

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

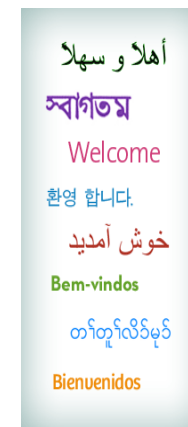
West office: 761 Jane St 2nd Floor

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

March 2019



@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 Program Sessions

Join us for trips, activities and educational sessions. This is a very great way to meet new friends, build skills and get to know your community. Please contact Justin Mensah— by e-mail jmensah@accessalliance.ca, or phone 416-760-2815-Ext 351

March Break Camps

1-Overnight Camping Trip

Connect with nature this March Break, learn more about the outdoors for newcomer youth

Contact Justin to register

@jmensah@accessalliance.ca

or 416-760-2815X351

2-Daytime Camp

We have an activity every day for you to see the city, experience something new, and get to know Canada. Newcomer youth are welcome.

Contact Jobelle to register @

jdeleon@accessalliance.ca or 416-699-7920 X442

Food and transportation are provided.

Clinic: Doctors
Nurses
Counselors
Dietitian



March 2019

Clinic Hours: Mon & Thu 9:00 a.m. - 8:00 p.m., **Tue** 9:00 a.m.- 5:00 p.m., **Wed** 1.00 - 5:00 p.m.
 Fri 9:00 a.m.– 5:00p.m.
Counsellors Hours: Mon 12:00 - 8:00 p.m., **Tue, Thu & Fri** 9:00 a.m.- 5:00 p.m.
Wed 1:00 - 5:00 p.m.
Dietitians Hours: Mon 12:00 - 8:00 p.m., **Thu** 9:00 a.m.- 5:00 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SENIORS CLUB Every Monday 10.00—am 12:00 p.m Yoga & Bingo (Room 206)</p> <p>LGBTQ NEWCOMER PROGRAM Monday, March 18 Contact Julia @ jeden@accessalliance.ca 5:00 - 7.00 p.m. APOJ (Room 212)</p> <p>NIWIC CLINIC (for non Insured) 4.00 p.m. - 7.30 p.m.</p> <p>CLINIC: 9:00 a.m. - 8:00 p.m.</p>	<p>SENIORS FITNESS SYMPOSIUM Tuesday March 5th 1:00 - 4:00 p.m @ 33 Pritchard Ave (basement) For registration call Cesar 416-760-2815 Ext 354</p> <p>SENIORS CLUB Tuesdays March 12, 19 & 26 10.00 am- 12:00 pm. (Room 206)</p> <p>SETTLEMENT WORKSHOP Self Care for Parents March 12 1:30—3:30 pm Room (212)</p> <p>NCT-HEART HEALTH Food is Medicine Tuesdays February 19th – April 2nd 11:00am - 2:00pm Registration required– Call Jennifer: 416-760-2815 X 265 (Community Kitchen & Room 212)</p> <p>CLINIC: 9:00 a.m. - 5:00 p.m.</p>	<p>CANADIAN PRENATAL (CPNP) WEDNESDAYS 1.00 p.m. - 3.00 p.m. (Room 212 & 208)</p> <div data-bbox="954 747 1626 1120" style="border: 2px solid black; padding: 10px; text-align: center;"> <p>International Women’s Day Celebration</p> <p>Friday March 8th, 2019</p> <p>12:00—2:30pm @ AccessPoint on Jane,761 Jane</p> <p>Snacks, speeches, art performances and so much more! For Info contact Thuy 416-760-2815 Ext 242</p> </div> <p>CLINIC: 1:00 p.m. - 5:00 p.m.</p>	<p>YOUTH PROGRAM SESSIONS Thursday March 7, 21, 28 4:00—6:00p.m. Contact Justin jmensah@accessalliance.ca (Room 206-Youth Space)</p> <p>CLINIC: 9:00 a.m. - 8:00 p.m.</p>	<p>SOUP-ER CLUB Friday March 15, 22, & 29 10.00 a.m. - 1.00 p.m. (Community Kitchen & Room 212)</p> <p>CLINIC: 9:00 a.m. - 5:00 p.m.</p>	<p>INCOME TAX CLINIC Saturdays from March 02– April 27 10:00 am—3:30 pm By appointment only Call Fatma @ 416-760-2815 EXT 350</p> <div data-bbox="1680 673 2553 1161" style="border: 2px solid black; padding: 10px; text-align: center;"> <p>March Break Camps For Youth Register Now !</p> <p>March 12–14, 2019</p> <p>For Free Overnight Camping Trip to Geneva Park</p> <p>Contact : Justin @ jmensah@accessalliance.ca -416-760-2815 X351</p> <p>For Free Daytime March Break Camp</p> <p>Contact : Jobelle @ jdeleon@accessallinca.ca—416-699-7920 X 442</p> </div> <p>Access Point on Jane 761 Jane Street, 2nd floor (at Jane & Woolner) 416-760-8677 www.accessalliance.ca</p>