

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 Register today!
 Contact Ammara to speak in **Urdu, Punjabi and Hindi at 416-629-2614**
 Priyenka to speak in **Tamil at 416-799-6107**
 For more information on screening schedules and workshops: **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 about healthy eating, blood sugar monitoring and preventing complications.
 For group sessions and to meet with the registered dietitian and nurse please call:
Lilian at Flemigdon site - 416-429-4991 ext. 276
Stella at Fairview site - 416-640-5298 ext. 216

SPECIALIZED CLINICS

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

Mondays & Thursdays 3:00pm - 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

MEDICAL FOOT CLINICS:

Foot and ankle care is available to clients who have a doctor's referral and who meet our eligibility criteria. Contact us for more information:
 → **Mohan at 416-671-1587 for 1 Leaside Park Dr.**
 → **Stella at 416-640-5298 ext. 216 for Fairview**
 → **Sherab at 416-429-4991 ext. 280 for Flemingdon**

NEW CLIENT REGISTRATION, LOCATIONS AND CATCHMENT AREA



Flemingdon Site
 10 Gateway Blvd.
 Toronto, Ontario M3C 3A1
 To register contact Sherab at 416-429-4991 ext. 280

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.



Fairview Site
 5 Fairview Mall, Suite 359
 Toronto, Ontario M2J 2Z1
 To register call at main line 416-640-5298

Lawrence to Steels Avenue, and Victoria Park to Bayview



Thorncliffe Site
 Health Access Thorncliffe Park
 1 Leaside Park Drive (Unit 2)
 To register call at main line 416-671-1587

HATP is for residents of Thorncliffe Park (M4H postal code). OHIP coverage is NOT required.



Programs and Services Summer 2017

JUL-AUG-SEP

SPECIAL ANNOUNCEMENTS

ANNUAL GENERAL MEETING

Save the date for the AGM **Sep 19th @ 5pm**
 Check our website for Membership signup or email us for more details at membership@fhc-chc.com

FHC COMMUNITY GRANT: (UP TO \$1000)

One-time funds to small community groups to carry out projects that will benefit the communities served by Flemingdon Health Centre. Registered Charities or incorporated not-for-profit organizations are not eligible to apply.

Deadline for the grant application: July 31, 2017

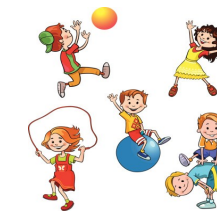
Preference will be given to applicants who have not previously received this funding. The project must be carried out within a year of the award of the Grant. The successful applicant will be announced at our Annual General Meeting - Sep 19, 2017.

Information and Support Sessions are available for submitting an application:
 Tuesday July 25th, 5:00 - 6:30pm at Flemingdon site
 Friday July 28th, 10:00 - 11:30am at Fairview site

For more information **Contact: Maria Calvachi**
mcalvachi@fhc-chc.com

HEALTHY KIDS COMMUNITY CHALLENGE:

Lots of good things happen when our kids move more. Being active doesn't always have to mean planned, structured exercise. All you have to do is encourage the natural urge to 'Run. Jump. Play. Every Day'.



For more information about the programs and events **contact :**
Maria at 416-429-4991 ext. 299
Anna at: 647-462-9789



NEIGHBOURS' NIGHT OUT Saturday July 15, 2017

starts at 2pm
 at RV Burgess Park
 46 Thorncliffe Park Drive

FREE Family Event !
 Lots of Entertainment, Music Game, Refreshments, Sports, Arts & Crafts and Much more



CELEBRATING DIVERSITY

Rain or Shine come Celebrate Canada's 150th!

Flemingdon Community Support Services is pleased to invite you to attend this **FREE Family Event**. Join us to celebrate community, culture and diversity!

Saturday July 8, 2017 from 2pm-7pm

Go Green Cricket Field @ Valley Park Middle School, 150 Overlea Blvd. (main intersection Donmills and Overlea)
 For more information contact 647-740-3462



