



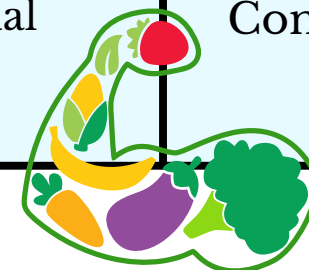
# DMDGP/CDMH

## PROGRAMS & WORKSHOPS

# FHC'S CHRONIC DISEASE AND MENTAL HEALTH WORKSHOPS Q3





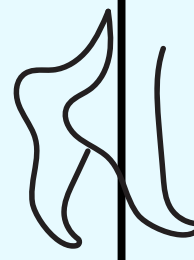
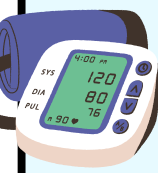
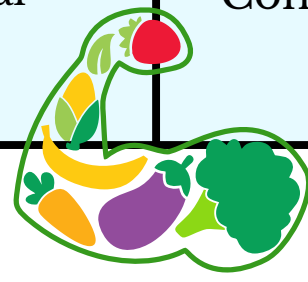
## WORKSHOPS WITH THE DIABETES TEAM

Program/ Workshop Title	With	Target	When 	Time 	Where	How to Register
Diabetes Management	Internal Session	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	Oct 1 Oct 8	6:00pm-7:30pm	Virtual	Contact Lilian: 416-640-5298 x 416
Preventing Diabetes	TNG	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	Oct 3	1:30pm-3:00pm	Virtual	Contact Khalisah: 647-462-0297
Cholesterol Management	Internal Session	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	Oct 7	1:30pm-3:00pm	Virtual	Contact Lilian: 416-640-5298 x 416
Blood Pressure Management	TNO	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	Oct 8	1:30pm - 2:30pm	38 Thorncliffe Park Dr	Contact Khalisah: 647-462-0297
Healthy Eating and Diabetes Management	The Neighbourhood Group	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	Oct 14	12:30pm-2:00pm	Virtual	Contact Khalisah: 647-462-0297



# FHC'S CHRONIC DISEASE AND MENTAL HEALTH WORKSHOPS Q3

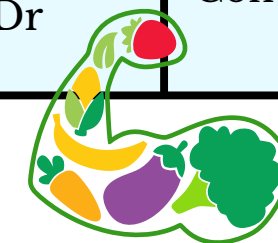
## WORKSHOPS WITH THE DIABETES TEAM

Program/ Workshop Title	With	Target	When 	Time 	Where	How to Register
Preventing or Delaying Diabetes Complications	Internal Session 	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	Oct 15	6:00pm-7:30pm	Virtual (Zoom)	Contact Lilian: 416-640-5298 x 416
Cholesterol Management	Internal Session	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	Oct 16	11:00am-12:30pm	10 Gateway Blvd (FL Site) 	Contact Tamar: 416-429-4991 x 276
Diabetes Management	TNO	Seniors (55+)	Oct 17	11:30am - 1:00pm	12 Thorncliffe Park Dr	Contact Khalisah: 647-462-0297
Foot Care and Diabetes	TNO 	Seniors (55+)	Oct 21	10:00am-11:00am	Flemington Park Library	Contact Khalisah: 647-462-0297
Healthy Eating 	Rehma Community Services	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	Oct 21	11:00am-12:00pm	Virtual 	Contact Khalisah: 647-462-0297

# FHC'S CHRONIC DISEASE AND MENTAL HEALTH WORKSHOPS Q3

## WORKSHOPS WITH THE DIABETES TEAM




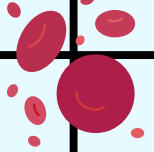
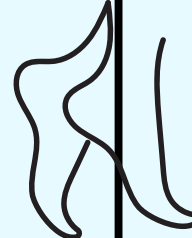

Program/ Workshop Title	With	Target	When 	Time 	Where	How to Register
Healthy Eating	Better Living	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	Oct 28	10:30am-11:30am	5 Deauville Lane	Contact Khalisah: 647-462-0297
Hypertension Management	Internal Session	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	Oct 28	1:30pm-3:00pm	Virtual	Contact Tamar: 416-429-4991 x 276
Resistance Band Exercises	Internal Session	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	Oct 30	1:00pm-3:00pm	359-5 Fairview Mall Drive (FV Site)	Contact Lilian: 416-640-5298 x 416
Hypertension Management	Internal Session	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	Nov 6	11:00am-12:30pm	10 Gateway Blvd (FL Site)	Contact Tamar: 416-429-4991 x 276
Diabetes Management	TNO	Seniors (55+)	Nov 10	10:45am-12:15pm	48 Thorncliffe Park Dr	Contact Khalisah: 647-462-0297

