Access Alliance
Multicultural Health and Community Services

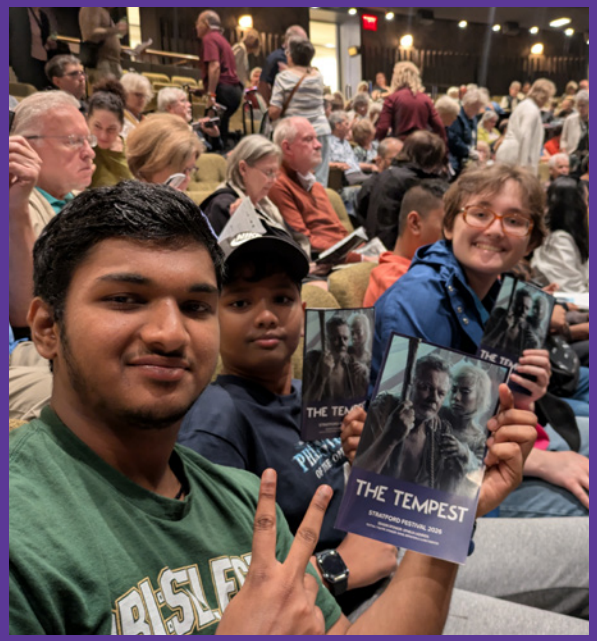
New Beginnings for Newcomers.

COMMUNITY PROGRAMS AND SERVICES

Fall 2026–Winter 2027

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







ACCESSPOINTONDANFORTH







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

ALLIED HEALTH

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

NEWCOMERS COOKING TOGETHER (NCT): HEART HEALTH EDITION

This fun cooking program for newcomers will teach you how to make delicious, culturally diverse recipes using nutritious whole food ingredients. Share your knowledge, and have fun!

WHO: Newcomer adults
WHEN: Tuesdays, October 6–November 10
10:30 am–1:30 pm
WHERE: AccessPoint on Danforth

WOMEN'S WELLNESS: WINTER EDITION (FRESH START)

Start your new year off right! These sessions, delivered by a registered dietitian and a social worker, include arts-based activities connected to improving your health. We'll laugh, talk, share experiences and—most importantly—learn together.

WHO: Newcomer women
WHEN: Tuesdays, Jan. 19–Feb. 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

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 4, 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. 30, 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, please contact:
ChildAndFamily@AccessAlliance.ca
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 1–March 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

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: Time and date TBD
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. We'll share ideas and tips for supporting your child's health as they grow.

WHO: Families with children 2-6 years old
WHEN: Thursday, Dec. 3, 9:15–11:15 am
WHERE: 91 Barrington Ave.
Secord Community Centre

HEALTHY CHILD SCREENING

Meet with our health professionals, and other clinical workers to check your child's teeth, hearing, eyesight, and other developmental markers. *Registration is required.*

WHO: Families with children 2-6 years old
WHEN: March–May (multiple days) Time TBD: Please check our website for updates
WHERE: Secord Elementary School (ES), George Webster ES, Crescent Town ES, Fraser Mustard Early Learning Academy, 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. 22, 9:15–11:15 am
WHERE: 91 Barrington Ave.
Secord Community Centre

PICKY EATERS 1 & 2

Do you have a picky eater at home? Join us! These two sessions with our dietitian will explore how to make healthy, fun foods to make mealtime with your 0-6 year old better for everyone.

WHO: Families with children 0-6 years old
WHEN: Mondays, Feb. 1 & 8, 9:15–11:15 am
WHERE: 91 Barrington Ave.
Secord Community Centre

POTTY TRAINING

Are you ready to toilet train your toddler/preschooler? Join us in this welcoming space, to learn when your child is ready, and how to avoid the struggles of toilet training.

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

POSITIVE PARENTING

Discover new parenting strategies that can help you to positively guide your child's behaviour.

