

COMMUNITY PROGRAMS AND SERVICES

Spring–Summer 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 DOCTOR OR A NURSE PRACTITIONER?

Access Alliance is accepting new patients! We can provide you with confidential primary care, interpreting services, health information, and access to additional supports.

To sign up to be a patient at Access Alliance, please speak with one of our secretaries in reception (at any of our three locations), or complete [this online form](#).

Access Alliance Primary Health Care Initiatives:

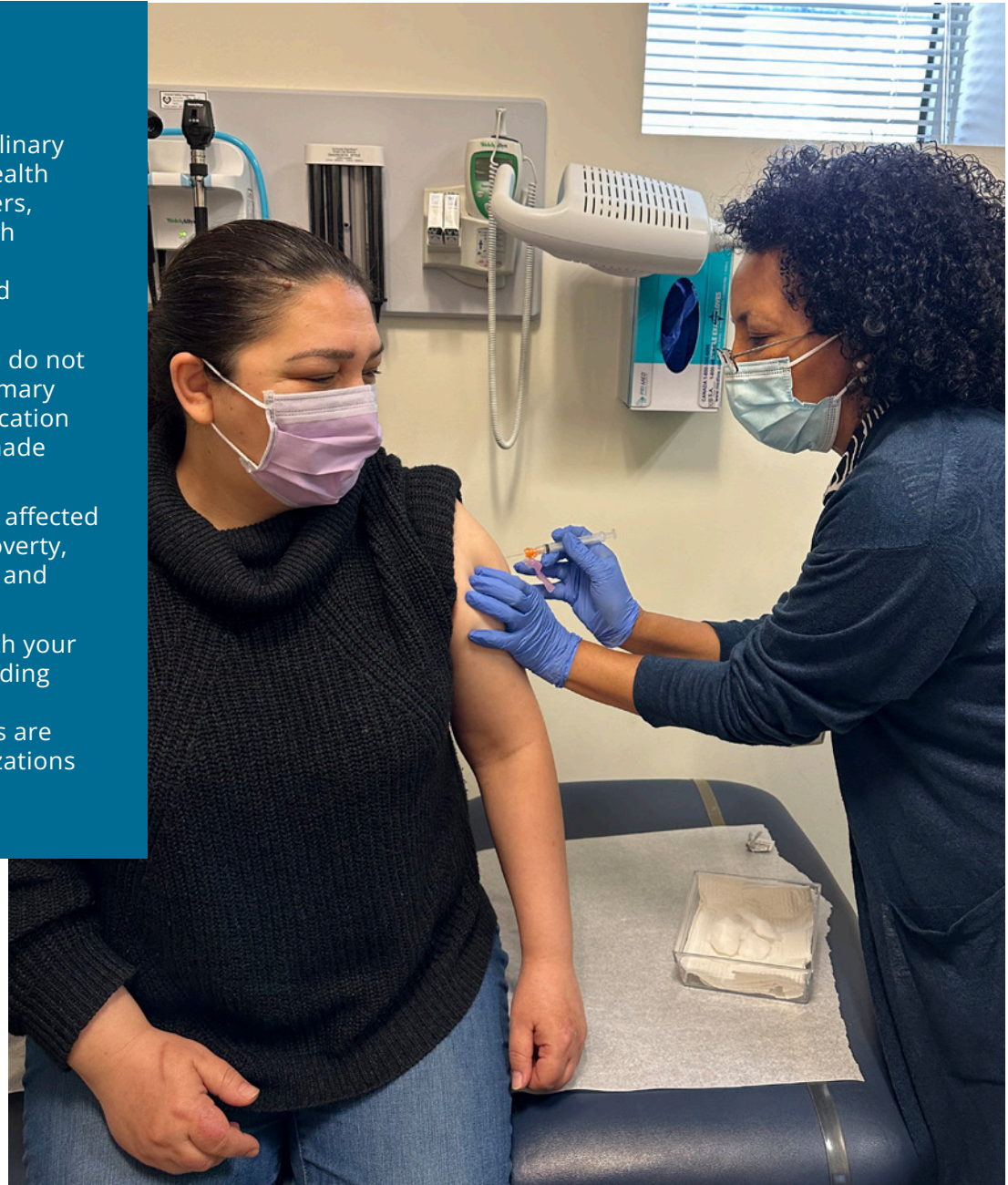
Access to Primary Care

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 Clinic

One of our onsite FACCs is the Non-Insured Clinic (NIC), a welcoming space for residents of Toronto without status without a family doctor or current coverage under the Ontario Health Insurance Program (OHIP), Interim Federal Health Program (IFHP), or Ontario Temporary Health Program (OTHP). The NIC is located at 340 College St., Suite 500.

We offer free confidential primary care and support on an appointment basis. To book a same day or next-day appointment, please call 416-324-9380. Our clinic team includes a nurse practitioner (NP), nurse, midwife, secretary and peer health support worker. The NIC is closed on all statutory holidays.

For more info: <https://accessalliance.ca/programs-services/primary-health-care-services/non-insured-clinic/>

Open Door

The Open Door (OD) Program aims to improve the health and well-being of high-priority communities in Toronto's west end. Active in many neighbourhoods, the program brings trusted health information, resources, and support directly to residents where they live.

The OD Program is an initiative of the Mid-West Toronto Ontario Health Team, with Access Alliance serving as the lead agency.

