

COMMUNITY PROGRAMS AND SERVICES

Fall 2025–Winter 2026

Programs and services for clients, newcomers, immigrants, refugees and their communities.



Get ready for your visit

GET INFORMATION

Contact us to find out how to register or make an appointment for programs and services:

- AccessPoint on Danforth: EastPrograms@AccessAlliance.ca
- AccessPoint on Jane: WestPrograms@AccessAlliance.ca
- Online Programs: OnlinePrograms@AccessAlliance.ca

LET US KNOW YOUR LANGUAGE PREFERENCES

We are committed to improving access to health care and community programs by providing interpretation in over 180 languages.

CHECK FOR UPDATES

You can find the most up-to-date times, dates and program information by checking our online program calendar: accessalliance.ca/program-calendar

READ ABOUT CLIENT RIGHTS AND RESPONSIBILITIES

We believe in working in partnership with clients to promote health and well-being. [Read about your rights and responsibilities here.](#)



DO YOU NEED A PHYSICIAN OR A NURSE PRACTITIONER?

Access Alliance provides primary healthcare services within an interdisciplinary team to people living in Toronto who do not have a doctor.

If you have lived in Canada for more than six months without status and/or if you are returning to Canada and waiting for your OHIP, you may be eligible to access primary care at one of our three Access Alliance locations.

For more information please visit: accessalliance.ca/programs-services/primary-health-care-services/

Access Alliance Primary Health Care Initiatives:

Access to Primary Care

Access Alliance's Primary Health Care team is a multidisciplinary team including certified diabetes educators, community health nurses, interpreters, medical secretaries, nurse practitioners, physicians, psychiatrists (through the Toronto Urban Health Alliance), registered dietitians, registered practical nurses, registered social workers/therapists, a physiotherapist, and occupational therapist.

Are you a Toronto resident with an M postal code, and you do not have a doctor? Our Primary Health Care team provides primary health care, illness and disease prevention and health education services to immigrants and refugees of all ages, who are made vulnerable by inequitable systems.

We also work in our local communities with people who are affected by the social determinants of health, which often include poverty, racialization of poverty, lack of status and health insurance, and other barriers.

Do you require interpretation services to communicate with your doctor in your home language? We are committed to providing culturally sensitive and language-accessible health care to disadvantaged refugees and newcomers to Canada. Clients are referred to us from immigrant and refugee-serving organizations and through our outreach work in local communities.



Access Alliance Primary Health Care Initiatives (*continued*):

Health with Dignity: Fast Access to Care Clinics

Our Fast Access to Care Clinics (FACC) are onsite and offsite clinics providing episodic care through a single patient encounter, mainly serving individuals who do not have regular access to a primary care provider.

These clinics focus on addressing immediate health concerns, offering culturally relevant care. They aim to deliver targeted care based on community needs, and to facilitate the placement of patients into ongoing primary care.

This model helps bridge gaps in the healthcare system by ensuring that vulnerable and underserved populations receive timely and appropriate care while connecting them to continuous support through primary care networks.

The following two clinics are current Fast Access to Care clinics:

Non-Insured Walk-In Clinic

One of our onsite FACCs is the Non-Insured Walk-In Clinic (NIWIC), a welcoming space for residents of Toronto who do not have a family doctor, nor have current coverage under the Ontario Health Insurance Program (OHIP), Interim Federal Health Program (IFHP), or Ontario Temporary Health Program (OTHP).

We offer confidential primary care and support at no charge, on a “walk-in” and appointment basis. Our clinic team includes a nurse practitioner (NP), nurse, midwife, secretary and peer health support worker. Midwife services are available on Thursdays from 12 pm to 7:30 pm, and the NIWIC is closed on all statutory holidays.

We are located at AccessPoint on Jane, 761 Jane Street (2nd Floor). Our number is 416-760-8677. For more info: accessalliance.ca/programs-services/primary-health-care-services/non-insured-walk-in-clinic

Open Door

This program aims to improve the health of high priority communities in Toronto’s west end. Active in many neighbourhoods, Open Door Program brings important health information, resources and support directly to residents living in those communities. This is an initiative of the Mid-West Toronto Ontario Health Team (OHT), with Access Alliance as the lead agency. Bringing services directly to those communities in the form of pop-up health information kiosks, group education sessions, and health coaching, Open Door is very accessible to local residents. With Community Health Ambassadors supporting the outreach, we offer services such as:

- Preventative care: blood pressure checks and diabetic foot assessments; help with setting and implementing personalized goals to get healthy and stay healthy;
- Health coaching to help individuals identify and address problems that get in the way of doing everyday activities;
- Information about cancer screening, vaccinations and many chronic conditions, such as diabetes, hypertension and osteoporosis;
- Group education sessions about healthy living, managing chronic conditions, mental health and other topics;
- Support with finding a doctor, community resources, services and supports, or
- Identifying to and responding to other community needs related to health and wellness.

To learn more about this initiative, access health coaching or find out about the dates and locations of our pop-up information kiosks, please contact a member of our team at: Info.OpenDoor@AccessAlliance.ca



ACCESSPOINT ON DANFORTH



Child and Family Programs
Secord Community Centre
91 Barrington Avenue
Toronto, ON
M4C 4Y9

AccessPoint on Danforth
3079 Danforth Avenue
Toronto, ON
M1L 1A8
416-693-8677



Morning schedule: FALL 2025/WINTER 2026

IN-PERSON

Monday

EarlyON Drop-in Program
Oct. 2–Mar. 31, 9:30 am–4:30 pm

East Effort Program
9:30 am–4:30 pm

Employment Support Services
2nd & 4th Monday, 9:30 am–1 pm

Family Wellbeing Program
9:30 am–4:30 pm

Positive Parenting
Nov. 3–17, 9:15–11:15 am

Social/Emotional Workshop
Jan. 19, 9:15–11:15 am

Tuesday

EarlyON Drop-in Program
Oct. 2–Mar. 31, 9:30 am–4:30 pm

East Effort Program
9:30 am–4:30 pm

Green Access Garden Stewards
Until Oct. 21, 10:30 am–12 pm

NCT: Heart Health
Oct. 7–Nov. 11, 10:30 am–1:30 pm

Women’s Wellness (Fresh Start)
Feb. 17–Mar. 24
10:30 am–12:30 pm

Wednesday

East Effort Program
9:30 am–4:30 pm

Family Wellbeing Program
9:30 am–4:30 pm

Thursday

EarlyON Drop-in Program
Oct. 2–Mar. 31, 9:30 am–4:30 pm

East Effort Program
9:30 am–4:30 pm

Child Development
March 5, 9:15–11:15 am

Growth & Development
Dec. 4, 9:15–11:15 am

Immunization in Pregnancy & Children 0-6 years old
Oct. 30, 9:15–11:15 am

Potty Training
Feb. 12, 9:15–11:15 am

Safety
Oct. 16, 9:15–11:15 am

Screen Time
Nov. 13, 9:15–11:15 am

Seniors’ Cardio & Resistance
11–11:45 am

Seniors’ Fitness Registration Day
Oct. 2 & Jan. 8, 10–11 am

Seniors’ Understanding Mental Health & Wellbeing (Depression)
Mar. 5, 11 am–12:30 pm

Friday

Drop-in Bike Tune-up & Safety Check: Lawrence-Orton
Oct. 2–Mar. 27, 11 am–4 pm

EarlyON Drop-in Program
Oct. 2–Mar. 31, 9 am–1 pm

East Effort Program
9:30 am–4:30 pm

Family Wellbeing Program
9:30 am–4:30 pm

Healthy Living for Seniors
Oct. 10–Nov. 14, 10 am–12 pm

International Women’s Day
March 6, 10 am–12 pm

Seniors’ Intro Fitness
Nov. 21–Mar. 27, 11 am–12 pm

Seniors’ Seated Yoga
9:45–10:45 am

Saturday

Green Access Garden Stewards
Until Oct. 21, 10 am–12 pm

Harvest Festival
Oct. 25, 11:30 am–2 pm

Income Tax Clinic
Mar. 7–Apr. 25, 10 am–4 pm

Newcomer Family Outing: McMichael Art Collection
Feb. 21, 11 am–3 pm

PDP2 Community Garden
Last Sat. of month, 10 am–12 pm
Ends Oct. 25 & restarts Mar. 28

Seedy Saturday
Feb. 28, 11:30 am–1:30 pm

Program descriptions on following pages.



