

OCTOBER 2021



Women's Program, Community Development and Social Action Calendar



All programs will be offered on Zoom.

Please see the next page for more information about each program.



MON	TUE	WED	THU	FRI
 <p>CENTRAL NEIGHBOURHOOD HOUSE NEIGHBOURHOOD LINK ST. STEPHEN'S COMMUNITY HOUSE</p>			1 4:30 pm: TMO Women's Group → Building Awareness on Breast Cancer	
4 12:30 pm: Easy-Access Voicemail Program 1 pm: Green Champions → Write a Political Letter 1:30 pm: Yoga 4:30 pm: TMO Women's Group → Gentle Yoga	5 1:30 pm: English Conversation	6 11 am: Community Gardening → Tai Chi 12:30 pm: Easy-Access Voicemail Program	7 1:30 pm: Tamil, Bengali, Somali/Swahili → Self-care 2:30 pm: Member Advocacy Committee → Choosing Fall Priorities 4:30 pm: TMO Women's Group → Impacts of Residential Schools Part 1	8
11  Thanksgiving	12 11:00 am: Neighbourhood Pod → Introduction and Exploring Pods 1:30 pm: English Conversation	13 11 am: Community Gardening → Indoor Gardening 12:30 pm: Easy-Access Voicemail Program	14 11:30 pm: Mandarin Group → Community Safety - Housing Matters 1:30 pm: Tamil, Bengali, Somali/Swahili → Dealing with Traumatic Events 4:30 pm: TMO Women's Group → Impacts of Residential Schools Part 2	15
18 12:30 pm: Easy-Access Voicemail Program 1 pm: Green Champions → Gardening for Healthy Greens 1:30 pm: Yoga 4:30 pm: TMO Women's Group → Gentle Yoga	19 1:30 pm: English Conversation	20 11 am: Community Gardening → Tai Chi 12:30 pm: Easy-Access Voicemail Program	21 1:30 pm: Tamil, Bengali, Somali/Swahili → Parenting During Covid-19 2:30 pm: Member Advocacy Committee → Advocacy Planning 4:30 pm: TMO Women's Group → Thursday Thunder	22
25 12:30 pm: Easy-Access Voicemail Program 1 pm: Green Champions → Avoiding Food Waste 1:30 pm: Yoga 4:30 pm: TMO Women's Group → Gentle Yoga	26 11:00 am: Neighbourhood Pod → Leadership 1:30 pm: English Conversation	27 11 am: Community Gardening → Mental Health and Indoor Gardening 12:30 pm: Easy-Access Voicemail Program	28 11:30 pm: Mandarin → Community Safety - Cyber security 1:30 pm: Tamil, Bengali, Somali/Swahili → Environment & Food Security 4:30 pm: TMO Women's Group → Environment & Food Security	29

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CENTRAL NEIGHBOURHOOD HOUSE
NEIGHBOURHOOD LINK
ST. STEPHEN'S COMMUNITY HOUSE

Women's Program, Community Development and Social Action Calendar

Women's Club

Our Women's Clubs provide language-specific workshops in the Bengali, Tamil, Mandarin, Somali and Swahili language groups. Languages may be added as needed. Workshops focus on immigration issues, parenting, gang violence and understanding the Canadian school system. Yoga, Tai Chi, informal counselling, and advocacy are also provided.

- The Tamil, Bengali, Somali/Swahili Women's Group meets every Thursday from 1:30 pm - 3:00 pm.
- The Mandarin Women's Group meet every other Thursday from 11:30 am - 1:00 pm.
- We do yoga every Monday from 1:30 - 3:00 pm.
- The English Conversation Circle is every Tuesday from 1:30 - 3:00 pm.

Email Safia at shirsi@tngcs.org for more information.

Easy Access Voicemail

The Easy Access Voicemail Project has provided a low-cost voicemail service to more than 700 neighbours annually. At the low cost of \$10.00 for three months, you can get your own phone number, leave your own greeting and pick up your messages from any phone. Callers are not aware this is a service provided by CNH.

You can register by dropping by CNH Monday or Wednesday afternoons from 12:30 - 3:30 at 349 Ontario St.

Email Musammat at musammat.badrunnesha@tngcs.org for more information.

Member Advocacy Committee

The Member Advocacy Committee (known as MAC) is a group that uses lived experience with poverty, homelessness, disability, and more, and our conversations with people who experience poverty, to take action for social change. We have done election outreach, and activism on issues like supporting the proposed multi-tenant (rooming) house regulations.

We meet every other Thursday from 2:30 - 3:30 pm.

Email Bridget at cdsa1@tngcs.org for more information.

Community Gardening Workshop

We gather every week; some weeks we deliver workshops on different gardening related topics, such as mental health, indoor gardening and making fertilizer. On the other weeks, we do Tai Chi together.

We meet every Wednesday from 11:00 am - 12:30 pm.

Email Musammat at musammat.badrunnesha@tngcs.org for more information.

TMO Women's Group

Taylor-Massey Oakridge Women's Program is a unique program for participants of all ages: seniors, adults, juniors, newcomers, citizens of Canada. It started during the first stage of the Pandemic and lockdown to support isolated women and we continue to support women and families in different ways like virtual programs on self care, healthy living, job search, life skills and more. Also, we supported women and families with one to one counselling and referrals.

We meet on Mondays and Thursdays from 4:30 - 6:00 pm. Mondays are 'Gentle Yoga'.

Email Sohelia at sbonhi@tngcs.org for more information.

Neighbourhood Pods-Mutual Aid

Neighbourhood Pods are innovative ways people are connecting to make sure everyone's needs are met by grabbing food, medication, or anything else that might support those who are vulnerable during the pandemic. It's a simple idea. People helping people. We provide training and resources to the Pod members to identify vulnerable people in need of support.

We meet every other Tuesday from 11:00 am - 12:30 pm.

Email Musammat at musammat.badrunnesha@tngcs.org for more information.

Green Champions Group

The newly-formed Green Champions are a group of community members who come together with a shared interest in our environment. Each week, we meet to share our knowledge and learn from one another about topics including gardening, composting, recycling, and cooking. We also look for ways that we can protect our environment together.

We meet every Monday from 1:00 - 2:00 pm.

Email Bridget at cdsa1@tngcs.org for more information.

All programs will be offered on Zoom. No programs will take place on Thanksgiving Monday (October 11).