By delivering services directly in the community through pop-up health information kiosks and group education sessions, the OD Program is highly accessible to local residents. Supported by trained Community Health Ambassadors, the program offers a range of services, including:

- **Preventive care**, such as blood pressure checks and lung health assessments, along with support in setting and achieving personalized health goals
- **Health coaching** to help individuals identify and address barriers to daily activities and improved health
- **Information and education** on cancer screening, vaccinations, and chronic conditions such as diabetes, high blood pressure, and osteoporosis
- **Group education sessions** focused on healthy living, chronic disease management, mental health, and other wellness topics
- **Assistance with navigating care**, including finding a family doctor and connecting to community services and supports
- **Identification and response** to community health and wellness needs

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





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: SPRING/SUMMER 2026

IN-PERSON

Monday

EarlyON Drop-in Program
April 1–Sept. 30, 9:30 am–4:30 pm

Emergency First Aid & CPR
April 13, 9:30 am–4:30 pm

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

**Newcomer High School Youth:
Breakfast from Around the World**
July 6–August 31, 10 am–1 pm

Tuesday

Better Housing
April 14 & 21, 11 am–1 pm

EarlyON Drop-in Program
April 1–Sept. 30, 9:30 am–4:30 pm

East Effort Program
9:30 am–4:30 pm

NCT: Kids Cooking Club
July 7–28, 10:30 am–1:30 pm

Women's Wellness
May 19–June 23, 10:30 am–12:30 pm

Wednesday

Earth Day
April 26, 10:30 am–12:30 pm

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

Gardening
July 8–August 19, 11 am–12 pm

Healthy Child Screening
April 15 & 29, May 13 & 20
8:30 am - 5 pm (see pg. 9 for locations)

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

Seeding Workshop
July 15, 11 am–1 pm

Thursday

EarlyON Drop-in Program
April 1–Sept. 30, 9:30 am–4:30 pm

East Effort Program
9:30 am–4:30 pm

Gather and Grow
10:30 am–12:30 pm

Getting Ready for Kindergarten
June 4, 9:15–11:15 am

Routines
September 17, 9:15–11:15 am

Self-Esteem
May 14, 9:15–11:15 am

Seniors' Cardio & Resistance
11–11:45 am

Seniors' How to Prevent Falls
September 17, 11 am–12:30 pm

Seniors' How to Use Zoom
11 am–12 pm

Seniors' Registration Days
April 9, July 9 & September 17,
10–11 am

Seniors' Seated Yoga
10–10:45 am

Separation Anxiety
June 18, 9:15–11:15 am

Friday

Bike Match: Lawrence-Orton
April 10, 11 am–4 pm

DIY Bike Repair: Lawrence-Orton
April 2–September 22, 11 am–4 pm

EarlyON Drop-in Program
April 1–Sept. 30, 9 am–1 pm

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

Healthy Child Screening
April 17, 8:30 am - 5 pm (at Fraser
Mustard Early Learning Academy)

Healthy Living for Seniors
September 18–October 23,
10 am–12 pm

Seniors' Assistive Devices
June 5, 10:30 am–12 pm

Seniors' Fair
August 20, 10:30 am–3 pm

Seniors' Intro to Fitness
11 am–12 pm

Seniors' Mental Health & Wellbeing
July 9, 10–11:30 am (Anxiety)

Seniors' Nordic Pole Walking
April 17–May 29 & Aug. 7–Sept. 11,
9:30–10:45 am

Saturday

Green Access Garden Stewards
Until end of May, 9:30–11:30 am,
June–October, 10:30 am–12:30 pm

Learn to Ride
May 23–June 13, 9:30–10:30 am
(ages 3–13), 11 am–12 pm (ages
14–adult)

Income Tax Clinic
April 11–25, 10 am–4 pm

Taste of Taylor Massey
June 20, 11 am–2 pm

*Program descriptions
on following pages.*



Afternoon schedule: SPRING/SUMMER 2026

IN-PERSON

Monday

Affordable Housing Options
June 22, 1:30–3:30 pm

Employment Rights
April 27, 1:30–3:30 pm

Housing Financial Assistance
July 6, 1:30–3:30 pm

Job Skills & Training
April 13, 1:30–3:30 pm

Know Your Rights
September 14, 1:30–3:30 pm

Money Management
June 8, 1:30–3:30 pm

Newcomer Women's Support Group
1–2:30 pm

Rediscovering Yourself
August 24, 1:30–3:30 pm

Tenancy Support
July 27, 1:30–3:30 pm

Workers Health & Safety
May 4, 1:30–3:30 pm

Tuesday

Community Reference Group
May 12 & August 11, 6–7:30 pm

DIY Bike Repair: Lawrence-Orton
April 2–September 29, 2–6 pm

Benefits & Resources for People With Disabilities
July 28, 6–7 pm

College/University Application & OSAP
September 29, 6–7 pm

Line Dancing
May 5–June 9, 1:30–2:30 pm

Newcomer Young Adults: English Chit-Chat
April 7–June 30, 3:30–4:45 pm

Newcomer Young Adults & High School Youth: English Chit-Chat
July 7–August 25, 12:3–1:30 pm

Newcomer Young Adults: Transform into a Life Champion
April 7–June 30, 5–6:15 pm

Newcomer Young Adults: Making Canada Home
April 7–June 30, 6:30–7:45 pm

Summer Splash
July 21, 3–6 pm

Zumba
March 24–April 28, 1:30–2:30 pm

Wednesday

Health Care Coverage
May 27, 1:30–2:30 pm

Income Tax Clinic
April 1–29, 12–4 pm

Seniors' Computer Learning
July 22–August 5, 2–3 pm

Thursday

Access Alliance Pride Picnic
June 11, 3–7 pm

Among Friends
Ongoing, 5–7 pm

Drop-in Bike Tune-up & Safety Check: Danforth
April 2–September 24, 1–5 pm

Newcomer High School Youth: Emerging Minds
April 2–June 25, 3:30–7 pm

Seniors' Bingo & Tea & Chat
12:30–1:30 pm or 3–4 pm

Seniors Gentle Fitness
12–12:45 pm

Seniors' Monthly Info Sessions
Last Thursday of the month, 2:30–3:30 pm

Friday

Building Safe & Healthy Families
Last Friday of the month, April–September, 3–4:30 pm

Community Dining Program
12–2 pm

Eid Celebration
March 27, 1–3 pm

Father's Day Event
June 19, 1–3 pm

Full Circle Workshop
Apr. 17, May 22, June 19, July 24, Aug. 21, Sept. 18, 3–4:30 pm

Mother's Day Event
May 8, 1–3 pm

Child & Family Open House
June 26 & Aug. 21, 1–3 pm

Seniors' Arts & Crafts
1:30–2:45 pm

Seniors' Mental Health & Wellbeing
May 29, 1:30–3 pm (Dementia)

Seniors' Sing-a-Long
3–4 pm

Zumba
March 24–April 28, 1:30–2:30 pm

Saturday

Learn to Ride
May 23–June 13, 12:30–1:30 pm (ages 14–adult)

PDP2 Community Garden Meets
Last Saturday of the month 1–2:30 pm

Pollinator Week Census Event
June 20, 12–2 pm

Program descriptions on following pages.