Afternoon schedule: FALL 2025/WINTER 2026

IN-PERSON

Monday

- Affordable Housing Options**
Jan. 12, 1:30-3:30 pm
- Employment Rights**
Oct. 21, 1:30-3:30 pm
- Housing Financial Assistance**
Feb. 9, 1:30-3:30 pm
- Income Tax 101**
Nov. 17, 1:30-3:30 pm
- Job Skills & Training**
Oct.6, 1:30-3:30 pm
- Know Your Rights**
Mar. 16, 1:30-3:30 pm
- Money Management**
Nov. 3, 1:30-3:30 pm
- Rediscovering Yourself**
Jan. 26, 1:30-3:30 pm
- Tenancy Support**
Feb. 23, 1:30-3:30 pm
- Workers' Health & Safety**
Dec. 15, 1:30-3:30 pm

Tuesday

- Benefits and Resources for People with Disabilities**
Feb. 24, 6-7 pm
- Bike Match: Lawrence-Orton**
Oct. 21, 2-6 pm
- Community Reference Group**
Nov. 11 & Feb. 10, 6-7:30 pm
- Holiday Dinner**
Dec. 9, 5-7:30 pm
- Nesting Grounds: Art for Wellbeing**
Oct. 7-Mar.31, 1-3 pm
- Newcomer Youth & Young Adults: Newcomers Cooking Together**
Sept. 2-Nov. 18, 3:30-7 pm
- Newcomer Young Adults: From the World to the 6ix**
Sept. 2-Mar. 31, 3:30-4:45 pm
- Newcomer Young Adults: Transform into a Life Champion**
Sept. 2-Mar. 31, 5-6 pm
- Newcomer Young Adults: Making Canada Home!**
Sept. 2-Mar. 31, 6:15-7 pm
- Tuesday Tunes**
Sept. 2-Feb. 3, 4:30-6:30 pm
- Yoga for Moms**
Oct. 28-Dec. 9 & Jan. 20-Feb. 24 1:30-2:30 pm
- Zumba**
Sept. 9-Oct. 24 & Mar. 3-Apr. 17 1:30-2:30 pm

Wednesday

- Food Preservation from Around the World**
Sept. 17-Nov.5, 1-3 pm
- Income Tax Clinic**
Mar. 4-Apr. 29, 12-4 pm
- Financial Literacy**
Feb. 11-25, Mar. 11-18, 1:30-3:30 pm
- Government Financial Support**
Mar. 18, 1:30-3:30 pm
- Newcomer Women's Support Group**
Oct. 8 & 15, Nov. 12-26, Dec. 17 1:30-3:30 pm
- Stress Management While Preparing for Your IRB Hearing**
Nov. 26, 1:30-2:30 pm

Thursday

- Among Friends**
Ongoing, 5-7 pm
- Seniors' Bingo & Tea & Chat**
1:30-2:30 pm or 3-4 pm
- DIY Bike Repair: Lawrence-Orton**
Oct. 7-Mar. 31, 2-6 pm
- Drop-in Bike Tune-up & Safety Check: Danforth**
Oct. 2-Mar.27, 1-5 pm
- Filing an Income Tax Return**
Mar. 26, 1-3 pm
- Message Makers**
Oct. 2, 9, 16 & 30, 5:30-7 pm
- Newcomer High School Youth: Emerging Minds Youth Hub**
Sept. 4-Mar. 26, 3:30-7 pm
- Riding in All Weather Conditions**
Nov. 6, 5:30-6:30 pm
- Seniors' Gentle Fitness**
12-1 pm
- Slow Roll Group Ride**
Oct. 30, 6-7 pm

Friday

- Black History Month**
Feb. 20, 12-2 pm
- Community Dining Program**
Ongoing, 12-2 pm
- Costume Party**
Oct. 31, 2:30-4:30 pm
- Seniors' Arts & Crafts**
1:30-2:30 pm
- Seniors' Sing-a-long**
2:45-4:15 pm
- Thanksgiving Potluck**
Oct. 10, 1-3 pm
- Zumba**
Sept. 9-Oct. 24 & Mar. 3-Apr. 17, 1:30-2:30 pm

Saturday

- Grow All Winter**
Sept. 12-Nov. 7, 1-2 pm

Program descriptions on following pages.

ALLIED HEALTH

To register for Allied Health programs, please email: Dietitians@AccessAlliance.ca

NEWCOMERS COOKING TOGETHER (NCT): HEART HEALTH EDITION

A fun cooking program for newcomers! You'll learn how to make lots of culturally diverse, delicious recipes using whole food ingredients. They'll be tasty AND nutritious!

WHO: Newcomer adults

WHEN: Tuesdays, Oct. 7–Nov. 11
10:30 am–1:30 pm

WHERE: AccessPoint on Danforth

WOMEN'S WELLNESS (FRESH START)

Laugh, learn, and share experiences with the guidance of a registered dietitian and a social worker. Each session will include an arts-based activity connected to improving your health.

WHO: Newcomer women

WHEN: Tuesdays, Feb. 17–Mar. 24
10:30 am–12:30 pm

WHERE: AccessPoint on Danforth



CHILD AND FAMILY

To register for Child and Family programs, please email: ChildAndFamily@AccessAlliance.ca

CHILD DEVELOPMENT

Explore the different ages and stages of your child's development. This is a program for families with children 0-6 years old. We welcome all newcomer and 2SLGBTQI+ families.

WHO: Families with children 0-6 years old

WHEN: Thursday, March 5, 9:15–11:15 am

WHERE: 91 Barrington Ave.
Secord Community Centre

COSTUME PARTY

Come dressed as your favourite character, animal or person. We'll sing, dance, eat yummy treats and do other special activities. A welcoming space for newcomer families!

WHO: Families with children 0-6 years old

WHEN: Friday, Oct. 31, 2:30–4:30 pm

WHERE: 91 Barrington Ave.
Secord Community Centre

DIAPER PROGRAM

Newcomer parents—do you struggle to find diapers at affordable prices? Contact us to discuss our diaper program!

WHO: Families with young children

WHEN: By appointment
Wednesdays & Fridays

WHERE: 91 Barrington Ave.
Secord Community Centre

EARLYON DROP-IN PROGRAM

Do you have children 0-6 years old? Drop in for arts and crafts, singing and stories. We welcome all families. [Register directly here.](#)

WHO: Families with children 0-6 years old

WHEN: October 2–March 31

Mondays: 9:30 am–4:30 pm

Tuesdays: 9:30 am–4:30 pm

Thursdays: 9:30 am–4:30 pm

Fridays: 9 am–1 pm

WHERE: 91 Barrington Ave.
Secord Community Centre

GROWTH AND DEVELOPMENT

Discover tools to track your child's development, and learn about the connection between development and behaviour. Explore ideas and tips to encourage a child's overall healthy development.

WHO: Families with children 2-6 years old

WHEN: Thursday, Dec. 4, 9:15–11:15 am

WHERE: 101 Barrington Ave.
Secord School Garden

HEALTHY CHILD SCREENING

Meet with our health professionals and other clinical workers to check your child's teeth, ears, eyesight, and other developmental markers. While you're here, learn about nutritious foods from our dietitian! *Registration is required.*

WHO: Families with children 2-6 years old

WHEN: March–May 2026, exact dates TBD

WHERE: AccessPoint on Danforth

INTERNATIONAL WOMEN'S DAY

Join us to celebrate women from different cultures and learn the meaning of International Woman's Day. We'll have performances, guest speakers, games and raffle prizes! Want to share your story/journey? Please note that when you register, and the organizer will contact you with more info.

WHO: Families with children 0-6 years old
WHEN: **Friday, March 6, 10 am–2 pm**
WHERE: AccessPoint on Danforth

IMMUNIZATION IN PREGNANCY AND CHILDREN 0-6 YEARS OLD

Explore the benefits, safety, and effectiveness of vaccination and the importance of staying up to date. Also, learn about which vaccines are recommended in pregnancy, and while breastfeeding.

WHO: Families with children 0-6 years old
WHEN: **Thursday, Oct. 30, 9:15–11:15 am**
WHERE: 91 Barrington Ave.
Secord Community Centre

POTTY TRAINING

Are you ready to toilet train your toddler/preschooler? If so, join us to learn when your child is ready. Let's avoid the struggles of toilet training! A welcoming space for newcomers and and 2SLGBTQ+ families.

WHO: Families with children 0-6 years old
WHEN: **Thursday, Feb. 12, 9:15–11:15 am**
WHERE: 91 Barrington Ave.
Secord Community Centre

POSITIVE PARENTING

Discover ways you can help to positively guide your children's behaviour. Learn about temperament, why children misbehave, and positive parenting strategies that can be used to reduce difficult behaviours.

WHO: Families with children 0-6 years old
WHEN: **Mondays, Nov. 3–17, 9:15–11:15 am**
WHERE: 91 Barrington Ave.
Secord Community Centre

SAFETY

Learn about childhood injuries and how to keep children safe as they grow. We'll cover environmental and home safety, car seat safety, and more! A welcoming space for newcomers.

WHO: Families with children 0-6 years old
WHEN: **Thursday, Oct. 16, 9:15–11:15 am**
WHERE: 91 Barrington Ave.
Secord Community Centre

SCREEN TIME

Join this interactive workshop full of practical tips on managing screen time. Learn about the impact of screens on development, how to set healthy habits, and strategies to create screen-free routines that support growth and well-being.

