Thank you for taking the time to pick up our Community Programs and Services Booklet. We’re looking forward to another great year filled with programs and events and hope you are too! The booklet provides a quick-reference guide for our programs and services at all three locations. We provide details on a variety of programs focused on the needs of children and families, youth, women, newcomers, LGBTQ+ immigrants and refugees among others. We strive to ensure community members face no barriers at all three locations and we’re committed to addressing the social determinants of health in our programming to ensure that our communities can achieve health with dignity.

Please take this booklet and share it with your friends, neighbours and anyone you think could benefit from our services. The booklet is also available online at www.accessalliance.ca.

If you have questions, comments, or suggestions on how we can improve this booklet and/or anything else, please send us an email to talktous@accessalliance.ca. We value your input, and pride ourselves on our responsiveness to community needs and concerns. We hope to hear from you soon!

Access Point on Danforth
3079 Danforth Avenue
Toronto, ON
M1L 1A8
(416) 693-8677

Access Alliance provides primary healthcare services within an interdisciplinary team to people living in Toronto who do not have a doctor.

If you have lived in Canada for more than six months without status and/or if you are returning to Canada and waiting for your OHIP, you may be eligible to access primary care at one of our three Access Alliance locations.

For more information or to book an appointment, call or email the Access Alliance location nearest you.
Community Dining is a free lunch program open to community and program clients. Everyone is welcome.

WHEN
April 24, 2016, Wednesdays, 11 am to 1 pm
WHERE
AccessPoint on Danforth

Newcomers Cooking Together is an inspirational cooking program that embraces and celebrates diversity! The group is for men and women who meet weekly to create delicious foods inspired by all cultures. The focus of the evening is on cultural storytelling, and we encourage each guest to bring a dish of their own or a recipe they would like to prepare. Besides health benefits, you can meet other men, build community, and celebrate diversity!

WHEN
April 25, 2016, Tuesdays and Thursdays, 9 am to 10 am
WHERE
AccessPoint on Danforth

Healthy Child Screening provides opportunities for children to learn arts, meet other children, and run by staff.

WHEN
March 12, 10 to 11:30 am
WHERE
AccessPoint on Danforth

Four weeks of five 45-minute Zumba classes for women will feature exuberant and enthusiastic instructors from Zumba 4 You and Dance Action, as well as community members.

WHEN
April 30, 2016, Wednesdays, 9:30 am to 10:30 am
WHERE
AccessPoint on Danforth

Salsa Cooking Together offers an opportunity to develop their kitchen and food skills. Each week, in three hours, we serve up personal recipes and dishes along with stories from our own cultures. Zumba improves heart health, provides a full body workout and helps to lose weight!

WHO
Pregnant and new mothers

NEWCOMERS COOKING TOGETHER (NCT) is a collaborative program run exclusively by our dietitians.

WHEN
April 13, 2016, Wednesdays, 9:30 am to 10:30 am
WHERE
AccessPoint on Danforth

WHO
Participants, hub users and residents of the Taylor Massey and Oakridge neighbourhoods.

WHEN
Tuesday, April 26, 2016, October 24, 2016 and January 23, 2017
WHERE
Community Reference Group

WHO
Participants, either individually or in groups, have the opportunity to develop and share their recipes, under the guidance and support of our trained dietitians.

WHEN
March 23, 2016, Saturdays, 9:30 am to 11:30 am
WHERE
AccessPoint on Danforth

WHO
Parents of children electing to enter kindergarten in September 2016

WHO
Participants explore the adventures of healthy eating, safe food-handling skills and nutrition in Canada. In three hours, we serve-up personal recipes and dishes along with stories from our own cultures.

WHERE
One screening per school

WHAT
WHEN
April
WHERE
Crossen Town, George Mel订单 and Second Avenue Elementary Schools

WHAT
Newcomer, peer leaders and newcomer participants explore the adventures of healthy eating, eating experiences and roles and responsibilities of each – the caregiver and the child. The workshops teach newcomers to encourage food exploration, feel comfortable, and ultimately, help children build self-esteem and confidence in eating. A fun and informative evening for parents and caregivers.

WHO
Parents of children

WHAT
Over the course of ten weeks, peer leaders and newcomer participants explore the adventures of healthy eating, safe food-handling skills and nutrition in Canada. In three hours, we serve-up personal recipes and dishes along with stories from our own cultures.

WHERE
One screening per school

WHO
Parents with children entering JK in September 2016

WHAT
Three hours, we serve-up personal recipes and dishes along with stories from our own cultures.

WHERE
AccessPoint on Danforth

WHAT
5-week cooking program, 3 hours a week

WHO
Newcomers 10 to 12 years old

WHAT
Four weeks of five 45-minute Zumba classes for women will feature exuberant and enthusiastic instructors from Zumba 4 You and Dance Action, as well as community members.

