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Exercise

Organization	Address	Phone #	Program Description	Referral	Who for	Languages	Wheelchair access
Bloor Jewish Community Centre	740 Spadina Ave. Toronto M5S 2J2	416-924-6211	Various fitness and exercise programs (including swimming) throughout the year, call for information	Self	Anyone	English, some French, Hebrew	Yes
Cecil Community Centre	58 Cecil St. Toronto M5T 1N6	416-392-190	Various exercise classes for seniors and adults, call for information	Self	Seniors and adults	Cantonese, Mandarin, English	Yes
Chinese Seniors' support Services	203 Collge St. 2 nd Fl. Toronto M5T 1P9	416-585-2013	Exercise for seniors	Self	Seniors	Cantonese	Yes
Columbus Centre	901 Lawrence Ave. W. Toronto M6A 1C3	416-789-7011	Various exercise and fitness programs	Self	Members, call for information	English, Italian	Yes
St. Christopher House Older Adult Centre	248 Ossington Ave. Toronto M6J 3A2	416-532-4828 ext 110	Seniors' exercise classes	Self	Seniors	English, Portuguese, Vietnamese	Yes
St. Stephen's Community House	Seniors Centre 340 College St. 3rd Fl. Toronto M5T 3A9	416-929-3281	Seniors' fitness program, call for information	Self	Seniors	Cantonese, English, Portuguese	Yes
Scadding Court Community Centre	707 Dundas St. W. Toronto M5T 2W6	416-392-0335	Various fitness and wellness programs, call for current schedule	Self	Anyone	English, Cantonese, Mandarin, Portuguese	Yes
Toronto Parks and Recreation Division		South District 416-392-1111	Various fitness and wellness programs, in locations across the city for all ages and abilities. Call for information on programs in your area	Self	Priority given to residents of Toronto	English	Varies by location Call 392-1111
University Settlement Recreation Centre			Various, including yoga, swimming and aquafit	Self	Anyone	English	Yes
YMCA			Fitness and health education programs for all ages and abilities <i>Membership fees, but financial assistance may be available</i>	Self	Anyone	English	Yes

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Healthy eating

Organization	Address	Phone #	Program Description	Referral	Who for	Languages	Wheelchair access
Access Alliance Multicultural Community Health Centre	340 College St. Toronto, M5T 3A9	324-8677	Program starting Jan. 2001 will include healthy eating and cooking. Nutritionist available by appointment for patients	Self		English	Yes
Cecil Community Centre	58 Cecil St. Toronto, M5T 1N6	392-1090	Cooking classes , call for information	Self	Anyone	Cantonese, Mandarin, English	Yes
Dietitians of Canada	www.dietitians.ca	596-0857	Referrals to registered dietitians	Self	Anyone	English, French	
Field to Table	200 Eastern Ave. Toronto, M5A 1J1	363-6441	Good Food Box: fresh fruit and vegetables distributed through community agencies four times a month (fee)	Self	Anyone	English, Spanish	
Heart & Stroke Foundation	1920 Yonge St. 4th fl. Toronto, M4S 3E2 www.heartand-stroke.ca	489-7100	Information on heart healthy eating and nutrition, including cookbooks	Self	Anyone	Printed materials in Chinese, English, French	
Ontario Public Health Association Nutrition Resource Project		532-4828 ext. 110	Heartsmart cooking classes available through: • Loblaws: Call 218-7700 ext. 5352	Self	Anyone	English	Varies by location
St. Christopher House Older Adult Centre	248 Ossington Ave. Toronto, M6J 3A2	929-3281	Cooking workshops for seniors , call for information	Self	Seniors	English, Portuguese, Vietnamese	Yes
St. Stephen's Community House	Seniors' Centre 340 College St., 3rd fl. Toronto, M5T 3A9	977-4360 813-5294	Healthy eating/cooking workshops , to be confirmed, call for information	Self	Seniors	English, Cantonese, Portuguese	Yes
Specialty Food Store	555 University Ave. Toronto M5G 1X8		Food for special diets (including diabetes), nutrition counselling	Self	Anyone		Yes