WHO: Families with children 0-6 years old
WHEN: **Thursday, Nov. 13, 9:15–11:15 am**
WHERE: 91 Barrington Ave.
Secord Community Centre

SOCIAL/EMOTIONAL WORKSHOP

Teach your children how to share, take turns and follow instructions. Share your ideas, while you learn from others!

WHO: Families with children 0-6 years old
WHEN: **Monday, January 19, 9:15–11:15 am**
WHERE: 91 Barrington Ave.
Secord Community Centre

THANKSGIVING CELEBRATION POTLUCK

Gather together and give thanks at this potluck celebration for all families with children 0-6. We'll have food, fun activities, games and prizes. Please bring a dish and join us!

WHO: Families with children 0-6 years old
WHEN: **Friday, Oct. 10, 1–3 pm**
WHERE: 91 Barrington Ave.
Secord Community Centre

YOGA FOR MOMS

RELAX, RELATE, RELEASE. Learn basic, easy yoga movements from our certified instructor. Childcare is available for children 1- 6 years old.

WHO: Families with children 0-6 years old
WHEN: **Tuesdays, Oct. 28–Dec. 9 & Jan. 20–Feb. 24, 1:30–2:30 pm**
WHERE: 91 Barrington Ave.
Secord Community Centre

ZUMBA

Zumba is a form of exercise based on Latin American dance rhythms. It's easy to learn, and fun to do! All newcomer families are welcome. Childcare is provided for children aged 1 and up.

WHO: Families with children 0-6 years old
WHEN: **Tuesdays and Fridays Sept. 9–Oct. 24 & Mar. 3– Apr. 17 1:30–2:30 pm**
WHERE: 91 Barrington Ave.
Secord Community Centre

COMMUNITY ACTION

To register for Community programs, please email: CommunityAction@AccessAlliance.ca

COMMUNITY REFERENCE GROUP (CRG)

Are you a newcomer who's passionate about important issues in your community? Join the CRG! Engage in meaningful discussions, provide feedback on programs/services, gain leadership skills, and participate in professional development opportunities.

WHO: Newcomers, community members

WHEN: Nov. 11 & Feb. 10 (quarterly)
6–7:30 pm

WHERE: AccessPoint on Danforth



Peer Community Outreach Worker Program

Our Peer Community Outreach Workers are part of an interdisciplinary team, providing language-appropriate and culturally-sensitive information, referrals, and social support to newcomer families, conducting outreach in selected communities, delivering workshops and facilitating groups.

For more info: CommunityAction@AccessAlliance.ca

EAST EFFORT PROGRAM

Meet with Community Health Ambassadors for resources and info on vaccinations, cancer screening, chronic disease management, mental health, and food security to residents of Oakridge, Taylor-Massey, and surrounding communities.

WHO: Newcomers living in Oakridge & Taylor Massey

WHEN: Monday–Friday, 9:30 am–4:30 pm

WHERE: AccessPoint on Danforth

FAMILY WELLBEING PROGRAM

Support for parents, caregivers, and extended family members with youth (10-29 years old) at risk of crime or violence. Scarborough participants are eligible for 1-on-1 service navigation supports to build family confidence and improve the youth's health outcomes. To register: FamilyWellbeing@AccessAlliance.ca

WHO: Newcomer families living in Scarborough

WHEN: Monday, Wednesday, Friday
9:30 am–4:30 pm

WHERE: AccessPoint on Danforth

COMMUNITY SERVICES

To register for Community programs, please email: CommunityEast@AccessAlliance.ca

AFFORDABLE HOUSING OPTIONS: INFO SESSION FOR NEWCOMERS

Come and learn from a Housing Support Worker about the multiple housing rental choices available in the Greater Toronto Area. Sign up to receive a free updated housing list every week.

WHO: Newcomers, community members

WHEN: Monday, Jan. 12, 1:30–3:30 pm

WHERE: AccessPoint on Danforth

BLACK HISTORY MONTH

Celebrate Black History Month with a community meal! Learn about the rich history of Black people in Canada, and enjoy a hot Caribbean meal, music, and raffle prizes.

WHO: Newcomers, community members

WHEN: Friday, Feb. 20, 12–2 pm

WHERE: AccessPoint on Danforth

COMMUNITY DINING PROGRAM

Serving free, freshly prepared, nutritious meals to newcomers and other community members on a weekly basis. Enjoy a warm meal and socialize in a welcoming and inclusive environment.

WHO: Newcomers, community members

WHEN: Fridays, 12–2 pm

(Closed on Dec. 26 & Apr. 3)

WHERE: AccessPoint on Danforth

EMPLOYMENT RIGHTS: INFO SESSION FOR NEWCOMERS

Get informed about your rights under the Ontario Employment Standards Act. Know the reasons for termination of employment, and find out if you're entitled to termination pay or employment insurance. Learn where to go with problems related to your employment.

WHO: Newcomers, community members
WHEN: Monday, Oct. 21, 1:30–3:30 pm
WHERE: AccessPoint on Danforth

EMPLOYMENT SUPPORT SERVICES

In partnership with The Neighborhood Group (TNG), employment counselling and supports are available for newcomers and other community members. Benefits include resources for training programs and job searching, and a unique return-to-work plan. *To book an appointment, please complete a referral form at our Community Resource Centre desk.*

WHO: Newcomers, community members
WHEN: 2nd & 4th Monday of the month
9:30 am–1 pm
WHERE: AccessPoint on Danforth

HOLIDAY DINNER

Join us for a holiday dinner to celebrate the season! Come for a free hot meal, as well as activities and giveaways for the whole family to enjoy. *Registration is required.*

WHO: Clients & residents of the Taylor Massey & Oakridge neighbourhoods
WHEN: Tuesday, Dec. 9, 5–7:30 pm
WHERE: AccessPoint on Danforth

HOUSING FINANCIAL ASSISTANCE PROGRAMS: INFO SESSION FOR NEWCOMERS

Did you know there are financial assistance programs available to help you cover certain costs related to your monthly housing expenses? Join us to learn more!

WHO: Newcomers, community members
WHEN: Monday, Feb. 9, 1:30–3:30 pm
WHERE: AccessPoint on Danforth

INCOME TAX 101: INFO SESSION FOR NEWCOMERS

We'll dispel myths and reduce tax-filing anxiety as we share info on the income tax system, the benefits of filing taxes and how to file taxes.

WHO: Newcomers, community members
WHEN: Monday, Nov. 17, 1:30–3:30 pm
WHERE: AccessPoint on Danforth

INCOME TAX CLINIC

In partnership with the Canada Revenue Agency (CRA), free income tax filing is available to newcomers with low-to-medium individual or family income in east Toronto. If you meet the eligibility criteria, contact us to book an appointment for in-person service.

WHO: Newcomers, community members
WHEN: March 4–April 29
Wednesdays 12–4 pm
Saturdays 10 am–4 pm
WHERE: AccessPoint on Danforth

JOB SKILLS & TRAINING: INFO SESSION FOR NEWCOMERS

Are you looking for a job? Join us to learn about different job skills training programs and resources that are available to newcomers.

WHO: Newcomers, community members
WHEN: Monday, Oct. 6, 1:30–3:30 pm
WHERE: AccessPoint on Danforth

KNOW YOUR RIGHTS: INFO SESSION FOR NEWCOMERS

Do you know what the Ontario Human Rights Code is? Join us to learn about the code, and develop strategies to deal with discrimination.

WHO: Newcomers, community members
WHEN: Monday, Mar. 16, 1:30–3:30 pm
WHERE: AccessPoint on Danforth

MONEY MANAGEMENT: INFO SESSION FOR NEWCOMERS

Understand your relationship with money, and learn the importance of budgeting, saving and investing in your child's education.

WHO: Newcomers, community members
WHEN: Monday, Nov. 3, 1:30–3:30 pm
WHERE: AccessPoint on Danforth

Community Resource Centre (CRC)

The Community Resource Centre (CRC) at AccessPoint on Danforth is open to clients and community members for information, referrals, and access to computers for printing, faxing and copying services on:

Monday: 9:30 am–4:30 pm

Tuesday: 9:30 am–7:30 pm

Wednesday: 1–4:30 pm

Thursday: 9:30 am–7:30 pm

Friday: 9:30 am–4:30 pm

Saturday: 9:30 am–4:30 pm

Contact: 416-699-7920 ext. 4229

REDISCOVERING YOURSELF IN A NEW ENVIRONMENT: INFO SESSION FOR NEWCOMERS

Explore the complexities of migration and the social factors that shape the settlement process for newcomer and immigrant communities.

WHO: Newcomers, community members
WHEN: Monday, Jan. 26, 1:30–3:30 pm
WHERE: AccessPoint on Danforth

TENANCY SUPPORT: INFO SESSION FOR NEWCOMERS

Get informed about landlord/tenant rights and responsibilities while connecting to community services that can help you stay in your home.