ALLIED HEALTH

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

NEWCOMERS COOKING TOGETHER (NCT): KIDS COOKING CLUB EDITION

This fun cooking program will teach kids how to make healthy, easy and delicious recipes using nutritious whole food ingredients!

WHO: Newcomer kids 7–11 years old

WHEN: Tuesdays, July 7–28
10:30 am–1:30 pm

WHERE: AccessPoint on Danforth

WOMEN'S WELLNESS

Laugh, learn, and share experiences guided by a registered dietitian, physiotherapist, and social worker. Each session will include an arts-based activity connected to improving your health. Develop a step-by-step plan for better wellness!

WHO: Newcomer women

WHEN: Tuesdays, May 19–June 23
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

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: April 1–September 30
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
July 2–August 28: 101 Barrington Ave.
Secord Elementary School

EID CELEBRATION

Celebrate with us! We'll have games, activities, yummy food and raffle prizes. Share knowledge and stories—all newcomer parents with children 0-6 years old are welcome to join!

WHO: Families with children 0-6 years old

WHEN: March 27, 1–3 pm

WHERE: 91 Barrington Ave.
Secord Community Centre

EMERGENCY FIRST AID & CPR TRAINING

Get certified in Emergency First Aid and CPR! Open to parents of children 0-6 years old. All newcomers welcome! You'll receive a certificate upon completion. Facilitated by Red Cross – Toronto CPR. *Registration is required.*

WHO: Families with children 0-6 years old

WHEN: Monday, April 13, 9:30 am–4:30 pm

WHERE: AccessPoint on Danforth

FATHER'S DAY EVENT

Inviting all dads with kids 0-6 years old—join us for games, activities, and much more! Newcomer and 2SLGBTQI+ dads are welcome!

WHO: Families with children 0-6 years old

WHEN: Friday, June 19, 1–3 pm

WHERE: 91 Barrington Ave.
Secord Community Centre

GARDENING

Discover how plants are grown, and how you can start your own garden with your 2-6 year old. Kids can decorate their own pots, plant their own seeds, and watch their plants grow! An inviting space for newcomer families.

WHO: Families with children 2-6 years old

WHEN: Wednesdays, July 8–August 19
11 am–12 pm

WHERE: 101 Barrington Ave.
Secord School Garden

GETTING READY FOR KINDERGARTEN

Join us to learn more about the Canadian school system! Learn how to best prepare your kids for school in a warm and inclusive environment.

WHO: Families with children 0-6 years old

WHEN: Thursday, June 4, 9:15–11:15 am

WHERE: 91 Barrington Ave.
Secord Community Centre



SUMMER TRIPS

Brighten your summer with field trips to water parks, picnics, Ripley's and other fun places. If you have a child 0-6 years old and you live in the Taylor Massey, Crescent Town or Secord Community, please join us! These trips are a great way for newcomer families to explore the city.

Only available to families participating Access Alliance EarlyON summer programs.

Contact ChildAndFamily@accessalliance.ca for more info.

HEALTHY CHILD SCREENING

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

WHO: Families with children 2-6 years old
WHEN: April & May (various dates)
 8:30 am - 5 pm
WHERE: Crescent Town School, 4 Massey Ave. (Apr. 15), Fraser Mustard, 82 Thorncliffe Park Rd. (Apr. 17), Secord School, 91 Barrington Ave. (Apr. 29), AccessPoint on Danforth (May 13), George Webster School, 50 Chapman Ave. (May 20)

LINE DANCING

Have fun and get moving with easy-to-learn line dancing! All newcomer families are welcome. Childcare is provided for children aged 1 and up.

WHO: Families with children 0-6 years old
WHEN: Tuesdays, May 5–June 9, 1:30 - 2:30 pm
WHERE: 91 Barrington Ave.
 Secord Community Centre

MOTHER'S DAY EVENT

We invite all moms with kids 0-6 years old to join us for games, self-care activities, relaxation yoga, and much more! Newcomer and 2SLGBTQ!+ moms are welcome!

WHO: Families with children 0-6 years old
WHEN: Friday, May 8, 1–3 pm
WHERE: 91 Barrington Ave.
 Secord Community Centre

OPEN HOUSE

Is your child 0-6 years old? Visit our open house and discover our Child & Family programs! We have EarlyON drop-ins, events, parenting workshops, field trips and more. Enjoy kids' activities, tasty food, and giveaways!

WHO: Families with children 0-6 years old
WHEN: Friday, June 26 & Friday, August 21
 1–3 pm
WHERE: 91 Barrington Ave.
 Secord Community Centre

ROUTINES

Learn the importance—and the benefits—of a consistent morning routine! Join our workshop to explore the positive impact of a healthy routine for infants and kids up to age 6.

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

SEEDING WORKSHOP

Would you like to learn how to grow plants? Do you have a child 2-6 years old? Join our gardening program and learn to start your very own garden! All newcomers are welcome.

WHO: Families with children 2-6 years old
WHEN: Wednesday, July 15, 11 am–1 pm
WHERE: 91 Barrington Ave.
 Secord Community Centre

SELF-ESTEEM

You are important! Be kind to yourself. Join us to talk about the value of high self-esteem, and learn about positive self-talk and behaviour. Newcomer parents with children 0-6 years of age are welcome.

WHO: Families with children 0-6 years old
WHEN: Thursday, May 14, 9:15–11:15 am
WHERE: 91 Barrington Ave.
 Secord Community Centre

SEPARATION ANXIETY

Feeling anxious about leaving your child at daycare, school, or even with a friend? Learn how you and your child can successfully navigate separation. All families with kids 0-6 are welcome!