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Smoking Cessation

Organization	Address	Phone #	Program Description	Referral	Who for	Languages	Wheelchair access
Canadian Cancer Society	20 Holly St., Ste 302 Toronto, M4S 3B1	440-3330	Smokers' Helpline 1-800-263-6700 Information, advice, support & counselling for people who want to quit	Self	Anyone	English, French	N/A
Centre for Addiction and Mental Health	ARF, 33 Russell St., Toronto, M5S 2S1	535-8501 ext. 6336 or 6019	Nicotine Dependence Program Weekly smoking clinic; follow-up with a doctor and counselling with a therapist	Self	Anyone	English, interpretation available	Yes
	Donwood Site 175 Brentcliffe Rd. Toronto, M4G 3Z1	535-8501 ext. 7057	Smoking Cessation Tuesday, Wednesday & Thursday	Self	Anyone	English	Yes
Four Villages Community Health Centre	1700 Bloor St., W. Toronto, M6P 4C3	604-3361	Quit Smoking	Self	Anyone	English, Polish	Yes
Lung Association	365 Bloor St. E. Toronto, M4W 3L4 www.lung.ca	922-9440	Self help resources for people who want to quit smoking	Self	Anyone	Printed information in English, French	
Nicotine Anonymous	ARF, 33 Russell St. Toronto, M5S 2S1	487-8988	Group for people who want to quit smoking Tuesday: 7.30pm, Saturday: 11.00am	Self	Anyone	English	Yes
St. Stephen's Community House	Corner Drop-in 370 College St. Toronto, M5T 1S6	964-8747	Smoking program , to be confirmed, call for information	Self	Call for details	Call for details	Yes
YMCA	Central 20 Grosvenor St. Toronto, M4Y 2V5	928-9622 ext. 454	Y Smoke Part of YMCA lifestyle program, call for information	Self	Anyone	English	Yes

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Alcohol

Organization	Address	Phone #	Program Description	Referral	Who for	Languages	Wheelchair access
Alcoholics Anonymous	234 Eglinton Ave., E. Toronto, M4P 1K5	487-5591	Weekly groups all across GTA , call for information regarding locations, days, times	Self	Anyone	English, French, Italian, Polish, Portuguese, Spanish	Main office accessible
Centre for Addictions and Mental Health	ARF, 33 Russell St. Toronto, M5S 2S1	595-6128	Addiction Treatment Services Outpatient counselling, family counselling, day and residential treatment	Self/doctor	Anyone Also offers services for women, youth, couples and families, older adults, African Canadian & Caribbean youth, lesbians, bisexuals and gay men	English, French, interpreters for other languages	Yes
Metro Addiction & Assessment Referral Service (MAARS)	175 College St. Toronto, M5T 1P7	599-1448	Information on addiction treatment options, telephone and face-to-face assessment, brief counselling, referrals	Self	Youth and adults	English, interpreters for other languages	No
St. Michael's Hospital Withdrawal Management Services	314 Adelaide St., E. Toronto, M5A 1N1	864-5078	Detoxification, counselling, referral to ongoing treatment	Self	Men 16 and over	English	"Partially"
St. Stephen's Community House	Corner drop-in 370 College St. Toronto, M5T 1S6	964-8747	Alcohol program, to be confirmed, call for information	Self	Call for details	Call for details	Yes
Toronto Western Hospital Addictions Treatment Service	399 Bathurst St. Toronto M5T 2S8	603-2551 533-7945	Withdrawal Management Services: Women: 892 Dundas St. W. (off-site) Men: 16 Ossington Ave. (off-site)	Self	Women 16 & over	English, Portuguese	Yes
		603-5774 603-5974	Addiction Outpatient Program for Women: Individual & group therapy	Self	Men 16 & over	English, Croation, Italian, French	No
			Kensington Clinic	Self	Women 16 and over	English, French, Polish, Portuguese, Spanish	Yes
			Acupuncture for Addictions: 603-5776	Self	Portuguese speaking individuals and their families Adults 16 and over	Portuguese, English English	Yes Yes