WHO: Newcomers, community members
WHEN: Monday, Feb. 23, 1:30–3:30 pm
WHERE: AccessPoint on Danforth

WORKERS' HEALTH & SAFETY: INFO SESSION FOR NEWCOMERS

Join us to discuss responsibilities that the worker, supervisor and employer have in addressing workplace health, and learn how to get support.

WHO: Newcomers, community members
WHEN: Monday, Dec. 15, 1:30–3:30 pm
WHERE: AccessPoint on Danforth

Newcomer Wellbeing Workshop

These workshops at our Danforth and Jane locations are for newcomers of all ages who want to learn about mental wellbeing strategies.

Learn how to manage stress and anxiety, use your body as a strength resource, communicate needs and boundaries effectively, find resources within your community, and more.

Feel more empowered to speak about your mental health!

For more info: Arts@AccessAlliance.ca

EXPRESSIVE ARTS

To register for Expressive Arts programs, please email: Arts@AccessAlliance.ca

MESSAGE MAKERS

Newcomer youth—amplify your voice! Develop advocacy skills, design posters, and create positive change in your community! Explore key newcomer themes like settlement, belonging, rights, and representation through workshops, storytelling, and community action.

WHO: Newcomer young adults (18-24 years old)
WHEN: Thursdays, Oct. 2, 9, 16 & 30, 5:30–7 pm
WHERE: AccessPoint on Danforth

NESTING GROUNDS: ART FOR WELLBEING

Join us for art-making over a warm cup of tea alongside friends and community members. You will learn new forms of art, and wellbeing strategies and techniques for sustainable mental wellbeing. Each month, a new community artist will join us to teach new art forms and mental wellbeing themes!

WHO: Newcomers, community members
WHEN: Tuesdays, Oct. 7–Mar. 31, 1–3 pm
WHERE: AccessPoint on Danforth

TUESDAY TUNES

Join us in the rooftop garden to soak up the sunshine and fresh air while making music together. We'll play instruments, sing our favorite songs, and even create new music as a group. Everyone is welcome!

WHO: Newcomers, community members
WHEN: Tuesdays, Oct. 7–Feb. 3, 4:30–6:30 pm
WHERE: AccessPoint on Danforth

GREEN ACCESS

To register for Green Access programs, please email: GreenAccess@AccessAlliance.ca

FUN WITH FERMENTATION

Learn about the many cultures that have befriended bacteria to make nutritious and delicious foods. Learn how fermentation helps avoid food waste, save money, and improve digestive health!

WHO: Newcomers, community members
WHEN: Tuesdays, starts Sept. 24, 4:30–6 pm
WHERE: AccessPoint on Danforth

FOOD PRESERVATION FROM AROUND THE WORLD

Explore different methods of food preservation from around the world while you sample delicious flavours, made to last!

WHO: Newcomers, community members
WHEN: Wednesdays, Sept. 17–Nov. 5, 1–3 pm
WHERE: AccessPoint on Danforth





Our Green Roof

Our Green Access Program uses the green roof at our AccessPoint on Danforth hub as a launching pad for activities that build skills around food and gardening.

The program brings together community development, environmental education, and health.

For more information: accessalliance.ca/programs-services/green-access-program

SCHOOL VISITS TO THE ROOFTOP

Local elementary schools can book a fun and educational visit to the rooftop garden on weekday mornings or afternoons. We offer curriculum-linked, outdoor, garden-based programs. Schools will be provided with registration links to book directly.

September–October. Tuesdays 1–2 pm and Thursdays 10:30–11:30 am.

Contact: GreenAccess@accessalliance.ca

GREEN ACCESS GARDEN STEWARDS

Support the cultivation of organic produce on our rooftop garden. A perfect program for those who want to learn to grow food and enjoy being active outdoors. Earn volunteer hours!

WHO: Garden stewards

WHEN: **Until Oct. 21, Tuesdays 10:30 am–12 pm & Saturdays, 10 am–12 pm**

WHERE: AccessPoint on Danforth

GROW ALL WINTER

Learn how to grow all winter long. All you need is a window and some creativity!

WHO: Newcomers, community members

WHEN: **Saturdays, Sept. 27–Nov. 8, 1 pm–2 pm**

WHERE: AccessPoint on Danforth

PRAIRIE DRIVE PARK 2 (PDP2) COMMUNITY GARDEN GOVERNANCE

PDP2 gardeners, join us to cultivate your community via monthly meetings and work days. Exchange gardening skills and tips, and work on a productive garden!

WHO: PDP2 gardeners

WHEN: **Last Saturday of each month (ends last week of Oct., restarts last week of Mar. 2026), 10 am–12 pm**

WHERE: Prairie Drive Park (70 Prairie Drive)
Meetings may be online as required.

HARVEST FESTIVAL

Join us to celebrate the harvest from our rooftop garden and local community gardens!

WHO: Newcomers, community members

WHEN: **Saturday, Oct. 25, 11:30 am–2 pm**

WHERE: AccessPoint on Danforth

SEEDY SATURDAY

This event, in collaboration with T.U.G Seeds of Diversity—and other community agencies—is focussed on sharing the seeds saved by individuals and organizations across the city. Join us for speakers, seeds and activities!

WHO: Newcomers, community members

WHEN: **Saturday, Feb. 28, 11:30 am–1:30 pm**

WHERE: AccessPoint on Danforth

SCARBOROUGH CYCLES

To register for Scarborough Cycles programs, please email: ScarboroughCycles@AccessAlliance.ca

BIKE MATCH

We've teamed up with the Women's Cycling Network to provide refurbished bikes to women who need one. Please visit BikeMatchWCN.com to register. *Registration is required.*

WHO: Women

WHEN: **Tuesday, Oct. 21, 9, 2-6 pm**

Lawrence-Orton Bicycle Repair Hub
3939 Lawrence Ave. E

(Enter via doors on north side lawn)

DO-IT-YOURSELF DROP-IN BIKE REPAIR

Fix and maintain your own bike, with guidance from our staff. For more info: scarboroughcycles.ca/drop-in-bike-repair

WHO: Everyone

WHEN: **October 7–March 31, Tuesdays 2–6 pm**

WHERE: Lawrence-Orton Bicycle Repair Hub
3939 Lawrence Ave. E

(Enter via doors on north side lawn)

DROP-IN BIKE TUNE UP & SAFETY CHECK

Drop by for tune-ups, minor bike repairs, and safety checks, completed by our staff and volunteers. For more info: scarboroughcycles.ca/drop-in-bike-repair

WHO: Everyone

WHEN: October 2–March 27

WHERE: AccessPoint on Danforth
(West side of building)
Thursdays, 1–5 pm

Lawrence-Orton Bicycle Repair Hub
3939 Lawrence Ave. E
(Enter via doors on north side lawn)
Fridays, 11 am–4 pm

RIDING IN ALL WEATHER CONDITIONS

Join us for a workshop with Cycle Toronto and make all-season riding a breeze! Get tips on bike maintenance, what to wear, and safe riding techniques.

WHO: Everyone

WHEN: Thursday, Nov. 6, 5:30–6:30 pm

WHERE: AccessPoint on Danforth

SLOW ROLL GROUP RIDE

Join us for a 7 km bike ride in our community. A great opportunity for newcomers to get to know the area. We ride at an easy pace and no one is left behind. Suitable for those who have some experience riding in traffic. For more info: scarboroughcycles.ca/group-rides

WHO: Everyone

WHEN: Thursday, Oct. 30, 6–7 pm

WHERE: AccessPoint on Danforth

NEWCOMER, IMMIGRANT & REFUGEE SENIORS (55+ YEARS)

To register for Seniors' programs, please email: Seniors@AccessAlliance.ca

HEALTHY LIVING FOR SENIORS

Are you 65 years+? Do you wonder if you're eating and exercising the right way? Join our Fitness Instructor and Registered Dietitian to learn how to age well, with exercise and good nutrition. Find out how small changes can make a big difference—all in a friendly environment! *Registration is required.*

WHO: Newcomer and other seniors

WHEN: Fridays, Oct. 10–Nov. 14, 10 am–12 pm

WHERE: AccessPoint on Danforth

SENIORS' ARTS & CRAFTS

Newcomers and established seniors can share their culture and experiences and learn from each other while making jewellery, colouring and knitting.

WHO: Newcomer and other seniors

WHEN: Fridays, 1:30–2:30 pm

WHERE: AccessPoint on Danforth

SENIORS' BINGO & TEA & CHAT

Register for one of two weekly sessions newcomers and other seniors. Connect and have fun playing bingo and enjoying tea, coffee, and snacks.