WHO: Families with children 0-6 years old
WHEN: Thursday, June 18, 9:15–11:15 am
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
March 24–April 28
1:30–2:30 pm

WHERE: 91 Barrington Ave.
Secord Community Centre

COMMUNITY ACTION

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

COMMUNITY HEALTH & WELLNESS INFORMATION SESSIONS

Hosted by the East Effort Team, these sessions for newcomer clients and community members address cancer screening, chronic disease management, mental health and wellbeing supports and resources. .

WHO: Newcomers, community members

WHEN: See our website for dates & times

WHERE: AccessPoint on Danforth



Peer Women Outreach Worker Program

Our Peer Women 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

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: May 12 & August 11 (quarterly)
6–7:30 pm

WHERE: AccessPoint on Danforth

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: Tuesday & Thursday, 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

FAMILY WELLBEING PROGRAM WELLNESS EVENT

Engage in interactive activities and hear from a guest speaker and expert in family health and wellness. These events welcome participants of the Family Wellbeing Program, youth, and newcomer parents/guardians of youth.

WHO: Families with youth 10-29 living in Scarborough
WHEN: See our website for dates & times
WHERE: AccessPoint on Danforth

BUILDING SAFE AND HEALTHY FAMILIES WORKSHOP SERIES

Family Wellbeing Program participants and newcomer parents/guardians of youth can engage with experts in the field of family health and wellness. Discover practical resources and strategies to strengthen family wellbeing.

WHO: Families with youth 10-29 living in Scarborough
WHEN: Last Friday of the month, Apr.–Sept. 3–4:30 pm
WHERE: AccessPoint on Danforth

FULL CIRCLE WORKSHOP

Monthly workshops for participants of the Family Wellbeing Program and newcomer parents/guardians of youth with interactive activities focused on sharing, reflecting and growing as a parent/guardian.

WHO: Families with youth 10-29 living in Scarborough
WHEN: Fridays, Apr. 17, May 22, June 19, July 24, Aug. 21, Sept. 18, 3–4:30 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, June 22, 1:30–3:30 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 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, April 27, 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: April 1–29
Wednesdays 12–4 pm
Saturdays 10 am–4 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, July 6, 1:30–3:30 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, April 13, 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 (*Closed the first Wednesday of every month*)

Thursday: 9:30 am–7:30 pm

Friday: 9:30 am–4:30 pm

Saturday: 9:30 am–4:30 pm

Contact: CommunityEast@AccessAlliance.ca or 416-699-7920 ext. 4229

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, Sept. 14, 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, June 8, 1:30–3:30 pm**
WHERE: AccessPoint on Danforth

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, August 24, 1:30–3:30 pm**
WHERE: AccessPoint on Danforth

SUMMER SPLASH

Get together in a vibrant, safe space this summer with your Taylor Massey neighbors! Join us for free, fun-filled activities, including a bike tour, scavenger hunt, face painting, henna, raffle and BBQ meal.

WHO: Newcomers, community members
WHEN: **Tuesday, July 21, 3–6 pm**
WHERE: Taylor Creek Park, 260 Dawes Road Picnic Area #5

TASTE OF TAYLOR MASSEY

Join our annual event in partnership with Bangladeshi-Canadian Community Services. Celebrate Taylor Massey's diverse cultures through food, art, music and more!

WHO: Newcomers, community members
WHEN: **Saturday, June 20, 11 am–2 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, July 27, 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 safety, and learn how to get support.

WHO: Newcomers, community members
WHEN: **Monday, May 4, 1:30–3:30 pm**
WHERE: AccessPoint on Danforth



EXPRESSIVE ARTS

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

NESTING GROUNDS: ART FOR WELLBEING

Join us for art-making over a warm cup of tea alongside friends and community members. Learn new forms of art, and wellbeing strategies 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: This program is paused until further notice

WHERE: AccessPoint on Danforth

SINGING TOGETHER

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: This program is paused until further notice

WHERE: AccessPoint on Danforth



Newcomer Wellbeing Workshop

(Paused until further notice)

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

GREEN ACCESS

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

EARTH DAY

Join us for a day of community action and education to protect our precious planet! Learn how to audit and reduce your own plastic use and advocate for change.

WHO: Newcomers, community members

WHEN: Wednesday, Apr. 26, 10:30 am–12:30 pm

WHERE: AccessPoint on Danforth

GATHER AND GROW

In partnership with Community Living Toronto, this program supports Toronto-area adults with intellectual disabilities. We'll focus on improving mental and physical health via gardening and nature therapy!

WHO: Newcomers, community members

WHEN: Thursdays, July 9–August 27
10:30 am–12:30 pm

WHERE: AccessPoint on Danforth

GREEN ACCESS GARDEN STEWARDS

Cultivate 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 end of May, 9:30–11:30 am
June–October, 10:30 am–12:30 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

POLLINATOR WEEK CENSUS EVENT

Join us for this annual culminating event that raises awareness of pollinators like bees, butterflies, and birds. Contribute to the Pollinator Census, and learn how to protect our pollinators!

WHO: Newcomers, community members

WHEN: Saturday, June 20, 12–2 pm

WHERE: AccessPoint on Danforth and Taylor
Massey Creek

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 the month, 1–2:30 pm

WHERE: Prairie Drive Park (70 Prairie Drive) or AccessPoint on Danforth (*meetings may be online as required.*)

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: Friday, April 10, 11 am–4 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: April 2–September 29
Tuesdays, 2–6 pm
Fridays, 11 am–4 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: Thursdays, 1–5 pm, April 2–Sept. 24
WHERE: AccessPoint on Danforth
(West side of building)

LEARN TO RIDE

Get rolling, get active, and gain confidence in this 4-week course! Suitable for new riders and beginners. *Registration is required.* For more info: <http://www.scarboroughcycles.ca/learn-to-ride/>

WHO: Everyone

WHEN: Saturdays, May 23–June 13
9:30–10:30 am (ages 3 to 13 years)
11 am–12 pm (ages 14 to adult)
12:30–1:30 pm (ages 14 to adult)

WHERE: AccessPoint on Danforth

NEWCOMER, IMMIGRANT & REFUGEE SENIORS (55+ YEARS)

To register for seniors' fitness programs, please register in person on Registration Day (see page 16 for details.) For more info, and to register for all other senior's 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, September 18–Oct. 23
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, 1:30–2:45 pm
WHERE: AccessPoint on Danforth

SENIORS' BINGO & TEA & CHAT

Register for one of two weekly sessions for 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' CIVIC FIELD TRIPS

Visit civic spaces in Toronto to connect with politicians and learn about their roles and responsibilities within the various levels of government. Exact dates to be decided, please email Seniors@AccessAlliance.ca for more info.