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Stress management

Organization	Address	Phone #	Program Description	Referral	Who for	Languages	Wheelchair access
Black Creek Community Health Centre	2202 Jane St. Toronto, M3M 1A4	249-8000	Women's Stress Group 8 weeks, prior registration required, call for information	Self	Women only	English	Yes
Bloor Jewish Community Centre	750 Spadina Ave. Toronto M5S 2J2	924-6211	Health & Wellness Centre , call for information	Self	Anyone	English, some French, Hebrew	Yes
Catholic Family Services	1155 Yonge St. Toronto, M4T 1W2	921-1163	Lifestyle Management Program 6 sessions (\$15.00 per session)	Self	Anyone	English	Yes
Dorothy Madgett Clinic	123 Edward St. Toronto, M5G 1E2	340-7070 340-7080	Stress management classes	Doctor's referral	Anyone	English	Yes
Opportunity for Advancement	Registration 801 Eglinton Ave., W Toronto, M5N 1E3	787-1481	Women Under Stress Twice weekly 9 week program 790 Bay St. 8th fl. (Bay and College)	Self	Women only	English	Yes
Sistering	523 College St. Toronto, M6G 1A8	926-9762	Relaxation group, call for information	Self	Low income, homeless, socially isolated women	English	Yes
Toronto General Hospital	200 Elizabeth St. Toronto, M5G 2C4	340-4452	Mindfulness-Based Stress Reduction Clinic 9 weekly classes, audiotapes & workbook (\$40 for materials)	Self	Anyone	English	Yes

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Diabetes

Organization	Address	Phone #	Program Description	Referral	Who for	Languages	Wheelchair access
Canadian Diabetes Association	15 Toronto St. Toronto, M5C 2E3	363-3373	Information, education, and other services for people with diabetes	Self	Anyone	English, print information in Chinese, French, Italian	Yes
Toronto Western Hospital Diabetes Education Centre	Diabetes Education Centre 399 Bathurst St. Toronto, M5T 2S8	603-5897	Diabetes Education Centre Three day outpatient group program on living with diabetes	Self	Anyone	English, Chinese, Italian, Portuguese, Spanish, Vietnamese	Yes
Tri Hospital Diabetes Education Centre (TRIDEC)	60 Grosvenor St.	323-6170	Three day outpatient education and management program	Doctor's referral	Adults 15 and over	English	Yes

Financial Assistance

Coping in Tough Times	81 Gilder Drive Scar, M1K 4P7	266-4596	Confidential financial counselling , budget preparation, interaction with creditors	Self	Anyone	English, volunteers for other languages (Chinese, Farsi, Sighalese, Spanish, Urdu)	No
Credit Counselling Service of Toronto	27 Carlton St. Toronto, M5B 1L2	228-3328 ext. 803	Financial counselling , budget planning, mediation with creditors (sliding scale fees)	Self	Anyone	English, Spanish	Yes
St. Christopher House Older Adult Centre	248 Ossington Ave. Toronto, M6J 3A2	532-4828 ext. 110	Budget counselling for seniors , call for information	Self	Seniors	English	Yes
St. Stephen's Community House	Corner drop-in 370 College St. Toronto, M5T 1S6	964-8747	Budget counselling , to be confirmed, call for information	Self	Call for details	Call for details	Yes
Toronto Community & Neighbourhood Services. Social Services Division	Various locations	392-8623 397-7383 392-2987 392-4225 397-7381 397-7381 397-7384 397-7382 397-1787	Delivers Ontario Works Program (emergency financial assistance) Depends on eligibility, call for information: Chinese Farsi Polish Portuguese Russian Somali Spanish Vietnamese		Depends on eligibility Chinese Farsi Polish Portuguese Russian Somali Spanish Vietnamese		