

GET F.R.E.S.H. AT THE LIBRARY

Maria A. Shchuka Library

1745 Eglinton Ave. West

Come and join us for a
movie and light
refreshments

Wednesdays 1:00-3:00

Or, Enjoy a leisurely walk and
a coffee.
1:30-2:30

City Hall Library

100 Queen St. West

Mahjong Table

Last Monday of the month
10:00 am-12:00

St. Lawrence Library

171 Front St. East

Games Table

Second Wednesday of the month
1:00-3:00

**For details or to register for
anything on this page,
contact
Michael**

(647) 462-9601
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What is F.R.E.S.H.?

**Finding Recovery through
Exercise Skills and Hope.**

F.R.E.S.H. is an initiative of
Gerstein Crisis Centre.

The program uses a peer
model to engage individuals
through physical activity,
social engagement and
community building.

FRESH seeks to encourage
the engagement process by
strengthening participant's
community connections,
develop new skills and
knowledge and to have fun.