WHO: Newcomer and other seniors

WHEN: Thursdays, 1:30–2:30 pm or 3–4 pm

WHERE: AccessPoint on Danforth

SENIORS' CARDIO & RESISTANCE

Get your heart pumping with dance aerobics, an energetic playlist, weight-lifting and stretches. This class is a higher-intensity experience for seniors' 55+. *Registration is required.*

WHO: Newcomer and other seniors

WHEN: Thursdays, 11–11:45 am

WHERE: AccessPoint on Danforth

SENIORS' GENTLE FITNESS

Join us for a fun and accessible class with dance aerobics and exercise bands. You'll become stronger, more flexible, and more independent. *Registration is required.*

WHO: Newcomer and other seniors

WHEN: Thursdays, 12–1 pm

WHERE: AccessPoint on Danforth

Newcomer Seniors' Fitness Programs Registration Day (Danforth):

Access Alliance offers free fitness activities for newcomer seniors aged 55+ at AccessPoint on Danforth. Due to high demand for our free exercise programs, participants must register in person at AccessPoint on Danforth every 3 months, on Registration Day. Dates and times are listed below. Questions? Please contact us for more information: Seniors@AccessAlliance.ca

FALL 2025/WINTER 2026 SENIORS' PROGRAM REGISTRATION DAYS FOR ACCESSPOINT ON DANFORTH:

Thursday, Oct. 2, 10–11 am (FALL) & Thursday, Jan. 8, 10–11 am (WINTER)

SENIORS' INTRO TO FITNESS

Are you interested in exercising more? Join this small and welcoming group, where you can move and learn at your own pace. This class is for seniors who have not attended Access Alliance fitness classes in the past. *Registration is required.*

WHO: Newcomer seniors

WHEN: Fridays, Nov. 21–Mar. 27, 11 am–12 pm

WHERE: AccessPoint on Danforth (and on Zoom)

SENIORS' LINE DANCING

Fitness and friendship come together on the dance floor! Enjoy dancing in a group using easy-to-follow steps. Increase your endurance, balance, and coordination while making friends. *Registration is required.*

WHO: Newcomer and other seniors

WHEN: Thursdays, 9:30–10:45 am

WHERE: AccessPoint on Danforth neighbourhood

SENIORS' SEATED YOGA

Calm your body and your mind with this accessible class, perfect for beginners and those who prefer a seated experience. Regular seated yoga practice improves flexibility, strength, and balance while also reducing stress. *Registration is required.*

WHO: Newcomer and other seniors

WHEN: Fridays, 9:45–10:45 am

WHERE: AccessPoint on Danforth (and on Zoom)

SENIORS' SING-A-LONG

Sing along to popular and multicultural songs! No professional singing skills needed. Learn about other cultures and share songs from your home country.

WHO: Newcomer and other seniors

WHEN: Fridays, 2:45–4:15 pm

WHERE: AccessPoint on Danforth



Snow Removal Program for East End Seniors :

Are you a senior homeowner who needs help with snow shovelling?

Are you 18+ and able to provide snow shovelling for senior homeowners?

The [Access Alliance Snow Removal Program](#) links seniors looking for help clearing snow from their property with qualified shovellers looking to help seniors while earning money.

Seniors pay \$20/hour for snow shovelling, and receive check-in calls from staff.

Areas served: City of Toronto Wards 20 (Scarborough Southwest) and 19 (Beaches-East York). Catchment area: Eglinton Ave East, Lake Ontario, Brimley Road, Main Street.

For more information or to register, contact Shaheda at 416-699-7920 ext.4226 or by email at SnowRemoval@AccessAlliance.ca

UNDERSTANDING MENTAL HEALTH & WELLBEING LATER IN LIFE: DEPRESSION

This workshop—developed by The Centre for Addiction and Mental Health—provides information and resources on the topic of depression for seniors and older adults. *Registration is required.*

WHO: Newcomer and other seniors

WHEN: Thursday, Mar. 5, 11 am–12:30 pm

WHERE: AccessPoint on Danforth

SETTLEMENT

To register for Settlement programs, please email: Settlement@AccessAlliance.ca

To register for Among Friends 2SLGBTQI+ programs, please email: AmongFriends@AccessAlliance.ca

AMONG FRIENDS 2SLGBTQI+ NEWCOMERS

Explore life in Canada as a 2SLGBTQI+ newcomer. Learn about preparing for your immigration hearing, navigating health and other systems, employment and education, and mental health and wellbeing. You can also join us online via Zoom. *For registered Among Friends clients only.*

WHO: 2SLGBTQI+ newcomers (registered clients)

WHEN: Thursdays, 5–7 pm

WHERE: AccessPoint on Danforth (and on Zoom)

BENEFITS & RESOURCES FOR PEOPLE WITH DISABILITIES: INFO SESSION FOR NEWCOMERS

Learn about available benefits, resources, and system accommodations for people with disabilities, for a smoother and more successful introduction to your new home in Canada.

WHO: Newcomers

WHEN: Tuesday, Feb. 24, 6–7 pm

WHERE: AccessPoint on Danforth

FILING AN INCOME TAX RETURN

Explore the advantages and disadvantages of filing an income tax return annually, particularly if you're on government financial assistance. Learn what details you need to provide when using a free tax clinic.

WHO: Newcomers

WHEN: Thursday, March 26, 1–3 pm

WHERE: AccessPoint on Danforth

FINANCIAL LITERACY: INFO SESSION FOR NEWCOMERS

Let's talk about banking, money management, debt and more! Build your language skills while learning how to manage your finances effectively in Canada and make informed decisions about your new life in Canada.

WHO: Newcomers

WHEN: Wednesdays, Feb. 11–25 & Mar. 11–18
1:30–3:30 pm

WHERE: AccessPoint on Danforth

GOVERNMENT FINANCIAL SUPPORT: INFO SESSION FOR NEWCOMERS

Join us for information about available government financial supports, eligibility requirements and how to apply for them.

WHO: Newcomers

WHEN: Wednesday, Mar. 18, 1:30–3:30 pm

WHERE: AccessPoint on Danforth

STRESS MANAGEMENT WHILE PREPARING FOR YOUR IRB HEARING: INFO SESSION FOR NEWCOMERS

Are you a newcomer preparing for your Immigration and Refugee Board (IRB) hearing? Discover skills and tools to help manage your stress during this challenging time.

WHO: Newcomers

WHEN: Wednesday, Nov. 26, 1:30–2:30 pm

WHERE: AccessPoint on Danforth

NEWCOMER FAMILY OUTING: MCMICHAEL CANADIAN ART COLLECTION

Bring your family to learn about First Nations and Inuit art, culture and history, and to explore the beautiful grounds.

WHO: Newcomers

WHEN: Saturday, Feb. 21, 11 am–3 pm

WHERE: Meet at AccessPoint on Danforth

NEWCOMER WOMEN'S SUPPORT GROUP

Join other newcomer women to learn about important settlement topics and connect with each other for a smoother integration into Canadian society.

WHO: Newcomer women

WHEN: Wednesdays & Fridays, Jan 14, 21, 23, 30
1:30–3:30 pm

WHERE: AccessPoint on Danforth

NEWCOMER YOUTH

To register for Newcomer Youth programs, email: Youth@AccessAlliance.ca

NEWCOMER HIGH SCHOOL YOUTH & YOUNG ADULTS: NEWCOMERS COOKING TOGETHER

Hang out, cook together, and learn about healthy eating!

WHO: Newcomer youth & young adults (13-24 yrs)

WHEN: Tuesdays, Sept. 2–Nov. 18, 3:30–7 pm

WHERE: AccessPoint on Danforth

NEWCOMER HIGH SCHOOL YOUTH:

YOUTH CONNECTIONS

We provide newcomer youth with information and referral services to community programs, local resources, job and volunteer opportunities. No appointment needed.

Call 416-886-6184 (Danforth) on Wednesdays between 12 & 3 pm or 647-465-3825 (Jane) on Thursdays between 12 & 3 pm or email: Youth@AccessAlliance.ca.

EMERGING MINDS FROM AROUND THE WORLD YOUTH HUB

Grow, learn, and enjoy fun activities and workshops. Our counsellor therapist will provide support and guidance, and our nurse practitioner will answer any health-related questions. Snacks are provided. Come on down, bring your friends, and make some memories!

WHO: Newcomer high school youth

WHEN: Thursdays, Sept. 4–Mar. 26
3:30–7:00 pm

WHERE: AccessPoint on Danforth

NEWCOMER YOUNG ADULTS ARTS PROGRAM: FROM THE WORLD TO THE 6IX

The ultimate arts experience! This unique program combines both creativity and nourishment. With the guidance of our experienced youth workers, explore ways to express yourself through painting, drawing and singing. Snacks and TTC tickets are provided.

WHO: Newcomer young adults (18-24 yrs)

WHEN: Tuesdays, Sept. 2–Mar. 31, 3:30–4:45 pm

WHERE: AccessPoint on Danforth

NEWCOMER YOUNG ADULTS: TRANSFORM

INTO A LIFE CHAMPION

Take control of your life! Whether it's managing your day-to-day, figuring out your passions, or achieving your goals, this program will provide you with the tools and skills to succeed and become the best version of yourself. Learn to live independently and make informed decisions about life in Canada, while also gaining life skills and employment support.

