



# September 2017



REGULAR ONGOING EVENTS

The HUB programs

Partner programs

for more information, please contact:

Phone: 416-750-9600

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:30 – 12:30 pm <b>Peer Nutrition</b> 10:00 – 11:30 am <b>Computer Class</b> 11:30 – 1:00 pm <b>Gentle Movement</b>
4 <b>Labour Day</b>  <b>HUB CLOSED</b>	5 10:00 – 11:30 am <b>Computer Class</b> 11:30 – 1:00 pm <b>Gentle Yoga</b> 1:00 – 4:00 pm <b>Afghan Senior Wellness</b> 2:00 – 4:00 pm <b>Knitting Club</b>	6 9:30 – 11:30 am <b>Prenatal Program</b> 11:00 – 1:30 pm <b>Breast Feeding Support Group</b> 2:00 – 5:00 pm <b>Afghan Cultural Literacy</b> 6:00 – 7:30 pm <b>Family Spanish</b>	7 9:00 – 10:00am <b>Pole Walking</b> 9:30 – 2:00 pm <b>EID Celebration</b> 4:00 – 5:30 pm <b>English Conversation Club</b> 4:00 – 5:30 pm <b>Kids Fun Club</b> 5:00 – 7:00 pm <b>Hubsters Meet</b>	8 9:30 – 12:30 pm <b>Peer Nutrition</b> 10:00 – 11:30 am <b>Computer Class</b> 11:30 – 1:00 pm <b>Gentle Movement</b>
11 10:00 – 11:00 am <b>Gentle Tai Chi</b> 11:00 – 12:00 pm <b>Gentle Cultural Dance</b> 12:00 – 1:00 pm <b>Gentle Dance with Cathy</b> 1:45 – 3:15 pm <b>Low Impact Aerobic fitness program 55+</b> 2:00 – 5:00 pm <b>Chinese Arts Group</b>	12 9:30 - 10:45 am <b>OEYC Toddler Fit &amp; Fun</b> 10:00 – 11:30 am <b>Computer Class</b> 11:30 – 1:00 pm <b>Gentle Yoga</b> 1:00 – 4:00 pm <b>Afghan Senior Wellness</b> 2:00 – 4:00 pm <b>Knitting Club</b>	13 9:30 – 11:30 am <b>Prenatal Program</b> 11:00 – 1:30 pm <b>Breast Feeding Support Group</b> 2:00 – 5:00 pm <b>Afghan Cultural Literacy</b> 6:00 – 7:30 pm <b>Family Spanish</b>	14 9:00 – 10:00am <b>Pole Walking</b> 9:30 – 2:00 pm <b>Cook and Learn</b> 4:00 – 5:30 pm <b>English Conversation Club</b> 4:00 – 5:30 pm <b>Kids Fun Club</b> 5:00 – 7:00 pm <b>Hubsters Meet</b>	15 9:30 – 12:30 pm <b>Peer Nutrition</b> 10:00 – 11:30 am <b>Computer Class</b> 11:30 – 1:00 pm <b>Gentle Movement</b>
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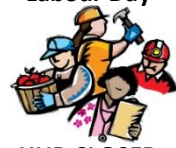
# September 2017

## Victoria Park HUB



**SPECIAL EVENTS**  
**Workshops & Events**  
**Connector Events**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 <b>Labour Day</b>  <b>HUB CLOSED</b>	5	6	7 <b>EID Celebration in collaboration with the AFIP</b> <b>And the cook and learn</b>	8
11	12 <b>Hearing Choice Book Appointment</b> <b>1:00-3:00pm</b>	13	14	15
18	19	20 <b>Active Boost Fitness &amp; Nutrition Classes</b> <b>6:30 – 7:30pm</b>	21	22 <b>Cyber Safety Workshop</b> <b>1:00-1:30 pm</b>
25	26	27 <b>Active Boost Fitness &amp; Nutrition Classes</b> <b>6:30 – 7:30pm</b>	28 <b>Essential Skills for Employment</b> <b>Computers for Work Workshop</b> <b>Registration</b> <b>6:00 – 8:00 pm</b>	29

## 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](http://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](http://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](mailto: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**



Currant 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 (HIPPIY) 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](mailto:KKarunanathan@victoriaparkhub.org) or **416-750-9600 ext. 204**. Visit us at [www.workingwomenc.org](http://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](http://www.workingwomenc.org)**

Funded by: Financé par :



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada

### HOURS OF OPERATION

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

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