

Rexdale Community Health Centre

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 SATELLITE OFFICE B/427 COMMUNITY CENTRE ,609 The East Mall Unit 32 -Tel: 416-621-2515
 Community Program for Family and Children Calendar /November 2009



<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>
<p>2</p> <p>9:00 – 11:30 Client support Services 12:00 –1:00 Exercise- aerobic 1:30 – 2:30 Nutrition - Rita 3:30 – 4:00 Client support Services 1:00 - 2:30 Parent/Child Drop-In (Braeburn)</p>	<p>3</p> <p>9:00-5:00 Clients Support Services</p>	<p>4</p> <p>9:00-5:00 Clients Support Services</p>	<p>5</p> <p>9:00-1:00 Parent Child Playgroup 1:00 -3:00 Multi-cultural Women Group 4:00 - 5:00 Client support Services</p>	<p>6</p> <p>9:00-5:00 Clients Support Services</p>	<p>7</p>
<p>9</p> <p>9:00 – 11:30 Client support Services 12:00 –1:00 Yoga 1:30 – 2:30 Nutrition - Rita 3:30 – 4:00 Client support Services 1:00 - 2:30 Parent/Child Drop-In (Braeburn)</p>	<p>10</p> <p>9:00-5:00 Clients Support Services</p>	<p>11</p> <p>9:00-5:00 Clients Support Services</p>	<p>12</p> <p>9:00-1:00 Parent Child Playgroup 1:00 -3:00 Multi-cultural Women Group 4:00 - 5:00 Client support Services</p>	<p>13</p> <p>9:00-5:00 Clients Support Services</p>	<p>14</p>
<p>16</p> <p>9:00 – 11:30 Client support Services 12:00 –1:00 Exercise- aerobic 1:30 – 2:30 Nutrition - Rita 3:30 – 4:00 Client support Services 1:00 - 2:30 Parent/Child Drop-In (Braeburn)</p>	<p>17</p> <p>9:00-5:00 Clients Support Services</p>	<p>18</p> <p>9:00-5:00 Clients Support Services</p>	<p>19</p> <p>9:00-1:00 Parent Child Playgroup 1:00 -3:00 Multi-cultural Women Group 4:00 - 5:00 Client support Services</p>	<p>20</p> <p>9:00-5:00 Clients Support Services</p>	<p>21</p>
<p>23</p> <p>9:00 – 11:30 Client support Services 12:00 –1:00 Yoga 1:30 – 2:30 Nutrition - Rita 3:30 – 4:00 Client support Services 1:00 - 2:30 Parent/Child Drop-In (Braeburn)</p>	<p>24</p> <p>9:00-5:00 Clients Support Services</p>	<p>25</p> <p>9:00-5:00 Clients Support Services</p>	<p>26</p> <p>9:00-1:00 Parent Child Playgroup 1:00 -3:00 Multi-cultural Women Group 4:00 - 5:00 Client support Services</p>	<p>27</p> <p>9:00-5:00 Clients Support Services</p>	<p>28</p>
<p>30</p> <p>9:00 – 11:30 Client support Services 12:00 –1:00 Exercise- aerobic 1:30 – 2:30 Knitting - Alcira</p>					

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