WHO: Newcomer young adults (18-24 yrs)
WHEN: Tuesdays, Sept. 2–Mar. 31, 5–6 pm
WHERE: AccessPoint on Danforth

NEWCOMER YOUNG ADULTS: MAKING CANADA HOME!

A perfect way to settle in and start creating memories with new friends, while integrating into the Canadian culture. Join us for hands-on workshops and field trips that will help you increase your knowledge about life in Canada and gain a greater sense of belonging in your new community.

WHO: Newcomer young adults (18-24 yrs)
WHEN: Tuesdays, Sept. 2–Mar. 31
6:15–7 pm
WHERE: AccessPoint on Danforth



ARE YOU A NEWCOMER HIGH SCHOOL STUDENT AT GREENWOOD SECONDARY SCHOOL?

If you attend Greenwood SS, check out these programs taking place at your school! Contact Youth@AccessAlliance.ca for more details:

Cooking Club Program

Mondays, 2:30–5 pm (September 8–March 26)

A safe, supportive space where you can develop practical life skills through hands-on cooking sessions. Learn to prepare simple, nutritious meals while learning about other cultures, and building confidence in the kitchen. Discover social connection, teamwork and healthy eating habits in relaxed community focused environment. No prior cooking experience is required!

Seriously Salads

Mondays, 10:30–11:30 am (September 8–March 26)

Join this fun salad bar program to learn about making healthier food choices today, and in the future.

Greenwood SS Boys' Program

Mondays, 11:30 am–12:30 pm (September 8–March 26)

Express ideas, understand emotions, and make decisions in a safe, nonjudgmental community so you can strengthen your skills and build resiliency when challenged.

Greenwood SS Girls' Group

Fridays, 11:30 am–1:30 pm (September 8–March 26)

Express ideas, understand emotions, and make decisions in a safe, nonjudgmental community so you can strengthen your skills and build resiliency when challenged.

ACCESSPOINT ON JANE



Downtown College Site
340 College Street, Suite 500
Toronto, ON
M5T 3A9
416-693-8677

AccessPoint on Jane
761 Jane Street, 2nd Floor
Toronto, ON
M6N 4B4
416-760-8677



Morning schedule: FALL 2025/WINTER 2026

IN-PERSON

Monday

Employment

Oct. 20 & Nov. 17, 10 am–6 pm
Oct. 27–Nov. 24, 10:30 am–12 pm

Seniors' Active Living Fair

Oct. 27, 11 am–3 pm

Seniors' Fitness Registration Day

Sept. 29 & Jan. 5, 10–11 am

Seniors' Seated Yoga

9:45–10:45 am

Seniors' Tea & Chat

11–11:45 am

Tuesday

Healthy Living for Seniors

Oct. 7–Nov. 11, 10 am–12 pm

Income Tax Clinic

Mar. 9–Apr. 28, 10 am–1 pm

Seniors' Cardio & Resistance

Nov. 18–Mar. 31, 11–11:45 am

Seniors' Line Dancing

Mar. 3, 10, 24 & 31, 9:45–10:45 am

Seniors' Understanding Mental Health & Wellbeing (Opioids)

Mar. 3, 10–11:30 am

Friday

Canning: Save, Preserve & Serve

Sept. 19–Oct. 24, 10 am–12 pm

Healthy Eating on a Budget

Feb. 20–Mar. 27, 10 am–2 pm

NCT: Heart Health (College Site)

Oct. 24–Nov. 21, 10:30 am–1:30 pm

*Program descriptions
on following pages.*



Afternoon schedule: FALL 2025/WINTER 2026

IN-PERSON

Monday

Community Reference Group
Nov. 17 & Feb. 23, 6 –7:30 pm

Housing
Nov. 10–Dec. 1, 2–4 pm

Income Tax Clinic
Mar. 9–Apr. 28, 4:30–7:30 pm

International Women's Day
Mar. 9, 3:30–6:30 pm

Kids Robotics
Mar. 16–20, 2–4 pm

Seniors' Arts & Crafts
1:15–2:15 pm

Seniors' Bingo
2:30–3:30 pm

Seniors' Gentle Fitness
12–1 pm

Seniors' Understanding Mental Health & Wellbeing (Gambling)
Mar. 2, 12–1 pm

Tuesday

Bone Health & Your Diet
Oct. 21, 1:30–3:30 pm

Kids Robotics
Mar. 16–20, 2–4 pm

Wednesday

Financial Literacy: College Location
Oct. 22, 1–3 pm

Kids Robotics
Mar. 16–20, 2–4 pm

Thursday

Community Dining Program
Ongoing, 12:30 –2 pm

Filing an Income Tax Return
Feb. 12, 1–3 pm

Filing an Income Tax Return: College Location
Feb. 26, 1–3 pm

Holiday Dinner
Dec. 4, 3:30–6:30 pm

Kids Robotics
Mar. 16–20, 2–4 pm

Nesting Grounds: Art for Wellbeing
Oct. 9–Mar. 26, 1:30–3:30 pm

Newcomer High School Youth: Chat & Chill
Jan. 8–Mar. 26, 4–5 pm

Newcomer High School Youth: Empower Your Community
Jan. 8–Mar. 26, 5–6 pm

Newcomer High School Youth: I Belong Here!
Jan. 8–Mar. 26, 6–7 pm

Newcomer High School Youth: Newcomers Cooking Together
Oct. 9–Dec. 11, 4–7 pm

Friday

Kids Robotics
Mar. 16–20, 2–4 pm

Program descriptions on following pages.

ALLIED HEALTH

To register for Allied Health programs, please email: Dietitians@AccessAlliance.ca

HEALTHY EATING ON A BUDGET

Discover money-saving tips for grocery shopping and ideas on how to make healthy and budget-friendly meals. Each week, we'll sample simple but tasty recipes, and learn about proper food storage to help reduce food waste.

WHO: Newcomers, community members
WHEN: Fridays, Feb. 20–Mar. 27
10 am–2 pm
WHERE: AccessPoint on Jane

ALLIED HEALTH: COLLEGE SITE

NEWCOMERS COOKING TOGETHER (NCT): HEART HEALTH EDITION

Create a heart-healthy menu! We'll explore recipes with ingredients proven to help improve your cholesterol and blood pressure. Enjoy a meal with other participants, and share your cultural food traditions.

WHO: Newcomers
WHEN: Fridays, Oct. 24–Nov. 21
10:30 am–1:30 pm
WHERE: Downtown College Site



COMMUNITY SERVICES

To register for Community programs, please email: CommunityWest@AccessAlliance.ca

COMMUNITY DINING PROGRAM

Join us for a free, healthy, home-cooked meal every week. A great opportunity for newcomers to connect with others in the community, while enjoying food from diverse cultures.

WHO: Newcomers
WHEN: Thursdays, 12:30–2 pm
WHERE: AccessPoint on Jane

COMMUNITY REFERENCE GROUP (CRG)

Join the CRG and have a voice for positive change! CRG participants have the opportunity to ensure relevant community programs and services are offered, as well as plan and facilitate groups and events.

WHO: Newcomers
WHEN: Mondays, Nov. 17 & Feb. 23 (quarterly)
6–7:30 pm
WHERE: AccessPoint on Jane

CANNING: SAVE, PRESERVE & SERVE

Learn growing techniques along with the benefits and challenges of growing, as we explore ways to preserve your home produce. All newcomers are welcome! *Registration is required.*

WHO: Newcomers, community members
WHEN: Fridays, Sept. 19–Oct. 24, 10 am–12 pm
WHERE: AccessPoint on Jane.

EMPLOYMENT

Enhance your job readiness and career skills. This program offers personalized coaching and practical resources to help you thrive in the workforce.

WHO: Newcomers, community members
WHEN: Mondays, Oct. 20 & Nov. 17
10 am–6 pm (coaching)
Oct. 27 & Nov. 24, 10:30 am–12 pm (workshop)
WHERE: AccessPoint on Jane

INCOME TAX CLINIC

In partnership with the Canada Revenue Agency (CRA), free income tax filing is available to newcomers with low-to-medium individual or family income in west Toronto. If you meet the eligibility criteria, contact us to book an appointment for in-person service.

WHO: Newcomers, community members
WHEN: March 9–April 28
Mondays 4–7:30 pm
Tuesdays 10 am–1 pm
WHERE: AccessPoint on Jane

INTERNATIONAL WOMEN'S DAY

Enjoy engaging activities, lively music, delicious hot food and sweet treats as we come together to celebrate the strength, resilience, and contributions of women in our community.

WHO: Newcomers, community members
WHEN: Monday, March 9, 3:30–6:30 pm
WHERE: Woolner Park, 735 Jane St.

KIDS ROBOTICS: MARCH BREAK PROGRAM

Kids—discover the exciting world of STEM this March Break! This interactive program explores technology and innovation, and is ideal for curious learners. Develop coding, robotics, and problem-solving skills through hands-on activities.