WHERE
Crossen Town, George Mel订单 and Second Avenue Elementary Schools

WHAT
Over the course of five weeks, Peer Leaders and newcomer participants explore the adventures of healthy eating, safe food-handling skills and nutrition in Canada. In three hours, we serve-up personal recipes and dishes along with stories from our own cultures.

WHO
Adult Women

WHAT
Four weeks of five 45-minute Zumba classes for women will feature exuberant and enthusiastic instructors from Zumba 4 You and Dance Action, as well as community members.

WHERE
Crossen Town, George Mel订单 and Second Avenue Elementary Schools

WHAT
Over the course of five weeks, Peer Leaders and newcomer participants explore the adventures of healthy eating, safe food-handling skills and nutrition in Canada. In three hours, we serve-up personal recipes and dishes along with stories from our own cultures.

WHO
Newcomers 10 to 12 years old

WHAT
Four weeks of five 45-minute Zumba classes for women will feature exuberant and enthusiastic instructors from Zumba 4 You and Dance Action, as well as community members.

WHERE
Crossen Town, George Mel订单 and Second Avenue Elementary Schools

WHAT
Over the course of five weeks, Peer Leaders and newcomer participants explore the adventures of healthy eating, safe food-handling skills and nutrition in Canada. In three hours, we serve-up personal recipes and dishes along with stories from our own cultures.

WHO
Adult Women

WHAT
Four weeks of five 45-minute Zumba classes for women will feature exuberant and enthusiastic instructors from Zumba 4 You and Dance Action, as well as community members.

WHERE
Crossen Town, George Mel订单 and Second Avenue Elementary Schools

WHAT
Over the course of five weeks, Peer Leaders and newcomer participants explore the adventures of healthy eating, safe food-handling skills and nutrition in Canada. In three hours, we serve-up personal recipes and dishes along with stories from our own cultures.
**NEWCOMERS CAMPING**

This program provides a unique experience to newcomers to Canada to get outdoors, enjoy a range of activities and create joy through camping. Campers will be provided with all camping equipment and space will be booked at one of Ontario’s beautiful camping sites. To register, come to the pop-up tent at Cedar Spring Camp. This pop-up tent is located in beautiful Cedar Bay camp ground. The program teaches a memorable experience to newcomers which they will cherish for a lifetime. To complete the experience, you must stay for 3 nights or longer. 

**WHO**

Whoever wishes to participate in the camping experience in Cedar Bay camp ground depending on availability. 

**GROW YOUR PRIDE ILLUMINATIONS**

Give your pride a friendly and fun event and will include live performances, music, food and drink, and bright lights in the City of Toronto. To come to an event of your choice please join us for the pride and play ‘Light the Night’ event. Guest speakers will talk about personal experiences as newcomers in Canada, access services, global human rights. 

**WHO**

LGBTQ+ people and their allies. 

**NEWBORN HEALTH SERVICES**

**Primary Health Care**

**Primary Health Care Services**

We provide a range of healthcare services at Access Alliance. Our doctors and nurse practitioners will help you with your health, to support you and treat acute and chronic illness and to provide ongoing chronic disease management. Our nurses can provide support for you over the phone or in person where you have a question about your health. We can also refer you to various programs such as mental health, preventive health, chronic disease management, and a range of specialists services including physiotherapy. On site we can receive immunizations, vaccination, pre-natal and post-natal care and access services for sexual health and diabetes education. If you need a primary care practitioner please come in and get registered with us. 

Most services are available in English or French. Our doctors and nurse practitioners can provide care in many languages including: Arabic, Chinese, French, Farsi, Italian, Polish, Portuguese, Spanish, and Vietnamese. 

**Family Orientation Sessions**

**Family Orientation Sessions** are group sessions for the whole family. Newcomer families who have lived in Canada for less than a year or are new Canadians can attend with their children. 

- Family orientation sessions are to the Library branch in Toronto. 
- Family orientation sessions are to the Library branch in Toronto. 
- Family orientation sessions are to the Library branch in Toronto. 
- Family orientation sessions are to the Library branch in Toronto. 
- Family orientation sessions are to the Library branch in Toronto. 

**Flu Prevention**

Flu shot is against the flu strain that the who recommends. Most people need to get one each year to protect their health. The flu vaccine is available at all of our locations. 

**Preventive**

Preventive health is medicine that is important to everyone. 

**Advanced Influenza**

- Depression and anxiety (under/overweight), Healthy eating (teens), vitamin and mineral deficiencies, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (toddlers), food-related illnesses, food allergies and intolerances, weight management, pregnancy and nutrition, postnatal nutrition, Picky eating (t
GREEN ACCESS
Our Green Access Program uses the Green Roof at our AccessPoint on Danforth as a launching point for activities that build skills around environmental stewardship. The program brings together community development, education, and health. The rooftop garden also provides community members’ many who live at high-rise buildings, with new personal outdoor space that offers the opportunity to participate in gardening activities. The Green Roof is a demonstration project that inspires other health service providers. For more information on GreenAccess please visit accessalliance.ca/greenaccess.

