

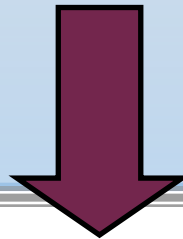
# PARKDALE QUEEN WEST COMMUNITY HEALTH CENTRE - PARKDALE & SATELLITE SITES PROGRAM UPDATES

March 2nd, 2020  
Volume 3, Issue 3

## March 2020

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## NOTICES

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- **International Women's Day Celebrations onsite March 5, 2020 from 1:00 p.m.- 3:00 p.m.**
- **The ID Clinic is March 16th, 2020 at 10 a.m.**
- **Parkdale Site has an intake worker! Please see this bulletin for more details.**
- **Tax season is here and so is the free income tax clinic on Mondays from March 2nd - April 27th. See bulletin for more details.**

You can find these program updates on our website in Program Calendar at  
[www.pqwchc.org](http://www.pqwchc.org)

## 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.

**Harm Reduction Program** is open: **Mon, Tues, Thurs.** 12 p.m. - 8:00 p.m. ( last call at 7:30 p.m.), **Wednesdays** from 1 p.m. - 8:00 p.m. (last call at 7:30 p.m.) and **Fridays** from 12 p.m. - 5:00 p.m. (last call at 4:30 p.m.)

**Supervised Consumption Services:** The SCS is a safe, accessible, low barrier environment for people to use under staff supervision along with the provision of sterile injection and inhalation supplies, education, referrals, peer support and nursing services. **Operating hours are: Mon, Tues, Thur.** - 12 p.m. - 8:00 p.m. (last call at 7:30 p.m.) \*Wednesdays 1 p.m. – 8:00 p.m. \*(last call at 7:30 p.m.) and Fridays 12 p.m. - 5:00 p.m. (last call at 4:30 p.m.)

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

**Chelsea, Client Support Worker** is here **Monday - Thursday from 12:00 p.m. - 8:00 p.m.** and **Fridays from 9 a.m. - 5 p.m.** Chelsea supports clients by connecting them to community resources, primary care, I.D. pickups, etc.

## Senior's

**The Seniors Wellness Drop-In** takes place on **Tuesdays from 1:30 p.m. - 3:30 p.m.**

**Women Low Impact Fitness Program** is for women 50+. This program takes place on **Thursdays from 10 a.m. – 11 a.m.** at the Church of Epiphany and St. Mark at **201 Cowan Ave.**

**Healthy Hearts** starts **March 4th, 2020** and will be on **Wednesdays from 1:30 p.m. - 3:30 p.m. at 20 West Lodge Ave.** **To register** and 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.**

## Population Health Programming:

**The Four Winds Program at the Parkdale Site:** The program is focused on providing culturally specific Indigenous supports and access to healing ceremonies, health education with a focus on diabetes (prevention & education), case management supports, access to primary care and harm reduction supports, and social recreation activities to build social connections and support. The Program is usually on **Mondays from 9:00 a.m.—1:00 p.m. at the Parkdale Site - 1229 Queen Street West.** For More information, please call Beth L. at 416.537.2455

**The ID Clinic:** The ID Clinic happens on the 3rd Monday of the help to help those needing the replacement of birth certificate and landed papers. The clinic does not renew health cards, but can give a letter to service Ontario for a health card. **The ID Clinic is March 16th, 2020 at 10 a.m.**

**Free Income Tax Clinic - Parkdale Site:** The clinic will be on **Mondays from March 2nd - April 27th, 2020.** By appointments only, please call and leave a message at 416.537.2455 ext. 1242.

**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 for the winter months.**

## 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. **Clinic dates this month are: March 14th, 19th and 26th, 2020**

## Health Services:

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

**Lindsay, Intake Worker** is here **Tuesdays, and Thursdays from 9 a.m. - 4:30 p.m. and Wednesdays from 1:00 p.m. - 5:30 p.m.** Lindsay supports individuals wanting to become new clients with registration and orientation around programs. For more information or inquiries around eligibilities, please call 416.537.2455 ext. 1262

**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, Liam or Liz at the Main Floor reception.

**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 (Supervisor) via email at [parkdale@ccnm.edu](mailto:parkdale@ccnm.edu).

## Diabetes Programming:

**The Living Life Well with Diabetes** is a 7 week program on learning more about diabetes and healthy eating on a budget, physical activity, setting goals, coping with stress, managing blood sugars and Understanding your medications. **This program starts on Thursday Feb. 6th, 2020 from 1:30 p.m. - 3:30 p.m. And runs until March 26th, 2020.**

**Nutrition Month:** March is Nutrition Month! Please join us on **March 23rd, 2020 from 1:30 p.m. - 2:30 p.m.** at the Parkdale Site, 1st floor, large Group Room for a fun filled afternoon of activities and learning about nutrition

**The Living Well Lunch Club** is a program for those with diabetes to come together and cook a healthy meal, gain some understanding and support as well as share experiences. This program usually takes place on the second Monday of the month and will be on **March 9th, 2020 at 12:15 p.m. Participants are to meet at Parkdale by 12:15 p.m. and walk over to 201 Cowan Ave.**

**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 1 p.m. – 3 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:

**Fathers and Families Drop-In** 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. **Dates: Mar. 11th and 25th.** 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. 3502 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 **11:30 a.m. - 12:30 p.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)

**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