



# 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 'AMU4' printed on it. He is smiling and waving his right hand. In the top-left corner of the main video, there is a small button that says 'Remove spotlight'. In the top-right corner of the meeting window, there is a blue circular button with a white right-pointing arrow. The background of the man's video shows an office or classroom setting with a whiteboard, a chair with blue boxes, and a door.



ONLINE

# Morning schedule: FALL 2025/WINTER 2026

## Monday

Seniors' Seated Yoga  
10-11 am

## Thursday

Seniors' Seated Yoga  
10-10:45 am

## Friday

Nourishing Our Families  
May 22-June 12, 10-11:30 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

Citizenship Class for Newcomers  
Ongoing, 1–3 pm

Heart Health: Nutrition Education Series  
June 24–July 28, 1–3 pm

Meal Time Workshop  
August 11, 5–7 pm

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

## Wednesday

Citizenship Class for Newcomers  
July 8–August 5, 1–3 pm

Seniors' Seated Yoga  
1–2 pm

## Thursday

Among Friends  
Ongoing, 5:30–7 pm

New to Canada, New to Credit  
May 7, 5–7 pm

## Friday

Citizenship Class for Newcomers  
July 10–August 7, 1–3 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/](https://accessalliance.ca/program-calendar/)

## ALLIED HEALTH

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To register for cooking programs, please email: [Dietitians@AccessAlliance.ca](mailto: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

### NOURISHING OUR FAMILIES WITH EYET

Parents of young kids, join us to explore topics like self-care and nutrition, Canada's Food Guide, tips to eating more vegetables, healthy food swaps and how to create your own family cookbook. Have fun setting healthy lifestyle goals with a chance to win a prize! Workshops are in collaboration with the EYET Parent Caregiver Network Program.

**WHO:** Families with children 0-6 years old  
**WHEN:** Fridays, May 22–June 12  
10–11:30 am

### HEART HEALTH: NUTRITION EDUCATION SERIES

Learn about the latest recommendations on what to eat to keep your heart healthy. Through group conversation and workbook activities, we'll explore which foods help to control cholesterol and blood pressure the best. *Participants should attend all 6 sessions.*

**WHO:** Everyone  
**WHEN:** Tuesdays, June 23–July 28  
1–3 pm  
**WHERE:** Zoom

## CHILD AND FAMILY

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To register for Child & Family programs, please email: [ChildAndFamily@AccessAlliance.ca](mailto:ChildAndFamily@AccessAlliance.ca)

### MEAL TIME WORKSHOP

Parents of children aged 0-6, join us to learn different ways to prepare a healthy, cost-efficient meal for your family. Ingredients will be provided.

**WHO:** Families with children 0-6 years old  
**WHEN:** Tuesday, Aug. 11, 5–7 pm  
**WHERE:** Zoom



## NEWCOMER, IMMIGRANT & REFUGEE SENIORS (55+ YEARS)

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To register for online seniors' fitness programs, please register in person on Registration Day (see page 25 for details.) For more information, please email: [Seniors@AccessAlliance.ca](mailto:Seniors@AccessAlliance.ca)

### SENIORS' SEATED YOGA

Calm your body and your mind with this accessible class, perfect for beginners and those who prefer a seated experience. Practicing seated yoga regularly improves flexibility, strength, and balance, while also reducing stress. Online classes are only available to registered clients. For info contact: [seniors@accessalliance.ca](mailto:seniors@accessalliance.ca)

**WHO:** Registered newcomer and other seniors  
**WHEN:** Mondays, 10–11 am  
Wednesdays, 1–2 pm  
Thursdays, 10–10:45 am  
**WHERE:** Zoom

### SENIORS' TAI CHI, MINDFULNESS MEDITATION & STRETCH

Grow your awareness of your body and mind as you're guided through mindfulness meditation tai chi forms and full body stretches. Online classes are only available to registered clients. Contact [seniors@accessalliance.ca](mailto:seniors@accessalliance.ca) for more information.

**WHO:** Registered 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

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To register for Settlement programs, please email: [Settlement@AccessAlliance.ca](mailto:Settlement@AccessAlliance.ca)

To register for Among Friends 2SLGBTQI+ programs, please email: [AmongFriends@AccessAlliance.ca](mailto: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 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, ongoing, 1–3 pm**  
**Wednesdays & Fridays, July 8–August 7 1–3 pm**

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

## NEW TO CANADA, NEW TO CREDIT

Learn about credit from a credit specialist! We'll cover credit scores, how to build credit, and strategies for rebuilding or repairing poor and challenged credit.

**WHO:** Newcomers

**WHEN:** **Thursday, May 7, 5–7 pm**

**WHERE:** AccessPoint on Danforth