

Community Computer

Access to free computer and internet services that may be used to develop computer skills, enhance job search skills and create access to information. **Open weekdays from 11:00am-4:00pm**

Diaper Program

Access Alliance purchases Pure and Gentle Brand diapers at a discount and sells them at the same price to the community. Come visit us to register and purchase quality diapers and wipes at a discount from store prices. **Wednesday and Fridays 11am-4pm.**

Settlement Services

Individualized support for all newcomers through their settlement process, including assistance with forms and applications. Services offered by appointment only. Every Tuesday afternoon at our Barrington site.

Settlement Workshops

Free workshops for newcomers to Canada to provide information and answer any questions at our sister location APOD.

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 — at our sister location APOD

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! - at our sister location APOD

LGBTQ+ Newcomer Workshops

A weekly program to provide orientation and support for lesbian, gay, bisexual, trans and queer+ newcomers. **Every Thursday from 4:30 pm to 7:00 pm at our sister location APOD**

If you are not comfortable speaking English, there are free interpretation services available through Access

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 invited 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 St Suite 500

East Office: 3079 Danforth Avenue

West office: 761 Aprre St 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.

Access Alliance: Barrington Site at

**91 Barrington Ave,
East York, ON M4C 4Y9**

PROGRAMS CALENDAR

June 2018



@Access Alliance



**Access Alliance Multicultural
Health and Community Services**



www.accessalliance.ca

**For more information about any of our
programs please call: 416-698-1626**

Access Alliance MHCS - Barrington Site (Formerly known as The Neighbourhood Centre)

Our Barrington site provides wellness-oriented programs to newcomers, low income families and seniors. Programs such as Coffee n' Chat, Arts & Crafts, Monthly lunch, Word Games, Bingo Outings and Chair Yoga. All active seniors program of different social and recreational activities. We also have a variety of community services and family programs such as career and life skills workshops, parenting workshops, playgroups, a free income tax clinic, snow removal services, good food box, holiday hampers, volunteer and leadership. For more information, please call 416-698-1626.

Community Services Program

Community Services offer an array of program and services that include English Conversation Circles, Snow Removal, Good Food Box, Income Tax Clinic, Computer Access, and Volunteer and Leadership program.

Family Support Program

Family Support provides a number of services and programs for families, such as diaper program, play-groups, knitting and sewing classes, fitness classes, parenting workshops, and outings.


Seniors Active Living Centre (SALC)

The Seniors Active Living Centre (SALC) offers social, recreational and educational programs for adults over the age of 55. Activities include but not limited to Coffee n' Chat, Chair Yoga, Arts & Crafts, Yoga and Fun, Monthly Lunch, Outings, Information Sessions etc.

Access Alliance: Barrington Site 91 Barrington Avenue,
 (close to Danforth and Main Street)
 416-698-1626 Ext. 206
 www.accessalliance.ca



Service Hours: Monday — Friday : 11:00 am-4:00 pm
Settlement Services: Tuesday : 1:00 -5:00 pm
Community Computer Hours: Monday — Friday : 11:00 am-4:00pm