WHERE
AccessPoint on Danforth

WHO
Newcomer Immigrants, Government Assisted, Privately sponsored and Convention refugees

WHAT
Monthly

WHEN
Tuesdays, Wednesdays and Thursdays, 4 pm to 6 pm

CONTACT
Lara at lmrosovsky@accessalliance.ca

WHERE
AccessPoint on Danforth

WHO
Newcomer youth between the ages of 13 to 24 years old

WHAT
Weekly for 3 hours

WHEN
Every 2 weeks, Wednesdays 10 am to 1 pm

CONTACT
Justin at (416) 699-7920 ext. 411

WHERE
AccessPoint on Danforth

YOUTH CAMPING TRIP
Get your game on! Come on and play your favourite sport. Have a blast on an overnight trip in the great outdoors and make some new friends!

WHO
Newcomer youth between the ages of 13 to 24 years old

WHAT
Weekly for 3 hours

WHEN
July 10th to 13th, 2023

CONTACT
Lara at (416) 699-7920 ext. 405

WHERE
AccessPoint on Danforth

YOUTH PLANNING COUNCIL
Come and have your voice heard and be a part of the decision-making process! Youth Planning Council is a place for youth to participate in decision-making and learn leadership skills.

WHO
Newcomer youth between the ages of 13 to 24 years old

WHAT
Available during the school year

WHERE
AccessPoint on Danforth

CONTACT
Justice at (416) 699-7920 ext. 400

YOUTH WITH US!
Access Alliance welcomes everyone as volunteers! We encourage newcomers, immigrants and refugees to volunteer within the organization, particularly individuals who reflect the broad diversity of the communities we work with, including communities that face racism in Canada, and LGBTQ2+ communities.

WHO
If you would like to volunteer now, please see our current volunteer opportunities under the “Get Involved” section on our website.

WHAT
You can apply for any of these positions by filling out a Volunteer Application form. If none of the current volunteer opportunities interest you, you can still stay in touch with Volunteer Application form and you will be placed on our new volunteer waiting list.

WHERE
AccessPoint on Danforth

Volunteer Application Form
**Scarborough Cycles**

Scarborough Cycles is a project funded by the Medical Foundation and led by the Toronto Centre for Active Transportation, a project of Clean Air Partnership, with partners Cycle Toronto, the Toronto Cycling Think and Do Tank, and CultureLink Settlement and Community Services.

In 2015, Scarborough Cycles has established Bike Hubs at AccessPoint on Danforth and Birchmount Bluffs Neighborhood Centre. Our Hubs will offer access to bicycles, bike maintenance, and provide civic engagement opportunities for residents. The primary goal of the project is to increase cycling for transportation.

For more information on the programs please contact:

*Marvin Macaraig, Ph.D.*
Scarborough Cycles Project Coordinator
Toronto Centre for Active Transportation (TCAT)
Phone: (416) 392-0260
Email: mma@tcat.ca

*Vivien Leong*
Program Worker, Bike Host
CultureLink Settlement and Community Services
Phone: 416-713-9188
Email: bikehost@culturelink.ca

---

**Bike Host**

Bike Host is a free cycling mentorship program for Convention refugees and permanent residents, created by CultureLink Settlement and Community Services. Bike Host volunteer mentors are matched with people new to Canada who are open to cycling. Together, mentors and newcomer participants explore Toronto by bike. As mentors, you’ll meet new people from around the world, enhance your leadership and facilitation skills, and help build a more welcoming city. Bike Host newcomer participants are from around the world. They know how to ride a bicycle, and they are able to borrow a Bike Host bike for the summer if they do not have a bicycle of their own. Registration is required.

**WHO**

You can join Bike Host if you are a Convention refugee or permanent resident (documents required), 19 years or older, can commit to 30 volunteer hours, speak English (LINC 4 or above), ride a bicycle, and pass a group interview.

**WHEN**

June to October

**WHERE**

AccessPoint on Danforth and Birchmount Bluffs Neighborhood Centre

---

**Safe Cycling 101**

Learn everything you need to know about cycling in Scarborough. We will cover basic safety rules, the most enjoyable routes in Scarborough, how to correctly use a helmet and bike lights, how to make the most of your bicycle, and more. This workshop is for educational purposes only; unfortunately, we cannot perform tune-ups or repairs on your bike. Registration is required.

**WHO**

Everyone

**WHEN**

June to August, 1-hour workshop

**WHERE**

AccessPoint on Danforth

---

**Basic Bike Maintenance**

A series of workshops that will help you keep your bike in good running condition. Learn how to identify potential problems before they develop into safety hazards. Registration is required.

**WHO**

Newcomer youth between the ages of 13 to 24 years old

**WHEN**

Summer, three 1-hour workshops

**WHERE**

AccessPoint on Danforth

---

**Bike Repair, Do-It-Yourself Drop-In**

Fix and maintain your bike with the help of our staff and volunteer mechanics. We have the basic tools needed for common bike repairs. Registration is required.

