

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 Mare 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

March 2019



Access Alliance
Multicultural Health and Community Services



@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 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 Avenue,
 (close to Danforth and Main Street)
 416-698-1626
 www.accessalliance.ca



MARCH 2019



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 Mar: 5, 12, 19, 26 : 3:30pm - 5:00pm</p> <p>(AA) SP and SALC - Arts and Crafts @ 91 Barrington Ave. Mar: 18, 25: 1:30pm -3:00pm No Arts and Crafts on March 4, Mar11</p> <p>(AA) FSP - Playgroup @ 80 Secord Ave Mar: 4, 18, 25: 9:00 am—11:30 am</p> <p>(AA) FSP - Playgroup March Break Adventures @ 80 Secord Ave Mar: 11: 10:00 am – 1:00 pm</p> <hr/> <p>*SP: Seniors' Programs *SALC: Seniors' Active Living Centre *CSP: Community Service Programs *FSP: Family Support Programs</p>	<p>(AA) CSP - Good Food Box: Order Deadline Mar: 05 & 19 :11:00 am-4:00pm</p> <p>(AA) Yoga for Women @ APOD Mar: 6, 13, 20, 27 : 10:30 am-11:30am</p> <p>(AA) FSP - Playgroup @ 80 Secord Ave, Unit 15 Mar: 5, 19, 26: 9:00 am -11:30am</p> <p>(AA) SP and SALC- Seniors' Exercise @ APOD Mar: 5 ,12,19,26 9::15am-10:15am</p> <p>(AA) SP and SALC - Seniors' Line Dancing @ 91 Barrington Avenue Mar: 19, 26 1:50 - 2:50pm No Line Dancing on Mar 5, Mar 12</p> <p>((AA) FSP - Playgroup</p> <p>March Break Adventures @ 80 Secord Ave, Unit 15 Mar: 12: 10:00 am –1:00 pm</p> <div style="border: 1px solid purple; background-color: #e6e6fa; padding: 5px; text-align: center;"> <p>International Women's Day event on Friday, March 08, 2019 from 10:00AM - 2:00PM</p> </div>	<p>(AA) CSP - Good Food Box: Delivery Days @ 91 Barrington Ave. Mar: 14 & 28: 12:00 pm -4:00pm</p> <p>(AA) CSP - Zumba @ APOD Mar: 14, 21, 28 : 11:00am-12:00pm</p> <p>(AA) CSP - Healthy Living for South Asian Women - @ APOD Mar: 14 & 28 :1:00pm -3:00pm</p> <p>(AA) FSP - Sewing Group @ 91 Barrington Ave, Youth Lounge Mar: 6, 20, 27: 1:30pm - 3:00pm</p> <p>(AA) CSP - Free Income Tax Program @ 10 Gower Park Place BY APPOINTMENT ONLY Mar: 7, 14, 21 & 28 - 2:00pm - 5:00pm</p> <p>(AA) FSP - Playgroup March Break Adventures @ 80 Secord Ave, Unit 15 Mar: 13, 10:00 am –1:00 pm</p>	<p>(AA) CSP - Breast Feeding Support Group @ APOD Mar: 7, 14, 21, 28: 10:30am -12:30pm</p> <p>(AA) CSP - English Conversation Circle @ 91 Barrington Ave. Mar: 7, 14, 21, 28: 1:30pm - 3:00pm</p> <p>(AA) SP and SALC - Seniors' Exercise @ APOD Mar: 7, 14, 21, 28: 9:15am-10:15am</p> <p>(AA) SP and SALC- Seniors' Yoga and Fun @ APOD Mar:7, 21, 28 : 1:00pm - 3:00pm</p> <ul style="list-style-type: none"> Chair Yoga 1:00pm -2:15pm Word Search/Game/Mingle 2:30pm - 3:00pm <p>No Yoga and Fun on Mar 14</p> <p>(AA) FSP - Playgroup March Break Adventures @ 80 Secord Ave, Unit 15 Mar: 14, 10:00 am –1:00 pm</p> <p>AA) FSP - Parenting Workshop Picky Eaters @ 80 Secord Ave, Unit 15 Mar: 28; 9:30 am—11:00 am</p>	<p>(AA) SP and SALC- Seniors' Exercise @ APOD Mar: 1,15,22,29 :10:00am -11:00am No Seniors' Exercise on Mar 8</p> <p>(AA) SP and SALC- Coffee N' Chat @91 Barrington Avenue Mar: 1, 8, 22 :1:30pm -3:00pm No Coffee N' Chat on Mar 15</p> <p>(AA) SP and SALC- Seniors Zumba @ 91 Barrington Avenue Mar: 1, 8, 22 : 1:50pm—2:50pm No Seniors' Zumba on Mar 15</p> <p>(AA) SP and SALC- Coffee N Chat and Monthly Lunch @ 91 Barrington Avenue Mar: 29: 1:30pm- 3:00pm</p> <p>(AA) FSP - Playgroup March Break Adventures @ 80 Secord Ave, Unit 15 Mar: 15, 10:00 am –1:00 pm</p> <p>(AA) FSP - CPR TRAINING @ 80 Secord Ave, Unit 15 Mar: 29; 9:30 am – 2:30 pm</p> <p>(AA) CSP - Community Dining Program - Free Lunch Drop-in @ APOD Mar: 1, 15, 22, 29 12:30pm -2:00pm Community Rooms: 1, 2 & 3</p>



(AA) Access Alliance MHCS



(APOD) Access Point On Danforth



(NC) Neighbourhood Centre