Monday	Tuesday	Wednesday	Thursday	Friday
<p>(AA) CSP - English Conversation Circle @ APOD June: 4,18, 25 : 3:30pm - 5:00pm Community Rooms: 1, 2 & 3</p> <p>(AA) SALC- Arts and Crafts @ 91 Barrington Ave. June: 4,18 & 25 - 1:30pm -3:00pm Youth Lounge</p> <p>(AA) SALC- Seniors' Advisory Council Meeting @ 91 Barrington Ave. June : 11 Youth Lounge</p> <p>(AA) FSP - Playgroup @ 80 Secord Ave June: 4, 11, 18 & 25 9:00 am -11:00am</p> 	<p>(AA) CSP - Good Food Box: Order Deadline @ 91 Barrington Ave. June 5 & 19: 11:00 am-4:00pm</p> <p>(AA) Settlements Services @ 91 Barrington Ave. BY APPOINTMENT ONLY June: 5, 12, 19 & 26 - 1:00 pm-5:00pm</p> <p>(AA) CSP - Yoga for Women @ APOD June: 5, 12, 19 & 26 : 10:30 am-11:30am Community Rooms: 4, 5 & 6</p> <p>(AA) FSP - Playgroup @ 80 Secord Ave June: 5, 12, 19 & 26 - 9:00 am -11:00am</p> <p>(AA) SP - Seniors' Exercise@ APOD June: 5, 12, 19 & 26 - 9:00am-10:00am Community Rooms: 4, 5 & 6</p>  <p>(APOD) Access Point On Danforth</p>	<p>(AA) CSP - Zumba @ APOD June: 13, 20 & 27 : 11:00am-12:00pm Community Rooms: 1, 2 & 3</p> <p>(AA) CSP - Healthy Living for South Asian Women - @ APOD June: 6,13,20 & 27 :1:00pm -3:00pm Community Rooms: 1, 2 & 3</p> <p>(AA) FSP - Sewing Group @ 91 Barrington Ave. June: 6, 13, 20 & 27 - 1:30pm - 3:00pm Youth Lounge</p> <p>(AA) FSP - EID CELEBRATION @ 91 Barrington Ave. June: 27 - 1:30pm - 3:00pm Multi-Purpose Room</p>  <p>(AA) Access Alliance</p>  <p>(NC) Neighbourhood Centre</p>	<p>(AA) CSP - Good Food Box: Delivery Days @ 91 Barrington Ave. June: 14 & 28: 12:00 pm -4:00pm</p> <p>(AA) CSP - Breast Feeding Support Group @ APOD June: 7, 14, 21 & 28 - 10:30am -12:30pm Community Rooms: 4, 5 & 6</p> <p>(AA) CSP - English Conversation Circle @ 91 Barrington Ave. June: 14, 21 & 28 - 1:30pm - 3:00pm Multi Purpose Room</p> <p>(AA) SP - Seniors' Exercise@ APOD June: 7, 14, 21, 28 - 9:00am-10:00am Community Rooms : 1, 2 &3</p> <p>(AA) SALC— Yoga and Fun @ APOD June: 7, 14, 21 & 28 - 12:30pm - 3:30 pm Community Rooms 1,2 &3</p> <ul style="list-style-type: none"> • Chair Yoga 1:00 -2:15 pm • Word Search/Games/Others 2:30pm-3:00pm (except June 21) • June 21: Bingo 2:30-pm-3:00pm <p>(AA) FSP - Parenting Workshops Healthy Eating and Nutrition @91 Barrington, June 14th, 9:00 am –11:00 am Youth Lounge</p> <p>Learning Through Play and Stories @ 80 Secord Ave, June: 21, 9:00 am -11:00am Community Room 1,2&3</p>	<p>(AA) SP - Seniors' Exercise@ APOD June: 1, 8, 15 , 22 - 10:00am -11:00am Community Rooms: 1, 2 & 3</p> <p>(AA) SALC- Coffee N' Chat @ 91 Barrington Avenue June: 1, 8, 15 , 22 - 1:30pm -3:00pm Multi Purpose Room</p> <p>(AA) SALC- Line Dancing @ 91 Barrington Avenue June: 1, 8, & 22 - 2:00pm -3:00pm Multi Purpose Room</p> <p>(AA) SALC—Bingo @91 Barrington Avenue June :15 -1:45 pm– 2:45 pm</p> <p>(AA) SALC— Outing to Ward's Island June :29 - 9:00– 5:00 pm</p> <p>(AA) CSP - Community Dining Program - Free Lunch Drop-in @ APOD June: 1, 8, 15 , 22 & 29 - 12:30am -2:00pm Community Rooms: 1, 2 & 3</p> <p>(AA) FSP—Movie /Popcorn/Open House— June 8th @ 91 Barrington, 10:00 am—12:30 pm</p> <hr/> <p>*SP: Seniors' Programs *SALC :Seniors Active Living Centre *FSP: Family Support Programs *CSP: Community Service Programs</p>

