



# Programs and Groups

## Winter/Spring 2010

### Lawrence Heights Site

#### Children and Parenting Programs

##### **Early Years Program: Baby and Me**

This program is for parents and children aged birth to one year. The program includes an educational topic as well as circle time for singing with your baby.

*Day:* **Monday**

*Time:* **1 p.m. to 3 p.m.**

*For more information, contact:* **Hawa Abdi, (416) 787-1676 ext. 227**

##### **Early Years Program: Toddler Time**

This program is for children one to four years old with a parent or caregiver. It is an educational and fun program that has parenting, health, nutrition and a circle time for singing with your child. Childcare and refreshments are provided.

*Day:* **Monday**

*Time:* **10 a.m. to noon**

*For more information, contact:* **Hawa Abdi, (416) 787-1676 ext. 227**

##### **Early Years Program: Young Parents**

This program is for young moms and dads and for teens who are pregnant. Free childcare is available and a light supper is served.

*Day:* **Wednesday**

*Time:* **4:30 p.m. to 6:30 p.m.**

*For more information, contact:* **Hawa Abdi, (416) 787-1676 ext. 227**

##### **Labour of Love (Prenatal and Nutrition Program)**

This program is for expecting mothers. It includes education around pregnancy and healthy eating as well as an opportunity for women to meet, cook and taste new food. TTC tickets and childcare are available.

*Day:* **Tuesday**

*Time:* **1 p.m. to 4:30 p.m.**

*For more information, contact:* **Hawa Abdi, (416) 787-1676 ext. 227**  
or **Jenny Lyttle, (416) 787-1676 ext. 229**

##### **Connecting Families**

In collaboration with Family Service Association, this program connects parents, aunties, uncles and grandparents to exchange ideas, offer support and share experiences about parenting children in Canadian culture. The children's program (12 years old and under) teaches cooperation, responsibility and self-awareness. Childcare is available for children under four.

*Dates:* **starting April 1, 2010**

*Day:* **Thursday**

*Time:* **3:30 p.m. to 5 p.m.**

*Location:* **Flemington Public School (10 Flemington Road)**

*For more information, contact:* **Olu Akinkunmi, (416) 787-1676 ext. 234**

#### Group Programs

##### **Forever Young Seniors Program**

This is a weekly health promotion program for seniors that offers leadership and health education in a community setting. A nutritious brunch is provided.

*Day:* **Thursday**

*Time:* **10 a.m. to 1 p.m.**

*For more information, contact:* **Olu Akinkunmi, (416) 787-1676 ext. 234**

##### **Walking into Health**

This is an interdisciplinary program that supports active living and healthy life styles. Last Wednesday of the month, 11 a.m. – 12 noon, a Primary Health Care Doctor, a Dietitian and a Community Health Worker deliver talks on various issues.

*Day:* **Wednesday**

*Time:* **10 a.m. to noon**

*For more information, contact:* **Olu Akinkunmi, (416) 787-1676 ext. 234**

##### **Women's Circle**

With this peer leadership program, New Heights is training a group of motivated women from Neptune, Lawrence Heights, Lotherton, and Marlee Village to lead women's circles in their neighbourhood. Women's health circles will be run during Winter 2010.

*Dates, Days and Time:* **TBA**

*Location:* **Local sites in Neptune, Lawrence Heights, Lotherton and Marlee Village**

*For more information, contact:* **Maleda Mulu, (416) 787-1676 ext. 230**

#### Training Programs

##### **Childcare Training**

A series of workshops offered twice a year to community members interested in gaining skills and knowledge in early childhood

development and also to create employment opportunities to work as homecare providers or to assist Early Childhood Educators in different settings. This training supports and assists parents and caregivers in the challenging task of raising children from birth to 12 years old. Graduates can be recruited to provide service as childcare workers with the health centre. Registration is required. Priority is given for community members who live and go to school in the immediate catchment area.

*Dates:* **starting March 2010**

*Days:* **Tuesdays and Fridays**

*Time:* **9 a.m. to noon**

*For more information, contact:* **Maleda Mulu, (416) 787-1676 ext. 230**

## **R.E.A.D.Y.**

This program is in partnership with JVS Toronto and New Heights Community Health Centres to provide employment readiness skills for youth aged 16-19 years. All participants must register and meet specific requirements.

