









## WELLNESS & SUPPORT SERVICES

CLINIC	WHEN	INFORMATION	COST	LOCATION
ADVOCACY & REFERRAL	Monday-Friday 8:00 am-4:00 pm	Assistance with home care services, housing, accessing government forms and completing applications. Assistance offered in English, French & Spanish.	No Charge	Office
“ARBORCARE” BEREAVEMENT SUPPORT GROUP	Tuesday (6 week sessions) 1:30 pm -3:00 pm	This program offers support in an informal and supportive setting, to people who have shared a similar experience with bereavement and loss.	No Charge  Open to all ages	Lounge
CAFÉ	Monday—Friday 11:30am- 1:00pm	A freshly made deli-style sandwich, soup or salad, dessert and beverage is available.	\$3.50 Purchase lunch ticket in the office.	G.P. Room.
DENTAL ASSESSMENT & REFERRAL	Monday (March & July) 9:00 am-12 noon  Check monthly calendar for date.	A visual assessment of your teeth & mouth and referral to a public health dental clinic for treatment if you qualify. Free ultrasonic denture cleaning is also offered at the assessment clinic.	No charge	Church Hall
FOOT CLINIC	Friday ( Twice monthly) 8:45 am-12 noon or 8:45 am-1:00 pm	Dr. Sterin, licensed podiatrist will provide you with basic foot care, removing callus, checking corns and nail clipping.	\$8.00 Please bring your Health Card.	Church Hall
HEARING CLINIC	Monday (Every 2 months) 10:00am- 12 noon  Check monthly calendar for date.	Hearing Society representatives will be on site to provide you with information, demonstrate technical aids and arrange for screening tests.	No charge	Lounge

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ADVOCACY & REFERRAL 	Monday-Friday 8:00 am-4:00 pm	Office	No Charge	Assistance with home care services, housing, accessing government forms and completing applications. Assistance offered in English, French & Spanish.
ALZHEIMER SOCIETY MEMORY LOSS INFORMAITON CLINIC 	Friday 9:00 am—12 noon 4 times per year- check Newsletter	Lounge	No charge	Book a confidential appointment to access information, assistance and referrals.
“ARBORCARE” BEREAVEMENT SUPPORT GROUP 	6 week sessions Call for schedule. 7:00 pm—8:30 pm	Lynett Funeral Home 3299 Dundas St. W.	No Charge  Open to all ages.	This program offers support in an informal and supportive setting, to people who have shared a similar experience with bereavement and loss.
CAFÉ 	Monday—Friday 11:30 am-1:00 pm	G.P. Room.	\$4.00 Purchase lunch ticket in the office.	A freshly made deli-style sandwich, soup or salad, dessert and beverage is available.
DENTAL ASSESSMENT & REFERRAL 	Monday 9:00 am-12 noon (Twice per year) Check monthly calendar for date.	Church Hall	No charge	A visual assessment of your teeth & mouth and referral to a public health dental clinic for treatment if you qualify. Free ultrasonic denture cleaning is also offered at the assessment clinic.
FOOT CLINIC 	Friday ( Twice monthly) 8:45 am-12 noon	Church Hall	\$8.00 Please bring your Health Card.	Dr. Sterin, licensed podiatrist will provide you with basic foot care, removing calluses, checking corns and nail clipping.
HEARING CLINIC 	Monday (Every 2 months) 10:00am-12 noon Check monthly calendar for date.	G.P. Room	No charge	Canadian Hearing Society representatives will be on site to provide you with information, demonstrate technical aids and arrange for screening tests.
INCOME TAX CLINIC 	Monday (Feb / March) 6:30 pm-8:00 pm	G.P. Room	No charge	Volunteer Chartered Accountants will be available to assist you in preparing your income tax return. You must meet the income guidelines to qualify: \$15,000 / single. \$22,500 / combined family income.