

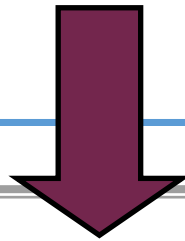
# PARKDALE QUEEN WEST COMMUNITY HEALTH CENTRE - PARKDALE SITE PROGRAM UPDATES

March 4, 2019  
Volume 3, Issue 3

## March 2019 issue

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## NOTICES

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- **International Women's Day Celebration is March 7th at 10:30 a.m. at the Queen West Site.**
- **KAPOW 10th Year Anniversary Celebration is on March 8th at 10 a.m. at Parkdale Site.**
- **The ID Clinic is Monday March 18, 2019 at 10 a.m.**
- **All 5Ps programs are closed for March Break from March 11th - March 15th, 2019**
- **The income tax clinic is on Mondays from 10 a.m. - 3 p.m. The clinic is by appointments only, please register by calling 416.537.2455. ext. 1242.**

## Harm Reduction Programming:

**The Kit Group** takes place on **Tuesdays from 1 p.m. – 3 p.m.** in the Board Room. To sign up, please call 416.537.2455, ext. 1271, or drop by the Harm Reduction Room on the first floor.

**KAPOW** takes place on **Fridays from 10 a.m. - 11:30 a.m.** in the Board Room. For more information, please call Victoria at 416.537.2455, ext. 1361. **10th Year Anniversary Celebration is on March 8th at 10 a.m.**

**Harm Reduction Program** is open: Monday - Thursday 10 a.m. - 12 p.m. and 1 p.m. - 8 p.m., \*Wednesdays 1 p.m. – 8 p.m.\* and Fridays 10 a.m. - 12 p.m. and 1 p.m. - 4:30 p.m.

**Overdose Prevention Site:** The OPS opened in November 2018! Operating hours are the same as the Harm Reduction Room.

**Harm Reduction and Overdose Prevention Outreach Program.** For more information, please contact the outreach team at 647-825-GEAR (4237).

**Lindsay, Client Support Worker** is here Monday - Friday from 9 a.m.— 5 p.m. Lindsay supports clients by connecting them to community resources, primary care, I.D. pickups, etc.

## Population Health Programming:

**The ID Clinic** is on **Monday March 18, 2019 at 10 a.m.**

**The Tax Clinic** is hosted here (Parkdale Site) in March and April 2019, Mondays from 10 a.m. - 3 p.m. BY APPOINTMENTS ONLY, to register, please call 416.537.2455 ext. 1242, calls will be returned in a week, or come in and ask for Lindsay or Debbie at the main floor reception to book an appointment.

**A housing worker** from West End Housing Help is available on **Mondays from 1 p.m.. - 4 p.m.** For more information, or to book an appointment, please call 416.537.2455 and speak with the first floor receptionist.

**Parkdale Garden Group** is a drop-in on **Mondays from 2 p.m. - 3 p.m.** at 1229 Queen Street West. For more information, please contact Victoria at 416.537.2455 ext. 1361 or Sandra ext. 1238. **This Program is closed until Spring 2019.**

## Senior's

**The Seniors Wellness Drop-In** takes place on **Tuesdays from 1 p.m. - 3 p.m.**

**Low Impact Aerobic Fitness Program** is for 55 year olds and up and takes place on **Tuesdays** and **Thursdays** from **10 a.m. – 11 a.m.** at the Church of Epiphany and St. Mark at 201 Cowan Ave.

**Pole Walking Program** is for 55 year olds and up and takes place on **Wednesdays** from **10:30 a.m. - 11a.m.** at the Church of Epiphany and St. Mark at 201 Cowan Ave.

**Seniors Salad Making Group** is a fun program that takes place on the **last Monday** of the month, March. 25th, 2019 from **10:30 a.m. – 12:30 p.m.** The program is for seniors 65+ and it's hosted at Parkdale Queen West CHC – Parkdale Site at 1229 Queen Street West, 1<sup>st</sup> floor, Large Group Room. Attendance is by registration only. To register or for more information, please call Sandra at 416 537 2455 ext. 1238.

**Seniors in Action** is a closed working group for seniors who live in the Parkdale community. The group aims to increase leadership skills among seniors concerned about community issues and to promote civic engagement. The group usually meets on the 3<sup>rd</sup> Monday of the month. For more information, please contact Sandra at 416.537.2455, ext. 1238

**To learn more about senior's programming or to register in any of the above groups, please all Sandra: 416.537.2455, ext. 1238.**

## Dental Services:

**The Healthy Smiles Dental Clinic** is open from **8 a.m. – 4 p.m. Mon, Tue, Thur. and Friday and Wed. from 10 a.m. - 6 p.m.** For more information, please call 416.338.5652.

**The West End Oral Health Clinic** takes place on **Thursdays** from **4:30 p.m. -7:30 p.m.** and on **Saturdays** from **11 a.m. - 3:30 p.m.** For more information, or to book an appointment, please call the WEOHC program at 416.53732455 ext. **1415** and leave a message.

