

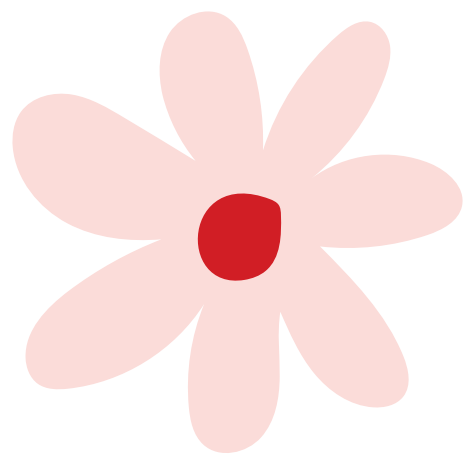
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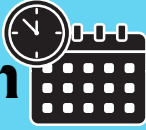
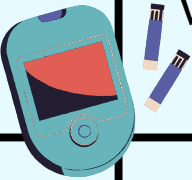
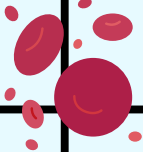
PROGRAMS & WORKSHOPS



FHC'S CHRONIC DISEASE AND MENTAL HEALTH WORKSHOPS Q2

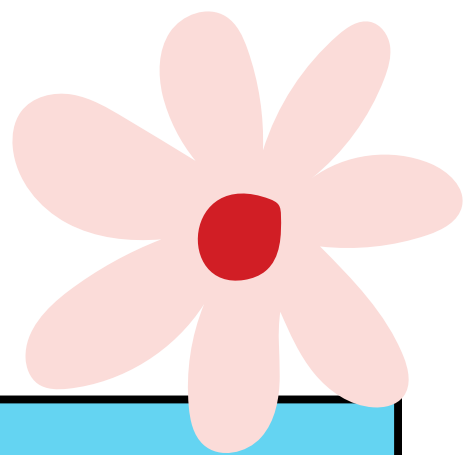
WORKSHOPS WITH THE DIABETES TEAM



Program/ Workshop Title	With	Target	When 	Time 	Where	How to Register
Healthy Eating 	WoodGreen	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	July 6	1:30pm-2:30pm	721 Broadview Ave 	Contact Khalisah: 647-462-0297
Prediabetes and Diabetes Management	Internal	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	July 7	6:00pm-7:30pm	Virtual	Contact Tamar: 416-429-4991 x 276
Grocery Store Tour	Internal	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	July 8	10:00am-11:30am	No Frills 3555 Don Mill Rd 	Contact Khalisah: 647-462-0297
Diabetes Prevention 	TNO	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	July 10	11:30am-12:30am	12 Thorncliffe Park Dr	Contact Khalisah: 647-462-0297
What is Diabetes and Diabetes Management	MIAG	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	July 13	5:30pm-7:00pm	Virtual	Contact Khalisah: 647-462-0297

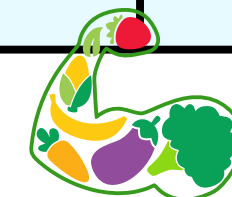


FHC'S CHRONIC DISEASE AND MENTAL HEALTH WORKSHOPS Q2



WORKSHOPS WITH THE DIABETES TEAM

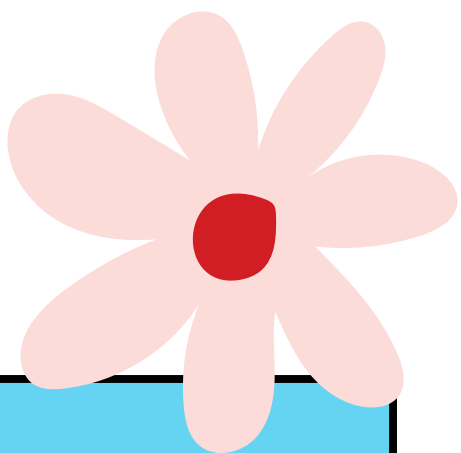
Program/ Workshop Title	With	Target	When 	Time 	Where	How to Register
Prediabetes and Diabetes Management	Internal 	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	July 14	6:00pm-7:30pm	Virtual	Contact Tamar: 416-429-4991 x 276
Weight Management	Better Living	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	Jul 17	11:30am-12:30pm	1 Overland Drive	Contact Khalisah: 647-462-0297
Cholesterol Management 	Internal	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	July 21	10:00am-11:30am	10 Gateway Blvd	Contact Tamar: 416-429-4991 x 276
Resistance Band Exercises	Kei Lok Yuen	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	Aug 4	1:00pm-2:00pm	1038 Woodbine Ave	Contact Khalisah: 647-462-0297
Diabetes Managment	BIES	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	Aug 5	3:00pm-4:00pm	2944 Danforth Ave	Contact Khalisah: 647-462-0297