WHO: Families with children 0-6 years old
WHEN: Mondays, Nov. 2–16, 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. 15, 9:15–11:15 am
WHERE: 91 Barrington Ave.
Secord Community Centre

SCREEN TIME

Join us for lots of practical tips on managing screen time. Learn about healthy habits, how screens impact development, and how to create screen-free routines that support growth and well-being.

WHO: Families with children 0-6 years old
WHEN: Thursday, Nov. 12, 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 18, 9:15–11:15 am
WHERE: 91 Barrington Ave.
Secord Community Centre

THANKSGIVING CELEBRATION POTLUCK

Bring a dish and join us as we gather together and give thanks at this celebration for all families with children 0-6. We'll have food, fun activities, games and prizes!

WHO: Families with children 0-6 years old
WHEN: Friday, Oct. 9, 1–3 pm
WHERE: 91 Barrington Ave.
Secord Community Centre

COMMUNITY ACTION

To register for Community Action programs, 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: Tuesdays, November 10 & February 9 (quarterly), 6–7:30 pm
WHERE: AccessPoint on Danforth

East Effort Program

The East Effort Program provides residents of Oakridge, Taylor-Massey, and surrounding communities with access to health resources and information. Culturally sensitive info on COVID-19 vaccination, cancer screening, chronic disease management, mental health, and food security is delivered by a diverse group of Community Health Ambassadors.

Questions? Contact: CommunityAction@AccessAlliance.ca



BUILDING SAFE AND HEALTHY FAMILIES WORKSHOP SERIES

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

WHO: Families with youth 10-29 living in Scarborough
WHEN: Friday, October 23, 3–4:30 pm
WHERE: AccessPoint on Danforth

FAMILY WELLBEING PROGRAM

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

WHO: Newcomer families with youth 10-29
WHEN: Monday, Wednesday, Friday 9:30 am–4:30 pm
WHERE: AccessPoint on Danforth

FAMILY WELLBEING PROGRAM: WELLNESS EVENT

Engage in interactive activities and meaningful discussions, and hear from an expert in family health and wellness. This event welcomes participants in the Family Wellbeing Program, youth, and newcomer parents/guardians of youth.

WHO: Families with youth 10-29 living in Scarborough
WHEN: Saturday, October 24, 11 am–1:30 pm
WHERE: AccessPoint on Danforth

FULL CIRCLE WORKSHOP: A BRAVE SPACE

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

WHO: Families with youth 10-29 living in Scarborough
WHEN: Friday, October 16, 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
WHEN: Monday, January 11, 1:30–3:30 pm
WHERE: AccessPoint on Danforth

BLACK HISTORY MONTH EVENT

Explore the rich history of Black people in Canada! Join us for a hot Caribbean meal, music, giveaways and raffle prizes.

WHO: Newcomers, community members
WHEN: Friday, February 18, 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
WHERE: AccessPoint on Danforth

EMPLOYMENT SUPPORT SERVICES

In partnership with The Neighborhood Group, we offer employment counselling/supports. These include one-on-one guidance with employment counsellors, job search and training resources, and support developing 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

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
WHEN: Monday, October 19, 1:30–3:30 pm
WHERE: AccessPoint on Danforth

INCOME TAX 101

This workshop will dispel myths and reduce anxiety around filing taxes. Join us to get information on Canada's income tax system, how to file, and the benefits of filing taxes.

WHO: Newcomers, community members
WHEN: Monday, November 2, 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 at 416-669-7826 to book an appointment for this in-person service.

WHO: Newcomers, community members
WHEN: March 10–April 28
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
WHEN: Monday, January 25, 1:30–3:30 pm
WHERE: AccessPoint on Danforth



HOLIDAY DINNER

Are you a resident of the Taylor Massey or Oakridge neighbourhoods or an AccessPoint on Danforth client? Join us to celebrate the holiday season! Come for a free hot meal, as well as giveaways and activities for the whole family to enjoy. *Registration is required.*

WHO: Clients, residents of Taylor Massey or Oakridge
WHEN: Thursday, December 10, 5–7:30 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
WHEN: Monday, October 12, 1:30–3:30 pm
WHERE: AccessPoint on Danforth

KNOW YOUR RIGHTS: INFO SESSION FOR NEWCOMERS

Join us to learn about the Ontario Human Rights Code, and develop strategies to address discrimination.