**WHO**

Everyone

**WHEN**

June to September, 3 pm to 5 pm

**WHERE**

AccessPoint on Danforth

---

**The Neighbourhood Centre**

**WE’RE EXCITED TO WELCOME NEIGHBOURHOOD CENTRE!**

On January 1, 2017 Neighbourhood Centre officially integrated with Access Alliance. Neighbourhood Centre was founded more than forty years ago and has a long history of collaborating with community members and organizations located in East Toronto to support people to realize their potential, direct their own lives, and improve economic and social conditions in the community.

Together, as part of Access Alliance, Neighbourhood Centre will continue to provide access to high quality and coordinated programs and services to people living in Toronto’s east end.

---

**We Are committed to improving access to health-care and community programs by providing integration IRC services.**

Let Us Know Your Language Preferences! Faîtes-nous connaître votre préférence de langue!

---

**The Neighbourhood Centre**

91 BARRINGTON AVENUE
TORONTO ON
M4C 4Y9
(416) 698-1626

---

**Access Alliance Program**

---

---
FAMILY SUPPORT

PLAYGROUPS
Playgroups may offer light toshortened hours when parents or caregivers are unable to attend. A learn with the child. The program is based on creative play and is designed to support the development of children’s cognitive, physical, social, and emotional skills and promote interaction among the children in the group. The Neighbourhood Centre offers different programs for children for different ages and varies in frequency from once a week to once a month.

WHO
Children 2 to 5 years old
WHEN
January to November
WHERE
The Neighbourhood Centre

SEWING AND KNITTING WORKSHOPS
A great way connecting people and learn to sew using machines. The individuals can also bring clothing items to repair. These sessions are run by volunteers. Adults and Participants learn to sew and end up with something for personal or others. They build skills and make connections to each other and to the community.

WHO
Parents with children from 0 to 6 year old
WHEN
Spring
WHERE
The Neighbourhood Centre & 80 Second Avenue

Sewing and knitting workshops

YOGA FOR MOMS
A qualified yoga instructor guides the individuals through gentle poses designed to assist the participants in strengthening their body and access a quieter state of mind. It helps to increase body awareness and reduce stress for mothers of young children. Children distanced present in the same room.

WHO
Mothers with young children
WHEN
Fall
WHERE
The Neighbourhood Centre

SNUGGLE UP AND READ
A family literacy event which includes circle time with songs and stories and a time for parents and children to share. The children then choose a book to read, or a family literacy event which includes circle time with songs and stories and a time for parents and children to share. The children then choose a book to read, or

WHO
Children 2 to 5 years old and their parents
WHEN
January to November
WHERE
The Neighbourhood Centre

MAKE THE CONNECTION
For parents and caregivers with children from birth to three. The program focuses on engaging caregivers in activities that support healthy baby development and emotional well-being of parents. Parents with the support of the program facilitator is able to build a healthy connection with their baby and feel comfortable and good about themselves. By taking part in this program, parents and caregivers can help their babies thrive, while building their own sense of self-worth.

WHO
Parents with children from 0 to 1 year old
WHEN
Spring
WHERE
The Neighbourhood Centre & 80 Second Avenue

NOBODY'S PERFECT
Parents can discuss child development, safety, and health awareness and reduce isolation for parents with young children. The program is run by skilled professionals with specific expertise in early childhood development and parenting strategies. These professionals will provide parents and caregivers with the tools and knowledge they need to support their child’s healthy development and well-being. Parents learn skills and strategies for living with a newborn. They build skills and make connections to each other and to the community.

WHO
Parents of children 0-5 years old
WHEN
Fall
WHERE
The Neighbourhood Centre

DIAPER CLUB
Parents and their newborns are invited to a get-together and share tips, concerns, and ideas about being a parent. Parents learn about child development, safety, and health awareness and reduce isolation for parents with young children. The program is run by skilled professionals with specific expertise in early childhood development and parenting strategies. These professionals will provide parents and caregivers with the tools and knowledge they need to support their child’s healthy development and well-being. Parents learn skills and strategies for living with a newborn. They build skills and make connections to each other and to the community.

WHO
Parents with children from 0 to 6 year old
WHEN
All year
WHERE
The Neighbourhood Centre

HOLIDAY HAMPER PROGRAM
The program that allows parents to gather hampers for their families in the East End. The aim is for seniors and their families to give a festive meal into their holiday season. In the case of food distribution, families are given hampers with turkey and traditional sides, such as potatoes, carrots, and cranberry sauce. Participants can call to register and purchase quality diapers and clothes at a discount from a local retailer.

WHO
Parents with children from 0 to 5 years old
WHERE
The Neighbourhood Centre

LIVING AND LEARNING WITH BABY
Parents learn skills and strategies for living with a newborn. They build skills and make connections to each other and to the community. Participants can call to register and purchase quality diapers and clothes at a discount from a local retailer.

