

What's On



Programs & Events Spring 2009

South Riverdale Community Health Centre

955 Queen Street East, Toronto ON

Check out our web site at www.srchc.com



Ontario's Community
Health Centres

COUNTERfit HARM REDUCTION

The COUNTERfit Harm Reduction Program is a community-based project offering outreach and education services to illicit drug users in the Riverdale area. COUNTERfit is a project of SRCHC and is funded by the *AIDS Bureau of the Ontario Ministry of Health*.

Fixed Site Hours (Office):

Monday to Friday 9:00 am - 5:00 pm

Mobile Hours:

Tuesday to Friday: 6:00 pm - 12:00 am

Saturday and Sunday: 12:00 pm - 12:00 am

COUNTERfit Services:

Needle Exchange and Distribution of Safer Injection Materials - Distribution of safer crack stems and stem kits; distribution of condoms and condom kits.



HEP C Information Group - For people interested in learning more about Hepatitis C and the various treatments, with the possibility of joining our HEP C Treatment Group.

Contact: Daina ext. 205
dhodgson@srchc.com



Women's Harm Reduction -

Women who use illicit drugs and/or work in the sex trade face unique challenges. This program works to acknowledge those challenges and develop responsive, supportive programming. We offer harm reduction supplies, sexual health information, support for sex workers, groups for women, and much more.

Contact: Molly ext. 232
mbannerman@srchc.com

Outreach Clinic - For people who do not have access to health care that are homeless, drug users, sex trade workers, or do not have identification. Tuesdays from 2-3:45 and Thursday from 2-4 on the second floor. (*Note:* our outreach clinic also offers testing for HIV, Hepatitis, and other sexually transmitted infections)

WoodGreen Harm Reduction Housing Outreach Worker - Mondays & Wednesdays 1:30-5:00 at SRCHC

Sherbourne Health Bus (partnership)
Tuesdays between 12:30 am-2:30 p.m. (The bus is parked in front of WoodGreen Community Services—855 Queen St E)
Educational Presentations / In-Service regarding harm reduction, illicit drugs and

Call (416) 461-1925 for more information

All programs are FREE to those living in the South Riverdale area

illicit drug use, HIV and HCV Prevention, and other issues related to drug use.

“Peer” Work - Service users that have a volunteering history with COUNTERfit are hired as Peer Assistants.



Satellite Sites - service users do basic harm reduction materials distribution from home.

Referrals - to other programs and services.

Contact: Raffi, ext. 240
rbalian@srhc.com
Sang Won, ext. 235
skim@srhc.com

PARENTS AND CHILDREN

East Toronto Postpartum Adjustment Program ❖

For women dealing with postpartum depression after childbirth we offer weekly groups, one-to-one counseling and referrals.

Contact: Suan, ext. 300
slee@srhc.com

Age Specific JumpStart Groups ❖

This eight week program is for parents/ caregivers with children. Age specific groups: 0-1 year, 1-3 years and 4-6 years. Each week focuses on an age specific issue. Pre-registration is required.

Contact : Kate, ext. 230 (English)
kkenny@srhc.com
Phyllis, ext. 244 (Chinese)
plam@srhc.com

Breastfeeding Clinic/Drop-In ❖

Support and resources on breastfeeding. Service in Chinese and English. English speaking individuals must be registered patients with the centre.

Contact: Suan, ext. 300
slee@srhc.com

Young Parents ❖

For young parents under age 24. Provides parenting support, child care and TTC.

Contact: Wanda, ext 226
wgeorgis@srhc.com

WELLNESS

Plain Language Group ❖

Volunteers review printed health information like flyers, handouts and booklets. This group gives suggestions to make publications easier to read and understand for people of all reading levels. Meet on the 1st and 3rd Thursday of the month, 9:30am-12pm.

Contact: Sara, ext. 251
stryon@srhc.com

Tai Chi (Yang Style) ❖

A free community class for people who are interested in learning & practicing Tai Chi. New classes begin in May, 2009. Tuesday evenings from 6:15 - 7:45 Registration is required.

Contact: Suan, ext. 300
slee@srhc.com

Bones for Life ❖

Learn about your amazing bones and the keys to maintaining healthy bones throughout your life. In partnership with the Osteoporosis Society of Canada, SRCHC is offering a **FREE** 7 session program on keeping your bones healthy. Includes talks, cooking and gentle exercise. Offered in English and Cantonese

Contact: Julie, ext. 250 Cantonese
jwong@srhc.com
Annie, ext. 245 English
achung-hui@srhc.com



“SRCHC encourages a scent-free environment. Employees, students, volunteers, and visitors are asked to refrain from wearing fragrances and other scented personal care products (i.e. perfumes, deodorants, lotions, hairspray, etc) while at the Centre.”

