



ENGLISH PROGRAM 2020

Please call the phone number to get instructions on how to connect to the group.

PROGRAM	STAFF	DAYS	TIME	CONTACT
One on one phone support	Selvy Sadacharnathan	Monday-Friday	9:00am-4:00pm	416-752-0101 ext 224
Gentle Fitness (video)		Monday	9:30-10:30am	
Yoga Class (video)		Wednesday	9:30-10:30am	
Peer to Peer Social Group Support (video or audio)		Wednesday	11:00am-12:00pm	
Yoga Class (video)		Wednesday	9:30-10:30am	
Gentle Fitness (video)		Thursday	11:15am-12:15pm	

One on one support for:

- Coordinating services including food access, transportation, assistance with filling out forms
- Intervention and assistance services for seniors facing challenges accessing various healthcare support
- Referrals to other community support services, if needed

Virtual Peer to Peer Social Group Support - Will be held once a week virtually to promote social integration, provide opportunities to share their experience and knowledge, and to motivate each other by sharing their coping strategies to face the challenges associated with the new normal life. Space is limited. Registration is required.

For more information or instruction on how to access these programs please call Selvy at 416-752-0101 Ext 224 or email Sadacharnathan@srhc.com