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

JULY-AUGUST-SEPTEMBER QUARTERLY PROGRAMS

LOCATIONS: @FLEMINGDON-10 GATEWAY BLVD & @FAIRVIEW - 5 FAIRVIEW MALL DR- SUITE 359

MONDAY	<p>Creative Arts Program Sep 4th - Oct 23th (10:30am - 12:30pm) Enjoy, learn, and explore creative art. Expand your imagination and have fun All ages welcome! For registration Call Cinhya: 416-640-5298 ext. 203 @ Flemingdon</p>	<p>Low Impact Aerobics 55+ Jul 10th - Sep 25th (10:00am - 11:00am) cardiovascular exercises that use large muscles groups in rhythmic manner and conditioning component. For registration Call Cinhya: 416-640-5298 ext. 203 @ Fairview</p>	<p>Low Impact Aerobics 55+ Jul 10th - Sep 25th (2pm or 3:15pm) Location: Advent Lutheran Church 2800 Don Mills RD Join Cardiovascular exercises For registration Call Lucy: 647-200-6596 @ Lutheran Church</p>	<p>Prenatal Program (5:30pm - 7:00pm) Ongoing Learn: healthy Eating, Breastfeeding, Caring for yourself, Baby & labour and birth For registration Call at: 416-499-3377 @ Fairview</p>	<p><i>All programs are at no cost!</i></p>	<p>SUMMER PROGRAMS FOR CHILDREN AND FAMILIES</p> <p>*Baby and Me Exercise @ Fairview</p>
TUESDAY	<p>Feldenkrais– Awareness Through Movement Jul 4th - Sep 26th (3:00pm - 5:00pm) Reduce pain and create ease of mobility and movement. Enjoy natural movement sequences. For registration Call Cinhya: 416-640-5298 ext. 203 @ Flemingdon</p>	<p>Urban Pole Walking Location: 55 Forest Manor Rd. Ongoing program, 9:15am 1 hour pole walking session every week beginner/intermediate level For registration Call Tessa: 416-640-5298 ext 224 @ Forest Manor</p>	<p>Women’s Yoga Program Ongoing– Drop in (10am-11am) Increase flexibility and strength. Wear comfortable clothing. Mats provided. Child minding available upon request. For more info call Van:416-640-5298 ext. 206 @ Fairview</p>	<p>Breast Feeding Clinic Ongoing– Drop In (1:30pm - 3:30pm) Support from Toronto Public Health and Nurse Practitioner/Lactation Consultant For more info call at: 416-640-5298 @ Fairview</p>	<p>AWO Cooking Club Program– For Arabic speakers Jul 25th - Sep 26th (1:00pm- 3:00pm) Learn healthy recipes in a social setting. Practice conversational English, cook and share a meal together. For registration Call Mona: 647-292-0396 @ Flemingdon</p>	<p>*Cooking Summer club (ages 7-12) @ Flemingdon</p> <p>Thursdays, from July to Aug For registration and more information Call Anna Polla: 647-462-9789</p>
WEDNESDAY	<p>Breast Feeding Support Group Location: 1527 Victoria Park Ave 2nd Floor (Vic, Park and Eglinton) Ongoing (11:00am - 1:00pm) Support from Toronto Public Health and trained support person For registration Call Maria: 416-429-4991 ext.299 @ Victoria Park</p>	<p>Tai-Chi Jun 7th - Aug 9th (10:30am-11:30am) Improve circulation, balance and posture. Through a variety of simple movements increase strength flexibility and reduce stress. For registration Call Cinhya: 416-640-5298 ext. 203 @ Flemingdon</p>	<p>Peer Nutrition Program In Arabic for Men Jul 26 - Aug 30th (1:00pm - 3:00pm) Six week nutrition education program For parents and caregivers of children 6 months to 6 years For registration Call Silvea: 416-429-4991 ext.281 @Flemingdon</p>	<p>Prenatal Program (1:00pm - 3:00pm) Ongoing Learn about healthy Eating, Breastfeeding, Caring for yourself, Baby & labour and birth. For registration Call at: 416-499-3377 @ Flemingdon</p>	<p>Forever Young Program 65+ Drop in (1:00pm-2:30pm) Chat, learn and socialize with other people. Various activities and workshops are organized bi-weekly For registration Call Luisa: 647-200-9639 @ Fairview</p>	<p>Gentle Fitness: Ongoing Low– Intensity Program 65+ (3:15-4:00pm or 4:15-5:00pm) For individuals who have limited mobility and can stand with /without the assistance of a device/chair. For registration Call Luisa: 647-200-9639 @ Fairview</p>
THURSDAY	<p>Urban Pole Walking Jenner Jean Marie Community centre 48 Thorncliffe Park Drive Ongoing program (11:45am - 12:45pm) 1 hour pole walking session every week beginner/intermediate level For registration Call Anna: 416-429-4991 ext.248 @ Thorncliffe</p>	<p>Community Garden Growing Healthy Together –Drop In program Location:150 Grenoble drive Jul 6th - Sep 21st (10:00 - 11:30am) Join and share garden spot, learn about growing food and enjoy a healthy snack. For more information Call Evelyn: 416-429-4991 ext. 256 @ 150 Grenoble</p>	<p>Community Kitchen Program Jul 13th - Sep 21st (2:00pm - 5:00pm) Learn healthy recipes in a social setting as we cook and share a meal together. For registration Call Evelyn: 416-429-4991 ext. 256 @ Flemingdon</p>	<p>Low Impact Aerobics 55+ Jul10th - Sep 28th (2:00pm or 3:15pm) Location: Advent Lutheran Church 2800 Don Mills RD Join Cardiovascular exercises For registration Call Lucy: 647-200-6596 @ Lutheran Church</p>	<p>Social Chinese Knitting Group Jul 6th - Sep14th (1:00pm - 3:30pm) Relax and learn how to knit: Scarfs, hats, booties and more! For registration Call Cinhya: 416-640-5298 ext. 203 @ Fairview</p>	<p>Korean Peer Kitchen Program Jul13th - Aug 03rd (6pm - 8pm) Location: Oriole Community Center 2975 Don Mills Rd Learn Healthy recipes from Korean cuisine. For registration Call Evelyn: 416-640-5298 ext. 218 @ Fairview</p>
