGRAMS:

SHARP for Newcomer Youth	BESCENE MAGAZINE	PRENATAL PROGRAM
<p>For youth grades 9 - 11. Learn about healthy relationships, Self-esteem. Earn volunteer hrs, food and tokens are provided.</p> <p>Mondays February 6th - Mar. 13th 4:00 - 6:00 pm</p> <p>Registration required, contact: Anna Polla apolla@fhc-chc.com</p>	<p>Youth led magazine club. Opportunity to engage with youth, learn graphic and writing skills.</p>	<p>Every Wednesday 1:00-3:00pm Partner agencies: FHC, Toronto Public Health and Better Beginnings - Learn about:</p> <ul style="list-style-type: none"> → Healthy Eating, → Breast feeding, → Caring for yourself, → Caring for your baby & Labour and birth <p>Childcare provided Please call to register 416-499-3377</p> 

BREASTFEEDING SUPPORT GROUP (DROP-IN) MARCH BREAK CAMPS

<p>Site 1- Ontario Early Years Centre at 45 Overlea Blvd, Unit 108A (Thornclyffe Park) Every Friday from 9:30-11:30am</p> <p>Site 2- Victoria Park Hub at 1527 Victoria Park Ave, 2nd Floor (Vic. Park & Eglinton) Every Wednesday from 11:00am -1:00pm</p> <p>*Free child-minding (Thornclyffe location only) *Healthy snacks provided *Support from Toronto Public Health nurse & trained support person! Please call Maria 416-429-4991 ext. 299</p>	<p>TWEEN, CUISINES AND CHAT Come and learn new recipes, while you socialize and make new friends! (ages 7-12)</p> <p>Week of March Break from 4:00 - 5:30pm. Register Now by calling: Anna Polla- 647-462-9789 <i>Call to find out about what is happening in the community during the March Break week!</i></p>
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Programs & Services: Winter 2017 (JAN. FEB. MAR)

10 Gateway Blvd.
Toronto, Ontario M3C 3A1
416-429-4991
www.fhc-chc.com

For accessibility information,
Please visit our website or contact us

NEW CLIENT REGISTRATION

Nursing, Physician Care, Mental Health Counselling, Foot Care, Nutrition Counselling, Community Health Programs, Diabetes Prevention and Management Program.
All programs are open to people living in our catchment area:

Those with health cards:

South of Lawrence, East of Laird/Leslie, West of Victoria Park, North of O'Connor

Those without health cards:

South of Sheppard, East of Bayview, West of Victoria Park, North of O'Connor.

For more information contact Sherab at 416-429-4991ext. 280

For residents of Thorncliffe Park with postal code M4H, call Health Access Thorncliffe Park at 416-671-1587

SPECIALIZED CLINICS

SEXUAL HEALTH DROP-IN SERVICES- THE GATE (1ST FLOOR)	TNO FOOT CLINIC
<p>Mondays & Thursdays 3:00 - 5:00 pm Clinic provides free & confidential services on:</p> <ul style="list-style-type: none"> * Birth control at cost (BCP up to age 26 years) * Sexually Transmitted Infection Testing * Pregnancy testing * HIV testing * Emergency Contraceptive Pill at cost * Free condoms * Pap test (by appointment) for BCP clients only 	<p>For residents living in Thorncliffe Park living with visual impairment, diabetes, physical disabilities, homelessness, mental health concerns, seniors 70+ years old & those with debilitating foot pathologies.</p> <p>Location: TNO at 1 Leaside Park Drive To register call Sherab 416-429-4991 ext.280</p>

