

Access Point on Danforth
3079 Danforth Avenue,
(at Danforth and Victoria Park)
416-699-7920 Ext.441
www.accessalliance.ca



DECEMBER 2018







Clinic Hours:

Monday & Friday 9:00am - 5:00pm
Tuesday & Thursday 9:00pm - 8:00pm
Wednesday 1:00pm - 5:00pm

**Access Alliance will be closed on
Dec 25 & 26, 27 early closure Dec 24 & 31**

Dietitian:

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>(EYET) EarlyOn CFC Small Group Playtime 10:00am - 12:00pm Room: EYET space (Dec 3, 10 & 17)</p> <p>Back To Movement 10:30am—12:30pm Rooms: 4, 5, 6 (Registration required - Dec 3rd)</p> <p>(AA) English Conversation Circle 3:30 p.m. - 5:00pm Rooms: 1, 2 & 3</p> <p>(EYET) EarlyON CFC Drop-in 3:30 p.m. - 5:00 p.m. Rooms: EYET space (Dec 24 & 31 2:30 PM - 4pm)</p> <p>AA Early Closure Monday Dec 24th & Monday Dec 31st at 1PM on</p> <p>CRC Hours 9.00 a.m. - 5: 45 p.m.</p>  <p>Access Alliance Multicultural Health and Community Services (AA) Access Alliance MHCS</p>	<p>(O) Independent Quilters 9.00 a.m. - 12.00 p.m. Rooms: 1 & 2</p> <p>(AA) Seniors Exercise 9.00 a.m. - 10.00 a.m. Rooms: 4, 5 & 6</p> <p>(EYET) EarlyON CFC Living & learning with Baby 9:00am - 11:00am Room: EYET space (Oct 30 - Dec 11)</p> <p>(AA) Yoga for Women 10:30 a.m. - 11:30 a.m. Rooms: 4, 5 & 6</p> <p>(EYET) EarlyON CFC Toddling Time 1.00 p.m. - 2.00 p.m. Rooms: EYET space</p> <p>(EYET) EarlyON Drop-in 2.00 p.m. - 4.00 p.m. Rooms: EYET space</p> <p>(O) Afghan Cultural Group 3:00pm—6:00pm Room: 4 & 5</p> <p>(O) DECNET Pre-Diabetes Class 4:30 p.m. - 7.30 p.m. Rooms: 3 (Dec 4th)</p> <p>(AA) Green Access Youth Gardening 4:00 p.m. - 6:00 p.m. Room: Kitchen</p> <p>Holiday Dinner Rooms: 1 - 6 (Tuesday December 11th)</p> <p>CRC Hours 9.00 a.m. - 7.45 p.m.</p>	<p>(EYET) EarlyON CFC Drop-in 9.00 a.m. - 12.00 p.m. Rooms: EYET space</p> <p>(AA) Zumba for Women 11:00 a.m. - 12:00 p.m. Rooms: 1, 2 & 3</p> <p>(O) Sewing Class 3.00 p.m. - 4:30 p.m. Rooms: 1 & 2</p> <p>(AA) Healthy Living for Immigrant Women 1:00 p.m. - 3:00 p.m. Rooms: 1, 2 & 3 (Dec 12 & 28)</p> <p>(EYET) EarlyON CFC Book Corner 3:30 p.m. - 4:30 p.m. Rooms: EYET space</p> <p>CRC Hours 9.00 a.m. - 4.45 .p.m.</p>  <p>(A) Action for Neighbourhood Change</p>	<p>(AA) Seniors Exercise 9.00 a.m. - 10.00 a.m. Rooms: 1, 2 & 3 (Nov program Dec 27th)</p> <p>(EYET) EarlyON CFC Drop-in 9.00 a.m. - 12.00 a.m. Rooms: EYET space</p> <p>(AA) Breast Feeding Support Group 10:30 a.m. - 12:30 p.m. Rooms: 4, 5 & 6</p> <p>(AA)Health Care System workshop for Seniors In partnership with Settlement services 1:00pm - 3:00pm Rooms: 1, 2, 3</p> <p>(EYET) EarlyON CFC Baby and Me 1.30 p.m. - 3.30 p.m. Rooms: EYET space</p> <p>(EYET) Prenatal & Nutrition program (CPNP) 1.30 p.m. - 3.30 p.m. Rooms: 4, 5 & 6</p> <p>(AA) LGBTQ+ Newcomers Cooking Together 3.00 p.m. - 4.30 p.m. Room: Comm. Kitchen</p> <p>(AA) LGBTQ+ Newcomer Workshops 4.30 p.m. - 7.00 p.m. Rooms: 1, 2 & 3</p> <p>(AA) Drop In DIY Bike Repair 4.00 p.m. - 7.00 p.m. Rooms: 4 & 5 No DIY bike repair on Dec 27.</p> <p>Early Closure Thursday Dec 27th Close at 5pm</p> <p>CRC Hours 9.00 a.m. - 7.45 p.m.</p>  <p>Cota Inspiring Change CELEBRATING 45 YEARS</p>	<p>(EYET) EarlyON CFC Active Play indoor Drop-in 9:00a.m - 12:00p.m Rooms: EYET space</p> <p>(AA) Seniors Tai Chi 10.00 a.m. - 11.00 a.m. Rooms: 1, 2 & 3 (No program Dec 28)</p> <p>(AA) Computer Class 10:00 a.m. - 11:30 a.m. CRC - Aug 31 - Nov 2 (Registration required)</p> <p>(AA) Community Dining Program 12:30 p.m. - 2:00 p.m. Rooms: 1, 2 & 3</p> <p>(AA) Newcomers Women Support Group 10:00 a.m.—2:00 p.m. Rooms 4, 5, 6 (Dec 14th)</p> <p>CRC Hours 9.00 a.m. - 4.45 p.m.</p>  <p>EYET Educate. Mediate. Empower.</p>	<p>(O) Girls Guides 11:00am - 12:30pm Rooms: 1 & 2</p> <p>(O) BCS Free After School Program 2.30 p.m. - 4.30 p.m. Rooms: 1, 2 & 3</p> <p>(AA) Help Porttrate 9:30a.m - 4:30p.m Rooms: 1 - 6</p> <p>(o) Bengali Information and Employment Services (BIES) 2:00p.m. - 4:30p.m Rooms: 4, 5 & 6 (Sat Dec 8))</p> <p>CRC Hours 10.00 a.m. - 4.45 p.m.</p>

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 Febe 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

December 2018



@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 the EarlyON CFC - Danforth

The EarlyON Child and Family 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