

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



MARCH 2019



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

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 10:00 a.m. - 12:00 p.m. Rooms: EYET Space (Mar 4 - Apr 8)</p> <p>(AA) Oral Health for Kids Info. Session for newcomers 10:00a.m. - 11:30a.m. Rooms: 4, 5, 6 (Mar 11)</p> <p>(AA) English Conversation Circle 3:30 p.m. - 5:00pm Rooms: 1, 2 & 3</p> <p>(EYET) EarlyON CFC Drop-in 2:00 p.m. - 4.00 p.m. Rooms: EYET space</p>	<p>(O) Independent Quilters 9.00 a.m. - 12.00 p.m. Rooms: 1 & 2</p> <p>(AA) Seniors Exercise 9.15 a.m. - 10.15 a.m. Rooms: 4, 5 & 6</p> <p>(EYET) EarlyON CFC Nutrition workshop 9:00 a.m. - 11:30 a.m. Rooms: EYET space (Mar 12 & 19)</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 2.00 p.m. - 3.00 p.m. Rooms: EYET space</p> <p>(EYET) EarlyON Drop-in 3.00 p.m. - 4.00 p.m. Rooms: EYET space</p> <p>(AA) Youth Program 4:00p.m. - 6 p.m. Rooms: Youth Space</p> <p>(O) DECNET Pre-Diabetes Class 4:30 p.m. - 7.30 p.m. Rooms: 6 (Mar 5)</p> <p>(AA) Movie Night 5:00p.m. - 6:30p.m. Rooms: 1, 2, 3 (Mar 26)</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 (No program Mar 6)</p> <p>(AA) Healthy Living for Immigrant Women 1:00pm - 3:00pm Rooms: 1, 2, 3 (Mar 13 & 27)</p> <p>(EYET) EarlyON CFC Book Corner 3:00 p.m. - 4:00 p.m. Rooms: EYET space</p> <p>(AA) Chat with a Settlement worker 1:00 p.m. - 4:30 p.m. Rooms: CRC</p>	<p>(AA) Seniors Exercise 9.15 a.m. - 10.15 a.m. Rooms: 1, 2 & 3</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) Seniors Program Yoga & Fun 1:00 p.m - 3:00 p.m. Rooms: 1, 2, 3 - 1:15 Chair Yoga - 2:30 - 30 word Search/ other Games (No program Mar 14th)</p> <p>(EYET) EarlyON CFC Baby and Me 2.00 p.m. - 4.00 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+ Newcomer Cooking together 3:00p.m - 5:00p.m Rooms: 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</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 March 8)</p> <p>(AA) Computer Tutoring 10:00a.m - 12:00p.m Room: CRC (Registration required) (No program March 8)</p> <p>(AA) Community Dining Program 12:30 p.m. - 2:00 p.m. Rooms: 1, 2 & 3 (No program March 8)</p> <p>(AA) Arabic speaking Women Needlework program 1:00p.m - 3:00pm Rooms: 4, 5, 6 (Mar 1, 15, 22, 29)</p> <p>(AA) International Women's Day Event 10:00a.m - 2:00p.m Rooms: 1 - 6 (March 8)</p>	<p>(O) Girls Guides 11:00 a.m. - 12:30 p.m. 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) Garden SEED SWAP and KNOWLEDGE SWAP 1:00p.m - 4:00p.m Rooms: 4, 5, 6 (March 2)</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>EYET Educate. Mediate. Empower.</p>	<p>Action for Neighbourhood Change BUILDING STRONG NEIGHBOURHOODS TOGETHER (A) Action for Neighbourhood Change</p>	<p>Cota Inspiring Change CELEBRATING 45 YEARS</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

March 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