

Monday

Active Yoga

Increase flexibility and strength. All ages welcome and mats provided. Focus your mind and wipe away stress. Space is limited! **Registered.**

 Amanda 647-456-4375  Oct 21 - Dec 9  4:00p-5:00p



Making Art Making Change

Do you like to sew, draw and paint? Join us Mondays & Wednesdays to make art and join an art collective. No previous art skills needed! Learn different art techniques, share stories and build community. **Registered.**

 Amanda 647-456-4375  Oct 28 - Nov 27  10:00a-12:30p

Sew Happy

Join us to learn how to use a sewing machine or refresh your skills. Learn basic techniques to sew or alter clothing by hand. **Registered.**

 TBD  Oct 2 - Oct 23  10:00a-12:00p

Fun with Food

Join us to learn about new recipes, eat, and talk about food. Meet our Dietitian. Childcare available upon request only. **Registered.**

 TBD  Oct 30, Nov 27, & Dec 11  2:00p-4:00p

Wednesday

Prenatal Program, On-site at Flemingdon

Learn about healthy eating, labour, birth, breastfeeding, caring for baby and yourself. Ongoing 1:00-3:00pm

 Call Better Beginnings: 416-499-3377  Oct 30, Nov 27, & Dec 11  Ongoing: 1:00p-3:00p

Breast Feeding Support Group , Off-site at Victoria Park Hub

Get and share support with other parents and a health professional. 1527 Victoria Park Ave. 2nd Level

 Mussarat 647-465-0567  On-Going  11:00a-1:00p




Gentle Fitness: Low Intensity Program (65+)

Incorporates ball exercises designed to enhance and maintain functional fitness, mobility, balance and independence. For individuals with limited mobility. **Registered.**

 Amanda 647-456-4375  Oct 3 - Dec 19  2:30-3:15pm & 3:15-4:00pm

Outside the Box Girls Program

An all girls program for ages 14+. **Registered.**

 Anna 647-462-7989  Sept 19 - June 25  3:30pm-5:30pm

Roma Youth Kitchen

A drop in program for Roma Youth who are interested in cooking and other activities and workshops. **Drop In.**

 Anna 647-462-7989  Sept 19 - June 25  4:00p-5:30p

Around the World Kitchen

Learn recipes from residents from around the world. Opportunity to socialize. **Registered.**

 Mussarat 647-465-0567  Sept 12 - Oct 10  11:00a-1:00p

Fall Community Kitchen

An engaging hands on cooking program focussing on healthy fall flavours and recipes using seasonal ingredients. **Registered.**

 Mussarat 647-465-0567  Nov 7 - Dec 5  11:00am-2:00pm

Art Ignite Youth Art Program

An art program for youth facilitated by *Art Ignite*. **Registered.**

 Anna 647-462-7989  Oct 3-Dec 5  3:30pm-6:00pm



Hearty Comfort Soups

Learn how to make delicious and nutritious soups using seasonal vegetables. **Registered.**

 Mussarat 647-465-0567  Oct 18th - Dec 20th  2:30-4:30 pm

Breastfeeding Support Group


Get and share support with other parents and a health professional. East York Town Centre, Unit 108A, TNO EarlyON Child and Family Centre, 301. **Drop-in.**

 Zoe 416.421.6369 Ext 301  9:30a-11:00a

Thursday

Begin Volunteering Today!

Youth and Adult Volunteer opportunities available at the health centre!

 **Email us today and get started!**
getinvolved@fhc-chc.com

Healthy Eating Series

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.

Off-site: Darus Salaam Masjid, 4 Thorncliffe Park Dr.


 TBD  Sept 21-Oct 26


Diabetes Early Detection Clinic


Are you from Afghanistan, Bangladesh, Bhutan, India, Nepal, Pakistan, Sri Lanka or Tibet - and you do **not yet** live with Diabetes?

As South Asians we may be at risk, even if our blood test results are normal.


Register early to assess your risk and learn how you can prevent diabetes!

 Iman 416-429-4991 Ext.291

 **Thursday, 10th Oct 2019**

 10:00 am to 12:00 pm

Resource Access Centre

 Every Mon, Tues, Wed 9:00am-4:00pm
Access to computers, Internet, faxing, scanning, photocopy, and job search resources. **Drop-in.**

Monday

Prenatal Program

Learn about healthy eating, labour, birth, breastfeeding, caring for yourself and baby.

