

Program/Service	Description	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Time	September	October	November	December	Place	Program Information
DROP IN	Neighbourhood Information								10 a.m. – 5 p.m.					260 Wellesley	<p>In the Community How Can We Help: Drop in to Community Matters and receive help and information on housing, education, settlement issues, citizenship and more. After School Activities focused on physical education, nutrition, healthy living and well-being, the arts, numeracy and literacy Employment and Training Job Club One to One Job Counselling: Make an appointment or drop in for help with job search, resume and cover letter, career planning, and interview support. Computer Training: Beginning and intermediate training in Microsoft Office, Internet Browsing, Creating Emails and web site development Child Minding Training: Learn the tools to become a good child minder including safety, child development, Child activities and nutrition. Tutoring: If you are interested in tutoring your own or other children learn about the Canadian educational system and the best learning methods for children at different ages Public Speaking: Gain confidence by participating in our public speaking course English English Café/Lifestyle: Levels 4-6 Conversational English Creative Writing Citizenship Classes: Learn about Canadian culture and receive support if you are planning to take the citizenship exam Healthy Living Adult Plus-In home support for seniors including accompaniment, shopping and friendly visiting. Weekly socials and events Check your health: We will be taking the readings for BMI (weight & height) and in addition we will be taking BP and blood test (finger prick) using blood glucose meter</p>
AFTER SCHOOL	JK to Grade 4								3:30 – 6 p.m.					Rose Avenue School	
	Family Health														
JOB CLUB															
Employment and pre-employment support	Individual and group support								10 a.m. – 5 p.m.					260 Wellesley	
	Individual and group support								5:30 – 7 p.m.					260 Wellesley	
	Health Professional Job Search								12:30 – 2 p.m.					260 Wellesley	
	Volunteer Orientation													260 Wellesley	
	Interview Skills													260 Wellesley	
	Job Search													260 Wellesley	
Employment Skills Training	Preparing for Change													260 Wellesley	
	Community Assistant								1 -3 p.m.					260 Wellesley	
	Tutoring								10 – 11:30 a.m.					260 Wellesley	
	Computer and Social Media								9:30 11:30 a.m.					ERC*	
	Public Speaking								1 -3 p.m.					260 Wellesley	
	Child Minding								1 -3 p.m.					260 Wellesley	
ENGLISH															
	English Café								10 – 11:30 a.m.					260 Wellesley	
	Basic/Intermediate								10 – Noon					260 Wellesley	
CITIZENSHIP	One on One and Group Classes								5:30 – 7 p.m.					260 Wellesley	
HEALTHY LIVING															
Adults Plus															
	Check your health								10 – 11:30 a.m.					260 Wellesley	
Socials	Socials, Nutrition, Exercise								1 – 3 p.m.					240 Wellesley	
	55 Bleeker Street (2 nd and last Tuesdays)								2-4:30 p.m.					55 Bleeker Street	
Home Visits	Friendly visits, accompaniment, shopping								Call 416 944 9697					In home and around the community	
Home Management	Light house-keeping (small charge)														



Program/Service	Description	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Time	September	October	November	December	Place	Program Information
SOCIAL SUPPORT	Stress Management								1 – 3 p.m.					260 Wellesley	Stress Management- Group meetings to talk about healthy living, stress, exercise, nutrition and community support Meditation-Social Support Family Health- Nutrition and Exercise with the family Screening for Diabetes and Cancer: Learn about, be tested for and receive follow up support for diabetes and common cancers in the safety of your own community. Cross Cultural- Learn about different cultures food preparation for healthy eating Physical Activity-Regular Yoga, Belly Dancing, Bollywood, Swimming Adults Nutrition- Learn about Canada’s Food Guide. Six sessions each with a different topics including grocery store visits and Physical activity. Exercise for your body and mental health including Yoga, Dance, Walking, Stretching Food Audit- Food Handling-Learn about cross –contamination and how to properly take the Toronto Public Health Food Handling Exam and receive a certificate Children’s swim- Learn swimming and water safety Women’s Swim- Learn to swim/recreational swim Kathak- Learn Indian Dance Bollywood Dance- Dance and exercise to music Zumba- Stretch/aerobic exercise Home Management Light house cleaning and minor house repairs <u>St. James Town Arts</u>
	Meditation													260 Wellesley	
Screening	Diabetes, Cancer, Heart								Call					260 Wellesley	
	Diabetes Information sessions (Last Thursday of the month)								10 a.m. – noon					260 Wellesley	
Nutrition	Adult Nutrition								10 a.m. – noon					Wellesley Community Centre	
	Cross Cultural Cooking								10 a.m. – noon						
	Food Audit														
	Food Handling														
Exercise	Children’s swim lessons (small fee)								5 -7 p.m.					Jarvis Collegiate	
	Women’s swim (small fee)								7 – 8 p.m.					Jarvis Collegiate	
	Kathak								7 – 8 p.m.					Wellesley Community Centre	
	Yoga								11 a.m. – noon						
	Bollywood dancing								10 – 11 a.m.						
	Zumba								11 a.m. – noon					Rose Avenue School	
	Gymnastics								Noon – 1 p.m.						
	Beginners Zumba								1 – 2 p.m.						
ST. JAMES TOWN ARTS								1 – 5 p.m.					240 Wellesley St		
	Classical dance								6 – 8 p.m.					240 Wellesley St	
	Henna Classes								5 – 6 p.m.					240 Wellesley St	
	Creative Writing													240 Wellesley St	
240 Wellesley	240 Wellesley main floor next to elevators	Call (416) 944 9697													
260 Wellesley	260 Wellesley St. E. Unit 102														
ERC	Employment Resource Centre 595 Parliament St.														
Jarvis Collegiate	495 Jarvis Street														
Rose Avenue School	675 Ontario Street														
Wellesley Community Centre	495 Sherbourne Street														