WHO: Newcomers
WHEN: Monday, February 8, 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
WHEN: Monday, October 26, 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 and printers 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

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
WHEN: Monday, January 18, 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
WHEN: Monday, February 1, 1:30–3:30 pm
WHERE: AccessPoint on Danforth

WORKERS' HEALTH & SAFETY: INFO SESSION FOR NEWCOMERS

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

WHO: Newcomers
WHEN: Monday, November 9, 1:30–3:30 pm
WHERE: AccessPoint on Danforth

GREEN ACCESS

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

FIELD TRIP: MALVERN URBAN FARM

Join us to visit Malvern Urban Farm with Scarborough Food Network. We'll learn about how community-led farming can transform underused public land into a source of food, skills, livelihood, and community connection.

WHO: Newcomers, community members
WHEN: Wednesday, March 24, 11 am–1 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 that are made to last!

WHO: Newcomers, community members
WHEN: Saturdays, Sept. 26–Nov. 7, 1–3 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: Tuesdays, 10:30 am–12 pm & Saturdays, 10 am–12 pm, ends Oct. 31, restarts Feb.13
WHERE: AccessPoint on Danforth

HARVEST FESTIVAL

Join us to celebrate our hardworking Green Access volunteers, and the harvest from our community gardens and rooftop garden.

WHO: Newcomers, community members
WHEN: Saturday, October 31, 11:30 am–2 pm
WHERE: AccessPoint on Danforth

INDOOR WINTER GROWING

Extend your harvest deep into the frost! Join us inside the Arctic Dome Greenhouse to learn windowsill gardening and season-extension techniques. Transform your winter space into a thriving, green oasis.

WHO: Newcomers, community members
WHEN: Fridays, October 23–November 27 10:30–11:30 am
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! We offer curriculum-linked, outdoor, garden-based programs.

Tours run September to October on:

- Tuesdays: 10–11 am & 1–2 pm
- Thursdays: 10:30–11:30 am & 1–2 pm
- Fridays: 10–11 am & 1–2 pm

Contact: GreenAccess@AccessAlliance.ca

PRAIRIE DRIVE PARK 2 (PDP2) COMMUNITY GARDEN GOVERNANCE

A great opportunity to cultivate community, exchange gardening tips, build your skills, and work in a productive garden!

WHO: PDP2 gardeners
WHEN: Last Saturday of the month, 1–2:30 pm
Ends last week of October and restarts last week of March
WHERE: Prairie Drive Park (70 Prairie Drive) or AccessPoint on Danforth (*meetings may be online as required.)*

SEEDY SATURDAY

In collaboration with T.U.G Seeds of Diversity and other community agencies, we'll come together to share seeds saved across the city. Join us for speakers, seeds and activities!

WHO: Newcomers, community members
WHEN: Saturday, Feb. 27, 11:30 am–1:30 pm
WHERE: AccessPoint on Danforth

WASTE REDUCTION WEEK EVENT

Reducing waste and embracing circularity helps sustain the living earth on which we all depend. Join us for this community event dedicated to living more sustainably. We'll have exciting and competitive waste reduction trivia—test your knowledge, learn, and share for a chance to WIN!

WHO: Newcomers, community members
WHEN: Tuesday, October 20, 4:30–6:30 pm
WHERE: AccessPoint on Danforth

SCARBOROUGH CYCLES

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

BIKE MAINTENANCE WORKSHOP

Learn how to maintain your bike in a supportive setting. We'll cover brake and shifter adjustments, and how to fix a flat tire. Meet new people, and get connected to Scarborough's growing cycling community. Newcomers are always welcome.