*Days:* **Monday and Thursday**

*Time:* **3:30 p.m. to 7:30 p.m.**

*For more information, contact:* **Pablo Joseph, (416) 787-1676 ext. 284**

## **CEACL — Community Education for Action and Community Leadership**

This program is for people interested in completing a leadership training that will facilitate skills in peer conflict mediation. The focus is on cross-cultural conflicts and is open to residents living in the Lawrence Heights and Neptune community. Youth from the age of 16 to seniors are welcomed and strongly encouraged to participate. The facilitators for this program are community health worker Judith Otto and community activist Denise Earle.

*Dates:* **January 21, 2010 to June 10, 2010**

*Day:* **Thursday**

*Time:* **6 p.m. to 8 p.m.**

*Location:* **New Heights Community Health Centres, Group Room A and B**

*For more information, contact:* **Judith Otto, (416) 787-1676 ext. 256**

## **Harm Reduction Programs**

### **Harm Reduction Peer Program**

This program is for individuals who wish to work as community outreach workers or who would like to participate in training events. Contact us for more info.

*Days:* **Monday and Friday**

*Time:* **1 p.m. to 2 p.m.**

*For more information, contact:*

**Harm Reduction Team, (416) 787-1676 ext. 278**

### **Harm Reduction Kit Making**

This program is an opportunity for service users to put together our harm reduction kits and learn about what is in the packages. Volunteers in this program receive compensation for their time. Contact us for more info.

*Day:* **Tuesday**

*Time:* **2 p.m.**

*For more information, contact:*

**Harm Reduction Team, (416) 787-1676 ext. 278**

### **Harm Reduction Drop-In**

The program objective is to break isolation of drug users, educate service users about safe use strategies and to provide safe drug use equipment. This service is anonymous, so no registration happens.

*Days:* **Mondays, Tuesdays and Thursdays**

*Time:* **1 p.m. to 4 p.m.**

*For more information, contact:*

**Harm Reduction Team, (416) 787-1676 ext. 278**

### **Hepatitis C Prevention Project**

The Hepatitis C Project is peer-focused and peer-driven. The activities outlined in this project are to meet identified needs for prevention, support and treatment of Hepatitis C (HCV) within the North Toronto community. The activities fall into three themes: support peer workers, coordinate local service providers and support affected communities.

We now have six new peers as well as five dedicated existing peers wanting to jump on board and take on more responsibility with the hepatitis C project. The project is collaboratively partnering with five agencies dedicated to the harm reduction philosophy. The revitalized West and North Toronto Mobilizes on Harm Reduction (WaNT MoHR) coalition is coming together in January 2010, as well as a sex worker's drop in and the drug user support group. Stay tuned for more plans from this very busy group!

*For more information, contact:* **Laurie Martin, (416) 787-1676 ext. 362**

## **Community Initiatives**

### **Community Action Team**

Lawrence Heights and Neptune residents and grassroots groups meet together "to share what we know, discuss what we want, learn together, and build a stronger voice for our needs." During the winter and spring of 2010, CAT is also leading a pilot project to connect and organize neighbours within four buildings/courts in the neighbourhood. Drop by a CAT meeting, and connect with what's happening!

*Day:* **First and third Tuesday of each month**

*Time:* **6 p.m. to 8 p.m.**

*For more information and upcoming dates, contact:*

**Gillian Kranias, (416) 787-1676 ext. 254**

### **Community Advisory Panel (CAP) — Lawrence Heights**

A group of residents and other stakeholders in the Lawrence Heights neighbourhood who advise New Heights CHCs on various matters concerning the community. The groups meets every other month and welcomes new members:

*Dates/days:* **TBA**

*Time:* **6 p.m.**

*For more information, contact:* **Paulos Gebreyesus, 416-787-1676 ext. 252**

## BePART

BePART is a group of residents and agency staff who are working together on researching the experience and concerns of people living in our community. BePART is open to anyone who lives in Lawrence Heights and Neptune. The results of our recent research project will be shared with the community on Friday, January 15, 2010, at the Lawrence Heights Community Centre.

