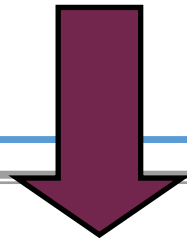


PARKDALE QUEEN WEST COMMUNITY HEALTH CENTRE - PARKDALE & SATELLITE SITES PROGRAM UPDATES

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NOTICES

- **CENTRE is CLOSED on SEPTEMBER 2nd, 2019 FOR LABOUR DAY.**
- **The Harm Reduction Room is closed at 5 p.m. (Monday - Thursday) until further notice due to construction.**
- **The I.D. Clinic is on September 16th, 2019 from 10 a.m. - 12 p.m.**
- **The WEHOC Dental clinic is closed for the Summer months (until end of September), for urgent dental care, please call 416.537.2455 ext. 1415 and leave a message.**

You can find these program updates on our website in Program Calendar at
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: 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.
The HR room is closed at 5 p.m. (Monday - Thursday) until further notice due to construction.

Overdose Prevention Site: The OPS 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:** 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.

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 8:30 a.m.— 4:30 p.m. Lindsay supports clients by connecting them to community resources, primary care, I.D. pickups, etc.

Population Health Programming:

The ID Clinic: **The clinic date is September 16th, 2019 at 10 a.m.**

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.

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.

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.**

Women Pole Walking Program is a 12 week program for 50+ women identified starting is on **Mondays from 10 a.m. - 11 a.m.** At 1229 Queen Street West—Parkdale Site. For more information and or to Register, 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 3rd Monday of the month. For more information, please contact Sandra at 416.537.2455, ext. 1238. **The group will meet on Sept. 16th, 2019 from 2:00 - 3:30 p.m.**

To learn more about senior's programming or to register in any of the above groups, please call 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** **Note: this program is closed for the summer months.** Clients in need of emergency dental treatment are still able to call the WEOHC program at 416.537.2455 ext. **1415** during the summer months and leave a message. There is still a dentist who will be available to see low income clients at the Queen West location at 168 Bathurst St. during the summer months.

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, 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.

Diabetes Programming:

Preparing for Sick Days: Join us on **September 5th, 2019 at 1:30 p.m.** and learn how to make your own sick day kit and how to manage diabetes when you are sick.

The Living Well Lunch Club usually takes place on the second Monday of the month. The Lunch Club will be on **September 9th, 2019 at 12:30 p.m.**

Helping You Cope with Diabetes Support Group is ongoing support group for anyone living with diabetes or prediabetes. The group will meet on **September 12th, 2019 at 1:30 p.m.**

Bulk Barn Outing: Join the Diabetes Team on an afternoon outing to the Bulk Barn on Liberty village and learn ways to use spices, herbs, seeds, grains and other dry goods. The outing will be on **September 19th, 2019 at 1 p.m.** Please meet at the Parkdale Site at 1229 Queen Street West.

The Dufferin Grove Farmers Market Outing: Join the Diabetes Team on an outing to the farmers market at Dufferin Grove Park on **September 26th, 2019 at 2 p.m.** Please meet at the Parkdale Site, 1229 Queen Street West and wear comfortable shoes.

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 2nd & 4th **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. **The drop-in will be on Sept. 11th and 25th.** For more information or to book for childcare, please email 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

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

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

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

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

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