WHO: Everyone
WHEN: Tuesday, October 20, 6–7pm
WHERE: Lawrence-Orton Bicycle Repair Hub
3939 Lawrence Ave E
(Enter via doors on north side lawn)

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, November 3, 2–6 pm
WHERE: 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 visit: scarboroughcycles.ca/drop-in-bike-repair

WHO: Everyone
WHEN: October 6–March 26
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, October 1–March 25, 1–5 pm
WHERE: AccessPoint on Danforth
(West side of building)

NEWCOMER, IMMIGRANT & REFUGEE SENIORS (55+ YEARS)

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

SENIORS' ARTS & CRAFTS

A great opportunity for newcomers and established seniors to share their culture and experiences and learn from each other while doing crafts, making jewellery, 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! 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

This high intensity class incorporates dance aerobics and weights to improve your stamina and strength. *Registration is required.*

WHO: Newcomer and other seniors
WHEN: Thursdays, 11–11:45 am
WHERE: AccessPoint on Danforth

SENIORS' COMPUTER LEARNING

Learn and practice basic computer skills, and digital literacy skills focused on civic engagement. *Registration is required.*

WHO: Newcomer and other seniors
WHEN: Wednesday, Oct. 21, 2–3 pm
WHERE: AccessPoint on Danforth

SENIORS' FINANCE & PLANNING FORUM

Join us to learn about government benefits, wills and power of attorney, seniors' discounts and longer term care options. *Registration is required.*

WHO: Newcomer and other seniors
WHEN: Thursday, October 22, 11 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' INCOME TAX FILING

Join us to learn about the role of the Canada Revenue Agency, and the necessary steps for filing your income tax return.

WHO: Newcomer and other seniors
WHEN: Friday, February 19, 1:30–2:30 pm
WHERE: AccessPoint on Danforth

SENIORS' INTRO TO FITNESS

Are you interested in starting to exercise 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

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: Thursdays, please contact: Seniors@AccessAlliance.ca for exact dates, 2:30–3:30 pm
WHERE: AccessPoint on Danforth



SENIORS' PLAY BOARD GAMES

Have fun, meet new people, and play board games from countries around the world!

WHO: Newcomer and other seniors
WHEN: First 3 Fridays of the month, 3–4 pm
WHERE: AccessPoint on Danforth

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: Last Friday of the month, 3–4 pm
WHERE: AccessPoint on Danforth

SETTLEMENT

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

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

WHO: 2SLGBTQI+ newcomers
WHEN: Thursdays, 5–7 pm
WHERE: AccessPoint on Danforth (and on Zoom)

NEWCOMER WOMEN'S SUPPORT GROUP ARTS & WELLBEING

Join other newcomer women as we create art and talk about life in Canada, wellbeing, and resources available to you. Increase your knowledge and share experiences in this welcoming space.

WHO: Newcomer women
WHEN: Mondays, November 9 & 16 1:30–3:30 pm
WHERE: AccessPoint on Danforth

NEWCOMER YOUTH

To register for Newcomer Youth programs, please 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, September 8–November 17 3:30–7 pm
WHERE: AccessPoint on Danforth

NEWCOMER HIGH SCHOOL YOUTH: EMERGING MINDS FROM AROUND THE WORLD YOUTH HUB

Learn, grow, 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. Join us, bring your friends, and make some memories!

WHO: Newcomer high school youth
WHEN: Thursdays, September 10–March 25 3:30–7 pm
WHERE: AccessPoint on Danforth

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

The ultimate arts experience! 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, September 8–March 30 3:30–4:45 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 our AccessPoint on Danforth Youth Team at 416-886-6184 on Wednesdays between 12 & 3 pm, or email: Youth@AccessAlliance.ca.