FHC— QUARTERLY PROGRAMS

JAN-FEB-MAR 2017

FITNESS PROGRAMS		TIME AND DATE	CONTACT	PROGRAM DESCRIPTION
ACTIVE YOGA	Registration required	Jan 16th - Mar 20th Monday 5:00 -6:00 pm	Cinthy Narvaez 416-640-5298 ext. 203	Increase flexibility and strength. All ages welcome and mats provided. Focus your mind and wipe away stress. Space is limited!
FELDENKRAIS	Registration required	Jan 10th - Mar 28th Tue, 3 - 4 pm or 4 - 5:pm	Cinthy Narvaez 416-640-5298 ext. 203	Reduce or eliminate pain and increase mobility through natural body movement sequences and deep breathing exercises. All ages welcome!
STRESS LESS & MOVE MORE (THERAPEUTIC INDIAN EXERCISE)	Registration required	Jan12th - Mar 30th Thu, 10:00 - 11:00 am	Jenny Qiao 416-447-7244 ext. 651	Help reduce stress through “tuning inwards” and finding moments of bliss with dance flow. Space is limited!
BETTER LIVING FALLS PREVENTION COMMUNITY PROGRAM	Registration required	Jan 13th - Mar16th Fri 1:00 - 2:00 pm	Cinthy Narvaez 416-640-5298 ext. 203	Gentle Fitness - Low intensity exercise, for those who can stand without the assistance of device/ chair. For persons 55+ years. Space is limited.
TAI - CHI FOR HEALTH	Registration required	Jan 18th - Mar 22nd Wed 10:30 - 11:30 am	Cinthy Narvaez 416-640-5298 ext. 203	The program helps improve circulation, balance and posture. Through a variety of simple movements. Increase strength, flexibility and reduce stress. All are welcome.
URBAN POLE WALKING AT JENNER JEAN- MARIE CC	Registration required	Jan 12th - Mar 16th Thu, 11:45 - 12:45pm	Anna Azaryan 416-429-4991 ext. 248	1 Hour pole walking session, beginner-Intermediate level. The program is available at various locations: <i>Afghan Women's Organization, Flemingdon Library, Eglinton Square Mall</i>
HEALTH AND WELLNESS PROGRAMS				
CREATIVE MOMENTS	Registration required	Jan 23th - Mar 20th Mon, 2:00 - 4:00 pm	Cinthy Narvaez 416-640-5298 ext. 203	Enjoy, learn, and explore creative art. Expand your imagination and have fun. Beginner to Advanced level. Limited space. All are welcome.
COMMUNITY KITCHEN PROGRAM- COOK & TALK	Registration required	TBA	Silvea Chowdhury 416-429-4991 ext. 281	Cook, eat and learn about settlement, health care and social services to support you & your family. Socialize and share ideas—sessions are facilitated in English and all are welcome!
LIVING LIFE TO THE FULL - CAREGIVER SUPPOT GROUP	Registration required	Feb 2nd - Mar 23rd Thu 2:00 - 3:30 pm	Cinthy Narvaez 416-640-5298 ext. 203	Eight weeks program that can teach caregivers new skills for coping with life's challenges and stressors. Open for adult caregivers 55+.
COMMUNITY WELLNESS WORKSHOP	Drop – IN	Last Wed of each month 3:30 - 5:00 pm	Silvea Chowdhury 416-429-4991 ext. 281	Learn about community resources and health related topics. Refreshments and door prizes available. Agencies involved FHC & TNO. All are welcome!
COMMUNITY KITCHEN PROGRAM- WINTER SOUP KITCHEN	Registration required	Jan 19th - Mar 9th Thu 12:30– 2:30 pm	Andrea Boucaud 416-429-4991 ext. 256	The community kitchen will help participants to lean how to make a variety of delicious soups to help soothe winter cold. Space is limited!
FLEMINGDON COMMUNITY GARDEN MEEETING	Registration required	Jan19, Feb 16 & Mar 6th Thu 5:30– 7:30 pm	Andrea Boucaud 416-429-4991 ext. 256	Residents who don't have a growing space will have access to a communal garden plot and ability to grow healthy herbs and veggies with interactive gardening activities!
LIVING BETTER WITH PAIN	Registration required	Wednesdays from 1:30-3:30pm– call for details	Sharyn 416-429-4991 ext. 213	Physiotherapist led program for individuals living with chronic pain. Includes group/individual sessions focusing on education on the neurophysiology of chronic pain and goal setting to eventually overcome it!
BACK TO MOVEMENT	Registration Required	Call for details of timing.	Rhea 416-429-4991 ext.219	Physiotherapist led lower back pain program based on education & yoga based exercises and stretches. Program facilitated in Slovak.

