

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

2

3

Solidarity
Acupuncture Clinic -
NADA
10AM-12PM

1-2:30PM Knit & Crochet

 2-3PM Essentrics workout

4

1:30-3:00 PM Guitar class
with Felix

5

1-2:30 PM Acupuncture Clinic
NADA at 1437
Chomedey1-4 PM Outing to Pride
bingo and ice
cream

6

9:00AM-4:00PM Outing to
Quinn Farm
 9:45AM-3:20PM Vestiaire

1:30-3:30PM Sewing circle

7

10:00AM-12:00PM Outing to get iced coffee with
Sydney12:00-4:00PM UPIP
Legal clinic by appointment only

1

8

9

 10AM-12PM Outing to get
iced coffee with
Taya 1:00-4:00 PM Outing to concert
at the Botanical
Gardens with Taya 1:30-2:30 PM AA meeting
(in English)

10

 9AM-12PM Nursing clinic with
Olivia

1-2:30PM Knit & Crochet

1-4 PM Brigade Peter
McGill with Sydney 2-3PM Essentrics workout

11

10-11 AM Nutrition Workshop
with Gabrielle1:30-2:30PM Herbalism workshop
at 1430 Chomedey1:30-3:00 PM Guitar class with
Felix

12

 9AM-12PM Nursing clinic with
Fannie1-2:30 PM Acupuncture Clinic NADA
at 1437 Chomedey1-4 PM Outing to Jean
drapeau beach

13

 9:45AM-3:20PM Vestiaire10-11:45AM Urban sketching
Outing with Elissa

1:30-3:30PM Sewing circle

14

 9:30AM-11:30AM Solidarity Acupuncture
Clinic -NADA
1:30-3:30PM Workshop on CVs, interviews
and practice scenarios at
1437 chomedey12:00-4:00PM UPIP
Legal clinic by appointment only

15

16

 1:30-2:30 PM AA meeting
(in English)

17

 9AM-12PM Nursing clinic
with Olivia

1-2:30PM Knit & Crochet

1-4 PM Brigade Peter McGill
with Sydney 2-3PM Essentrics workout

18

CAMP

10:00 AM-11:30AM Workshop on
housing rights
with LICM1:30 PM-3:00PM August Birthday
Celebrations

19

1-2:30 PM Acupuncture Clinic
NADA at 1437
Chomedey

1-4PM Cinema Club (SAANAQ)

20

 9:45AM-3:20PM Vestiaire

1:30-3:30PM Sewing circle

21

 9:30AM-11:30AM Solidarity Acupuncture
Clinic -NADA10-11:30 AM Outing to Gnawa music
workshop12:00-4:00PM UPIP
Legal clinic by appointment only

22

23

 1:30-2:30 PM
AA meeting (in English)

1-4PM : CLOSED

24

 9AM-12PM Nursing clinic with
Olivia

1-2:30PM Knit & Crochet

1-4 PM Brigade Peter McGill
with Sydney

1-4 PM Vaccination clinic

 2-3PM Essentrics workout

25

10-11 AM Nutrition Workshop
with Gabrielle

11 AM-12PM Book Club

1:30-3:00 PM Guitar class
with Felix3-6 PM Outing to Pedalo
and ice cream

26

9:00AM-4:00PM Outing to Oka
beach1-2:30 PM Acupuncture Clinic
NADA at 1437
Chomedey

27

 9:45AM-3:20PM Vestiaire10:00AM-2:00PM Information session,
Women's Committee,
bingo & Lunch at
Fulford

1:30-3:30PM Sewing circle

28

 9:30AM-11:30AM Solidarity Acupuncture
Clinic -NADA12:00-4:00PM UPIP
Legal clinic by appointment only

29

30

 1:30-2:30 PM AA meeting
(in English)

31

 9AM-12PM Nursing clinic with
Olivia1-4PM Brigade Peter McGill with
Sydney1-3PM Jewelry making with
Lina 2-3PM Essentrics workout

**Please note that
activity signups
(including medical
appointments) will
start on Monday
August 3rd**

- Signups for activities at 514-937-2341 **option 2** or **ext 0** (August 3 ext. 368)
- Signups for the vestiaire at 514-937-2341 **ext 237**
- Signups for medical appointments at 514-937-2341 **option 3** or **ext 260**
- Grocery gift card distribution: from the **17th to the 21st**, between 10:00 AM and 12:00 PM, as well as from 1:00 PM to 2:30 PM.



