

Health Services

Smoking Cessation Counseling

For STOP **Smoking / Betel** with a Nurse Practitioner or through Social Services

Counseling

Counselors provide support to enhance individual and community mental health capacity. You will gain insight and tools to maintain and improve mental well-being through a client-centred and non-judgmental approach.

Diabetes Prevention Program

Diabetes Type 2 is a serious disease but it can be prevented. Learn how to get healthier one step at a time and prevent diabetes now!

Settlement Services

Individualized support for all newcomers through their settlement process, including assistance with forms and applications.

Settlement Workshops

Free workshops for newcomers to Canada to provide information and answer any questions

LGBTQ+ Newcomer Workshops

A weekly program to provide resettlement support for lesbian, gay, bisexual, trans and queer+ newcomers. **Every Thursday from 4:30 pm to 7:00 pm**

SHY Clinic

Non-judgmental, confidential sexual health information and medical treatment in multiple languages. **Every Monday from 12:30 - 3pm and 4:00 - 7:00pm**

If you are not comfortable speaking English, there are free interpretation services available through Access Alliance Language Services.

Access Alliance MHCS

Access Alliance Multicultural Health and Community Services provides accessible, community-governed, inter-professional, primary health care services, including health promotion, illness prevention and treatment, chronic disease management, and individual and community capacity building. Our goal is for all people who face barriers to good health to have access to high quality primary health care within an integrated system of care.

We invite you to become a member of Access Alliance



As a member of Access Alliance, you will:

- Have the opportunity to give feedback to us about how we are doing
- Receive our annual report on a yearly basis
- Be invite to attend our Annual General Meeting
- Be part of decision making to elect our new Board Member

To become a member complete a registration form and send it back to the Office Manager by regular mail with your \$2 dollar membership fee, or you can drop it off at any of our locations:

Central Office: 340 College Street, Suite 500

East Offices: 3079 Danforth Avenue; 91 Barrington Avenue.

West office: 761 Jane Street, 2nd Floor

Access Alliance thrives on the support of our community! Visit our website to learn how to donate to Access Alliance and support our community programs.



PROGRAMS CALENDAR

October, 2017



@AccessAlliance



Access Alliance Multicultural Health and Community Services



www.accessalliance.ca

For more information about any of our programs please call: 416-693-8677

East York East Toronto Family Resources and Ontario Early Years Centre

The Toronto Beaches East York Ontario Early Years Centre is a place for children up to the age of six and their parents and caregivers to take part in programs and activities together. It also brings together a number of agencies throughout the area serving families with children 0-6 to efficiently and effectively serve local communities and neighbourhoods.

For more information call: 647-258-9783

Action for Neighbourhood Change Taylor Massey

Action for Neighbourhood Change Taylor Massey is a United Way Toronto Funded Initiative that is trusted by Neighbourhood Link Support Services. ANC Staff believes that in order for neighbourhoods to thrive, change must come from the community itself. For this reason, ANC works with residents to turn their ideas for positive change into action. ANC supports several neighbourhood associations, service networks and small grassroots initiatives.

For more information call: 416-752-8159

Access Alliance MHCS –Barrington Site (former Neighbourhood Centre)

This site provides wellness-oriented programs to newcomers, low income families and seniors at different locations including: an active seniors program on different social and recreational activities such as Coffee n' Chat, Chai and Chat, Arts & Crafts, Monthly lunch, Games, Bingo Outings and Yoga, an array of community services and family programs such as career and life skills workshops, parenting workshops and playgroups, volunteer and leadership, a free income tax clinic, snow removal services, good food box and holiday hampers.

For more information call: 416-698-1626

Access Point on Danforth
3079 Danforth Avenue,
(at Danforth and Victoria Park)
416-693-8677
www.accessalliance.ca



OCTOBER 2017



Clinic Hours:
Monday, Thursday, Friday 9:00am-5:00pm
Tuesday 12:00pm-8:00pm
Wednesday 1:00pm-5:00pm