WHO: Newcomer kids (ages 8 to 12)
WHEN: Mar. 16–20, 2–4 pm
WHERE: AccessPoint on Jane

HOUSING

Join us for a series of interactive workshops designed to support newcomer and community residents in navigating housing challenges.

WHO: Newcomers, community members
WHEN: Mondays, Nov. 10 to Dec. 1, 2–4 pm
WHERE: AccessPoint on Jane

HOLIDAY DINNER

Join us to celebrate the holiday season with a tasty meal and fun activities. *Registration is required.*

WHO: Newcomers, community members
WHEN: Thursday, Dec. 4, 3:30–6:30 pm
WHERE: AccessPoint on Jane.



EXPRESSIVE ARTS

To register for Expressive Arts programs, please email: Arts@AccessAlliance.ca

NESTING GROUNDS: ART FOR WELLBEING

Join us to make art over a warm cup of tea alongside friends and community members. Learn new forms of art-making and wellbeing strategies to promote sustainable techniques for mental wellbeing.

Each month, a new community artist will join us to teach new art forms and mental wellbeing themes!

WHO: Newcomers, community members
WHEN: Oct. 9–Mar. 26, 1:30–3:30 pm
WHERE: AccessPoint on Jane

NEWCOMER, IMMIGRANT & REFUGEE SENIORS (55+ YEARS)

To register for Seniors' programs, please email: Seniors@AccessAlliance.ca

HEALTHY LIVING FOR SENIORS

Are you 65 years+? Do you wonder if you're eating and exercising the right way? Join us to learn how to age well, with exercise and good nutrition. Come learn how small changes can make a big difference—all in a friendly environment! *Registration is required.*

WHO: Newcomer and other seniors
WHEN: Tuesdays, Oct. 7–Nov. 11, 10 am–12 pm
WHERE: AccessPoint on Jane

SENIORS' ACTIVE LIVING FAIR

Discover services and activities for older adults as you visit exhibitors to learn about resources in your community. Attend presentations and participate in nutrition and fitness demonstrations. This event is made possible with support of OACAO and the Province of Ontario.

WHO: Newcomer and other seniors
WHEN: Monday, Oct. 27, 11 am–3 pm
WHERE: AccessPoint on Jane

SENIORS' ARTS AND CRAFTS

An opportunity for newcomer seniors and other seniors from the community to share experiences and learn from each other through different art and craft mediums.

WHO: Newcomer and other seniors
WHEN: Mondays, 1:15–2:15 pm
WHERE: AccessPoint on Jane

SENIORS' BINGO

Socialize and win a prize! Play bingo alongside new friends. Whether it's a straight line or a full card, this game of chance will always be fun!

WHO: Newcomer and other seniors
WHEN: Mondays, 2:30–3:30 pm
WHERE: AccessPoint on Jane

SENIORS' CARDIO & RESISTANCE

Gain cardiovascular fitness, muscular strength, and independence with exercise! This group is a safe and empowering space for Tigrinya-speaking older adults. **Registration is required.** To learn more about the session and to register, email: seniors@accessalliance.ca.

WHO: Newcomer and other seniors
WHEN: Tuesdays, Nov. 18–Mar. 31, 11–11:45 am
WHERE: AccessPoint on Jane

SENIORS' GENTLE FITNESS

Join us for a fun and accessible class with dance aerobics and exercise bands. You'll become stronger, more flexible, and more independent. *Registration is required.*

WHO: Newcomer and other seniors
WHEN: Mondays, 12–1 pm
WHERE: AccessPoint on Jane

SENIORS' LINE DANCING

Empowering Black African, Afro-Caribbean, and Afro-Latinx seniors 55+ with dance! **Registration is required.** To learn more about the session and to register, email: seniors@accessalliance.ca.

WHO: Newcomer and other seniors
WHEN: Tuesdays, Mar. 3, 10, 24 & 31
9:45–10:45 am
WHERE: AccessPoint on Jane

SENIORS' SEATED YOGA

Increase your flexibility, mobility and balance with yoga using a chair, in seated and standing positions. **Registration is required.** To learn more about the session and to register, email: seniors@accessalliance.ca.

WHO: Newcomer and other seniors
WHEN: Mondays, 9:45–10:45 am
WHERE: AccessPoint on Jane (and Zoom)

SENIORS' TEA & CHAT

Socialize, play games and enjoy a cup of tea or coffee with snacks. On the last Monday of each month we'll have workshops on topics like health, finances, safety and computers.

WHO: Newcomer and other seniors
WHEN: Mondays, 11–11:45 am
WHERE: AccessPoint on Jane

UNDERSTANDING MENTAL HEALTH & WELLBEING LATER IN LIFE: GAMBLING & OPIOIDS

These workshops—developed by The Centre for Addiction and Mental Health— provides information and resources on the topics of gambling and opioids for seniors and older adults. *Registration is required.*

WHO: Newcomer and other seniors
WHEN: Monday, Mar. 2, 12–1 pm (Gambling)
Tuesday, Mar. 3, 10–11:30 am
(Opioids)
WHERE: AccessPoint on Jane

SETTLEMENT

To register for Settlement programs, please email: Settlement@AccessAlliance.ca

BONE HEALTH AND YOUR DIET

Learn about the nutrients that are important for healthy bones and teeth, including calcium and vitamin D, and if you could benefit from a nutritional supplement in your diet.

WHO: Newcomers
WHEN: Tuesday, Oct. 21, 1:30–3:30 pm
WHERE: AccessPoint on Jane

FILING AN INCOME TAX RETURN

Explore the advantages and disadvantages of filing an income tax return annually, particularly you are on government financial assistance. Learn what details you need to provide when using a free tax clinic.

WHO: Newcomers
WHEN: Thursday, Feb. 12, 1–3 pm
WHERE: AccessPoint on Jane

Newcomer Seniors' Fitness Programs Registration Day (Jane):

Access Alliance offers free fitness activities for newcomer seniors aged 55+ at AccessPoint on Jane. Due to high demand for our free exercise programs, participants must register in person at AccessPoint on Jane every 3 months, on Registration Day. Dates and times are listed below. Questions? Please contact us for more information: Seniors@AccessAlliance.ca

FALL 2025/WINTER 2026 SENIORS' PROGRAM REGISTRATION DAYS FOR ACCESSPOINT ON JANE:

Monday, Sept. 29, 10–11 am (FALL) & Monday, Jan. 5, 10–11 am (WINTER)

SETTLEMENT: COLLEGE SITE

FILING AN INCOME TAX RETURN

Explore the advantages and disadvantages of filing an income tax return annually, particularly you are on government financial assistance. Learn what details you need to provide when using a free tax clinic.

WHO: Newcomers
WHEN: Thursday, Feb. 26, 1-3 pm
WHERE: Downtown College Site

FINANCIAL LITERACY: BUDGETING, SAVINGS, CREDIT & INVESTMENT

Learn about the importance of budgeting, ways to save money, the effects of good and bad credit, and different types of investment.

WHO: Newcomers
WHEN: Wednesday, Oct. 22, 1-3 pm
WHERE: Downtown College Site

NEWCOMER YOUTH

To register for Newcomer Youth programs, please email: Youth@AccessAlliance.ca

NEWCOMER HIGH SCHOOL YOUTH: CHAT & CHILL: A FUN & CASUAL HANGOUT

Improve your English language skills with real-life conversations (and zero judgment.) Make new friends, and succeed in school!

WHO: Newcomer high school youth
WHEN: Thursdays, Jan. 8-Mar. 26, 4-5 pm
WHERE: AccessPoint on Jane

NEWCOMER HIGH SCHOOL YOUTH: EMPOWER YOUR COMMUNITY WITH MEANINGFUL VOLUNTEER OPPORTUNITIES

Learn different ways to volunteer in Toronto. Increase your civic engagement through hands-on learning. Newcomer youth can earn volunteer hours toward their high school diploma!

WHO: Newcomer high school youth
WHEN: Thursdays, Jan. 8-Mar. 26, 5-6 pm
WHERE: AccessPoint on Jane

NEWCOMER HIGH SCHOOL YOUTH: I BELONG HERE!

Socialize with other newcomer youth and explore your community through hands-on workshops and field trips. Increase your knowledge of life in Canada and gain a greater sense of belonging, while making new friends along the way.

WHO: Newcomer high school youth
WHEN: Thursdays, Jan. 8-Mar. 26, 6-7 pm
WHERE: AccessPoint on Jane

NEWCOMER HIGH SCHOOL YOUTH: NEWCOMERS COOKING TOGETHER (NCT)-YOUTH EDITION

A great opportunity to hang out, cook together and learn about healthy eating!

WHO: Newcomer high school youth
WHEN: Thursdays, Oct. 9-Dec. 11, 4-7 pm
WHERE: AccessPoint on Jane

ARE YOU A NEWCOMER HIGH SCHOOL STUDENT AT DOWNSVIEW SECONDARY SCHOOL?

