

Health Services

Smoking Cessation Counseling

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

NIWIC

Walk-in clinic for episodic care for non-status, non-insured people. You do not need to be a registered client to access this service

Monday and Thursday
4.00 p.m. to 7.30 p.m.

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!

Sessions will be announced soon!

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

Monthly program to provide orientation and support for lesbian, gay, bisexual, trans and queer+ newcomers.

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 St Suite 500

East Office: 3079 Danforth Avenue

West office: 761 Jane 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.



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: 416-760-8677

Community Programs

Peer Outreach Workers

Providing instrumental support to new Government Assisted Refugees (GARS) and newcomer families with young children (0 to 12 years). Accompaniment, interpretation, information and referrals are provided. **Ask to see one today!**

Seniors Programs

We offer different activities for seniors 55+.

The main goals of the program are:

- To reduce social isolation among seniors in West Toronto.
- To increase health and well-being among seniors by offering high quality programming
- To strengthen seniors' leadership and engagement in their communities through meaningful projects volunteering opportunities

Youth Programs

Youth Programs will resume in January 2019.

If you would like to speak with a youth worker, please contact:

Justin: jmensah@accessalliance.ca

Community garden

Learn how to grow a community garden, eat what you grow and get more involved in the community. The garden is located at Maine Baldwin Park (746 Jane St) plots 117, 119, 121, 123 and 124. Please contact Gisela if you would like to have a spot for yourself by calling 416-760-8677.

Clinic: Doctors

Nurses

Counselors

Dietitian



December 2018

Clinic Hours: Mon & Thu 9.00 a.m. - 8:00 p.m., Tue 12:00 - 5:00 p.m., Wed 1.00 - 5.00 p.m

Fri 9:00- 8:00pm

Counsellors Hours: Mon 12.00 - 8.00 p.m., Tue & Fri 9.00 - 5.00 p.m., Wed 1.00 - 5.00 p.m.

Dietitians Hours: Mon 12.00 - 8.00 p.m., Thu 9.00 - 5.00 p.m.

Diabetes Education: Tue 9.00 - 5.00 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Yoga for 55+ Every Monday 10.00 - 11:00 p.m. (Room 206)</p> <p>Yoga for 55+ Monday Dec 10 10:00am - 11:00pm 11:00 am—12:00 pm Workshop “ Mental health & Wellness 101 Ca- nadian Mental health Association (Room 206)</p> <p>LGBTQ+ SUPPORT & RESETTLEMENT PROGRAM Every 3rd Monday 4.30 - 7.00 p.m. APOJ (Room 212)</p> <p>Expressive Arts (Closed Group) Monday December 3th 4:30pm—6:30 pm Access Point on Jane 761 Jane St., 2nd Floor (Room 206 &208)</p> <p>NIWIC CLINIC (for non- insured) 4.00 p.m. - 7.30 pm.</p> <p>CLINIC: 9.00 a.m. - 800 p.m.</p>	<p>Yoga for 55+ Tuesdays Dec 4, 11, 18 10.00 - 11:00 p.m. 11:00 am—12:00 pm Exercise with Cesar (Room 206)</p> <p>Holiday Community Dinner Tuesday December 18th 5:30– 7:30 pm (Dinner served at 6:00pm) Address: 761 Jane Street – 2nd Floor Contact: Cesar Calero Tel: 416.760.2815 ext. 354</p> <p>CLINIC: 12.00 p.m. - 5.00 p.m.</p>	<p>CANADIAN PRENATAL (CPNP) EVERY WEDNESDAY 1.00 p.m. - 3.00 p.m. (Room 212 & 208)</p> <p>CLINIC: 1.00 p.m. - 5.00 p.m.</p>	<p>Seniors Cooking Together Thursday Dec 6 & 20 10:00 am—1:00 pm (Room 212)</p> <p>Cardamom Kitchen Program (External Program) Thursday, Dec 13 5:00– 7:45 pm (Room 212 &CK)</p> <p>NIWIC CLINIC (for non-insured) 4.00 p.m. - 7.30 pm</p> <p>CLINIC: 9.00 a.m. - 8.00 p.m.</p>	<p>SOUP-ER CLUB Every Friday 10.00 a.m. - 1.00 p.m. (Community Kitchen & Room 212)</p> <div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>Holiday Community Dinner Tuesday December 18th, 5:30–7:30pm</p> </div> <p>CLINIC: 9.00 a.m. - 5.00 p.m.</p>	<p>Access Point on Jane 761 Jane Street, 2nd floor (at Jane & Woolner) 416-760-8677 www.accessalliance.ca</p>