Good Food Box ❖

Fresh fruits and vegetables at a reasonable cost. Order and pick-up at the Centre twice a month.

Contact: Gigi, ext. 348
gchang@srchc.com

SENIORS'

Gentle Tai Chi ❖

Tai Chi is about generating and feeling energy through movement. Flowing motions strengthen your body and help you relax. For seniors 60+ or people with mobility challenges.

Contact: Julie, ext. 250
jwong@srchc.com

Seniors' Wellness ❖

We meet on the 2nd and 4th Thursday of the month, 10am to 12pm. This is a group that meets to discuss and learn about health concerns of older adults. Snacks are always served.

Contact: Julie, ext. 250
jwong@srchc.com

CHINESE PROGRAMS

Chinese Diabetes Self Management Education Program ❖

A program for adults with type 2 diabetes. Offering individual and group sessions. Support persons are welcome to attend

Contact: Connie, ext. 335
ccheung@srchc.com

Chinese Prenatal Breastfeeding Class ❖

Classes run every second or third month, depending on need. Please call for dates.

Contact: Suan, ext. 300

Chinese Women's Group ❖

A Group for Chinese women who want to learn about healthy living through workshops

and information sharing sessions. This group is in Mandarin and Cantonese. TTC, snacks and childcare is provided.

Contact: Julie, ext. 250
jwong@srchc.com
Grace, ext. 248
gho@srchc.com



Chinese Cancer Support ❖

For Chinese cancer patients and their support persons. Listen to guest speakers talk about cancer and how to cope. Snacks and childcare provided. Meet on the 2nd Tuesday of each month from 1:30-3:30

Contact: Grace, ext. 248
graceho@srchc.com

ENVIRONMENTAL HEALTH

Bike Repair Drop-In ❖

Informal self-help bike repair and maintenance every Thursday 1-3 pm in the lobby.

Contact: Paul, ext. 241
paul@srchc.com

Cyclists! SET-BUG ❖

(South East Toronto Bicycle User Group)

Working to improve biking conditions in East Toronto.

Contact: Paul, ext. 241
paul@srchc.com

Portlands Action Committee ❖

Residents of East Toronto talk about the future of our Portlands District. Meeting the 3rd Thursday of each month at Ralph Thornton Centre, 765 Queen St. E. Please call to confirm.

Contact: Paul, ext. 241
paul@srchc.com



If you have ideas or suggestions for the SRCHC newsletter or program insert please call Debby at ext. 254 - yuke@srchc.com

Environmental Health Workshops ❖

Workshops and presentations on the environment and your health. Topics include: prenatal health and the environment, children's health and their environment and healthy homes.

Contact: Jessica, ext. 253
jkwik@srchc.com

Indoor Air Quality Workgroup ❖

Focus on the impact of indoor air quality on human health.

Contact: Jessica, ext. 253
jkwik@srchc.com



South Riverdale Environmental Liaison Committee ❖

Local residents, government and industry members meet and discuss pollution and parks.

Contact: Paul, ext. 241
paul@srchc.com



Neighbourhood Action on Air Quality (NAAQ) ❖

A new project to support local neighbourhoods to take action on air quality issues. If you are passionate about air pollution and want to get involved then this is the community initiative for you.

Contact: Peg, ext. 268
plahn@srchc.com

WOMEN

Women's Gathering ❖

Providing an opportunity for women finding their way through a new community and culture, to meet and get information, resources and services.

Contact: Kate, ext. 230
kkenny@srchc.com

Women's Health Screening ❖

A female nurse practitioner offers breast examinations and pap smears on the fourth Friday of every month from 10am-1pm.

Contact: Grace, ext. 248
graceho@srchc.com

NUTRITION

Diabetes Community Kitchen ❖

For participants in the Diabetes Self-Management Education Program - this program provides opportunities for people to cook and enjoy heart healthy and diabetes-friendly meals. English and Chinese.

Contact: Connie, ext. 335 - Chinese
ccheung@srchc.com
Maisie ext 351 - English
mvanriel@srchc.com

Diabetes Self-Management Education ❖

For adults with Type II diabetes. Offers individual and group sessions and classes that are held in various locations and languages. Interpretation is available. Programming is available for mental health consumers/survivors. Pre-registration is required for all session. Support persons are welcome to attend.

Contact: Christine, ext. 341
cfinn@srchc.com



Nutritional Counseling ❖

One-on-one nutrition counseling from a Registered Dietitian is available for those living in SRCHC's catchment area.

Contact: Suan, ext. 300
slee@srchc.com

Roof Top Garden ❖

This group meets to garden, socialize, discuss educational topics, exercise and enjoy the fresh air all while on top of our roof top garden. Starting mid April

Contact: Julie ext. 250
jwong@srchc.com