## Health Services:

**Shirley Hepditch, Primary Case Manager:** For more information and referral please ask your primary care provider.

**Drop-In Anonymous HIV testing** is offered to the general public on Thursdays from 1:30 p.m. - 4:30 p.m. **Please drop-in and ask for Shona either at the Main or 2nd Floor reception.**

**Booked Anonymous HIV testing** is offered for members of the general public. Please call 416.537.2455 ext.1222, to book an appointment. Please note that appointment availability is limited.

**The Infant Hearing Program** takes place on every **other Friday from 9 a.m. - 4:30 p.m.** For more information, please contact Toronto Public Health at 416.338.8255.

**The Naturopath Clinic** takes place on **Tuesdays from 12 p.m. – 6 p.m.** To book an appointment, please request the sign-up sheet from the first floor receptionist. There is currently a one year waiting list. For more information, please contact Sarah Bowler, ND (Supervisor) via email at [parkdale@ccnm.edu](mailto:parkdale@ccnm.edu).

## Diabetes Programming:

**The Living Well Lunch Club** usually takes place on the second Monday of the month. The lunch will be on **March. 11th, 2019 at 12:30 p.m.**

**Plan Well, Budget Smart, Be Healthy** is a 6 week workshop that starts **Feb. 7<sup>th</sup>** and will be on every Thursday at 1:30pm. The Program teaches participants meal planning, smart budgeting and creative cooking.

**Spice Workshop** is for participants to come together, share their experiences and learn about herbs and spices in cooking. The workshop will happen on **Mar. 29, 2019** from **1:30 p.m. - 3:30 p.m.**

**For information about diabetes programming, or to register for any diabetes program, please call 416.537.2455, or leave a message at ext. 1236.**

## **Families and Newcomers Programming:**

For more information about families and newcomers programming, please call Rosa: 416.537.2455, ext. 1231.

## **Women's Connection Programming:**

**The Postpartum Mood Disorders Support Group** takes place on **Tuesdays 2 p.m. – 4 p.m.** This group is for mothers who are experiencing symptoms of PPMD who live in the west end of Toronto. Child care is provided. For self-referral for intake and assessment regarding postpartum mood disorders, please call 416.537.8222.

## 5Ps Programming:

**ALL 5Ps PROGRAMS ARE CLOSED FOR MARCH BREAK**

**MARCH 11 - MARCH 15, 2019**

**Fatherhood 101** is Dads and Family Drop-In that takes place on the 2<sup>nd</sup> & 4<sup>th</sup> **Wednesday** evening of every month from **6 p.m. - 7:45 p.m.** The Drop-In is open to dads-to-be and dads with kids under 3yrs of age. Childcare, TTC tokens and a light meal is provided.

For more information or to book for childcare, please email [5ps@pchc.on.ca](mailto:5ps@pchc.on.ca) or call 416-537-8222 ext. 3505 at 27 Roncesvalles Avenue.

**Mom and Baby Circle** takes place on **Mondays** from **10 a.m. - 12 p.m.** This program is for parents and caregivers of babies 0-6 months. Please call for registration info. at 416-537-8222 ext. 3505 or email [5ps@pchc.on.ca](mailto:5ps@pchc.on.ca)

**Baby & Me** takes place on **Mondays** from **1 p.m. - 3 p.m.** at 27 Roncesvalles, Suite 503. This program is for parents and caregivers of babies 6-12 months. Please call for registration info at 416-537-8222 ext. 3502 or email [5ps@pchc.on.ca](mailto:5ps@pchc.on.ca)

**Prenatal Nutrition and Support** takes place on **Thursdays** from **10 a.m. - 11:30 a.m.** and from **1:30 p.m. - 3 p.m.** Please call for registration info at 416-537-8222 ext. 3502 or email [5ps@pchc.on.ca](mailto:5ps@pchc.on.ca)

**Feeding Tiny Souls: Infant Feeding Initiative** is a program for parents with 0-6months old infants who are registered in any 5Ps parenting program. The Friday Food Cupboard and Infant Feeding Circle runs on **Friday Mornings** from **10 a.m. - 11:30 a.m.** and is open to parents with 0-6 month old infants who are registered in a 5Ps program. For more information please call 416-537-8222 ext. 3507 or email [5ps@pchc.on.ca](mailto:5ps@pchc.on.ca)

**Infant Clothing Exchange** program is open on **Tuesdays, Thursdays** and **Fridays**.

For more information about what is available please call 416-537-8222 ext. 3507 or email [5ps@pchc.on.ca](mailto:5ps@pchc.on.ca)

**Childcare is available for registered participants with children aged 0-6 years. If you would like to register in any 5Ps programs, please call 416.537.8222, ext. 3502 or 3505.**

### **Parkdale Site**

1229 Queen Street West  
Toronto, ON M6K 1L2  
T: 416.537.2455  
F: Admin: 416.537.5133  
F: Clinical: 416.537.3526

### **Queen/Bathurst Site**

168 Bathurst Street  
Toronto ON M5V 2R4  
T: 416.703.8482  
F: Admin: 416.703.7832  
F: Clinical: 416.703.8479

### **Satellite Site**

27 Roncesvalles Avenue  
Suites 301 & 503  
Toronto, ON M6R 3B2  
T: 416.537.8222  
F: 416.537.7714