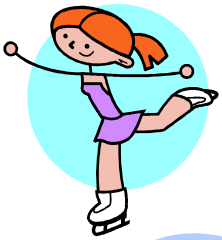
What's on at SRCHC



Health Centre Programs & Events
South Riverdale Community Health Centre
955 Queen Street East, Toronto ON
www.srchc.ca

South Riverdale Community Health Centre

Parents and Children

East Toronto Postpartum Adjustment Program ❖

For women dealing with postpartum depression after childbirth. ETPAP offers a weekly group, one-to-one counseling and referrals.

Contact: Suan, ext. 300

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)
Phyllis, ext. 244 (Chinese)

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

Call (416) 461-1925 for more information about the programs listed

Young Parents ❖

For young parents under age 24. This program provides parenting support, child care and TTC.

Contact: Wanda, ext 226

Wellness

Good Food Box Program ❖

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

Contact: Gigi, ext. 348

Plain Language Group ❖

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

Contact: Sara, ext. 251

Tai Chi (Yang Style) ❖

A free community class for people who are interested in learning & practicing Tai Chi. New classes begin October, 2008. Registration is required.

Contact: Suan, ext. 300

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

Bones for Life ❖

Working in partnership with the Osteoporosis Society of Canada, SRCHC is offering a **FREE** seven week program on keeping your bones healthy.
Includes talks, cooking and gentle exercise. This program is offered in English and Cantonese

Contact: Julie, ext. 250 Cantonese
Annie, ext. 245 English

Plan to Quit Program ❖

Are you planing to quit smoking? Start this year off with one less habit. Come to our information session about our up coming Plan to Quit Program on January 8th, 2009 from 5-6 pm.

Contact: Kathleen, ext. 203

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

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

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

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

Chinese Prenatal Breastfeeding Class ❖

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

Contact: Suan, ext. 300

Chinese Cancer Support ❖

For Chinese cancer patients and their support persons. A chance to listen to guest speakers talk about cancer and how to cope with cancer. Snacks and childcare provided. Call for dates and registration. Peer support training begins November 18th Tuesday 8 session.

Contact: Grace, ext. 248

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

Cyclists! SET-BUG ❖

(South East Toronto Bicycle User Group)

Working to improve biking conditions in East Toronto.

Contact: Paul, ext. 241

Portlands Action Committee ❖

Residents of East Toronto talk about the future of our Portlands District. The committee meets the 3rd Thursday of each

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

month at Ralph Thornton Centre, 765 Queen St. E. Please call to confirm.

Contact: Paul, ext. 241

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

Indoor Air Quality Workgroup ❖

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

Contact: Jessica, ext. 253

South Riverdale Environmental Liaison Committee ❖

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

Contact: Paul, ext. 241

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

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

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. Sessions are available in both English and Chinese.

Contact: Connie, ext. 335

Diabetes Self-Management Education Program ❖

A program for adults with type 2 diabetes. Offering individual and group sessions. Classes 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: Ext. 341

Nutritional Counseling ❖

One-on-one nutrition counseling is available for those living in SRCHC's catchment area. You can be referred, or you can ask to be seen. This service is provided by a Registered Dietitian.

Contact: Suan, ext. 300

COUNTER*FIT* HARM REDUCTION

COUNTER*fit* Harm Reduction Program is a community-based project offering outreach and education services to illicit drug users in the Riverdale area through a mobile unit and a fixed site. COUNTER*fit* is a project of SRCHC and is funded by the *AIDS Bureau of the Ontario Ministry of Health.*

Schedule ❖

Fixed Site Hours (Office):
Monday to Friday 9:00 am—5:00 pm

Mobile Hours:
Tuesday to Friday:
6:00 pm—12:00 midnight
Saturday and Sunday:
12:00 noon—12:00 midnight.

If you have ideas or suggestions for the SRCHC newsletter or program insert

COUNTER*fit* Services:

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

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

"Peer" Work—Selected service users with a volunteering history with COUNTERfit are hired as Assistants.

Satellite Sites—service users are trained to do basic harm reduction materials distribution from their homes.

Referrals—to other programs and services.

Contact: Raffi, ext. 240
Sang Won, ext. 235

OTHER SERVICES AT SRCHC

- Counseling and Social Services
- Primary Care Asthma Program
- Wound Care Clinic
- Chiropractic Services (Provided through Canadian Memorial Chiropractic College) 416-778-6883