

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 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 **416-429-4991 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: **Lilian**
416-429-4991 ext. 276



fhc
FLEMINGDON
HEALTH CENTRE

TOGETHER
FOCUSING ON
HEALTHY COMMUNITIES

Programs & Services

Spring 2017
(APRIL - MAY - JUNE)

10 Gateway Blvd.
Toronto, Ontario M3C 3A1
416-429-4991

www.fhc-chc.com
For accessibility information,
Please visit our website or contact us

CHILDREN, YOUTH AND FAMILIES PROGRAMS:

BeSCENE MAGAZINE

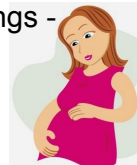
Youth led magazine club. Opportunity to engage with youth, learn graphic and writing skills. Be Scene Magazine – will be recruiting youth volunteers to assist with the next issue. Volunteers are asked to contact the Be Scene Team at: bescenemag@gmail.com group meets bi-weekly on Fridays. Tokens and snacks are provided.

For more information contact: Anna Polla
apolla@fhc-chc.com

PRENATAL PROGRAM

Every Wednesday 1:00-3:00pm
Partner agencies: FHC, Toronto Public Health and Better Beginnings -
Learn about:

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



Childcare provided
Please call to register 416-499-3377

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 416-429-4991 ext. 280

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

BREASTFEEDING SUPPORT GROUP (DROP-IN)

Site 1- Ontario Early Years Centre at
45 Overlea Blvd, Unit 108A (Thorncliffe Park)
Every Friday from 9:30-11:30am



Site 2- Victoria Park Hub at
1527 Victoria Park Ave, 2nd Floor (Vic. Park & Eglinton)
Every Wednesday from 11:00am -1:00pm

- *Free child-minding (Thorncliffe location only)
 - *Healthy snacks provided
 - *Support from Toronto Public Health nurse & trained support person!
- Please call **Maria 416-429-4991 ext. 299**

SPECIALIZED CLINICS

SEXUAL HEALTH DROP-IN SERVICES- THE GATE (1ST FLOOR)

Mondays & Thursdays 3:00 - 5:00 pm
Clinic provides free & confidential services on:
* 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

TNO FOOT CLINIC

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.

Location: TNO at 1 Leaside Park Drive
To register call Sherab 416-429-4991 ext.280

FHC— QUARTERLY PROGRAMS

APR-MAY-JUN 2017

FITNESS AND SELF-CARE PROGRAMS		TIME AND DATE	CONTACT	PROGRAM DESCRIPTION
ACTIVE YOGA	Registration required	Apr 24th - Jun 26th Monday 5:00 -6:00 pm	Cinthya Narvaez 416-6405298 ext. 203	Increase flexibility and strength. All ages welcome and mats provided. Focus your mind and wipe away stress. Space is limited!
FELDENKRAIS— AWARENESS THROUGH MOVEMENT	Registration required	Apr 4th - ongoing Tue, 3:00 - 4:00 pm or 4:00 - 5:00pm	Cinthya 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 WOMEN 50+)	Registration required	April 7th - June 30th Fri. 9:15-10:15am	Jenny Qiao 416-447-7244 ext. 651	12 week sessions - great for all levels and can help individuals reduce stress through 'tuning inwards' and finding your moments of bliss within your dance flow— no experience necessary. Registration required! Limited space.
BETTER LIVING FALLS PREVENTION GENTLE FITNESS— LOW INTENSITY	Registration required	Apr 7th - ongoing Fri 1:00 - 2:00 pm	Cinthya 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	June 7th- August 9th Wed 10:30 - 11:30 am	Cinthya Narvaez 416-640-5298 ext. 203	Sessions help 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	Ongoing Thu, 11:45 - 12:45pm	Anna Azaryan 416-429-4991 ext. 248	Interactive 1 hour pole walking session every week. Beginner/Intermediate Level— helps with strengthening, balance and stretching. Poles provided and Everyone is welcome! Registration required! *various locations available*
HEALTH AND WELLNESS PROGRAMS				
COMMUNITY KITCHEN- COOK & TALK PROGRAM	Registration required	To be determined— call for details	Silvea Chowdhury 416-4294991 ext. 281	Cooking program- eat and learn about health care and social services to support you and your family. Bring your friends to socialize and share ideas. Child care provided upon request. Please note this program is open for all <u>Roma women!</u>
Tamil/English Peer Nutrition Education Program	Registration required	April 7th— May 19th Fri., 1pm-3pm	Silvea Chowdhury 416-4294991 ext. 281 Daya (Tamil): 416-338-6295	Join a six week nutrition education program for parents and caregivers of children 6 months to under 6 years. Program supported by a Registered Dietitian. Child care provided.
COMMUNITY KITCHEN— SPRING KITCHEN PROGRAM	Registration required	April 10th-June 8th Thurs., 12:30-2:30pm	Maria Calvachi 416-4294991 ext. 299	An 8 week program that helps participants learn about new food recipes and nutrition. Come and enjoy cooking together with others and make new friends! Space is limited.
COMMUNITY GARDEN— GROWING HEALTHY TOGETHER	Drop-in	May 18th— June 30th Thursdays from 10-12pm	Maria Calvachi 416-4294991 ext. 299	Growing food together while supporting mental and physical wellness. This space allows individuals to enjoy the outdoors and grow in a communal space at the local garden.
COMPUTER CLASSES FOR WOMEN	Registration required	Mar. 2— April 27th Thurs. 10:00-11:00am	Shikha 416-424-2900 ext. 36	Learn basic computer skills: Microsoft Office (Word, Excel, PowerPoint), Internet browsing, Create and use of email accounts and much more!