*If you would like to learn more about or join in our research work, contact: Teisha, (416) 787-1676 ext. 238*

## Community Learning Exchange

New Heights is working together with North York Community House, other local agencies and local residents to develop this exciting new project. The Community Learning Exchange will host free workshops that build people's skills and confidence to participate in community leadership activities. Workshops will also strengthen links between people, resources, groups and opportunities for action across the Lawrence Heights priority neighbourhood.

*For more information, contact: Gillian Kranias, (416) 787-1676 ext. 254*

## PEACH

Peer Education and Action for Community Health (PEACH) is a peer-led and multi-lingual project that is seeking to bring communities together through education and social support. Peer leaders from the Lawrence Heights and Bathurst-Finch communities will be learning, teaching, practicing group work and connecting with members of their own language communities. Our leaders will be aiming to share information and education through dynamic workshops covering various topics, including leadership and engagement, nutrition, safe food handling, fitness, stress management and tobacco risk.

Please let us know if you or any community members you know would like to participate in a workshop series in the future (in a language other than English).

*For more information, contact:*

Nathalie Zeemel, nzeemel@newheightshealth.org

## Diabetes Education Centre

Come learn how to manage your diabetes and eat healthily. Programs run from different locations in Lawrence Heights and Bathurst-Finch. For more information on programs and services each month, please visit the Diabetes Education Centre (DEC) on the second floor or call (416) 787-1676 ext 301.

### Yoga Classes

*Dates: April 8, 15, 22 and 29, 2010*

*Days: Thursday*

*Time: 2 p.m. to 3 p.m.*

*For more information, contact: DEC, (416) 787-1676 ext. 301*

### Live Free...Prevent Diabetes

This is a new initiative through the Diabetes Education Centre at New Heights Community Health Centres. The Live Free team consists of one outreach worker and two community dietitians. We work collectively to empower communities to self-manage diabetes risk. Our two-pronged approach involves:

- On-site screenings at community locations, such as churches, community centres, schools, shopping malls, and residences. Screening sessions include brief individual consultations and collection of relevant information to identify persons at moderate to high risk of developing type 2 diabetes.
- The Healthy Lifestyles workshop series, which caters to those who have been identified at risk for type 2 diabetes through our screening process. Participants commit to attending four consecutive classes focusing on nutrition, physical activity, and cooking skills.

*For more information, contact:*

Michelle-Ann Hylton, (416) 787-1676 ext. 360

## Bathurst-Finch Site

### Women's Circle (discussion group in partnership with North York Women's Centre)

Join the group to meet new friends, widen your social networks and receive new information. Refreshments and childcare provided on-site.

*Day: second Monday of each month*

*Time: 6 p.m. to 8 p.m.*

*Location: Antibes Community Centre (140 Antibes Dr.)*

*For more information, contact: Bathurst-Finch Office, (647) 436-0385*

### Russian Speaking Women's Group ("Victoria")

The sessions are facilitated by women participants. Come share your expertise and skills, learn something new and make friends.

Refreshments and childcare provided on-site.

*Day: fourth Thursday of each month*

*Time: 6 p.m. to 8 p.m.*

*Location: Bathurst-Finch Community Office (5987 Bathurst St., Unit 104/106)*

*For more information, contact: Bathurst-Finch Office, (647) 436-0385*

### English Conversation Café

We invite all residents who would like to improve their English to attend English Conversation Café. Refreshments are provided.

*Day: Wednesday*

*Time: 6 p.m. to 7:30 p.m.*

*Location:* Antibes Community Centre (140 Antibes Dr.)

*For more information, contact:* Bathurst-Finch Office, (647) 436-0385

### Knitters' Night Out

A knitting group for everyone regardless of age, gender and skill level.

*Day:* Tuesday

*Time:* 6:30 p.m. to 8 p.m.

*Location:* Centennial Library (578 Finch Ave. W.)

*For more information, contact:* Bathurst-Finch Office, (647) 436-0385 or Centennial Library, (416) 395-5490

### Seniors' Health Club: Second Wind

Sessions include gentle fitness exercise, healthy snacks and informational talks with various health specialists, including a registered dietitian, a stress management consultant, and a meditation specialist.

