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.

Counselling
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 invited 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.

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+.
- To reduce social isolation among seniors in West Toronto.
- To increase health and well-being among seniors by offering high quality programing
- 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.

For more information about any of our programs please call: 416-760-8677

www.accessalliance.ca

Programs Calendar

JULY 2019
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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</thead>
<tbody>
<tr>
<td><strong>SENIORS CLUB</strong></td>
<td><strong>SENIORS CLUB</strong></td>
<td><strong>CANADIAN PRENATAL P. (CPNP)</strong></td>
<td><strong>SENIORS CLUB</strong></td>
<td><strong>SOUP-ER CLUB</strong></td>
<td><strong>NIWIC CLINIC (for non-insured)</strong></td>
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<tr>
<td>10:00 — 10:45 a.m. Walking Group</td>
<td>10:00 a.m. — 12:00 p.m. Guru Activities - Cooking Mentoring</td>
<td>1:00 p.m. - 3:00 p.m. (Room 212 &amp; 208)</td>
<td>12:00 — 12:45 a.m. Cardio \ Dance By Cesar Calero (Room 208)</td>
<td><strong>Fridays</strong></td>
<td>4:00 p.m. - 7:30 p.m.</td>
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<tr>
<td>11:00—11:45 a.m. Stretch, Flex &amp; Relax</td>
<td>1:00—3:00 p.m. Computer Basics (Room 212)</td>
<td><strong>SETTLEMENT WORKSHOP</strong></td>
<td>2:30 p.m. — 3:15 p.m. Resistance Strength Exercise By Cesar Calero (Room 208)</td>
<td><strong>Fridays June 21 &amp; 28</strong></td>
<td><strong>4:00 p.m. - 7:30 p.m.</strong></td>
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<tr>
<td>12:00—12:45 p.m. Cardio \ Dance By Cesar Calero (Room 208)</td>
<td><strong>NIWIC CLINIC</strong></td>
<td><strong>SENIORS CLUB</strong></td>
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<td><strong>NIWIC CLINIC (for non-insured)</strong></td>
<td><strong>CLINIC:</strong></td>
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<td><strong>GARDEN PROGRAM</strong></td>
<td><strong>CLINIC:</strong></td>
<td><strong>CLINIC:</strong></td>
<td><strong>CLINIC:</strong></td>
<td><strong>CLINIC:</strong></td>
<td><strong>9:00 a.m. - 8:00 p.m.</strong></td>
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<td>5:00—7:00 P.M.</td>
<td><strong>9:00 a.m. - 5:00 p.m.</strong></td>
<td><strong>1:00 p.m. - 5:00 p.m.</strong></td>
<td><strong>9:00 a.m. - 8:00 p.m.</strong></td>
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<td><strong>LGBTQ NEWCOMER PROGRAM</strong></td>
<td><strong>CLINIC:</strong></td>
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<td>Monday, July 21st</td>
<td><strong>9:00 a.m. - 5:00 p.m.</strong></td>
<td><strong>9:00 a.m. - 5:00 p.m.</strong></td>
<td><strong>9:00 a.m. - 8:00 p.m.</strong></td>
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<tr>
<td>5:00 - 7.00 p.m. APOJ (Room 212)</td>
<td><strong>9:00 a.m. - 5:00 p.m.</strong></td>
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**NIWIC CLINIC (for non-insured)** 4.00 p.m. - 7.30 p.m.

**CLINIC:** 9:00 a.m. - 8:00 p.m.

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**Save the Date!!**

**August 1st, 2019**

We are celebrating with the community our

**Summer Splash Event**

At Woolner Park

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**Access Point on Jane**

761 Jane Street, 2nd floor (at Jane & Woolner)

416-760-8677

www.accessalliance.ca