WHO
Parents with children from 6 months to 1 year old
WHEN
Fall
WHERE
The Neighbourhood Centre

SUMMER PROGRAM
Summer program is consisted of 2 weeks of activities presented as one camp. A week in July and 1 week in August. Programs are offered for different ages per week in the summer including the following activities: Sports and physical activities, Field trips and educational experience for parents and their children (Gardens of the Neighbourhood Centre). The program accommodates children up to 12 years of age as an additional option, the parents must be present to watch the children. Children choose a book to read, or

WHO
Children 6 to 8 years old and their parents
WHEN
June to August
WHERE
The Neighbourhood Centre

ARTS AND CRAFTS KIT
Children ages 2 to 6 years old are offered for different ages and vary in frequency from once a week to once a month. 5 to 10 weeks Active Health and Fitness programs are run in partnership with Health Canada.

WHO
Parents with children from 0 to 6 year old
WHEN
April to March
WHERE
The Neighbourhood Centre

COFFEE 'N CHAT
This drop-in program encourages seniors to come out and enjoy a cup of coffee and snacks and their friends. Participants can call to register and purchase coffee and snacks at a discount from a local coffee shop.

WHO
Seniors aged 55+
WHEN
April to March, Mondays from 1:30 pm to 3:00 pm
WHERE
The Neighbourhood Centre

COFFEE 'N CHAT

DIAPER CLUB

HOLIDAY HAMPER PROGRAM

LIVING AND LEARNING WITH BABY

SUMMER PROGRAM

ARTS AND CRAFTS KIT

COMMUNITY SERVICES (CSP)
Good Food Box

INCOME TAX PROGRAM

Elders' Fun Club

Good Food Box

Newfoundland

Income tax program

Elderly Persons Services (EPS)

Sewerage 

Income Tax Program

Good Food Box

Neighbours' Fun Club

Elders' Fun Club

Art of Charm Yoga

Elders' Fun Club

Good Food Box

Neighbours' Fun Club

Elders' Fun Club

CoffEE ‘n Chat

CoffEE ‘n Chat

CoffEE ‘n Chat

CoffEE ‘n Chat

CoffEE ‘n Chat

CoffEE ‘n Chat

CoffEE ‘n Chat

CoffEE ‘n Chat

CoffEE ‘n Chat

CoffEE ‘n Chat

CoffEE ‘n Chat
Are you looking to give back to your community? Seeking to complete your hours for high school? Come by to apply your skills and develop new ones. Various departments would benefit from your support! The program provides mentorship and hands-on training to newcomers, youth, senior and women volunteers to help them gain Canadian work experience, enhance leadership capacity reduce social isolation, improve individual well-being and develop professional and social networks. Monthly Career and Life Skills workshops are offered on a range of topics. Some of the topics are: Practical Leadership, Effective Communication, Conflict Resolution, Understanding Workplace Culture, Mindfulness, and Project Management. Call in advance to register.

WHO
All Community members

WHEN
All Year Round

WHERE
The Neighbourhood Centre and AccessPoint on Danforth

English Conversation Circle

Barrington site offers two English Conversation Circles a week. One is designed for beginner to intermediate learners, held at 91 Barrington on Thursday afternoons from 1:30 pm to 3 pm. The second conversation circle is geared to high intermediate to advanced level learners, particularly Internationally Trained Professionals. This takes place every Monday evening at AccessPoint on Danforth from 5:30 pm to 7 pm. These sessions offer a safe, friendly and informal learning atmosphere to newcomers that help boost their self-confidence by enhanced English proficiency.

WHO
Newcomers

WHEN
All Year Round

WHERE
Thursdays at 91 Barrington Avenue and Mondays at AccessPoint on Danforth

Financial Coaching Program

Financial planning and well-being is an important part of the poverty reduction process. Access Alliance will be providing one-on-one financial coaching to adults as well as youth (ages 13-19) at both our APOD and APOJ sites.

If you are interested in improving your financial well-being, whether it be filing income taxes, applying for OSAP, increasing savings, or balancing a budget, please contact the settlement or youth team to make an appointment. Our in-house financial coaches will be able to support you in reaching your goals through follow up sessions and action planning. If you are interested in filing your income taxes, we also run income tax clinics on Saturdays from March to April 30th each year.

This program is eligible for individuals whose family income is less than $40,000.

Please visit our website at AccessPointOnJane.com for more information about our programs and services.
**NEWCOMER COOKING TOGETHER FOR MEN**

Newcomer Cooking Together is an inspirational cooking program that embraces and celebrates diversity! The group provides an opportunity for newcomers to learn new skills & interact with others. Weekly drop in sessions for community members/volunteer gardeners to maintain garden, learn new skills & interact with others.

**WHO**

Newcomers 16 years or older

**WHERE**

AccessPoint on Jane

**WHEN**

March 12 to 16, 2017; 9:30 am to 2:30 pm

**NEWCOMER COOKING TOGETHER FOR NEWCOMERS**

Newcomer Cooking Together is an inspiration cooking program that embraces and celebrates diversity! The group provides an opportunity for newcomers to learn new skills & interact with others. Cooking across the diverse cultures and traditions is an incredible opportunity to help and support one another. The newcomer participants explore the advantages of healthy eating, local fresh handling skills and nutrition in Canada. Each week, in three hours, we serve up some recipes and dishes along with having fun learning, sharing, learning English, and socializing.

