

### 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 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 2<sup>nd</sup> 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

### January 2019



**Access Alliance**  
Multicultural Health and Community Services



**@AccessAlliance**



**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 Programs

The Elderly Persons' Centre (EPC) offers social, recreational and educational programs for adults over the age of 55. Activities include Coffee n' Chat, Chair Yoga, Arts & Crafts, Seniors Fun Club outing and monthly lunch.


**Access Alliance: Barrington Site : 91 Barrington Ave.**  
 (close to Danforth and Main Street)  
 416-698-1626 Ext. 206 [www.accessalliance.ca](http://www.accessalliance.ca)  
 Settlements Services  
 at Access Point On Danforth  
**BY APPOINTMENT ONLY : 416-699-7823**



# JANUARY 2019



**Service Hours: Monday - Friday : 11:00 am-4:00 pm**  
**Community Computer Hours:**  
**Monday - Friday : 11:00 am-4:00pm**  
**Access Alliance: Barrington Site will be closed on Jan. 01**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>(AA) CSP - English Conversation Circle @ APOD  <b>Jan: 7, 14, 21, 28:</b> 3:30pm - 5:00pm</p> <p>(AA) SP and EPC - Arts and Crafts @ 91 Barrington Ave.  <b>Jan:14, 28:</b> 1:30pm -3:00pm</p> <p><b>No Program : Jan 7 and 21</b></p> <p>(AA) FSP - Playgroup @ 80 Secord Ave. Unit 15  <b>Jan: 7, 14, 21, 28:</b></p>	<p>(AA) CSP - Good Food Box: <b>Order Deadline</b>  <b>Jan: 8 &amp; 22:</b> 11:00 am-4:00pm</p> <p><b>Jan: 8, 15, 22, 29:</b> 10:30 am. - 11:30pm            (AA) Yoga for Women @ APOD</p> <p>(AA) FSP - Playgroup @ 80 Secord Ave  <b>Jan: 8, 15, 22, 29:</b> 9:00 am -11:30am</p> <p>(AA) SP and EPC - Seniors' Exercise @ APOD  <b>Jan: 8, 15, 22, 29:</b> 9:00am-10:00am</p> <p>(AA) SP and EPC - Seniors' Line Dancing @ 91 Barrington Avenue  <b>Jan: 8, 15 :</b> 1:50pm- 2:50pm</p> <p>(AA) FSP - Playgroup (Holiday Party) @ 80 Secord Ave. Unit 15  <b>Jan: 22; 3:00 pm—4:30 pm.</b>  <b>Registration Required</b></p>	<p>(AA) CSP - Zumba @ APOD  <b>Jan: 16, 23, 30:</b> 11:00am - 12:00pm</p> <p>(AA) CSP - Healthy Living for Immigrant Women - @ APOD  <b>Jan: 2, 9, 16, 23, 30:</b> 1:00pm -3:00pm</p> <p>(AA) FSP - Sewing Group @ 91 Barrington Ave.  <b>Jan: 9, 16, 23, 30:</b> 1:30pm - 3:00pm</p>	<p>(AA) CSP - Good Food Box: <b>Delivery Days</b> @ 91 Barrington Ave.  <b>Jan: 17 &amp; 31:</b> 12:00 pm -4:00pm</p> <p>(AA) CSP - Breast Feeding Support Group @ APOD  <b>Jan: 3, 10, 17, 24, 31:</b> 10:30am -12:30pm</p> <p>(AA) CSP - English Conversation Circle @ 91 Barrington Ave.  <b>Jan: 10, 17, 24, 31:</b> 1:30pm - 3:00pm</p> <p>(AA) SP and EPC - Seniors' Exercise @ APOD  <b>Jan: 10, 17, 24, 31:</b> 9:00am-10:00am</p> <p>(AA) SP and EPC - Seniors' Fun Club @ APOD; <b>Jan: 10, 24 :</b> 1:00pm - 3:30pm</p> <p>- Chair Yoga 1:00pm- 2:15pm</p> <p>- Mingle/ Word search/game 2:30pm-3:00pm</p> <p><b>(AA)</b> SP and EPC -Information Session for Seniors on Financial Assistance @ APOD ; <b>Jan :31 ;</b> 1:00pm –3:00pm (includes newcomer seniors )</p> <p>(AA) FSP - Workshop  <b>Self-Care &amp; Needs Assessment</b> @ 80 Secord Ave. Unit 15  <b>Jan: 31; 9:30 am—10:30 am</b>  <b>Registration Required</b></p>	<p>(AA) SP and EPC - Seniors' Exercise @ APOD  <b>Jan: 11, 18, 25:</b> 10:00am -11:00am</p> <p>(AA) SP and EPC - Coffee N' Chat @ 91 Barrington Avenue  <b>Jan: 11, 18:</b> 1:30pm -3:00pm</p> <p>(AA) SP and EPC - Coffee N' Chat and Monthly Lunch @ 91 Barrington Avenue  <b>Jan :25 ;</b>1:30pm -3:00pm</p> <p>(AA) SP and EPC - Seniors' Zumba @ 91 Barrington Avenue  <b>Jan: 11, 18 :</b> 1:50pm– 2:50pm</p> <p><b>(AA) CSP - Community Dining Program - Free Lunch Drop-in @ APOD</b>  <b>Jan: 4, 11, 18 &amp; 25</b>            12:30pm -2:00pm            Community Rooms: 1, 2 &amp; 3</p> <hr/> <p><b>*SP: Seniors' Programs</b></p> <p><b>*SALC :Seniors' Active Living Centre</b></p> <p><b>*FSP: Family Support Programs</b></p> <p><b>*CSP: Community Service Programs</b></p>
<p><b>Access Alliance is closed for the New Year Holiday on Monday, January 1, 2018.</b></p>  <p>(NC) Neighbourhood Centre</p>	 <p>(AA) Access Alliance MHCS</p>	  <p>(APOD) Access Point On Danforth</p>		