WHO: Newcomer and other seniors

WHEN: July & August
WHERE: AccessPoint on Danforth

SENIORS' COMPUTER LEARNING

Ask questions and learn basic computer and digital literacy skills in a relaxed and non-judgmental space. *Registration is required.*

WHO: Newcomer and other seniors

WHEN: Wednesdays, July 22–Aug. 5, 2–3 pm
WHERE: AccessPoint on Danforth

SENIORS' FAIR

Come for activities and discussions on seniors' health, well-being, and community involvement, exhibits from local agencies and government services and a healthy lunch! *Registration is required.*

WHO: Newcomer and other seniors

WHEN: Thursday, August 20, 10:30 am–3 pm
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, 12–12:45 pm
WHERE: AccessPoint on Danforth

SENIORS' HOW TO PREVENT FALLS

Prevent falls and lead an independent lifestyle with practical tips and resources for older adults—as well as their family and caregivers—on how to prevent falls in their home and community.

WHO: Newcomer and other seniors

WHEN: Thursday, Sept. 17, 11 am–12:30 pm
WHERE: AccessPoint on Danforth

SENIORS' HOW TO USE ZOOM

Learn how to participate in classes via Zoom, with a specific focus on how to attend Access Alliance online fitness classes. If possible, please bring the device that you plan to use to sign in to Zoom.

WHO: Newcomer and other seniors

WHEN: Thursday, April 9, 11 am–12 pm

WHERE: AccessPoint on Danforth

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, 11 am–12 pm

WHERE: AccessPoint on Danforth (and on Zoom)

SENIORS' MONTHLY INFO SESSIONS

Learn about a range of topics, including physical and mental health, computers, financial supports, safety, voting, and healthy aging. *Registration is required.*

WHO: Newcomer and other seniors

WHEN: Last Thursday of the month
2:30–3:30 pm

WHERE: AccessPoint on Danforth

SENIORS' NORDIC POLE WALKING

Make walking more fun and engaging with poles while exploring your local neighbourhood! Improve your cardiovascular fitness, balance and stability. *Registration is required.*

WHO: Newcomer and other seniors

WHEN: Fridays, April 17–May 29 &
August 7–September 11
9:30–10:45 am

WHERE: Meet at AccessPoint on Danforth

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: Thursdays, 10–10:45 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, 3–4 pm

WHERE: AccessPoint on Danforth

UNDERSTANDING ASSISTIVE DEVICES

Live independently with the help of assistive devices! Learn about canes, walkers, and wheelchairs, as well as tools to help with dressing, bathing, eating, and other activities of daily living. Get tips on how to talk to your healthcare provider about assistive devices, and how to navigate the Ontario Assistive Devices Program.

WHO: Newcomer and other seniors

WHEN: Friday, June 5, 10:30 am–12 pm

WHERE: AccessPoint on Danforth

UNDERSTANDING MENTAL HEALTH & WELLBEING LATER IN LIFE

These workshops—developed by The Centre for Addiction and Mental Health—provide information and resources on the topics of understanding dementia and anxiety in later life. *Registration is required.*

WHO: Newcomer and other seniors

WHEN: Friday, May 29, 1:30–3 pm (Dementia)
Friday, July 9, 10–11:30 am (Anxiety)

WHERE: AccessPoint on Danforth

Newcomer Seniors' Fitness Programs Registration Day (Danforth):

Seniors' fitness class participants must register in person at AccessPoint on Danforth every 3 months, on Registration Day. Class selection is first-come, first-served, and space is limited. Check-in with a Seniors' Program representative at the Community Resource Centre desk upon arrival to save your place in line. If you are registering for the first time, contact us in advance. Dates and times are listed below.

Questions? Are you a new client? Please contact us for more information before Registration Day: Seniors@AccessAlliance.ca

Upcoming Seniors' Program Registration Days for AccessPoint on Danforth:

- Thursday, April 9, 10–11 am (SPRING)
- Thursday, July 9, 10–11 am (SUMMER)
- Thursday, September 17, 10–11 am (FALL)

SETTLEMENT

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

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

ACCESS ALLIANCE PRIDE PICNIC

Celebrate 2SLGBTQI+ (2-spirit, lesbian, gay, bisexual, transgender, queer and intersex) pride with us! Join us for dancing, games, food, art and other fun activities.

WHO: 2SLGBTQI+ newcomer clients
WHEN: Thursday, June 11, 3–7 pm
WHERE: Taylor Creek Park, 260 Dawes Road
Picnic Area #5

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

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, July 28, 6–7 pm
WHERE: AccessPoint on Danforth

BETTER HOUSING

We'll be joined by a housing worker to talk about understanding rent-geared-to-income (RGI), affordable housing opportunities and market rent. We'll also cover eligibility, how to apply, and the latest housing updates.

WHO: Newcomers
WHEN: Tuesdays, April 14 & 21, 11 am–1 pm
WHERE: AccessPoint on Danforth

COLLEGE/UNIVERSITY APPLICATION & OSAP

Join us for information about the college and university application process, as well as available financial support through the Ontario Student Assistance Program (OSAP).

WHO: Newcomers
WHEN: Tuesday, September 29, 6–7 pm
WHERE: AccessPoint on Danforth

HEALTH CARE COVERAGE

Learn about eligibility requirements and health care coverage under the Ontario Health Insurance Plan and the Interim Federal Health Program, as well as eligibility for lower cost/free prescription medication and dental care.

