

Rexdale Community Health Centre

8 Taber Road, Etobicoke, Ontario M9W 3A4 Tel: 416-744-0066 Fax: 416-744-1881
 SATELLITE OFFICE B/427 COMMUNITY CENTRE, 609 The East Mall Unit 32 -Tel: 416-621-2515

COMMUNITY SUPPORT PROGRAM CALENDAR/March 2010

Mon / 9:00-8:00 pm	Tue / 9:00-5:00 pm	Wed. 9:00-8:00 p.m.	Thu / 9:00-5:00 pm	Fri / 9:00-5:00 pm	Sat / 9:00-2:00 pm
1 9 :00 - 4 :00 Client Support Services 4 :00-7 :00 Immigration Legal Clinic	2 9:30-5:00 Client Support Services	3 9:30-5:00 Client Support Services 6:30-8:00 Diabetes Support Group	4 9:30-5:00 Client Support Services	5 9:00-4:00 Client Support Services	6 International women Day 10 :00-2 :00
8 9 :00-4 :00 Client Support Services 4 :00-7 :00 Immigration Legal Clinic	9 9:30-5:00 Client Support Services	10 9:30-5:00 Client Support Services	11 9:30-5:00 Client Support Services	12 9:00-4:00 Client Support Services	13
15 9 :00-4 :00 Client Support Services 4 :00-7 :00 Immigration Legal Clinic	16 9:30-5:00 Client Support Services	17 9:30-5:00 Client Support Services	18 9:30-5:00 Client Support Services	19 9:00-4:00 Client Support Services	20
22 9:00-4:00 Client Support Services 4:00-7:00 Immigration Legal Clinic	23 9:30 5:00Client Support Services	24 9:30 5:00Client Support Services	25 9:30-5:00 Client Support Services	26 9:00-4:00 Client Support Services	27
29 9 :00-4 :00 Client Support Services 4 :00-7 :00 Immigration Legal Clinic	30 9:30 5:00Client Support Services				



Community Health Centre

Additional Programs and Services

- Medical Services
- Chiropody (Foot Care)
- RCHC Shoe Clinic
- Nutrition Counselling and Services
- Diabetes Education Centre
- Sexual Health Clinic
- Infant Hearing Screening
- Support Group for Deaf & Hard of Hearing Youth
- Toronto Dental Services
- Toronto Pre School Speech & Language Service
- Toronto Public Health "Healthiest Baby's Possible" Program
- "Eating for Two" Prenatal Nutrition Program
- "Feeding with Love" Postnatal Nutrition Program
- The Good Food Box Program
- Parent/ Child Playgroup
- Adult Social
- Ladies Night
- Parenting Programs
- Youth After School Programs
- Rising Sisters Support Group
- Family Services Association
- Etobicoke Conflict Mediation Team
- Dance Program
- HIV/AIDS Education Program
- Rexdale Youth Advocates
- Drug Abuse Prevention Program for Youth

Board Meetings

Board meetings at RCHC are open to the community. Residents are invited to attend as observers

Any concerns or suggestions?

Drop us a note in our suggestion box located in the lobby at the Centre. You can also call or email our Executive Director, Ekua Asabea Blair at 416 744-6312 ext. 225 or at ekua@rexdalechc.com

MISSION STATEMENT

Rexdale Community Health Centre support & advocates for the physical, emotional, economic & social well being of its diverse community through health care, community support, health promotion, collaboration & partnership community development & social action.

Diabetes Support Group

The *Diabetes Support group* is an informal support group that meets the 1st Wednesday of each month to discuss issues and concerns relating to diabetes.

Upcoming Meetings

January 6, 2010

February 3, 2010

March 3, 2010

Time: 6:30-8:00 p.m

Where: 8 Taber Road,

Topics include:

Nutrition, how to manage your blood sugar & cholesterol levels, prevention of vascular diseases, importance of exercise, new medication, foot care, etc.

Refreshments will be served

For more info.

Call Ella at: 416-744-6312 ext 223

Ethno - Cultural Seniors (55+) Recreation Program

Do you want to live an independent, active, and healthy lifestyle?

Then join us for exercise, discussion, crafts, cooking and trips

- Exercise & Health Discussions

When: Tuesdays
Time: 1:00-3:00pm

- Visual Art Instruction

When: Thursdays
Time: 1:00-3:00

Where: Rexdale Community Health Centre
8 Taber Road
(1 light north of Rexdale Blvd. off Kipling Ave.)

For more information and registration call 416-744-6312 ext. 233

Refugee / Immigration Legal Clinic

Do you need:

- Advice on Immigration and Refugee issues?
- Do have questions that your Immigration Consultant or Lawyer is not answering?

If yes then

Come see a Lawyer to get advice & answers!

Where: Rexdale Community Health Centre

8 Taber Road
(1 light north of Rexdale Blvd, off Kipling Ave)

When: Mondays 4:00 to 7:00pm

Cost: Free

**For more information & an appointment please
Call 416-744-0066**

Volunteer Program

Volunteer opportunities are available in many areas of the organization.

The process to qualify as a volunteer is...

- Completed application form
- Attend an information session
- Attend an interview
- Provide personal references
- Obtain criminal reference check
- Participate in placement, orientation & training as required.

For more Info. Call:
Ella at 416-744-6312 ext. 223

Upcoming Volunteer Information Sessions

January 14, 2010

February 6, 2010

March 18, 2010

August 8, 2009 to be confirmed