DIABETES PREVENTION AND MANAGEMENT

SOUTH ASIAN DIABETES PREVENTION PROGRAM

You may not have diabetes right now, learn how you can keep it that way! Come join us for the South Asian Diabetes Prevention Program's Early Detection Clinic! You will get a chance to learn and meet with a registered dietitian and nurse.

Register today! Contact Ammara to speak in **Urdu, Punjabi and Hindi** at **416-629-2614**

Contact Priyenka to speak in **Tamil** at **416-799-6107**

For more information on screening schedules and workshops contact : **Neil Stephens, Program Coordinator**
cell: **416-803-2813** or **416-429-4991 ext. 217**

DON MILLS DIABETES EDUCATION PROGRAM

We offer group and individual sessions for people with Type 2 diabetes & pre-diabetes. You can learn healthy eating, blood sugar monitoring and preventing complications.

For group sessions and to meet with the registered dietitian and nurse

please call: **Stella**
416-640-5298 ext. 216



CHILDREN, YOUTH AND FAMILIES PROGRAMS (CONT.)

FAMILY MOVIE NIGHTS

Come and join us for a family movie night event on the last Friday of each month– Everyone Welcome!

- Friday January 20th at 6pm
- Friday February 24th at 6pm
- Friday March 31st at 6pm

Registration required and space is limited. To register and for more information contact:

Maria Calvachi
416-429-4991 ext. 299

PRENATAL PROGRAM

Every Monday 5:30-7:00pm
Please call Better Beginnings to register. Learn about:

- Healthy Eating,
- Breast feeding,
- Caring for yourself,
- Caring for your baby
- Labour and birth

* Limited childcare provided*
Please call 416-499-3377 ext. 333

BREASTFEEDING CLINIC (DROP-IN)

Pregnant women and new moms are welcome. One-to-one support and help with breastfeeding in collaboration with Toronto Public Health.

Tuesdays: 1:30pm– 3:30pm For more information call our main line at 416-640-5298

ORIOLE FOOD SPACE- NEW LOCATION AND DROP IN HOURS

Oriole Food Space (OFS) is a multi- service program which aims to build healthy community through food. OFS include a drop-in food bank, community kitchens, nutrition & garden workshops. For more information call: 416-640-5298 ext. 224

Parkway Forest Community Centre– 55 Parkway Forest Drive.

Food Bank Drop In Hours: Tue 7-9pm —Thu 9:30-11:30 am — Fri 12:30-2:30pm

OFS is a collaborative between North York Harvest Food Bank, Working Women Community Centre and Flemingdon Health Centre

Programs & Services: Winter 2017 (Jan. Feb. Mar)

**5 Fairview Mall, Suite 359
Toronto, Ontario M2J 2Z1
416-640-5298
www.fhc-chc.com**

**For accessibility information,
Please visit our website or contact us**

NEW CLIENT REGISTRATION

Nursing, Physician Care, Mental Health Counselling, Foot Care, Nutrition Counselling, Community Programs, Diabetes Prevention and Management Program.

All programs are open to people living in our catchment area:

**Lawrence to Steels Avenue,
and Victoria Park to Bayview**

To register and set an appointment call our main line at: 416-640-5298

SPECIALIZED CLINICS

TORONTO PUBLIC HEALTH DENTAL

Free basic dental care to children (0-17 years), adults enrolled in selected Toronto Public Health Programs and seniors (65 years and older)

- You must live in Toronto
- You cannot have dental insurance
- You cannot pay for a dentist

Please call to book an appointment

416-338-1008

MEDICAL FOOT CARE

Foot and ankle care is available to clients who have a doctor's referral and who meet our eligibility criteria.