WHO: Newcomers
WHEN: Wednesday, May 27, 1:30–2:30 pm
WHERE: AccessPoint on Danforth

NEWCOMER WOMEN'S SUPPORT GROUP

Join other newcomer women to learn about important settlement topics, build skills, increase knowledge and share experiences for a smoother integration into Canadian society.

WHO: Newcomer women
WHEN: Mondays, 1–2:30 pm
WHERE: AccessPoint on Danforth



NEWCOMER YOUTH

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

NEWCOMER HIGH SCHOOL YOUTH & YOUNG ADULTS: BREAKFAST FROM AROUND THE WORLD

Hang out, cook together, and discover healthy, tasty, cost-friendly recipes!

WHO: Newcomer youth (13-17 yrs)
WHEN: Mondays, July 6–August 31, 10 am–1 pm
WHERE: AccessPoint on Danforth

NEWCOMER HIGH SCHOOL YOUTH: 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, April 2–June 25
3:30–7:00 pm
WHERE: AccessPoint on Danforth

NEWCOMER YOUNG ADULTS AND HIGH SCHOOL YOUTH: FUN-FILLED ENGLISH CHIT-CHAT SQUAD!

Practice speaking English in a relaxed, safe and friendly environment. Meet new friends, improve your language skills, and have a blast while doing it! It doesn't matter if you're a beginner, get ready to laugh, learn, and make friendships that will last a lifetime.

WHO: Newcomer young adults (18-24 yrs)
WHEN: Tuesdays, April 7–June 30, 3:30–4:45 pm
WHO: Newcomer young adults & high school youth (13-24 yrs)
WHEN: Tuesdays, July 7–August 25, 12:30–1:30
WHERE: AccessPoint on Danforth

Saturday & PA Day 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

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 provides the tools and skills to succeed and become the best version of yourself. Learn to make informed decisions about life in Canada, while also gaining independence, life skills, and employment support.

WHO: Newcomer young adults (18-24 yrs)
WHEN: Tuesdays, April 7–June 30, 5–6:15 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, April 7–June 30, 6:30–7:45 pm
WHERE: AccessPoint on Danforth



NEWCOMER HIGH SCHOOL YOUTH: "SEE THE CITY" FIELD TRIPS

Explore Toronto and its amazing surroundings! Join us on field trips to see the best city sights, make new friends, and have fun at popular attractions. The perfect way to spend your summer!

WHO: Newcomer high school youth (13-17 yrs)

WHEN: **Thursdays, July 2-Aug. 27, 2:30-7 pm**

WHERE: Various locations across the city

SUMMER SPORTS ACTIVITIES

Experience a variety of activities, and enjoy the outdoors! Have fun with nature walks, water sports, cycling, and more—anything to get the heart pumping. All fitness levels are welcome!

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

WHEN: **Tuesdays, July 7-Aug. 25, 2:30-7 pm**

WHERE: AccessPoint on Danforth

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.

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, until June 15, 3:30-5 pm

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!

Greenwood SS Boys' Program Mondays, until June 15, 11:30 am-12:30 pm

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, until June 26, 11:30 am-12:30 pm

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





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



IN-PERSON

Morning schedule: SPRING/SUMMER 2026

Monday

Newcomer Young Adults: Making Canada Home!
Summer field trips: July 6–August 31
10:30 am–4:30 pm

Seniors' Gentle Fitness
10–11 am

Seniors' Monthly Info Sessions
Last week of the month, 11–11:50 am

Seniors' Tea & Chat
11–11:45 am

Seniors' How to Prevent Falls
September 14, 11:30 am–1 pm

Seniors' Registration Days
April 13, July 6 & September 14, 10–11 am

Tuesday

Healthy Living for Seniors
September 15–October 20, 10 am–12 pm

Income Tax Clinic
April 6–27, 10 am–2 pm

Kids Get Cooking: NCT
10:30 am–12:30 pm, August 11–18

**Newcomer High School Youth:
Summer to Shine!**
July 7–August 25, 10 am–12:30 pm

Seniors' Nordic Pole Walking
April 7–May 26, 9:45–10:45 am

Seniors' Mental Health & Wellbeing
May 26 & July 7, 10–11:30 am

Seniors' Tigrinya-Speaking Fitness Group
11 am–12 pm

Seniors' Understanding Assistive Devices
June 2, 10–11:30 am

Thursday

**Newcomer High School Youth:
I Belong Here!**
Summer field trips: July 2–August 27
10:30 am–4:30 pm

Friday

Kids Get Cooking: NCT
10:30 am–12:30 pm, August 7–21

**Newcomers Cooking Together: Heart
Health**
September 11–November 13
10:30–1:30 pm

**Newcomer High School Youth:
Let's Weekend!**
July 3–Aug. 28, 10:30 am–4:30 pm

Toronto Newcomer Day
May 29, 10 am–3 pm



IN-PERSON

Afternoon schedule: SPRING/SUMMER 2026

Monday

Community Reference Group
May 25 & Aug. 31, 6–7:30 pm

Income Tax Clinic
April 6–27, 4–7:30 pm

Newcomer Young Adults:
Making Canada Home!
April 13–June 29, 4–7 pm

Seniors' Arts & Crafts
1:15–2:15 pm

Seniors' Bingo
2:30–3:30 pm

Seniors' Seated Yoga
12–1 pm

Seniors' How to Use Zoom
April 13, 12–1 pm

Tuesday

Bone Health and Your Diet
August 11, 1:30–3 pm

Dental Care Coverage
July 7, 1:30–3:30 pm

Health Care Coverage
July 7, 1:30–3:30 pm

Healthy Eating
May 12, 1:30–3 pm

Seniors' Computer Learning
July and August, 2–3 pm

Seniors' Newcomers Cooking
Together
April 28–June 30, 1:30–4 pm

Wednesday

Housing Information Session
August 5, 2–4 pm

Thursday

Community Dining Program
Ongoing, 12:30–2 pm

Fall Festival
Sept. 10, 3–7 pm

Newcomer High School Youth:
Chat & Chill
April 2–June 25, 4–5 pm

Newcomer High School Youth:
Empower Your Community
April 2–June 25, 5–6:30 pm

Newcomer High School Youth:
I Belong Here!
April 2–June 25, 6:30–7:30 pm

Summer Splash
July 9, 3–6:30 pm

Friday

Access to City-Funded
Programs
May 22, 1:30–3 pm

Child Care Subsidy Program
July 10, 1:30–3 pm

Dental Care Coverage
June 12, 1:30–3 pm

Health Care Coverage
May 8, 1:30–3 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

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, September 11–November 13
10:30 am–1:30 pm

WHERE: AccessPoint on Jane



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, May 25 & Aug. 31 (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: This program is paused until further notice

WHERE: AccessPoint on Jane.

