

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



JANUARY 2019



**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  
Tuesday January 1, 2019**

**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 Drop-in 10:00 a.m. - 12.00 p.m. <b>Rooms: EYET space</b> (Jan 7—Feb 11)</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 <b>Rooms: 1, 2 &amp; 3</b></p> <p>(EYET) EarlyON CFC Drop-in 2:00 p.m. - 4.00 p.m. <b>Rooms: EYET space</b></p>	<p>(O) Independent Quilters 9.00 a.m. - 12.00 p.m. <b>Rooms: 1 &amp; 2</b></p> <p>(AA) Seniors Exercise 9.00 a.m. - 10.00 a.m. <b>Rooms: 4, 5 &amp; 6</b></p> <p>(EYET) EarlyON CFC Nobody's perfect Parenting programing 9:00am - 11:00am <b>Room: EYET space</b> (Pre-registered, Jan 8 - Feb 26)</p> <p>(AA) Yoga for Women 10:30 a.m. - 11:30 a.m. <b>Rooms: 4, 5 &amp; 6</b></p> <p>(EYET) EarlyON CFC Toddling Time 2.00 p.m. - 3.00 p.m. <b>Rooms: EYET space</b></p> <p>(EYET) EarlyON Drop-in 3.00 p.m. - 4.00 p.m. <b>Rooms: EYET space</b></p> <p>(O) DECNET Pre-Diabetes Class 4:30 p.m. - 7.30 p.m. <b>Rooms: 3 (Jan 8)</b></p> <p>Community Reference Group 5:30p.m - 7:30p.m <b>Rooms: 1, 2, 3</b></p> <p><b>Closed - January 1, 2019</b></p>	<p>(EYET) EarlyON CFC Drop-in 9.00 a.m. - 12.00 p.m. <b>Rooms: EYET space</b></p> <p>(AA) Zumba for Women 11:00 a.m. - 12:00 p.m. <b>Rooms: 1, 2 &amp; 3</b> (No program Jan 9)</p> <p>(EYET) EarlyON CFC Book Corner 3:00 p.m. - 4:00 p.m. <b>Rooms: EYET space</b></p>	<p>(AA) Seniors Exercise 9.00 a.m. - 10.00 a.m. <b>Rooms: 1, 2 &amp; 3</b> (Nov program Dec 27th)</p> <p>(EYET) EarlyON CFC Drop-in 9.00 a.m. - 12.00 a.m. <b>Rooms: EYET space</b></p> <p>(AA) Breast Feeding Support Group 10:30 a.m. - 12:30 p.m. <b>Rooms: 4, 5 &amp; 6</b></p> <p>(AA)Health Care System workshop for Seniors In partnership with Settlement services 1:00pm - 3:00pm <b>Rooms: 1, 2, 3</b></p> <p>(EYET) EarlyON CFC Baby and Me 2.00 p.m. - 4.00 p.m. <b>Rooms: EYET space</b></p> <p>(EYET) Prenatal &amp; Nutrition program (CPNP) 1.30 p.m. - 3.30 p.m. <b>Rooms: 4, 5 &amp; 6</b></p> <p>(AA) LGBTQ+ Newcomers Cooking Together 3.00 p.m. - 4.30 p.m. <b>Room: Comm. Kitchen</b></p> <p>(AA) LGBTQ+ Newcomer Workshops 4.30 p.m. - 7.00 p.m. <b>Rooms: 1, 2 &amp; 3</b></p> <p>(AA) Drop In DIY Bike Repair 4.00 p.m. - 7.00 p.m. <b>Rooms: 4 &amp; 5</b></p>	<p>(EYET) EarlyON CFC Active Play indoor Drop-in 9:00a.m - 12:00p.m <b>Rooms: EYET space</b></p> <p>(AA) Seniors Tai Chi 10.00 a.m. - 11.00 a.m. <b>Rooms: 1, 2 &amp; 3</b></p> <p>(AA) Community Dining Program 12:30 p.m. - 2:00 p.m. <b>Rooms: 1, 2 &amp; 3</b></p> <p>(AA) Newcomers Women Support Group 10:00 a.m.– 2:00 p.m. <b>Rooms 4, 5, 6</b> (Jan 11th)</p> <p>(AA) Syrian Women Needlework program 12:00p.m - 3:00pm Rooms: 4, 5, 6 (Jan 18th &amp; 25th)</p>	<p>(O) Girls Guides 11:00am - 12:30pm <b>Rooms: 1 &amp; 2</b></p> <p>(O) BCS Free After School Program 2.30 p.m. - 4.30 p.m. <b>Rooms: 1, 2 &amp; 3</b></p> <p>(O) Cancer Prevention workshop (BIES) 2:00pm - 4:30pm <b>Rooms: 4, 5, 6</b> (Jan 12)</p> <p>(O) KUET Seminar 11:30a.m - 3:00 p.m <b>Rooms: 4, 5, 6</b> (Jan 19)</p>
CRC Hours 9.00 a.m. - 4.45 p.m.	CRC Hours 9.00 a.m. - 7.45 p.m.	CRC Hours 9.00 a.m. - 4.45 .p.m.	CRC Hours 9.00 a.m. - 7.45 p.m.	CRC Hours 9.00 a.m. - 4.45 p.m.	CRC Hours 10.00 a.m. - 4.45 p.m.
<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</p>	<p>Cota Inspiring Change CELEBRATING 45 YEARS</p>	<p>EYET Educate. Mediate. Empower.</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, 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.



## **PROGRAMS CALENDAR**

### **January 2019**



**@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