**WHO**

Newcomers 13 years or older and friends

**WHAT**

5-week cooking program, 3 hours a week.

**WHERE**

AccessPoint on Jane

**WHEN**

Wednesday, 6:30 pm to 9:00 pm

**NEWCOMER YOGA COMING SOON!**

Newcomer Yoga is a beginner/intermediate level yoga class designed to help newcomers to reduce their stress and increase their flexibility and balance.

**WHO**

Newcomers who are interested in yoga

**WHERE**

AccessPoint on Jane

**WHEN**

Monday, 7:30 am to 8:30 am
FLU PREVENTION
Everyone is at risk for getting the flu. This is especially true for those with influenza-like symptoms. The flu vaccine is free and available to people six months and older who wish to get vaccinated. The flu shot is given by a healthcare provider who will wear personal protective equipment (PPE) and follow proper isolation precautions.

LIFE SKILLS FOR NEWCOMERS TO CANADA
A series of workshops presented to newcomers in Canada. These workshops aim to provide newcomers the skills and knowledge needed to settle in Canada.

WHAT
Newcomer nearest, Government Assisted, Privately sponsored and Convention refugees
WHERE
Access Point on Jane
WHEN
Family orientation sessions to use the Library

NEWCOMER SUPPORT WORKSHOPS
A series of workshops that are designed to help newcomers to Canada navigate through the systems like: Health care, housing, finance and systems. These sessions offer information about orientation to Canadian systems and help newcomers to navigate through the systems.

WHAT
Newcomer nearest, Government Assisted, Privately sponsored and Convention refugees
WHERE
Access Point on Jane
WHEN
Staying Healthy in Summer

LIFECYCLE EDUCATION WORKSHOPS
A series of workshops presented to newcomers in Canada. These workshops aim to provide newcomers the skills and knowledge needed to settle in Canada.

WHAT
Newcomer nearest, Government Assisted, Privately sponsored and Convention refugees
WHERE
Access Point on Jane
WHEN
Staying Healthy in Winter

NEWCOMER EDUCATION WORKSHOPS
A series of workshops presented to newcomers in Canada. These workshops aim to provide newcomers the skills and knowledge needed to settle in Canada.

WHAT
Newcomer nearest, Government Assisted, Privately sponsored and Convention refugees
WHERE
Access Point on Jane
WHEN
Holiday celebration in Winter

SETTLEMENT
For settlement services orTo book a Presenter, please contact the settlement worker at the location.

FAMILY ORIENTATION SESSIONS
A series of sessions presented for the whole family to learn about newcomer systems like: Health care, housing, finance and systems. These sessions offer information about orientation to Canadian systems and help newcomers to navigate through the systems.

WHAT
Newcomer nearest, Government Assisted, Privately sponsored and Convention refugees
WHERE
Access Point on Jane
WHEN
Holiday celebration in Summer

YOUTH
CULTURAL AWARENESS
Get to know your city better and the services it provides!

WHAT
Newcomer youth between the ages of 13 to 24 years old
WHERE
Access Point on Jane

WORKSHOPS
Weekly access to a skill-sharing environment and tutors are available to help youth with their homework.

WHAT
Newcomer youth between the ages of 13 to 24 years old
WHERE
Access Point on Jane

MONTHLY FIELD TRIPS
Each month there are different exciting events! Contact us for our monthly calendar.

WHAT
Newcomer youth between the ages of 13 to 24 years old
WHERE
Access Point on Jane

SCHOOL TRIPS
Weekly for 3 hours

WHAT
Newcomer youth between the ages of 13 to 24 years old
WHERE
Access Point on Jane

CDP Learning and Recreation
Enjoy learning new skills through cooking, art, music and employment. Enrol today!

WHAT
Newcomer youth between the ages of 13 to 24 years old
WHERE
Access Point on Jane

HOUSEMAN CLUB
Weekly access to a skill-sharing environment and tutors are available to help youth with their homework.

WHAT
Newcomer youth between the ages of 13 to 24 years old
WHERE
Access Point on Jane

PARENTING IN CANADA
There are a series of workshops that are designed to help newcomers to Canada navigate through the systems like: Health care, housing, finance and systems. These sessions offer information about orientation to Canadian systems and help newcomers to navigate through the systems.

WHAT
Newcomer nearest, Government Assisted, Privately sponsored and Convention refugees
WHERE
Access Point on Jane
WHEN
Family orientation sessions to use the Library

ONE-TO-ONE SETTLEMENT SERVICES
If you are new to Canada and want individualized support book an appointment with one of our Settlement Counsellors. They will be able to help you:

WHAT
Newcomer nearest, Government Assisted, Privately sponsored and Convention refugees
WHERE
Access Point on Jane

THIRD YEAR:
CULTURAL AWARENESS
Get to know your city better and the services it provides!