EMPLOYMENT PROGRAM

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

WHO: Newcomers, community members

WHEN: This program is paused until further notice

WHERE: AccessPoint on Jane

FALL FESTIVAL

Explore different fall activities, learn about programs and services in this community, engage with community members and enjoy music while savouring some hot eats and sweet treats. *Registration is required.*

WHO: Newcomers, community members

WHEN: Thursday, September 10, 3–7 pm

WHERE: Community Place Hub, 1765 Weston Rd.

HOUSING INFORMATION SESSION

Join us for this session designed to support newcomer and community residents in navigating housing challenges.

WHO: Newcomers, community members

WHEN: Wednesday, August 5, 2–4 pm

WHERE: AccessPoint on Jane and Zoom

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 are eligible, contact us to book an appointment.

WHO: Newcomers, community members

WHEN: April 6–27

Mondays 4–7:30 pm

Tuesdays 10 am–2 pm

WHERE: AccessPoint on Jane

KIDS GET COOKING: NEWCOMERS COOKING TOGETHER (NCT)

A fun, week-long program for kids to get cooking while building confidence in the kitchen!

WHO: Newcomer kids (ages 6 to 9)
WHEN: Tuesdays & Fridays, 10:30 am–12:30 pm
August 7–21
WHERE: AccessPoint on Jane

SUMMER SPLASH

Join us for this engaging annual Jane-Woolner community event with food, games, and fun activities! *Registration is requested, drop-ins are welcome.*

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

TORONTO NEWCOMER DAY

Toronto Newcomer Day is an annual event welcoming newcomers to Toronto. Drop in to better understand and access a wide range of services, and celebrate newcomers' contributions to the city.

WHO: Newcomers
WHEN: Friday, May 29, 10 am–3 pm
WHERE: Nathan Phillips Square



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: This program is paused until further notice
WHERE: AccessPoint on Jane

SINGING TOGETHER

Whether singing boldly or humming along, all are welcome to join this community singing circle. Share your voice, stories, and traditions while forming meaningful relationships in this welcoming space for newcomers.

WHO: Newcomers of all ages
WHEN: This program is paused until further notice
WHERE: AccessPoint on Jane

NEWCOMER, IMMIGRANT & REFUGEE SENIORS (55+ YEARS)

To register for seniors' fitness programs, please register in person on Registration Day (*see page 25 for details.*) For more info, and to register for all other senior's programs, please email: Seniors@AccessAlliance.ca.

HEALTHY LIVING FOR SENIORS

Are you 65 years+? 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, Sept. 15–Oct. 20, 10 am–12 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 multiple rounds of 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' CIVIC FIELD TRIPS

Visit civic spaces in Toronto to connect with politicians and learn about their roles and responsibilities, as well as the various levels of government.

WHO: Newcomer and other seniors

WHEN: July & August, dates to be determined

WHERE: AccessPoint on Jane

SENIORS' COMPUTER LEARNING

Ask questions and learn basic computer and digital literacy skills in a relaxed and non-judgmental space. *Registration is required.*

WHO: Newcomer and other seniors

WHEN: Tuesdays, July & August, 2–3 pm

WHERE: AccessPoint on Jane

SENIORS' GENTLE FITNESS

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

WHO: Newcomer and other seniors

WHEN: Mondays, 10–11 am

WHERE: AccessPoint on Jane

SENIORS' HOW TO PREVENT FALLS

Prevent falls and lead an independent lifestyle with practical tips and resources for older adults—as well as their family and caregivers—on how to prevent falls in their home and community.

WHO: Newcomer and other seniors

WHEN: Monday, September 14, 11:30 am–1 pm

WHERE: AccessPoint on Jane

SENIORS' HOW TO USE ZOOM

Learn how to participate in classes via Zoom, with a specific focus on how to attend the online fitness classes offered by Access Alliance. If possible, please bring the device that you plan to use to sign in to Zoom.

WHO: Newcomer and other seniors

WHEN: Monday, April 13, 12–1 pm

WHERE: AccessPoint on Jane

SENIORS' MONTHLY INFORMATION SESSIONS

Learn about a range of topics, including physical and mental health, computers, financial supports, safety, voting, and healthy aging. *Registration is required.*

WHO: Newcomer and other seniors

WHEN: Last Monday of the month, 11–11:50 am

WHERE: AccessPoint on Jane

SENIORS' NEWCOMERS COOKING TOGETHER (NCT)

Connect and cook over 10 sessions while building skills. Learn about healthy foods, and share cultural, nutritious, and affordable meals. *Registration is required.*

WHO: Newcomer and other seniors

WHEN: Tuesdays, April 28–June 30, 1:30–4 pm

WHERE: AccessPoint on Jane

Newcomer Seniors' Fitness Programs Registration Day (Jane):

Seniors' fitness class participants must register in person at AccessPoint on Jane every 3 months, on Registration Day. Class selection is on a first-come, first-served basis, and space is limited. If you are registering for the first time, contact us in advance. Dates and times are listed below.