NEWCOMER YOUNG ADULTS: TRANSFORM INTO A LIFE CHAMPION

Take control of your life! Whether it's managing your time, 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, get employment support, and build life skills and independence.

WHO: Newcomer young adults (18-24 yrs)
WHEN: Tuesdays, September 8–March 30
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 Canadian culture. Join us for hands-on workshops and field trips that will help you build 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, September 8–March 30
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:

Seriously Salads
Mondays, September 14 to March 29, 10:30–11:30 am

Join us to learn more about how you can make healthier food choices today, and in the future.

Cooking Club
Mondays, September 14 to March 29, 2:30–5 pm

A safe, supportive space where you can develop practical 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, September 14 to March 29, 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 resilience.

Greenwood SS Girls' Group
Fridays, September 11 to March 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 resilience.

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 local attractions.

Contact: Youth@AccessAlliance.ca



ACCESSPOINT ON JANE







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

ALLIED HEALTH

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

HEALTHY EATING ON A BUDGET

Learn money-saving tips for grocery shopping and how to build healthy and budget-friendly meals. Each week, we'll taste test simple and delicious recipes, and talk about proper food storage, to help reduce food waste.

WHO: Newcomers, community members
WHEN: Fridays, February 12–March 19
10 am–12 pm
WHERE: AccessPoint on Jane

NEWCOMERS COOKING TOGETHER (NCT): HEART HEALTH EDITION

Create heart-healthy menus! 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, November 16 & February 15 (quarterly)
6–7:30 pm
WHERE: AccessPoint on Jane

CANNING & PRESERVING

Learn about food growing techniques, the benefits and challenges of growing food, and different ways to preserve your home produce. All newcomers are welcome! *Registration is required.*

WHO: Newcomers, community members
WHEN: Coming soon—stay tuned!
WHERE: AccessPoint on Jane

EMPLOYMENT PROGRAM

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

WHO: Newcomers, community members
WHEN: Wednesdays, Nov. 18 & 25, Dec. 16 & 23
WHERE: AccessPoint on Jane & online

HOLIDAY DINNER

Celebrate the holiday season with us! Connect with your neighbours, while enjoying fun activities and a tasty meal. *Registration is required.*

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

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



HOUSING PROGRAM

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

WHO: Newcomers, community members
WHEN: Coming soon—stay tuned!
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're eligible, please contact us to book an appointment.

WHO: Newcomers, community members
WHEN: March 8–April 23
Mondays, 4:30–7:30 pm
Tuesdays, 10 am–1 pm
WHERE: AccessPoint on Jane



INTERNATIONAL WOMEN'S DAY

Come together to celebrate the strength, resilience, and contributions of women in our community. Enjoy lively music and delicious treats while you explore a range of activities and community resources.

WHO: Newcomers, community members
WHEN: Thursday, March 11, 3:30–6:30 pm
WHERE: Woolner Park, 735 Jane St.

KIDS ROBOTICS: MARCH BREAK PROGRAM

This fun and interactive week-long program invites kids 8-12 to explore the exciting worlds of technology and innovation. Ideal for curious learners, kids will develop coding, robotics, and problem-solving skills through hands-on activities.

WHO: Newcomer kids (ages 8 to 12)
WHEN: March 15–19, 2–4 pm
WHERE: AccessPoint on Jane

PROGRAM WITHOUT WALLS (PWW)

A free, family-friendly program for expectant parents, and parents/caregivers of children ages 0-6. Join us for guest speakers and practical information about child development, health, parenting, and local services. Childminding and snacks are provided. *Registration is required.*

WHO: Expectant parents, and parents/caregivers of children ages 0-6
WHEN: Two Mondays a month, 5:30–7 pm
Oct. 19 & 26, Nov. 9 & 23, Dec. 7 & 21, Jan. 4 & 18, Feb. 8 & 22, Mar. 8 & 22
WHERE: AccessPoint on Jane.

