



JULY 2017

Victoria Park HUB



REGULAR ONGOING EVENTS

The HUB programs

Partner programs

For more information, please contact:

Phone: 416-750-9600

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Canada Day Statutory Holiday</p> <p>-HUB CLOSED-</p>	<p>4</p> <p>9:30 - 10:45 am OEYC Ready to Learn</p> <p>10:00 – 11:30 am Computer Class</p> <p>11:30 – 1:00 pm Gentle Yoga</p> <p>1:00 – 4:00 pm Afghan Senior Wellness</p> <p>2:00 – 4:00 pm Knitting Club</p>	<p>5</p> <p>9:30 – 11:30 am Prenatal Program</p> <p>11:00 – 1:30 pm Breast Feeding Support Group</p> <p>2:00 – 5:00 pm Afghan Cultural Literacy</p> <p>6:00 – 7:30 pm Spanish Club</p>	<p>6</p> <p>9: 00 – 10: 00am Pole Walking</p> <p>9:30 – 2:00 pm Cook and Learn</p> <p>4:00 – 5:30 pm English Conversation Club</p> <p>4:00 – 5:30 pm Kids Fun Club</p> <p>5:00 – 7:00 pm Hubsters Meet</p> <p>4:30 – 6:30 pm Afghan Women Group</p>	<p>7</p> <p>9:30 – 12:30 pm Peer Nutrition Class</p> <p>10:00 – 11:30 am Computer Class</p> <p>11:30 – 1:00 pm Gentle Movement</p>
<p>10</p> <p>10:00 – 12:00pm Hub Orientation (Volunteers)</p> <p>10:00 – 11:00 am Gentle Cultural Dance</p> <p>11:00 – 12:00 pm Gentle Tai Chi</p> <p>12:00 – 1:00 pm Gentle Line Dance</p>	<p>11</p> <p>9:30 - 10:45 am OEYC Ready to Learn</p> <p>10:00 – 11:30 am Computer Class</p> <p>11:30 – 1:00 pm Gentle Yoga</p> <p>1:00 – 4:00 pm Afghan Senior Wellness</p> <p>2:00 – 4:00 pm Knitting Club</p>	<p>12</p> <p>9:30 – 11:30 am Prenatal Program</p> <p>11:00 – 1:30 pm Breast Feeding Support Group</p> <p>2:00 – 5:00 pm Afghan Cultural Literacy</p> <p>6:00 – 7:30 pm Spanish Club</p>	<p>13</p> <p>9: 00 – 10: 00am Pole Walking Workshop</p> <p>9:30 – 2:00 pm Cook and Learn</p> <p>1:00 – 2:30 pm Cultural Dance</p> <p>4:00 – 5:30 pm English Conversation Club</p> <p>4:00 – 5:30 pm Kids Fun Club</p> <p>5:00 – 7:00 pm Hubsters Meet</p> <p>4:30 – 6:30 pm Afghan Women Group</p>	<p>14</p> <p>9:30 – 12:30 pm Peer Nutrition Class</p> <p>10:00 – 11:30 am Computer Class</p> <p>11:30 – 1:00 pm Gentle Movement</p>
<p>17</p> <p>10:00 – 11:00 am Gentle Cultural Dance</p> <p>11:00 – 12:00 pm Gentle Tai Chi</p> <p>12:00 – 1:00 pm Gentle Dance with Cathy</p>	<p>18</p> <p>9:30 - 10:45 am OEYC Ready to Learn</p> <p>10:00 – 11:30 am Computer Class</p> <p>11:30 – 1:00 pm Gentle Yoga</p> <p>1:00 – 4:00 pm Afghan Senior Wellness</p> <p>2:00 – 4:00 pm Knitting Club</p>	<p>19</p> <p>9:30 – 11:30 am Prenatal Program</p> <p>11:00 – 1:30 pm Breast Feeding Support Group</p> <p>2:00 – 5:00 pm Afghan Cultural Literacy</p> <p>6:00 – 7:30 pm Spanish Club</p>	<p>20</p> <p>9: 00 – 10: 00am Pole Walking</p> <p>9:30 – 2:00 pm Cook and Learn</p> <p>4:00 – 5:30 pm English Conversation Club</p> <p>4:00 – 5:30 pm Kids Fun Club</p> <p>5:00 – 7:00 pm Hubsters Meet</p> <p>4:30 – 6:30 pm Afghan Women Group</p>	<p>21</p> <p>9:30 – 12:30 pm Peer Nutrition Class</p> <p>10:00 – 11:30 am Computer Class</p> <p>11:30 – 1:00 pm Gentle Movement</p>
<p>24</p> <p>10:00 – 11:00 am Gentle Cultural Dance</p> <p>11:00 – 12:00 pm Gentle Tai Chi</p> <p>12:00 – 1:00 pm Gentle Dance with Cathy</p> <p>1:45 – 3:15 pm Low Impact Aerobic fitness program 55+</p>	<p>25</p> <p>9:30 - 10:45 am OEYC Ready to Learn</p> <p>10:00 – 11:30 am Computer Class</p> <p>11:30 – 1:00 pm Gentle Yoga</p> <p>1:00 – 4:00 pm Afghan Senior Wellness</p> <p>2:00 – 4:00 pm Knitting Club</p>	<p>26</p> <p>9:30 – 11:30 am Prenatal Program</p> <p>11:00 – 1:30 pm Breast Feeding Support Group</p> <p>2:00 – 5:00 pm Afghan Cultural Literacy</p> <p>6:00 – 7:30 pm Spanish Club</p>	<p>27</p> <p>9: 00 – 10: 00am Pole Walking</p> <p>9:30 – 2:00 pm Cook and Learn</p> <p>4:00 – 5:30 pm English Conversation Club</p> <p>4:00 – 5:30 pm Kids Fun Club</p> <p>5:00 – 7:00 pm Hubsters Meet</p> <p>4:30 – 6:30 pm Afghan Women Group</p>	<p>28</p> <p>9:30 – 12:30 pm Peer Nutrition Class</p> <p>10:00 – 11:30 am Computer Class</p> <p>11:30 – 1:00 pm Gentle Movement</p>
<p>31</p> <p>10:00 – 11:00 am Gentle Cultural Dance</p> <p>11:00 – 12:00 pm Gentle Tai Chi</p> <p>12:00 – 1:00 pm Gentle Dance with Cathy</p> <p>1:45 – 3:15 pm Low Impact Aerobic fitness program 55+</p>				