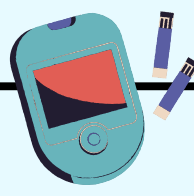


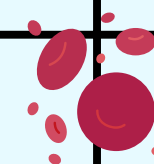
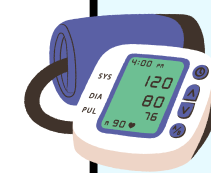


FHC'S CHRONIC DISEASE AND MENTAL HEALTH WORKSHOPS Q2

WORKSHOPS WITH THE DIABETES TEAM



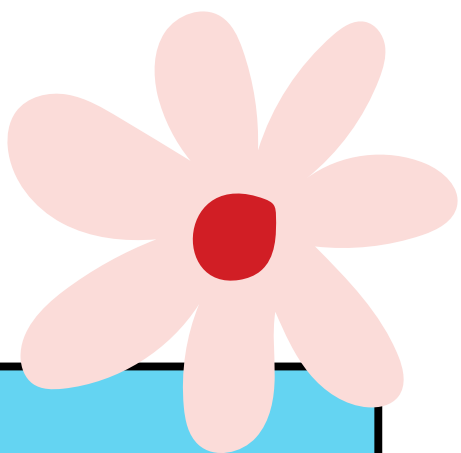
Program/ Workshop Title	With	Target	When 	Time 	Where	How to Register
Mindful Eating	TNO 	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	Aug 12	1:00pm-2:00pm	45 Overlea Blvd	Contact Khalisah: 647-462-0297
Healthy Eating on a Budget	Better Living	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	Aug 13	1:30pm-2:30pm	1 Overland Drive	Contact Khalisah: 647-462-0297
Resistance Band Exercises	Kei Lok Yuen	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	Aug 26	11:00am-12:00pm	1038 Woodbine Ave	Contact Khalisah: 647-462-0297
Weight Management	WoodGreen	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	Aug 31	1:30pm-2:30pm	721 Broadview Ave	Contact Khalisah: 647-462-0297
Diabetes Medication	TNO	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	Sep 18	11:30am-12:30pm	12 Thorncliffe Park Dr	Contact Khalisah: 647-462-0297

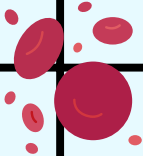




FHC'S CHRONIC DISEASE AND MENTAL HEALTH WORKSHOPS Q2

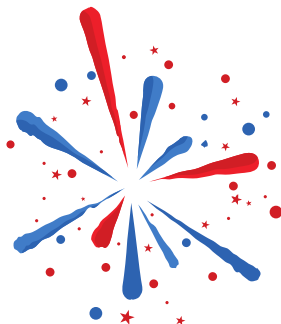
WORKSHOPS WITH THE DIABETES TEAM



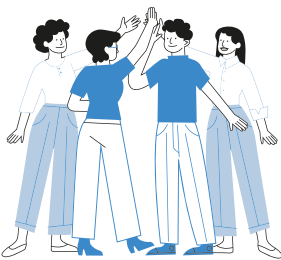
Program/ Workshop Title	With	Target	When 	Time 	Where	How to Register
Preventing Diabetes Complications 	WoodGreen	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	Sep 21	1:30pm-2:30pm	721 Broadview Ave	Contact Khalisah: 647-462-0297
Preventative Health: Vaccines and Cancer Screening	Better Living	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes 	Sep 24	12:30pm-1:30pm	1 Overland Blvd 	Contact Khalisah: 647-462-0297



