

# ST James Town Resources

Health, Sports & Recreation		
<b>Wellesley Community Centre</b>	495 Sherbourne St 416 392-0227	<a href="http://www1.toronto.ca/parks/prd/facilities/complex/451/">http://www1.toronto.ca/parks/prd/facilities/complex/451/</a>
<b>Family Walks</b>		<a href="http://www1.toronto.ca/wps/portal/contentonly?vgnextoid=6b7fdada600f0410VgnVCM10000071d60f89RCRD">http://www1.toronto.ca/wps/portal/contentonly?vgnextoid=6b7fdada600f0410VgnVCM10000071d60f89RCRD</a>
<b>Community Matters Toronto</b>	260 Wellesly St (416) 944-9697	<a href="http://communitymatterstoronto.org/Fall%202014%20calendarV2.pdf">http://communitymatterstoronto.org/Fall%202014%20calendarV2.pdf</a>
<b>Adult Plus Exercise</b>		<a href="http://communitymatterstoronto.org/adultsplusexrcise.html">http://communitymatterstoronto.org/adultsplusexrcise.html</a>
<b>Canada's Food Guide</b>		<a href="http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php">http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php</a>
Medical		
<b>Using 911 guide</b>		<a href="http://www.torontoems.ca/main-site/service/using911.html">http://www.torontoems.ca/main-site/service/using911.html</a>
<b>Emergency Rooms</b>		<a href="http://www.ontario.ca/waittimes">www.ontario.ca/waittimes</a>
<b>Walk-In Clinic</b>	MCI Medical Clinic Inc 345 Bloor Street East 416-515-0590	<a href="http://mcithedoctorsoffice.ca/patients/36-clinic-Bloor">http://mcithedoctorsoffice.ca/patients/36-clinic-Bloor</a>
	Carlton & Chuch Walk in & Medical Clinic 60 Carlton Street	
<b>Family Doctor (Health Care Connect)</b>		<a href="http://health.gov.on.ca/en/ms/healthcareconnect/public/factsheets.aspx">http://health.gov.on.ca/en/ms/healthcareconnect/public/factsheets.aspx</a>
<b>Regent Park Community Health Centre</b>	465 Dundas St E (416) 364-2261	<a href="http://www.regentparkchc.org">http://www.regentparkchc.org</a>
<b>Children's After Hours Clinic</b>	235 Danforth Avenue Suite 100 416-461-3000	<a href="http://www.kidsafterhourscares.ca">www.kidsafterhourscares.ca</a>