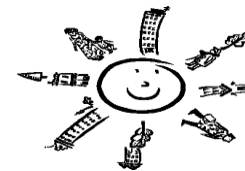


# Rexdale Community Health Centre

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 Program for Family and Children Calendar /March 2010



<i>Mon / 9:00-8:00</i>	<i>Tue / 9:00-5:00 pm</i>	<i>Wed / 9:00-8:00 pm</i>	<i>Thr / 9:00-5:00 pm</i>	<i>Frit/ 9:00-5:00 pm</i>	<i>Sat / 9:00 – 2:00</i>
<b>1</b>  12:00 –1:00 Exercise- aerobic 1:00 – 3:00 Mindfulness workshop	<b>2</b>  9:00-5:00 Clients Support Services	<b>3</b>  9:00-5:00 Clients Support Services	<b>4</b>  9:00–12:00 Parent Child Playgroup 1:00 -3:00 Multi-cultural Women Group (James Town) 4:00 - 5:00 Client support Services	<b>5</b>  9:00-5:00 Clients Support Services	<b>6</b>  International Women Day 10:00-2:00
<b>8</b>  12:00 –1:00 Exercise- aerobic 1:30 – 2:30 Mindfulness workshop	<b>9</b>  9:00-5:00 Clients Support Services	<b>10</b>  9:00-5:00 Clients Support Services	<b>11</b>  9:00–12:00 Parent Child Playgroup 1:00 -3:00 Multi-cultural Women Group (James Town) 4:00 - 5:00 Client support Services	<b>12</b>  9:00-5:00 Clients Support Services	<b>13</b>
<b>15</b>  12:00 –1:00 Exercise- aerobic 1:30 – 2:30 Mindfulness workshop	<b>16</b>  9:00-5:00 Clients Support Services	<b>17</b>  9:00-5:00 Clients Support Services	<b>18</b>  9:00–12:00 Parent Child Playgroup 1:00 -3:00 Multi-cultural Women Group (James Town) 4:00 - 5:00 Client support Services	<b>19</b>  9:00-5:00 Clients Support Services	<b>20</b>
<b>22</b>  12:00 –1:00 Exercise- aerobic 1:30 – 2:30 Arabic dance - layal	<b>23</b>  9:00-5:00 Clients Support Services	<b>24</b>  9:00-5:00 Clients Support Services	<b>25</b>  9:00–12:00 Parent Child Playgroup 1:00 -3:00 Multi-cultural Women Group (James Town) 4:00 - 5:00 Client support Services	<b>26</b>  9:00-5:00 Clients Support Services	<b>27</b>
<b>29</b>  12:00 – 1:00 Exercise- aerobic	<b>30</b>  9:00-5:00 Clients Support Services	<b>31</b>  9:00-5:00 Clients Support Services			

## CHILDREN AND FAMILY PROGRAMS

### Parent / Child Playgroup

A drop-in program for parents and children aged 0-5 years. Program activities include arts and crafts, playtime, singing, story time, which are structured around early learning goals, such as literacy and numeracy. Children are offered a healthy snack during program.

### Adult Social

The on going drop-in program is for multicultural women who are experiencing changes to their social life. The program promotes emotional healing and personal growth in a socially friendly environment through open discussions and exchange of ideas, feelings, issues, and life experiences. The Program activities include cooking healthy food and other educational workshop. Light lunch is offered,

### Social Program for Deaf & Hard Hearing

A bi-weekly drop-in program for youth and adults who are deaf or hard hearing. The program's objective is to reduce social isolation and build community connection for both youth and their parents or guardians.

### Parent/Child Drop-In:

A drop-in program is for parents with children under six years old. Parents and Caregiver can borrow toys & games for their preschoolers from the Toy Lending Library operated by Braeburn Neighborhood Services in partnership with RCHC.

### Multi-Cultural Women's Program

A drop-in social support program is for women who live in the Jamestown community. Program activities include educational workshops on health and healthy lifestyle choices. Partnership Rexdale Community Health Centre and WIVCSS. Call Fay at 416-743-3658.

### 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.*

**For Information on any of the above programs call Maryan at 416-744-6312 ext. 231**