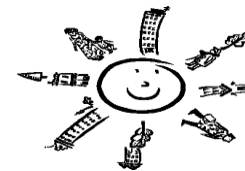


Rexdale Community Health Centre

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 / July 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>
			1 Canada Day Centre Closed	2 9:00-5:00 Clients Support Services	3
5 12:00 –1:00 Exercise- aerobic 1:30 – 2:30 Diabetic education- Linda 1:30 - 3:00 Parent/Child Drop-In (Braeburn)	6 9:00-5:00 Clients Support Services	7 9:00-5:00 Clients Support Services	18 9:00–12:00 Parent Child Playgroup 1:00 -3:00 Multi-cultural Women Group 4:00 - 5:00 Client support Services	9 9:00-5:00 Clients Support Services	10
12 12:00 –1:00 Exercise- aerobic 1:30 – 2:30 Sugar Free recipes - Linda 1:30 - 3:00 Parent/Child Drop-In (Braeburn)	13 9:00-5:00 Clients Support Services	14 9:00-5:00 Clients Support Services	15 9:00–12:00 Parent Child Playgroup 1:00 -3:00 Multi-cultural Women Group 4:00 - 5:00 Client support Services	16 9:00-5:00 Clients Support Services	17
19 12:00 –1:00 Exercise- Yoga 1:30 – 2:30 Dietitian- Rebecca 1:30 - 3:00 Parent/Child Drop-In (Braeburn)	20 9:00-5:00 Clients Support Services	21 9:00-5:00 Clients Support Services	22 9:00–12:00 Parent Child Playgroup 1:00 -3:00 Multi-cultural Women Group 4:00 - 5:00 Client support Services	23 9:00-5:00 Clients Support Services	24
26 12:00 –1:00 Exercise- Yoga 1:30 – 2:30 Dietitian- Rebecca	27 9:00-5:00 Clients Support Services	28 9:00-5:00 Clients Support Services	29 9:00–12:00 Parent Child Playgroup 1:00 -3:00 Multi-cultural Women Group	30 9:00-5:00 Clients Support Services	31

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.

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.

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