WHAT
Newcomer youth between the ages of 13 to 24 years old
WHERE
Access Point on Jane

HOMEWORK CLUB
Weekly access to a skill-sharing environment and tutors are available to help youth with their homework.

WHAT
Newcomer youth between the ages of 13 to 24 years old
WHERE
Access Point on Jane

SERVICES
Contact us at various locations in the community. Any external agencies who work with newcomers or vulnerable populations, can sometimes offer support by the district. If you are interested in booking a workshop please email us directly.
Health With Dignity

Health with Dignity is a program for people who wish to work collaboratively with their health care team in order to set goals that will improve their knowledge, skills and confidence and their experience with the health care system.

Heath With Dignity

Health with Dignity is an initiative of Access Alliance designed to help people in the communities we serve better navigate the health system and enhance self-management. It is a program for people who wish to work collaboratively with their health care team in order to set goals that will improve their knowledge, skills and confidence and their experience with the health care system. Health with Dignity is delivered by a multi-disciplinary team Nurse Manager, Registered Nurse, Occupational Therapist and Medical Secretary.

The HWD team provides:
- Primary care services – care planning and primary care/chronic disease management
- Health care coordination and navigation
- Client education and support

WHO: Newcomers and residents facing barriers who are attached to a primary care provider at Access Alliance.

WHEN: Please speak to your doctor or nurse practitioner.

WHERE: AccessPoint on Jane

For more information on the Health with Dignity program, please visit: http://accessalliance.ca/health-with-dignity/

Newly insured walk-in clinic

Our goal at the nurse-led walk-in clinic is to serve uninsured persons by facilitating equitable access to primary health care services. Uninsured persons can access episodic and preventive health screening, as well as connection to ongoing primary care in the community.

Referrals are made to other health care providers and specialists if required.门诊者 are available to see uninsured pregnant women on Thursday evening.

Telephone interpretation is available.

WHO: NMR is available to residents living in the city of Toronto who do not have health care insurance for reasons including:
- Limited wait period for OHIP
- No legal immigration status
- Temporary Foreign workers without healthcare coverage and cannot afford private insurance
- Refugees Claimants without OHIP
- Homeless without OHIP status
- Medical OHIP

WHEN: Mondays and Thursdays, 4 pm to 7:30 pm

WHERE: AccessPoint on Jane

NIWIC is a partnership between – Access Alliance Multicultural Health and Community Services, Black Creek Community Health Centre, Davenport-Perth Neighbourhood Community Health Centre, LAMP Community Health Care, Renal Community Health Centre, Stonegate Community Health Centre and Union Health and Community Services.

TALK TO US!

At Access Alliance we value client feedback.

We would like to make this book work for you, your families, neighbors and friends. So, please feel free to email us and tell us what you liked and what you would like to change or add to the book.

talktous@accessalliance.ca

ACCESS ALLIANCE COLLEGE
340 COLLEGE STREET, SUITE 500
TORONTO, ON
M5T 3A9
(416) 324-8677

ACCESS ALLIANCE
Multicultural Health and Community Services
Downtown Location

WE ARE COMMITTED TO IMPROVING ACCESS TO HEALTH CARE AND COMMUNITY PROGRAMS BY PROVIDING INTERPRETATION IN OVER 150 LANGUAGES.

LET US KNOW YOUR LANGUAGE PREFERENCE!

PÂTEZ-NOUS CONNAÎTRE VOTRE PRÉFÉRENCHE DE LANGUE!
**PARENTING IN CANADA FOR NEWCOMERS SERIES**

Parenting can be difficult for newcomers. Here are some workshops thatprovide a space to talk about and get information on issues such as:
- Child protection law and positive discipline
- Planning a budget for chefs and youth
- How to access programs for children and youth

**NEWCOMERS COOKING TOGETHER - TRAINING (PIER LEADERS)**

This Pier Leader training program for previous participants of the Newcomers Cooking Together peer who are interested in becoming Peer Leaders. Each Pier Leader attends 25 hours of training with Access Alliance's Registered Dietitians. Topics covered aim to increase skills in basic nutrition, food handling, healthy eating (for teens), and lots more.

**NEWCOMERS COOKING TOGETHER - TRAINING (PIER LEADERS)**

<table>
<thead>
<tr>
<th>WHEN</th>
<th>WHERE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weekly</td>
<td>Access Alliance at 340 College</td>
</tr>
</tbody>
</table>

**COUNSELLING AND THERAPY**

Our professional Social Workers and Counsellor Therapists provide counseling services and advice to newcomers and residents of all ages who live in the City of Toronto. Our services are confidential and language accessible.

**INFORMATION AND ORIENTATION WORKSHOPS**

These workshops provide information on various services offered at Access Alliance for newcomers and residents of all ages who live in the City of Toronto. Our services are confidential and language accessible.