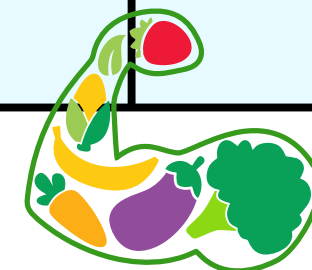




# FHC'S CHRONIC DISEASE AND MENTAL HEALTH WORKSHOPS Q3



## WORKSHOPS WITH THE DIABETES TEAM

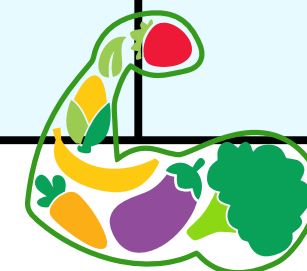
Program/ Workshop Title	With	Target	When 	Time 	Where	How to Register
Diabetes Management 	Internal Session	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	Nov 11	6:00pm-7:30pm	10 Gateway Blvd (FL Site)	Contact Tamar: 416-429-4991 x 276
Preventing Diabetes	TNG	Seniors (55+)	Nov 13	1:30pm-3:00pm	Virtual	Contact Khalisah: 647-462-0297
Foot Care and Diabetes	TNO	Seniors (55+)	Nov 18	6:00pm-7:30pm	Virtual 	Contact Tamar: 416-429-4991 x 276
Foot Care and Diabetes	TNO 	Seniors (55+)	Nov 19	1:00pm-2:00pm	38 Thorncliffe Park Drive	Contact Khalisah: 647-462-0297
Cholesterol Management 	Internal Session	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	Nov 25	1:30pm-3:00pm	Virtual	Contact Tamar: 416-429-4991 x 276



# FHC'S CHRONIC DISEASE AND MENTAL HEALTH WORKSHOPS Q3


## WORKSHOPS WITH THE DIABETES TEAM

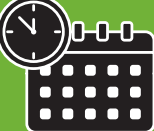



Program/ Workshop Title	With	Target	When 	Time 	Where	How to Register
Resistance Band Exercises	Internal Session	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	Nov 27	1:00pm-3:00pm	10 Gateway Blvd (FL Site)	Contact Tamar: 416-429-4991 x 276
Cholesterol Management	Better Living	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	Dec 2	1:00pm - 2:00pm	5 Deauville Lane	Contact Khalisah: 647-462-0297
Diabetes Management	Internal Session	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	Dec 3 Dec 10	6:00pm-7:30pm	Virtual	Contact Lilian: 416-640-5298 x 416
Healthy Eating	TNG	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	Dec 11	1:30pm-3:00pm	10 Gower St	Contact Khalisah: 647-462-0297

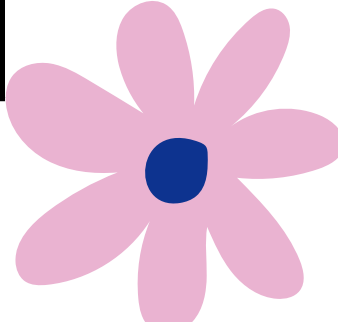

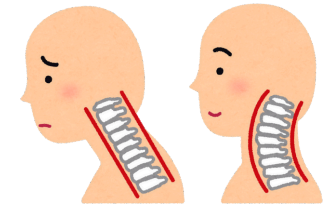


# FHC'S CHRONIC DISEASE AND MENTAL HEALTH WORKSHOPS Q3

## WORKSHOPS WITH THE CHIROPODIST AND PHYSIOTHERAPY





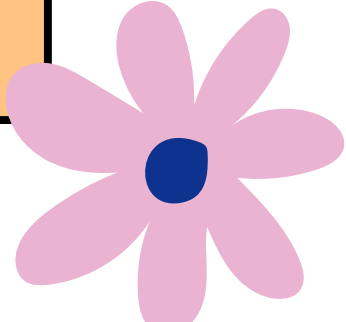
Program/ Workshop Title	With	Target	When 	Time 	Where	How to Register
Posture Improvement	Bengali Information and Employment Services	Seniors (55+)	Oct 8 	3:30pm-4:30pm	2897 Danforth Ave East	Contact Khalisah: 647-462-0297
Foot Care and Diabetes	TNO	Seniors (55+)	Oct 21	10:00am-11:00am	Flemington Park Library	Contact Khalisah: 647-462-0297
Falls Prevention	West Scarborough Neighbourhood CC	Seniors (55+)	Nov 6 	1:00pm - 3:30pm	313 Pharmacy Ave	Contact Khalisah: 647-462-0297