Questions? Are you a new client? Please contact us for more information before Registration Day: Seniors@AccessAlliance.ca

Upcoming Seniors' Program Registration Days for AccessPoint on Jane (2nd floor Community Room):

- Monday, April 13, 10–11 am (SPRING)
- Monday, July 6, 10–11 am (SUMMER)
- Monday, September 14, 10–11 am (FALL)

SENIORS' NORDIC POLE WALKING

Make walking more fun and engaging with poles while exploring your local neighbourhood! Improve your cardiovascular fitness, balance and stability. *Registration is required.*

WHO: Newcomer and other seniors

WHEN: Tuesdays, Apr. 7–May 26, 9:45–10:45 am

WHERE: Meet at AccessPoint on Jane

SENIORS' SEATED YOGA

This class is 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: Mondays, 12–1 pm
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

ᐱᐱᐱᐱ ᐱᐱᐱ ᐱᐱᐱ ᐱᐱᐱ TIGRINYA- SPEAKING SENIORS' FITNESS GROUP

Improve stamina, strength, and balance with this full body workout using aerobic exercise and resistance bands. Tigrinya interpretation available. *Registration is required.*

WHO: Newcomer and other seniors
WHEN: Tuesdays, 11 am–12 pm
WHERE: AccessPoint on Jane

UNDERSTANDING ASSISTIVE DEVICES

Live independently with the help of assistive devices! Learn about canes, walkers, and wheelchairs, as well as tools to help with dressing, bathing, eating, and other activities of daily living. Get tips on how to talk to your healthcare provider about assistive devices, and how to navigate the Ontario Assistive Devices Program.

WHO: Newcomer and other seniors
WHEN: Tuesday, June 2, 10–11:30 am
WHERE: AccessPoint on Jane

UNDERSTANDING MENTAL HEALTH & WELLBEING LATER IN LIFE

These workshops—developed by The Centre for Addiction and Mental Health—provide information and resources on the topics of understanding dementia and anxiety in later life. *Registration is required.*

WHO: Newcomer and other seniors
WHEN: Tuesday, May 26, 10–11:30 am (Dementia)
Tuesday, July 7, 10–11:30 am (Anxiety)
WHERE: AccessPoint on Jane

SETTLEMENT

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

ACCESS TO CITY-FUNDED PROGRAMS

Discover how to access programs funded by the City of Toronto. Explore programs related to housing, employment, childcare, recreation, settlement, and community services!

WHO: Newcomers
WHEN: Friday, May 22, 1:30–3 pm
WHERE: AccessPoint on Jane

BONE HEALTH AND YOUR DIET

Learn from a registered dietitian about important nutrients for healthy bones and teeth, including calcium and vitamin D, and whether you could benefit from a nutritional supplement in your diet.

WHO: Newcomers
WHEN: Tuesday, August 11, 1:30–3 pm
WHERE: AccessPoint on Jane

CHILD CARE SUBSIDY PROGRAM

A great opportunity for parents and caregivers to better understand how the child care subsidy works, who's eligible, and how to apply for financial assistance to help cover child care costs. Learn important info and tips!

WHO: Newcomers
WHEN: Friday, July 10, 1:30–3 pm
WHERE: AccessPoint on Jane

DENTAL CARE COVERAGE

Understand what dental services are covered, who is eligible for publicly funded dental programs, and what options are available if you don't have private insurance.

WHO: Newcomers
WHEN: Friday, June 12, 1:30–3 pm
WHERE: AccessPoint on Jane

HEALTH CARE COVERAGE

Learn about eligibility requirements and health care coverage under the Ontario Health Insurance Plan and the Interim Federal Health Program, as well as eligibility for lower cost/free prescription medication and dental care.

WHO: Newcomers
WHEN: Friday, May 8, 1:30–3 pm &
Tuesday, July 7, 1:30–3:30 pm
WHERE: AccessPoint on Jane

HEALTHY EATING

Explore healthy eating using Canada's Food Guide with one of our registered dietitians!

WHO: Newcomers
WHEN: Tuesday, May 12, 1:30–3:30 pm
WHERE: AccessPoint on Jane

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, April 2–June 25, 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, April 2–June 25, 5–6:30 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, Apr. 2–June 25, 6:30–7:30 pm
Summer field trips: Thursdays, July 2–August 27, 10:30 am–4:30 pm
WHERE: AccessPoint on Jane

Saturday & PA Day 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

NEWCOMER HIGH SCHOOL YOUTH: LET'S WEEKEND!

Kick off your weekend the right way! Come and hang out, chat, try new activities, and build friendships with other newcomer youth!

WHO: Newcomer high school youth
WHEN: Fridays, July 3–August 28
10:30 am–4:30 pm
WHERE: AccessPoint on Jane

NEWCOMER HIGH SCHOOL YOUTH: SUMMER TO SHINE!

Come get your game on! Join us for a variety of sports, connection, and fun while you improve your athletic skills in soccer, basketball, and more! You might be the next athletic superstar.

WHO: Newcomer high school youth
WHEN: Tuesdays, July 7–August 25
10 am–12:30 pm
WHERE: AccessPoint on Jane

NEWCOMER YOUNG ADULTS: MAKING CANADA HOME!

A perfect way to settle in and create memories with new friends, while becoming a part of 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 youth & young adults (13–24 yrs)
WHEN: Mondays, April 13–June 29, 4–7 pm
Summer field trips: Mondays, July 6–August 31, 10:30 am–4:30 pm
WHERE: AccessPoint on Jane

ARE YOU A NEWCOMER HIGH SCHOOL STUDENT AT DOWNSVIEW SECONDARY SCHOOL OR RUNNYMEDE COLLEGIATE?

Downsview SS Newcomer Lunch Program
Thursdays, April 2–June 18, 11:30 am–12:30 pm

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!

Runnymede CI Conversation Cafe Program
Fridays, April 10–June 19, 11:30 am–12:30 pm

Join us for friendly conversation to build your English skills and express ideas, in a welcoming space.



Online





ONLINE

Morning schedule: SPRING/SUMMER 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.



ONLINE

Afternoon schedule: SPRING/SUMMER 2026

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 30–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/

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

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 30–July 28
1–3 pm
WHERE: Zoom

CHILD AND FAMILY

To register for Child & Family programs, please email: 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)

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

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

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 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

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 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



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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