For more information call our main line.

416-640-5298

FITNESS PROGRAMS		TIME AND DATE	Contact	PROGRAM DESCRIPTION
FELDENKRAIS AWARENESS THROUGH MOVEMENT	Registration required	Jan 12th - Mar 16th Thu, 10:30 - 11:30 pm	Tessy Oti 416-640-5298 ext. 224	Reduce or eliminate pain and increase mobility through natural body movement sequences and deep breathing exercises. All ages welcome!
BETTER LIVING FALLS PREVENTION COMMUNITY PROGRAM	Registration required	Jan 11th - Mar 29th Wed 4:15 - 5:00 pm	Yasmina Barria 647-200-9639	Gentle Fitness - Low intensity exercise, for those who can stand without the assistance of device/ chair. For persons 55+ years. Space is limited.
WOMEN’S YOGA	Drop In	Ongoing program Tue 10:00 –11:00 am	Van Quach 416-640-5298 ext. 206	Increase flexibility and strength, Wear comfortable clothing. Limited space, mats provided. Child care available upon request– Must call one week in advance.
FIT FOR LIFE 55+ URBAN POLE WALKING	Registration required	From Jan10th – Mar 16th at various location	Anna Azaryan 416-429-4991 ext. 248	Beginner/Intermediate level. Include pole strengthening, balance and stretching. Various <i>Locations: Parkway Forest CC, South Riverdale CHC, Parkdale CHC, Afghan Women Org, Flemingdon Library, Eglinton Square Mall</i>
Men’s Fitness Program	Registration Required	To be determined. Call for registration.	Silvea Chowdhury 416-429-4991 ext. 281	A fun and supportive fitness instructor led program for men that promotes physical activity.

HEALTH AND WELLNESS PROGRAMS

COMMUNITY KITCHEN PROGRAM- AN ALTERNATIVE TO DIARY AT PARKWAY FOREST COOMMUNITY CENTRE	Registration required	Jan 17– Mar 7 Tue 12:30 - 2:30 pm	Andrea Boucaud 416-429-4991 ext. 256	Hands-on workshops that introduce basic dairy milk-making alternatives. Plant-based principles will be used to teach participants how to make healthy and nutritious milk alternatives using fruit, nut, and seed options that can be found in the community. Space is lim-
COMMUNITY KITCHEN PROGRAM - BAKING SERIES	Registration required	Jan 27, Feb 7, 21, Mar 7 Tue 2:30 –4:30pm	Andrea Boucaud 416-429-4991 ext. 256	Learn to make delicious baking recipes for the winter months. Space is limited.
MEN’S ADVISORY	Registration required	2nd Sat of each month 11:30– 2:00 PM	Silvea Chowdhury 416-429-4991 ext. 281	Join us to improve and create programs and services relevant to men, get support you need to build a healthier sense of yourself. Educational sessions and fun outings planned.
CHRONIC PAIN SELF– MANAGEMENT PROGRAM	Registration required	Feb1st - Mar 8th Wed 11:00 - 1:30 pm	Cinthya Narvaez 416-640-5298 ext. 203	Chat, Learn and Socialize with other people. Run various monthly activities and workshops focused on illness prevention.
THE SOCIAL CHINESE KNITTING CLUB	Drop In	Jan 12th - Mar 8th Thursday 1:00 - 3:30 pm	Cinthya Narvaez 416-640-5298 ext.	Join us to socialize, relax and learn to knit scarves, hats booties and more! No prior experience necessary.
MOOD AND ANXIETY PROGRAM (MAP)	Registration Required	JAN 23- MAR 6,	Van Quach 416-640-5298 ext. 206	Group program to learn to manage symptoms of anxiety and depression.