

# 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/July 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
			<b>1</b> CANADA DAY CENTRE CLOSED	<b>2</b>	<b>3</b> 9:00 – 2:00 Client Support Services
<b>5</b> 9:00-4:00 Client Support Services 4:00-7:00 Immigration Legal Clinic	<b>6</b> 9:30-5:00 Client Support Services	<b>7</b> 9:30-5:00 Client Support Services 6:00-8:00 Diabetes Support Group	<b>8</b> 9:30-5:00 Client Support Services	<b>9</b> 9:00-4:00 Client Support Services	<b>10</b>
<b>12</b> 9:00-4:00 Client Support Services 4:00-7:00 Immigration Legal Clinic	<b>13</b> 9:30-5:00 Client Support Services	<b>14</b> 9:30-5:00 Client Support Services	<b>15</b> 9:30-5:00 Client Support Services	<b>16</b> 9:00-4:00 Client Support Services	<b>17</b>
<b>19</b> 9:00-4:00 Client Support Services 4:00-7:00 Immigration Legal Clinic	<b>20</b> 9:30 5:00 Client Support Services	<b>21</b> 9:30 5:00 Client Support Services	<b>22</b> 9:30-5:00 Client Support Services	<b>23</b> 9:00-4:00 Client Support Services	<b>24</b>
<b>26</b> 9:00-4:00 Client Support Services 4:00-7:00 Immigration Legal Clinic	<b>27</b> 9:30 5:00 Client Support Services	<b>28</b> 9:30 5:00 Client Support Services	<b>29</b> 9:30-5:00 Client Support Services	<b>30</b> 9:00-4:00 Client Support Services	<b>31</b>



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 1<sup>st</sup> Wednesday of each month to discuss issues and concerns relating to diabetes.

### Upcoming Meetings

May 5, 2010

June 2, 2010

July 7, 2010 close for summer

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

May 13, 2010

June 5, 2010

July 15 2010

August 8, 2009 to be confirmed