**PARENTING IN CANADA FOR NEWCOMERS SERIES**

**NEWCOMER EDUCATION PROGRAM WORKSHOPS**

Join us on an ongoing discussion about things that matter to you – from knowing your legal rights at your workplace to finding government programs to support you while you are out of work, to finding a doctor who will visit your home when you are sick. In our new bi-weekly orientation sessions in Toronto, you will get to know new people and broaden your network for finding desirable employment and enjoyment.

**LIFE SKILLS WORKSHOPS**

These workshops provide information and orientation about life skills to navigate through systems in Canada. The following topics and information will be shared:

1. School system in Canada
2. Introduction to Health-care system in Ontario
3. Your rights as a tenant and landlord
4. Government services available for newcomers
5. Communication and conflict resolution

**NEWCOMER PROGRAM WORKSHOPS**

These workshops provide information on various services offered at Access Alliance for newcomers and residents of all ages who live in the City of Toronto. Our services are confidential and language accessible.

**INFORMATION AND ORIENTATION WORKSHOPS**

These workshops provide information on various services offered at Access Alliance for newcomers and residents of all ages who live in the City of Toronto. Our services are confidential and language accessible.

**WOMEN**

Access Alliance at 340 College

<table>
<thead>
<tr>
<th>WHEN</th>
<th>WHERE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yearly during flu season.</td>
<td>Access Alliance at 340 College</td>
</tr>
</tbody>
</table>

**NEWCOMER PROGRAM WORKSHOPS**

These workshops provide information on various services offered at Access Alliance for newcomers and residents of all ages who live in the City of Toronto. Our services are confidential and language accessible.

**INFORMATION AND ORIENTATION WORKSHOPS**

These workshops provide information on various services offered at Access Alliance for newcomers and residents of all ages who live in the City of Toronto. Our services are confidential and language accessible.

**NEWCOMER PROGRAM WORKSHOPS**

These workshops provide information on various services offered at Access Alliance for newcomers and residents of all ages who live in the City of Toronto. Our services are confidential and language accessible.

**INFORMATION AND ORIENTATION WORKSHOPS**

These workshops provide information on various services offered at Access Alliance for newcomers and residents of all ages who live in the City of Toronto. Our services are confidential and language accessible.

**NEWCOMER PROGRAM WORKSHOPS**

These workshops provide information on various services offered at Access Alliance for newcomers and residents of all ages who live in the City of Toronto. Our services are confidential and language accessible.

**INFORMATION AND ORIENTATION WORKSHOPS**

These workshops provide information on various services offered at Access Alliance for newcomers and residents of all ages who live in the City of Toronto. Our services are confidential and language accessible.

**NEWCOMER PROGRAM WORKSHOPS**

These workshops provide information on various services offered at Access Alliance for newcomers and residents of all ages who live in the City of Toronto. Our services are confidential and language accessible.

**INFORMATION AND ORIENTATION WORKSHOPS**

These workshops provide information on various services offered at Access Alliance for newcomers and residents of all ages who live in the City of Toronto. Our services are confidential and language accessible.

**NEWCOMER PROGRAM WORKSHOPS**

These workshops provide information on various services offered at Access Alliance for newcomers and residents of all ages who live in the City of Toronto. Our services are confidential and language accessible.

**INFORMATION AND ORIENTATION WORKSHOPS**

These workshops provide information on various services offered at Access Alliance for newcomers and residents of all ages who live in the City of Toronto. Our services are confidential and language accessible.

**NEWCOMER PROGRAM WORKSHOPS**

These workshops provide information on various services offered at Access Alliance for newcomers and residents of all ages who live in the City of Toronto. Our services are confidential and language accessible.

**INFORMATION AND ORIENTATION WORKSHOPS**

These workshops provide information on various services offered at Access Alliance for newcomers and residents of all ages who live in the City of Toronto. Our services are confidential and language accessible.

**NEWCOMER PROGRAM WORKSHOPS**

These workshops provide information on various services offered at Access Alliance for newcomers and residents of all ages who live in the City of Toronto. Our services are confidential and language accessible.

**INFORMATION AND ORIENTATION WORKSHOPS**

These workshops provide information on various services offered at Access Alliance for newcomers and residents of all ages who live in the City of Toronto. Our services are confidential and language accessible.

**NEWCOMER PROGRAM WORKSHOPS**

These workshops provide information on various services offered at Access Alliance for newcomers and residents of all ages who live in the City of Toronto. Our services are confidential and language accessible.

**INFORMATION AND ORIENTATION WORKSHOPS**

These workshops provide information on various services offered at Access Alliance for newcomers and residents of all ages who live in the City of Toronto. Our services are confidential and language accessible.

**NEWCOMER PROGRAM WORKSHOPS**

These workshops provide information on various services offered at Access Alliance for newcomers and residents of all ages who live in the City of Toronto. Our services are confidential and language accessible.

**INFORMATION AND ORIENTATION WORKSHOPS**

These workshops provide information on various services offered at Access Alliance for newcomers and residents of all ages who live in the City of Toronto. Our services are confidential and language accessible.
Thank you