Register: Call Better Beginnings: 416-499-3377

Healthy Eating Series

Six week nutrition education program for parents & caregivers of children 6 months to under 6 years. Supported by a Registered Dietitian. Child care provided. **Off-Site:** Fairview Library, 35 Fairview Mall Dr.

TBD Oct 7 - Nov 25 1:00p-3:00p
Excluding: Oct 14, Nov 11

Creative Coping

Learn ways to cope with anxiety, depression and other mental health challenges using arts-based techniques

Sam: 416-429-499 x 250 Oct 21 - Nov 25 2:00pm - 4:00pm

Men's Yoga

Join us for weekly yoga session for men. Learn to improve flexibility and reduce stress. Child care available upon request. **Registered.**

TBD Oct 8 - Nov 26 6pm-7pm

Women's Yoga

Weekly Yoga program increases flexibility and strength. Wear comfortable clothing. Mats provided. Child minding available upon request. **Registration is required. FIRST COME FIRST SERVE.**

Amanda 647-456-4375 Oct 7 - Nov 25 10am-11am

Tutor me Please!

For children in grade 1 to 8 looking for tutoring. Volunteer opportunities available for high school students interested in being tutors (grades 9-12). Volunteer hours will be given, free snack and activities!

Anna 647-462-7989 Oct 8 - Dec 10 4:00-5:30pm

SHARP! Newcomer Youth Program!

A youth program for teens ages 13-18 who are newcomers to Canada. The program explores various topics such as healthy relationships, values and self-esteem. Volunteer hours, TTC and dinner all included. Program is Free!

Anna 647-462-7989 Nov 12-Jan 14 4:00p-5:30p

Forever Young Program 55+

Chat, learn and socialize. Bi-weekly activities and workshops. See program schedule for a list of workshops. Some activities are registered. July 10 - Sept 18.

Amanda 647-456-4375 Oct 2 - Dec 11 1:00p-2:30p

Mom and Baby Fitness

Weekly fitness program for mothers & babies 5 months and up. Fitness techniques taught in group setting. Work out with baby. Snack included. **Must Register.**

Anna 647-462-7989 Sept 4 - Oct 9 11:00-12:00p

Gentle Fitness (Low Intensity Program 65+)

For individuals who have limited mobility and can stand with/without the assistance of a device/chair. This program is for participants who cannot do a regular aerobic fitness program.

Amanda 647-456-4375 On-Going 3:15pm-4:00pm & 4:15pm-5:00pm

Therapeutic Dance Class

Join us in the artful expression of dance! This ancient indian healing dance also called Kathak. Allow your soul to tell the story!

Amanda 647-456-4375 Oct 4 - Nov 22 10:30-11:30am

Breastfeeding Support Group

Offsite: Parkway Forest Satellite Early on Child and Family Centre, 121 Parkway Forest Drive

Mussarat 647-465-0567 11:00a-1:00p

Social Chinese Knitting Group

Relax and learn how to knit: scarves, hats, booties and more! Open to all ages!

Amanda 647-456-4375 Oct 10 - Dec 12 12:30pm-3:00pm

Tuesday

Wednesday

Friday

DID YOU KNOW?

The Gateway Bike Hub

Come by to do your own bike repairs! Don't know how to fix your bike? No problem - our staff and volunteers will teach you how. Plus, we have all the parts, tools and consumables you'll need to do most repairs. **FREE!**
Every Tuesday from 5:00 pm to 7:00 pm

Abrah 416-551-2011

MEN'S ADVISORY GROUP

Join us to improve and create programs and services relevant to men while getting the support you need to build a healthier sense of yourself.

Thursdays: Oct 24, Nov 28, Dec 12
 6pm-8pm Thursday

ORIOLE FOOD SPACE

Food Bank Hours:
 Info: Daffodil 647-772-3664.
Drop-in: Tuesdays from 5:30-7:30pm

By Appointment:
 Wed 1-4pm, Thurs 10:30am-1:30pm
 Programs/workshops:
 Diana 647-861-1552 or
 Mussarat 416-429-4991, ext. 256

Offsite: Oriole Community Centre,
 2975 Don Mills Road West

HEARING SCREENING

Basic screening to identify if you have a hearing loss and how much hearing loss you have. Counselling as to options of how to address a hearing loss, process of getting a hearing aid (s) or amplification devices.
BY APPOINTMENT ONLY

27-Nov Amanda: ahailman@fhc-chc.com