If you attend Downsview SS, check out this program taking place at your school!:

Newcomer Lunch Program
Tuesdays, 11:30 am-12:30 pm
(September 2-March 31)

A welcoming environment for newcomer students to make new friends, chat, and develop leadership skills. Suggest activities, games, and topics for discussions to make each meeting unique!

PA Day, Winter Break & March Break Field Trips for Newcomer High School Youth:

Explore Toronto! See great sights, make new friends, and have fun on field trips to popular attractions.

Contact: Youth@AccessAlliance.ca





Online

A screenshot of a Zoom meeting interface. At the top, a horizontal strip shows six smaller video thumbnails of participants. The main area is dominated by a large video of a man with a beard and a white headband, wearing a dark blue t-shirt with the letters 'AMU4' on it. He is smiling and waving his right hand. In the top-left corner of the main video frame, there is a small grey button with a pin icon and the text 'Remove spotlight'. The background of the man's room includes a desk with papers, a chair with blue boxes, and a whiteboard.



ONLINE

Morning schedule: FALL 2025/WINTER 2026

Monday

Seniors' Seated Yoga
9:45-10:45 am

Friday

Seniors' Seated Yoga
9:45-10:45 am

*Program descriptions
on following pages.*

COVID-19 is still with us

As times change, policies shift and restrictions are lifted, COVID remains with us, and will continue to be a part of our lives.

Don't let your guard down, and continue to protect yourself and others.

Stay healthy, stay safe!

Keep your vaccinations up-to-date.

Wash your hands.

Wear a mask when requested.

Respect others.



Afternoon schedule: FALL 2025/WINTER 2026

ONLINE

Tuesday

Canada Prenatal Nutrition Program (CPNP) / East York Healthy Beginnings for Healthy Babies (EYHBHB)
1:30-2:30 pm

Feel Good Foods: Eating for Easy Digestion - Nutrition Education Series
Jan. 20-Feb. 24, 1-3 pm

Seniors' Tai Chi, Mindfulness Meditation & Stretch
1-2 pm

Wednesday

Government Financial Resources
Mar. 11, 1-3 pm

Immigrant Researchers' Support Network (IRSN) Coffee Chats
Oct. 15-March 25, every other week, 12-1 pm

Seniors' Mat Yoga
1-2 pm

Thursday

Among Friends
Ongoing, 5:30-7 pm

Program descriptions on following pages.

CHECK FOR THE LATEST UPDATES ON PROGRAMS AND SCHEDULES

Visit our online calendar for up-to-date information about our workshops and other programs:
accessalliance.ca/program-calendar/

ALLIED HEALTH

To register for cooking programs, please email: Dietitians@AccessAlliance.ca

CANADA PRENATAL NUTRITION PROGRAM (CPNP)/EAST YORK HEALTHY BEGINNINGS FOR HEALTHY BABIES (EYHBHB)

If you are pregnant and looking for services, join the CPNP/EYHBHB program weekly workshops and discussions about how to have a healthy baby. The AccessPoint on Danforth dietitian attends every 2nd Tuesday of the month to provide nutritional information for a healthy pregnancy. Registration information is available at <https://eyetfrp.ca/pre-natal/>. Newcomers are welcome.

WHO: Pregnant women
WHEN: Tuesdays, 1:30–2:30 pm
WHERE: Zoom

FEEL GOOD FOODS: EATING FOR EASY DIGESTION – NUTRITION EDUCATION SERIES

Do you love food but suffer pain or discomfort after eating? Do you have problems such as indigestion, acid reflux, gas, bloating, and constipation or diarrhea? If so, join this program and start feeling better after you eat.

WHO: Everyone
WHEN: Tuesdays, Jan. 20–Feb. 24
1–3 pm
WHERE: Zoom

CHILD AND FAMILY

To register for Child & Family programs, please email: ChildAndFamily@AccessAlliance.ca

ONE-TO-ONE SUPPORT FOR FAMILIES

Newcomers, 2SLGBTQI+ community members and other families with kids aged 0-6 can connect one-on-one with the Family Resource Program Worker online or by phone. Let us help you to find programs and services in your community!

WHO: Families with children 0-6 years old
WHEN: By appointment
WHERE: Phone/Zoom

NEWCOMER, IMMIGRANT & REFUGEE SENIORS (55+ YEARS)

To register for Seniors' programs, please email: Seniors@AccessAlliance.ca

SENIORS' MAT YOGA

Increase strength and flexibility with our online gentle exercise program.

Online classes are only available to registered clients of Access Alliance. To participate in online classes, you must be an active client of in-person programs at the AccessPoint on Danforth or the AccessPoint on Jane. Our online classes are not available to those residing outside of Toronto.

To learn more about the session, please email to: seniors@accessalliance.ca.

WHO: Newcomer and other seniors
WHEN: Wednesdays, 1–2 pm
WHERE: Zoom

SENIORS' SEATED YOGA

Increase your flexibility, mobility and balance with yoga using a chair, in seated and standing positions. **Registration is required.** To learn more about the session and to register, email: seniors@accessalliance.ca.

WHO: Newcomer and other seniors
WHEN: Mondays & Fridays, 9:45–10:45 am
WHERE: Zoom

SENIORS' TAI CHI, MINDFULNESS MEDITATION & STRETCH

Increase strength and flexibility with our online gentle exercise program.

Online classes are only available to registered clients of Access Alliance. To participate in online classes, you must be an active client of in-person programs at the AccessPoint on Danforth or the AccessPoint on Jane. Our online classes are not available to those residing outside of Toronto.

To learn more about the session, please email to: seniors@accessalliance.ca.

WHO: Newcomer and other seniors
WHEN: Ongoing, Tuesdays, 1–2 pm
WHERE: Zoom



Access Alliance Language Services (AALS)

AALS offers high-quality language access services to health care, social service agencies, and the broader public and private sectors in the Greater Toronto Area.

AALS recognizes the importance of offering high-quality, accessible language services for clients, patients, and their families and communities.

The team is composed of coordination staff and accredited language professionals who provide a wide range of services including interpretation (on-site and remote), translation and audio/video language recordings. The team also offers interpreter professional development training, and consulting and training services to support organizations in achieving their language access goals.

RIOMIX:

RioMix is a collaborative, centralized and accessible repository of translated materials and multilingual websites relating to health and community care and support. Launched by Access Alliance, this online information library makes it easier for individuals to find and share multilingual health information.

SCAN FOR MORE INFO:



SETTLEMENT

To register for Settlement programs, please email: Settlement@AccessAlliance.ca

To register for Among Friends 2SLGBTQI+ programs, please email: AmongFriends@AccessAlliance.ca

AMONG FRIENDS 2SLGBTQI+ NEWCOMERS

Explore life in Canada as a 2SLGBTQI+ newcomer. Learn about preparing for your immigration hearing, navigating health and other systems, employment and education, and mental health. You can also join us in person at AccessPoint on Danforth. *For registered Among Friends clients only.*

WHO: 2SLGBTQI+ newcomers (registered clients)

WHEN: Thursdays, 5: 30-7 pm

WHERE: Zoom (and at AccessPoint on Danforth)

CITIZENSHIP CLASS FOR NEWCOMERS

Prepare to write the Canadian Citizenship test! Increase your language skills, learn about the rights and responsibilities of Canadian citizens, build skills for the written test and oral interview, and explore the Discover Canada Study Guide.

WHO: Newcomers

WHEN: Tuesdays, Sept. 9-Mar. 30, 2-4:30 pm

WHERE: Zoom (*last Tuesday of the month is in person at our Victoria Park Hub, 1527 Victoria Park Ave.*)

GOVERNMENT FINANCIAL RESOURCES

A Service Canada Services Specialist will share details about available financial assistance,

pensions for seniors, persons with disabilities, children, grants and employment programs. Join us to learn more!

WHO: Newcomers

WHEN: Wednesday, March 11, 1-3 pm

WHERE: Zoom

IMMIGRANT RESEARCHERS' SUPPORT NETWORK (IRSN) COFFEE CHATS

These virtual coffee chats connect internationally educated researchers/analysts with peers, explore Canadian research work opportunities, and build Canadian experience. The program has two components: fellowships and an online portal. More info: immigrantresearchers.ning.com/coffee-chats

WHO: Internationally educated researchers

WHEN: Oct. 15-March 25

Every other Wednesday, 12-1 pm

WHERE: Zoom



VOLUNTEER WITH US!

Access Alliance welcomes everyone as volunteers! We encourage newcomers, immigrants and refugees to volunteer within the organization, particularly individuals who reflect the broad diversity of the communities we work with, including communities that face racism in Canada, and 2SLGBTQI+ communities.

If you would like to volunteer now, please see our current volunteer opportunities at accessalliance.ca/get-involved/volunteer-with-us.

You can apply for any of these positions by filling out a [Volunteer Application Form](#). If none of the current volunteer opportunities interest you, you can still fill out a [Volunteer Application Form](#) to be placed on our volunteer waiting list.

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and Citizenship Canada

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