# FHC'S CHRONIC DISEASE AND MENTAL HEALTH WORKSHOPS Q3

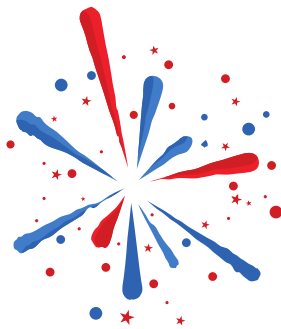
## WORKSHOPS WITH THE CHIROPDIDIST AND PHYSIOTHERAPY

Program/ Workshop Title	With	Target	When 	Time 	Where	How to Register
Falls Prevention	Kei Lok Yuen	Mandarin speaking individuals	Nov 11	12:30pm-1:30pm	1038 Woodbine Ave	Contact Khalisah: 647-462-0297
Arthritis Workshop	Scarborough Centre for Healthy Communities	Seniors (55+)	Nov 18	2:00pm - 3:00pm	Virtual	Contact Khalisah: 647-462-0297
Foot Care and Diabetes	TNO	Seniors (55+)	Nov 19	1:00pm-2:00pm	38 Thorncliffe Park Drive	Contact Khalisah: 647-462-0297

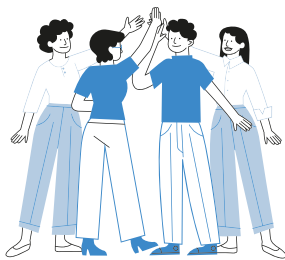




# FHC'S CHRONIC DISEASE AND MENTAL HEALTH WORKSHOPS Q3



## WORKSHOPS WITH THE NUTRITION TEAM



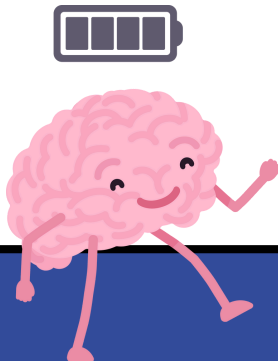
Title	With	Target	When 	Time 	Where	How to Register
 Prenatal	Lumenus	Pregnant Women	8-Apr 2024 - 31 Mar 2025	5:00 pm - 6:30 pm	359-5 Fairview Mall Drive	Contact Khalisah: 647-462-0297
Fun with Food	 Internal Program	All are welcome	4 <sup>th</sup> Wednesday of Every Month	2:30pm - 3:30pm	Virtual	Contact Khalisah: 647-462-0297
Seniors Food Cricle	Better Living	Seniors (55+)	Oct 8 Oct 29 Nov 12 Nov 26	12:30pm - 3:00pm	5 Deauville Lane	Contact Khalisah: 647-462-0297



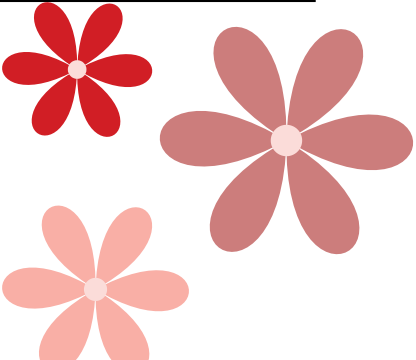
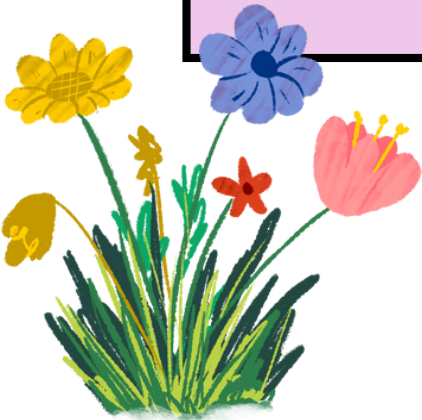
# FHC'S CHRONIC DISEASE AND MENTAL HEALTH WORKSHOPS Q3



## WORKSHOPS WITH THE SOCIAL WORK TEAM



Title	With	Target	When 	Time 	Where	How to Register
Art Therapy	Internal Sessions	Registration required	Wednesdays Oct 1 - Nov 19	11:00am-12:00pm	10 Gateway Blvd (FL Site)	Contact Khalisah: 647-462-0297
DBT Lite - Dealing with Strong Emotions	Internal Sessions	Registration required	Fridays Oct 17 - Dec 5	10:30am-12:30pm	10 Gateway Blvd (FL Site)	Contact Mohan: 416-429-4991 x 302

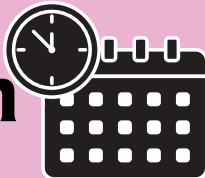



# FHC'S CHRONIC DISEASE AND MENTAL HEALTH WORKSHOPS Q3



## WORKSHOPS WITH THE INTEGRATED MENTAL HEALTH TEAM



Title	With	Target	When 	Time 	Where	How to Register
Men's Social Group	Internal	All male identifying individuals	Every 4 <sup>th</sup> Thursday of the month	6:00pm-7:30pm	10 Gateway Blvd (FL Site)	Contact Dezerine at: 416-429-4991 ext 303
DBT Lite - Dealing with Strong Emotions	Internal	Registration required	Fridays Oct 17 - Dec 5	10:30am-12:30pm	10 Gateway Blvd (FL Site)	Contact Mohan: 416-429-4991 x 302



# DMDCP/CDMH

## PROGRAMS & WORKSHOPS