

APRIL 2017 PROGRAM CALENDAR

Commissioner of Affidavits

Friday, April 28, 9:00am - 1:00pm

The Commissioner helps with Affidavits, True Copies, & Form Filing, including Name Change Applications for trans folks.*

Registration Required: Call Reception at 905-602-4082 & Press 0

Diabetes Education

• Conversation Map

Friday, April 7, 10:00am - 1:00pm

Friday, April 21, 10:00am - 1:00pm

• Pole Walking

Fridays (Apr 28 - Aug 4), 10:00am - 10:45am

First Session: Friday, April 28, 9:30am - 11:30am

East Mississauga CHC, 7-2555 Dixie Rd, Mississauga

Following Sessions: Fridays (May 5 - Aug 4)

Group 1: 9:30am - 10:30am

Group 2: 10:30am - 11:30am

Applewood Trail, Mississauga

Registration Required: Call 416 252 1928 ext 299

Dental Clinic

For Children & Seniors; By Appointment Only

Monday to Wednesday: 8:30 am - 8:00 pm

Thursday and Friday: 8:30 am - 4:30 pm

Saturday (April 8 & 22): 8:30 am - 4:30 pm

Please call 905-602-0520 for more information.

LGBTTIQQ2S+ Program

Snacks and Transit Fare will be provided to participants.

• Trans Activate Drop-In (Registration not required)

Wednesdays (Apr 5 - 26), 6:00pm - 8:00pm

A weekly supportive and social drop-in space for members of Trans & Gender-Diverse Communities.

• QX Drop-In (Registration not required)

Thursdays (Apr 6 - 27), 6:00pm - 8:00pm

A weekly drop-in support and social group for members of LGBTTIQQ2S+ communities.

• Trans Advisory Committee

First Wednesday of the Month (Apr 5), 5:30pm - 6:00pm

We're seeking volunteers who identify as members of the Greater Trans Communities to help shape Trans programming!

For More Info or to Register for the Advisory Committee:

Contact Sawyer at 905.602.4082 ext.455 or sawyerp@lampchc.org

Seniors Wellness Programs

• Exercise Class

Mondays (Apr 3, 10, & 24), 10:00am - 10:50am

Thursdays (Apr 6 - 27), 11:00am - 12:00pm

• International Folk Dance

Wednesdays (Apr 5 - 26), 10:00am - 11:30am

• Tai-Chi

Tuesdays (Apr 4 - 25), 10:00am - 11:30am

Registration Required: Call 905-602-4082 ext 454



East Mississauga Community Health Centre Programs & Events Calendar

APRIL 2017

■	DENTAL HEALTH CARE
■	DIABETES EDUCATION
■	HEALTH CARE
■	MENTAL HEALTH & WELLNESS PROGRAM
■	MISCELLANEOUS
■	SENIORS' PROGRAM
■	LGBTTIQQ2S+ (QUEER & TRANS) PROGRAM
	Registration / Appointment Required

MON	TUE	WED	THU	FRI	SAT/SUN
3	4	5	6	7	8
■ Seniors Exercise Class 10:00am - 10:50am	■ Seniors Tai-Chi 10am - 11:30am	■ Seniors Folk Dance 10am - 11:30am ■ Trans & Gender-Diverse Advisory Committee Meeting 5:30pm - 6pm ■ Trans Activate Drop-In 6pm - 8pm	■ Seniors Exercise Class 11am - 12pm ■ QX Drop-In 6pm - 8pm	■ Diabetes: Conversation Map 10am - 1pm	■ Dental Clinic Open 8:30am - 4:30pm
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East Mississauga CHC
 7-2555 Dixie Rd, Mississauga, ON L4Y 4C4
 Tel: 905.602.4082 Fax: 905.602.5432
 www.eastmississaugachc.org

EMCHC HOURS
 Mon-Wed 9am-8pm Thurs-Fri 9am-5pm
"Building a Healthy Community"



**APRIL 2017
EVENTS CALENDAR (CONTINUED)**

MON	TUE	WED	THU	FRI	SAT/SUN
10 Seniors Exercise Class ☎ 10:00am - 10:50am	11 Seniors Tai-Chi 10am - 11:30am	12 Seniors Folk Dance 10am - 11:30am Trans Activate Drop-In 6pm - 8pm	13 Seniors Exercise Class ☎ 11am - 12pm QX Drop-In 6pm - 8pm	14 CLOSED Good Friday 	15 16
17 CLOSED Easter Monday 	18 Seniors Tai-Chi 10am - 11:30am	19 Seniors Folk Dance 10am - 11:30am Trans Activate Drop-In 6pm - 8pm	20 Seniors Exercise Class ☎ 11am - 12pm QX Drop-In 6pm - 8pm	21 Diabetes: ☎ Conversation Map 10am - 1pm	22 Dental Clinic Open ☎ 8:30am - 4:30pm 23
24 Seniors Exercise Class ☎ 10:00am - 10:50am	25 Seniors Tai-Chi 10am - 11:30am	26 Seniors Folk Dance 10am - 11:30am Trans Activate Drop-In 6pm - 8pm	27 Seniors Exercise Class ☎ 11am - 12pm QX Drop-In 6pm - 8pm	28 Commissioner of Affidavits ☎ 9am - 1pm Diabetes: ☎ Pole Walking 9:30am - 10:45am	29 30



- DENTAL HEALTH CARE
- DIABETES EDUCATION
- HEALTH CARE
- MENTAL HEALTH & WELLNESS PROGRAM
- MISCELLANEOUS
- SENIORS' PROGRAM
- LGBTTIQQ2S+ (QUEER & TRANS) PROGRAM
- ☎ Registration / Appointment Required

We Would Love To Hear From You! Please contact us with any feedback about any aspect of East Mississauga CHC. You can leave a written message in any of our several "Comment Boxes" located in the Waiting Room. EMCHC is a scent-free environment.

This calendar is not a complete list of all the wonderful programming we offer here at EMCHC.