Accesspoint on Danforth is closed on October 9

Dietitian:
Monday, Thursday 12:00pm-8:00pm
Wednesday 1:00pm-5:00pm
Settlement:
Monday, Tuesday 12:00pm-8:00pm
Thursday, Friday 9:00am-5:00pm
Wednesday 1:00pm-5:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>(NC) English Conversation Circle 3:30pm-5:00pm</p> <p>(EYET) OEYC Evening Drop-In Program 4:30pm-6:30pm</p> <p>(O) Sewing Class 3:00pm-5:00pm</p> <p>(AA) Youth R Us 4:00pm-7:00pm</p> <p>(O) Peer Nutrition Support Program 9:30-11:30am October 2, 16</p>	<p>(AA) Seniors Exercise Program 9:00am-10:00am</p> <p>(EYET) OEYC Toddling Time 1:00pm-2:00pm</p> <p>(EYET) OEYC Drop-In Program 2:00pm-3:30pm</p> <p>(O) Independent Quilters 9:00am-12:00pm</p> <p>(AA) Newcomers Cooking Together Program (for Women) 10:00am-1:00pm **registration required</p> <p>(O) DECNET Pre-Diabetes Class 4:30pm-7:00pm October 3</p> <p>(AA) Toronto Public Health Workshop on Oral Health 2:30pm-4:00pm October 3</p> <p>(AA) Newcomers Cooking Together Program (for Men) 4:00pm-7:00pm weekly starting October 24 **registration required</p> <p>(ANC) Community Reference Group Meeting 6:00pm-7:30pm October 24</p>	<p>(EYET) OEYC Drop-In Program 9:00am-11:30am</p> <p>(AA) Zumba 11:00am-12:00pm NOTE: 11:15am-12:15pm on October 4 ONLY</p> <p>(EYET) OEYC Book Corner Drop-In 4:00pm- 5:00pm</p> <p>(AA) Active Boost Senior's Program 1:30pm-2:30pm</p> <p>(AA) Healthy Living for South Asian Women 1:00-3:00pm October 11, 25</p>	<p>(AA) Seniors Exercise Program 9:00am-10:00am</p> <p>(EYET) OEYC Drop-In Program 9:00am-11:30am</p> <p>(AA) Breastfeeding Support Group 10:30am-12:30pm</p> <p>(EYET) OEYC Action for Infants Drop-In 1:30pm-3:30pm</p> <p>(EYET) Healthy Beginnings for Healthy Babies 1:30pm-3:30pm</p> <p>(AA) LGBTQ+ Newcomers Cooking Together Program 3:00pm-4:30pm</p> <p>(AA) LGBTQ+ Newcomers Resettlement Workshops 4:30pm-7:00pm</p> <p>(AA) Youth Planning Council 4:00pm-6:00pm</p> <p>(AA) Scarborough Cycles—Drop In Bike Repair 4:00pm-7:00pm</p> <p>(AA) NC Senior's Fun Club 1:00pm-4:00pm</p> <p>(AA) Workshop for Arabic speaking women 11:00am-1:30pm October 5, 19</p> <p>(AA) Neighbourhood Link—Interview Skills Workshop 10:00am-12:00pm October 12</p>	<p>(AA) Seniors Be Well Program 10:00am-11:00am</p> <p>(EYET) OEYC Drop-In Program 9:00am-11:30am</p> <p>(AA) Community Dining Program 12:30pm-2:00pm</p> <p>(AA) Newcomer Education Session —“Buying your First Home” 3:00pm-4:30pm October 6</p>	<p>(AA) Rooftop garden Drop-in 10:00am-12:00pm</p> <p>(O) Lets Dance with Peacock 12:30pm-2:30pm October 14</p> <p>(O) Dunia Design Collective 2:00pm-5:00pm weekly except October 7, 28</p> <p>(O) BCS After School Program 2:30pm-4:30pm October 14</p> <p>(O) Seminar on Health and Aging 2:00pm-5:00pm October 21</p> <p>(O) Girl Guides: 10:30am-12:00pm weekly except October 28</p> <p>(O) BCS Peacock Dance Ending Event 2:30pm -4:15pm October 7</p> <p>(O) Employment Workshop & Mentorship 11:00am-1:00pm October 7</p>
<p>CRC Hours 9:00am-8:00pm</p>	<p>CRC Hours 9:00am-8:00pm</p>	<p>CRC Hours 9:00am-5:00pm</p>	<p>CRC Hours 9:00am-8:00pm</p>	<p>CRC Hours 9:00am-5:00pm</p>	<p>CRC Hours 10:00am-5:00pm</p>
<p>Access Alliance Multicultural Health and Community Services (AA) Access Alliance MHCS</p>	<p>Action for Neighbourhood Change BUILDING STRONG NEIGHBOURHOODS TOGETHER (A) Action for Neighbourhood Change Taylor Massey</p>	<p>EYET Educate. Mediate. Empower (EYET) East York East Toronto</p>	<p>Neighbourhood Centre Building skills that build community (NC) Neighbourhood Centre</p>	<p>Ontario Early Years Centres A Place for Parents And Their Children. (EYET) Ontario Early Years Centres</p>	

APOD is closed for Thanksgiving on Monday, October 9