FRIDAY	<p>Stress Less & Move More 55+ Therapeutic Indian Exercise Jul 7th - Sep 29th (9:15am - 10:15am) Therapeutic Indian Exercise which helps individuals reduce stress through exercise For registration Call Jenny: 416-447-7244 ext. 651 @ Flemingdon</p>	<p>Breast feeding Support Group Location: Ontario Early Years Centre at 45 Overlea Blvd, Unit 108A Ongoing (9:30am - 11:30am) Support from Toronto Public Health and Lactation Consultant For registration Call Maria: 416-429-4991 ext.299 @ Thomcliffe</p>	<p>Low Intensity Program 65+ Jul 7th - Sep 29th (1:00pm - 2:00pm) For individuals who have limited mobility and can stand with/without a device/chair For registration Call Cinhya: 416-640-5298 ext. 203 @ Flemingdon</p>	<p>Cook and Talk Program For Roma Women in Slovak Jun 2nd - Jun 30th (1:00pm - 3:00pm) Cook, eat, socialize and learn about health care and social service to support you and your family. For registration Call Silvea: 416-429-4991 ext.281 @ Flemingdon</p>	<p>Summer Art Camp July 7th - Aug 18th (10:00 - 12:00) Summer Art themed program for children age 6-11, Snacks included Sports, art and a lot more. For registration Call Anna: 647-462-9789 @ Fairview</p>	<p>ORIOLE FOOD SPACE Location: 2975 Don Mills Rd W Oriole Food Space is a collaboration between North York Harvest, Working Women Community Centre and Flemingdon Health Centre.</p> <p>OFS provides multi– Service programs which aims to build healthy community through food. Services are available at the site: Food bank, community kitchen and garden programs</p> <p>Hours of operation: Food Bank Drop in: Tue 6:00– 8:00 By appointment: Thu 10:30-1:30, Fri 1:00– 4:00</p> <p>Call for information Daffodil 647-772-3664</p>
SATURDAY	<p>Men’s Advisory Support Group 2nd Sat of each month (11:30am- 2pm) Join us to improve and create programs and services relevant to men and build healthier sense of yourself For registration Call Silvea: 416-429-4991 ext.281 @ Fairview</p>	<p>Men’s Bowling Program 2nd sat every other month (1pm - 2pm) Free, fun program for men and a great way to get physical activity, enjoy the thrill of the friendly competition and make new friends. Limited space! For registration Call Silvea: 416-429-4991 ext.281 @ Fairview</p>	<p>Naturopathic Clinic Once a month free naturopathic service to the residents of our communities. For more information and registration call @ 416-498-1255 ext. 488 Email: flemingdon@ccnm.edu @ Flemingdon</p>	<p>SENIORS ADVISORY GROUP FHC is looking for community members to join our Seniors Advisory Group For more info: Call Cinhya : 416-640-5298 ext. 203 @ Flemingdon</p>	<p>DRUMFIT FAMILY FITNESS NIGHT Family fitness night. Drum fit is a fun way for the entire family to exercise. Time: 6pm-7pm Aug 21st - @ Flemingdon Aug 24th - @ Fairview For registration Call Anna: 647-462-9789</p>	
SPECIAL PROGRAMS	<p>FARM FIELD TRIPS Space is limited! Thursdays (9:00am - 1:00pm) Jul 20 - Berry picking at Whitmore Farm Aug 17– Black Creek Community Farm Sep 14 - Evergreen Brickworks For registration Call Evelyn: 416-429-4991 ext. 256 @ Flemingdon</p>	<p>RECRUITMENT FOR THE TIERED EXERCISE PROGRAM Training opportunity for front-line staff, caregivers and family members who would like to engage frail home-bound older adults in a safe and effective home-based exercise program. For registration Call Cinhya: 416-640-5298 ext. 203</p>	<p>HEALTHY EATING WORKSHOP: SMOOTHIE BOWLS Space is limited! Wed, Jul 17th (2:00 - 3:30) For registration Call Evelyn: 416-429-4991 ext. 256 @ Flemingdon</p>	<p>BE SCENE MAGAZINE: Youth led magazine club. Biweekly Opportunity to volunteer & engage with youth, learn graphic and Writing skill. contact the Be Scene Team at: besenemag@gmail.com group Tokens and snacks are provided. For more info Contact Anna: apolla@fhc-chc.com @ Flemingdon</p>	<p>VOLUNTEER RECRUITMENT Youth Volunteer needed Jul 4th– Aug 29th Call Anna 647-462-9789 General Volunteer Inquiries: Call Shumaila 416-429-4991 Ext. 329</p>	<p>NEWCOMERS’ CAFE Monthly sessions on law, employment settlement service and more. Build network with other community residents. Call Silvia for more info: 416-554-9608</p>