JULY 2017

Victoria Park HUB



SPECIAL EVENTS
Workshops & Events
Connector Events

For more information, please contact:
Phone: 416-750-9600

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4	5	6	7	8 Summer Walk & Barbeque Starting @ Sloane Public School - 9:30am – 3:00pm FLOCK Self-Employment training for women – 11:00am-2:00pm
10 FLOCK Self-Employment training for women – 11:00am-12:30pm	11 FLOCK Self- Employment training for women – 11:00am-12:30pm	12	13 Pole Walking Workshop - Stress Management 9:00am to 10:00am	14	15
17 Senior Fitness Launch - 1:00pm to 2:30pm	18	19	20 Cancer Prevention Workshop 4:00pm to 5:30pm	21	22 FLOCK Self-Employment training for women – 11:00am-2:00pm
24 FLOCK Self- Employment training for women – 11:00am-2:00pm	25 FLOCK Self- Employment training for women – 11:00am-2:00pm	26	27 Cancer Prevention Workshop 4:00pm to 5:30pm	28	29
31	 <p>Let's celebrate Canada's 150th Birthday Come join our walk! Starting at Sloane Public School Saturday 8th of July at 9:30 am</p>				

OUR PARTNERS



Community Living Toronto supports individuals with an intellectual disability, giving them accessible and meaningful ways to live in the community. For more information, please contact: **647-426-3219 ext. 3220.**



Sesheme Foundation provides community and social services to youth, including annual summer internships and a back-to-school backpack drive. For more information, please contact: **416-750-9600 ext. 223** or **416-358-2882.** Visit us at www.sesheme.com



FAMILY SERVICE TORONTO
For People. For Change.

FST has been assisting families and individuals through counseling, community development, and advocacy for about 100 years. Violence against women services are provided in **Tamil.** For more information, please contact: **416-595-9618** or **416-750-9600 ext. 222.** Visit us at www.familyserVICEToronto.org



CANADIAN CENTRE FOR VICTIMS OF TORTURE

The Canadian Centre for Victims of Torture aids survivors to overcome the lasting effects of torture and war. We provide settlement services, children and youth services, and mental health services. Volunteer opportunities are available. Please contact: **416-750-9600 ext. 239.**



Action for Neighbourhood Change (ANC) brings residents together to identify and address neighbourhood priorities and connects them to services, programs and opportunities in their community. For more information, please contact: Angela, Community Engagement Coordinator for Victoria Village at **416-750-9600 ext. 203** or vvanc@workingwomenc.org



The East Toronto Chinese Baptist Church (ETCBC) is a warm and welcoming community that enables people to share experiences and grow as they journey together. ETCBC is looking to support groups and the community itself. For further information, please contact us at: **416-750-9600 ext 237**



Curreant creates collaborative space, and provides intimate business development supports and social supports, which acknowledge the multifaceted barriers youth businesses face. We strive to foster a work environment that is mindful of individual health and the wellness of young entrepreneurs, but also acts as an accelerator for their professional goals. For more information, please contact: **416-750-9600 ext. 232** or **Direct Line: 416-876-8457.**



Working Women Community Centre (WWCC) provides immigrant women and their families with opportunities to improve their quality of life through empowerment, self-improvement and community action. As the lead organization at The HUB, we are responsible for its overall management and partnership development. Our programs and services include the Home Instruction for Parents of Preschool Youngsters (HIPPY) program, Settlement Services, The HUB newcomer programming, coordination of the Computer Lab and Community Kitchen, and programming space. For more information, please contact: Kala at KKarunanathan@victoriaparkhub.org or **416-750-9600 ext. 204.** Visit us at www.workingwomenc.org

Come visit us at The HUB, and explore the variety of programs and services we provide to help newcomers and the Victoria Village residents adjust to living in Toronto. Some of the programs and services that we provide are:

- ⇒ **Women**
 - Support groups for mothers & caregivers
 - Arts & crafts programs for women
 - Cultural women group
- ⇒ **Newcomers**
 - Information & referrals
 - Settlement support & counselling
 - Orientation to Ontario programs
 - English conversation & education programs
 - Cultural support groups
- ⇒ **Youth**
 - Youth drop-in programs
 - Youth-lead initiatives
 - Summer events & field trips
- ⇒ **Seniors**
 - Senior wellness
 - Gentle Tai Chi, gentle dance & yoga class
 - English conversation classes
- ⇒ **Family**
 - Computer literacy programs
 - Community kitchen
 - Math class
 - Zumba, gentle dance, yoga & more



1527 Victoria Park Avenue, 2nd Floor
Toronto, ON M1L 2T3
Phone: 416-750-9600
Website: www.workingwomenc.org

HOURS OF OPERATION
Monday & Tuesday 9:00 AM—5:00 PM
Wednesday & Thursday 9:00 AM—8:00 PM
Friday 9:00 AM—4:30 PM

Volunteer opportunities are available. Please contact us for more information.