*Days:* Tuesday and Thursday

*Time:* 1 p.m. to 3 p.m.

*Location:* 6250 Bathurst St., meeting room

*For more information, contact:* Bathurst-Finch Office, (647) 436-0385

### Youth Chill Zone

Drop-in space for youth.

*Day:* Wednesday

*Time:* 3 p.m. to 6 p.m.

*Location:* Centennial Library (578 Finch Ave. W.)

*For more information, contact:* Bathurst-Finch Office, (647) 436-0385 or Centennial Library, (416) 395-5490

### Grill and Chill

Interactive skill-building sessions for Fisherville students facilitated by social worker, community health worker, and community dietitian.

*Dates:* March 1 — April 19 (except for March 15 and April 5)

*Day:* Monday

*Time:* 3:30 p.m. to 5:30 p.m.

*Location:* Fisherville JHS (425 Patricia Ave.)

*For more information, contact:* Jenny, (647) 436-0385

### Youth Media Club

For youth interested in different aspects of media, including writing, photography, art and graphic design, newspaper publishing and blogging.

*Day:* alternate Mondays

*Time:* 3:30 p.m. to 5 p.m.

*Location:* Bathurst-Finch Community Office (5987 Bathurst St., Unit 104/106)

*For more information, contact:* Bathurst-Finch Office, (647) 436-0385

### Youth Health Ambassador Program

A workshop series for youth who want to become peer leaders in health promotion.

*Dates:* January 12 and February 9, 2010 (following dates TBA)

*Time:* 4:30 p.m. to 7:30 p.m.

*Location:* Antibes Community Centre

*For more information, contact:* Bathurst-Finch Office, (647) 436-0385

### Newcomer and Health Workshop

A workshop for community members who are interested in receiving more information on the health care system (including access and rights) in Canada. Workshop will be delivered in English, however, interpretation will be available.

*Dates, Days Time and Location:* TBA

*For more information, contact:* Bathurst-Finch Office, (647) 436-0385

### Stress Management Self-Help Group

A four-week group that aims to increase participants' ability to manage stress. Topics covered include stress management, self esteem, relationships and positive attitude.

*Dates and Time:* TBA

*Location:* 5987 Bathurst Street, Suite 106 (2<sup>nd</sup> floor)

*For more information, contact:* Bathurst-Finch Office, (647) 436-0385

### Communication Skills Training

A series of four workshops that will cover the following topics: Effective Communication Skills, Intercultural Communication in Canada, Communication in Relationships, and Communication Skills in the Workplace in Canada. Certificate awarded upon completion of all four workshops. Dinner and on-site childcare are provided.

*Dates:* March 2, March 9, March 16 and March 23

*Time:* 6 p.m. to 9 p.m.

*Location:* Carnegie Centennial Centre, 580 Finch Avenue W., Silver Blade room (2<sup>nd</sup> Floor)

*For more information and to register contact:*

Bathurst-Finch Office, (647) 436-0385

### Community Advisory Panel (CAP)

A group of residents and other stakeholders in the Bathurst-Finch neighbourhood who advise New Heights CHCs on various matters concerning the development of Bathurst-Finch Community Hub and Satellite Community Health Centre. The group meets on a second Monday of every other month and welcomes new members.

*Dates:* January 11, March 15, May 10, July 12,

September 13, November 8, 2010

*Time:* 5 p.m.

*Location:* Bathurst-Finch Community Office

(5987 Bathurst St., Unit 104/106)

*For more information, contact:* Julie Callaghan, (647) 436-0385

### Neighbourhood Action Group (NAG)

Bathurst-Finch Resident Association is working on planning and organizing neighbourhood activities, events and projects. Membership consists of anyone living, working or attending school in the BF neighbourhood. NAG has four working groups to address different priorities in the neighbourhood: communications committee (working on Bathurst-Finch Kaleidoscope community newspaper and website), events committee, capacity building committee and youth committee.

*For more information on how to get involved and meeting dates, contact:*

Hannah Bontogon, (647) 436-0385