FHC'S CHRONIC DISEASE AND MENTAL HEALTH WORKSHOPS Q2



WORKSHOPS WITH THE NUTRITION TEAM



Title	With	Target	When 	Time 	Where	How to Register
 Prenatal	Lumenus	Pregnant Women	Apr 6 2026 - Mar 29 2027	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 th Wednesday of Every Month	2:30pm - 3:30pm	Virtual	Contact Khalisah: 647-462-0297

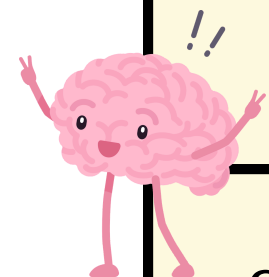


FHC'S CHRONIC DISEASE AND MENTAL HEALTH WORKSHOPS Q2

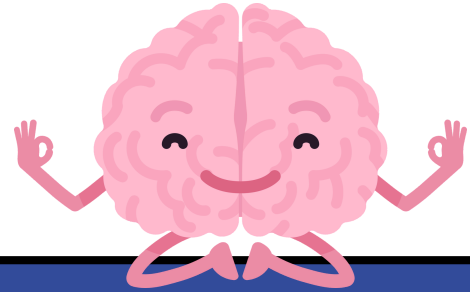
WORKSHOPS WITH THE INTEGRATED MENTAL HEALTH TEAM



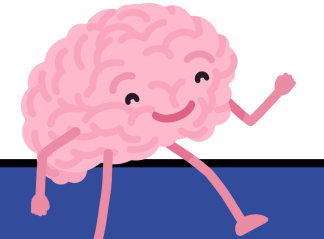
Title	With	Target	When 	Time 	Where	How to Register
Men's Social Group	Internal	All male identifying individuals	Every 4 th Thursday of the month	6:00pm-7:30pm	10 Gateway Blvd (FL Site)	Contact Dezerine at: 416-429-4991 ext 303
!! Prenatal	Internal	Pregnant Individuals	Aug 8	1:30pm-2:30pm	10 Gateway Blvd	Contact Khalisah: 647-462-0297
Sleep Hygiene	TNG	All are welcome	Sep 17	2:00pm-3:00pm	Virtual	Contact Khalisah: 647-462-0297
Sleep Hygiene	EarlyON	All are welcome	Sep 18	9:30am-10:30am	90 Littles Rd	Contact Khalisah: 647-462-0297

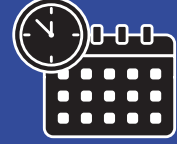


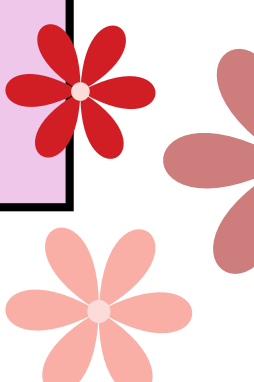
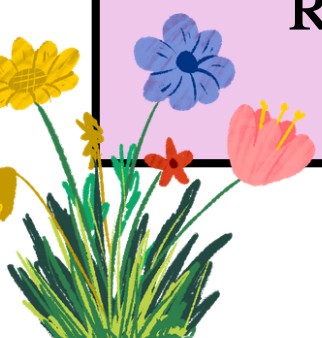
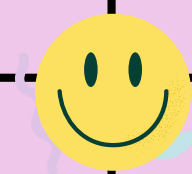
FHC'S CHRONIC DISEASE AND MENTAL HEALTH WORKSHOPS Q2



WORKSHOPS WITH THE SOCIAL WORK TEAM



Title	With	Target	When 	Time 	Where	How to Register
Restoring Sleep	SCHC	Registration required	Jul 14	2:00pm-3:00pm	Virtual	Contact Khalisah: 647-462-0297
Mindfulness Program	Internal Sessions	Registration required	Jul 13-Aug 10 (Mondays)	5:00pm-6:30pm	10 Gateway Blvd (FL Site)	Contact Khalisah: 647-462-0297
Restoring Sleep	WoodGreen	Registration required	Aug 11	1:00pm-2:00pm	266 Donlands Ave	Contact Khalisah: 647-462-0297
Restoring Sleep	TNG	Registration required	Aug 18	1:00pm-2:00pm	Virtual	Contact Khalisah: 647-462-0297



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PROGRAMS & WORKSHOPS