NEWCOMER, IMMIGRANT & REFUGEE SENIORS (55+ YEARS)

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

SENIORS' ARTS AND CRAFTS

An opportunity for seniors to come together to share experiences and learn from each other through a range of 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 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' FINANCE & PLANNING FORUM

Join us to learn about seniors' discounts, government benefits, wills, power of attorney, and longer-term care options. *Registration is required.*

WHO: Newcomer and other seniors
WHEN: Monday, November 23, 11 am–3 pm
WHERE: AccessPoint on Jane

SENIORS' GENTLE FITNESS

Improve your strength, stamina and balance using dance and resistance bands in this accessible, low-intensity, full body workout class.

WHO: Newcomer and other seniors
WHEN: Mondays, 10:15–11 am & 12–12:45 pm
WHERE: AccessPoint on Jane

CHECK FOR THE LATEST UPDATES ON PROGRAMS AND SCHEDULES

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

SENIORS' MONTHLY INFORMATION SESSIONS

We'll explore a range of topics in these monthly sessions, including physical and mental health, computers, financial supports, safety, voting, and healthy aging. *Registration is required.*

WHO: Newcomer and other seniors
WHEN: Mondays, dates TBD, 11–11:50 am
WHERE: AccessPoint on Jane

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



YOUTH CONNECTIONS

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

Call our AccessPoint on Jane Youth Team at 647-465-3825 on Thursdays between 12 & 3 pm or email: Youth@AccessAlliance.ca.

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, September 10–24 & January 14–March 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, and 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, September 10–December 10 & January 14–March 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, September 10–24 & January 14–March 25, 6:30–7:30 pm
WHERE: AccessPoint on Jane

NEWCOMER HIGH SCHOOL YOUTH: NEWCOMERS COOKING TOGETHER

Hang out, cook together, and learn about healthy eating, We'll try a new recipe every week!

WHO: Newcomer high school youth
WHEN: Thursdays, October 1–December 3 4–7 pm
WHERE: AccessPoint on Jane

NEWCOMER HIGH SCHOOL YOUTH & YOUNG ADULTS: HOMEWORK CLUB

Make new friends, have some snacks, and tackle your homework together! This is a welcoming space to get your schoolwork done and improve your grades. Join our supportive community of newcomer youth working hard—together—to achieve their goals!

WHO: Newcomer youth & young adults (13-24 years old)
WHEN: Mondays, September 14–December 7 & January 11–March 22, 4–5:30 pm
WHERE: AccessPoint on Jane

NEWCOMER HIGH SCHOOL YOUTH & YOUNG ADULTS: MAKING CANADA HOME!

A perfect way to settle in, create memories with new friends, and become a part of the Canadian culture. Join us for hands-on workshops and field trips to help 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 years old)
WHEN: Mondays, September 15–December 7 & January 11–March 22, 5:30–7 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



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

Downsview SS Newcomer Lunch Program
Thursdays, September 10–December 10 & January 7–March 25, 11:30 am–12:30 pm

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

Runnymede CI Conversation Café Program
Fridays, November 6–December 4 & January 8–March 26, 11:30 am–12:30 pm

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

Online



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're 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 eyetfrp.ca/pre-natal/. Newcomers are welcome!

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

BRAIN HEALTH: NUTRITION EDUCATION SERIES

Explore the connections between the food you eat and your brain health. Our registered dietitian will share how food affects your mood, the food groups that keeps an aging brain healthy, and tips for emotional eating. *Participants should attend all 6 sessions.*

WHO: Everyone
WHEN: Tuesdays, January 19–February 23 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, inexpensive meal for your family. Ingredients will be provided.

WHO: Families with children 0-6 years old
WHEN: Fridays, October 23 & November 20 5–7 pm
WHERE: Zoom

COMMUNITY SERVICES

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

EMPLOYMENT PROGRAM

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

WHO: Newcomers, community members
WHEN: Wednesdays, Nov. 18 & 25, Dec. 16 & 23
WHERE: Online & AccessPoint on Jane



NEWCOMER, IMMIGRANT & REFUGEE SENIORS (55+ YEARS)

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

SENIORS' GENTLE FITNESS

Improve your strength, stamina and balance using dance and movement in this low-intensity, full body workout. Online classes are only available to registered clients. Contact Seniors@AccessAlliance.ca for more information.

WHO: Registered newcomer and other seniors
WHEN: Tuesdays, 3–4 pm
WHERE: Zoom

SENIORS' SEATED YOGA

Calm your body and your mind with this accessible class, perfect for beginners and those who prefer a seated experience. Regularly practicing seated yoga improves flexibility, strength, and balance, while also reducing stress. Online classes are only available to registered clients. Contact Seniors@AccessAlliance.ca for more information.

WHO: Registered newcomer and other seniors
WHEN: Mondays, 3–4 pm
WHERE: Zoom

SENIORS' MEDITATION & STRETCH

Grow your awareness of your body and mind as you're guided through mindfulness exercises, seated movement, and stretches. Online classes are only available to registered clients. Contact Seniors@AccessAlliance.ca for more information.

WHO: Registered newcomer and other seniors
WHEN: Wednesdays, 3–4 pm
WHERE: Zoom

SETTLEMENT

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

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

AMONG FRIENDS 2SLGBTQI+ NEWCOMERS

Explore life in Canada as a 2SLGBTQI+ newcomer. Learn about preparing for your immigration hearing, employment and education, ental health, and navigating health and other system. You can also join us in person at AccessPoint on Danforth.

WHO: 2SLGBTQI+ newcomers
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, September 9–March 30 2–4:30 pm
WHERE: Zoom (last Tuesday of the month is in person at our Victoria Park Hub, 1527 Victoria Park Ave.)

FINANCIAL LITERACY PART 1: BASIC RULES OF MONEY MANAGEMENT AND CREDIT

Join us to better understand how to achieve financial stability for yourself and your family. Reduce your financial stress, and prepare for brighter future.

WHO: Newcomers
WHEN: Wednesday, November 11, 1–3 pm
WHERE: Zoom

FINANCIAL LITERACY PART 2: BUDGETING, SAVINGS, INVESTMENT AND SCAMS INVOLVING MONEY

Learn how to save money, budget, and avoid money scams. Explore savings and investment options for your future financial stability.

WHO: Newcomers
WHEN: Wednesday, November 18, 1–3 pm
WHERE: Zoom

THE IMPORTANCE OF FILING INCOME TAX

Every income earner in Canada must file an annual income tax return. We'll discuss the advantages of filing early, how it affects government financial assistance, and more.

WHO: Newcomers
WHEN: Friday, January 22, 1–3 pm
WHERE: Zoom

TENANTS' AND LANDLORDS' RIGHTS AND RESPONSIBILITIES

Learn about your legal rights and responsibilities as a tenant, and understand the reasons for eviction. Be aware of steps you can take to avoid conflict with your landlord and co-tenants.

WHO: Newcomers
WHEN: Wednesday, October 21, 1–3 pm
WHERE: Zoom

Access Alliance Language Services (AALS)

AALS offers high-quality language access services in the Greater Toronto Area. We recognize the importance of offering high-quality, accessible language services for our clients, patients, and their families and communities.

Our team includes 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 other organizations in achieving their language access goals.

infowell.ca:

infowell.ca is a free library 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 to find and share multilingual health information.

SCAN TO VISIT INFOWELL.CA:



Want to know more?

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 FAMILY DOCTOR OR NURSE PRACTITIONER?





VOLUNTEER WITH US!

Access Alliance welcomes volunteers! We encourage newcomers, immigrants and refugees to volunteer with Access Alliance. We welcome volunteers 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, please see our current volunteer opportunities at: accessalliance.ca/get-involved/volunteer-with-us.

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

Funded by:

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