**Activity at
= 1430
Chomedey**

- AA Meeting (English): August 2, 9, 16, 23, 30— 1:30 p.m. to 2:30 p.m. 🏠
- NADA Solidarity Acupuncture at 1445: August 3— 10:00 a.m. to 12:00 p.m.
- NADA Solidarity Acupuncture at 1430: August 14, 21, 28— 9:30 a.m. to 11:30 a.m. 🏠
- Foot Care with Annick: August 5, 12, 19, 26 — 9:00 a.m. to 3:00 p.m
- Clothing Bank (Vestiaire): August 6, 13, 20, 27— 9:45 a.m. to 3:20 p.m. 🏠
- Crochet & Knitting: August 3, 10, 17, 24 — 1:00 p.m. to 2:30 p.m.
- Sewing Circle: August 6, 13, 20, 27— 1:30 p.m. to 3:30 p.m.
- NADA Solidarity Acupuncture at 1437 Rue Chomedey: August 5, 12, 19, 26 — 1:00 p.m. to 2:30 p.m.
- UPIP: August 7, 14, 21, 28 — 12:00 p.m. to 4:00 p.m.
- Essentrics dynamic stretching workout with Jennifer : August 3, 10, 17, 24, 31 — 2:00 p.m to 3:00 p.m. 🏠
- Jewelry making with Lina: August 31 — 1:00 p.m to 3:00 p.m.
- Book Club: August 25— 11:00 a.m. to 12:00 p.m.
- Cinema Club at SAANAQ: August 19— 1:00 p.m. to 4:00 p.m. (Pick up from 1445 at 1:00pm, movie starts at 1:30pm)
- Vaccination clinic at 1430 Rue Chomedey: August 24 — 1:00 p.m. to 4:00 p.m. 🏠
- Information session, women’s committee, bingo & lunch at Fulford: August 27 — 10:00 a.m. to 2:00 p.m.
- Brigade Peter McGill with Sydney: August 10, 17, 24, 31 — 1:00 p.m. to 4:00 p.m.
- Outing to get iced coffee with Sydney: August 7 — 10:00 a.m. to 12:00 p.m.
- Outing for pedalo and ice cream: August 25 — 3:00 p.m. to 6:00 p.m.
- Outing to the Jean Drapeau beach with Sydney & Elissa: August 12 — 1:00 p.m. to 4:00 p.m.
- Outing to the Gnawa music workshop with Elissa: August 21 — 10:00 a.m. to 11:30 a.m.
- Outing to Quinn Farm: August 6 — 9:00 a.m. to 4:00 p.m.
- Outing to Oka beach: August 26 — 9:00 a.m. to 4:00 p.m
- Massage Therapy with Courtney: August 4, 11 — 10:00 a.m. to 3:00 p.m. 🏠
- Nursing clinic : August 5, 10, 12, 17, 24, 31 — 9:00 a.m. to 12:00 p.m. 🏠
- Legal clinic: August 7, 14, 21, 28 — Appointment required
- August Birthday Celebrations: August 18 – 1:30 p.m. to 3:00 p.m.
- Herbalism workshop with Abby at 1430 Chomedey: August 11 – 1:30 p.m. to 2:30 p.m. 🏠
- Urban sketching outing with Elissa: August 13 –10:00 a.m. to 11:45 a.m.
- Workshop for CVs, interviews and practice scenarios at 1437 rue chomedey: August 14 — 1:30 p.m. to 3:30 p.m.
- Workshop on housing rights: August 18 – 10:00 a.m. to 11:30 a.m.
- Weekends with Taya: 🏠
 - August 9: Outing to get iced coffee– 10:30 am to 12:00 p.m.
 - August 9: Outing to the concert at the Botanical Gardens - 1:00 to 4:00 p.m.
 - August 15: Indigenous collective kitchen with Oli– 1:00 to 3:00 p.m.

- Nutrition workshop: August 11, 25 – 10:00 a.m. to 11:00 a.m.
- Guitar class with Felix: August 4, 11, 25 – 1:30 p.m. to 3:00 p.m.
- Outing to pride bingo and ice cream: August 5 — 1:00 p.m. to 4:00 p.m.

August 3rd Activity Registration only at 514-937-2341 ext. 368

After August 3rd:

- Signups for activities at 514-937-2341 option 2 or ext 0
- Signups for the vestiaire at 514-937-2341 ext 237
- Signups for medical appointments & legal clinic at 514-937-2341 option 3 or ext 260

There is no limit to the number of signups to dance, sewing circle, art, or jewelry activities. Please note that outings are limited to two per month. Restaurant outings and vestiaires services will be limited to once every two months, maximum. Haircuts are limited to twice a year.

ANY QUESTIONS OR COMMENTS ABOUT HOW AN ACTIVITY IS GOING?

Write to progservices@chezdoris.org and we'll get back to you as soon as possible.

WOMEN’S COMMITTEE (AUGUST 27 AT FULFORD)

10am - 11am: Info session	You can participate for the whole day or only for the sections that interest you. Registration required
11am-12pm: Committee	
12pm-1pm: Lunch	
1pm - 2pm Bingo	

BOOK CLUB WITH TAYA AND MICHELLE

Email tayaw@chezdoris.org for a free copy of the story of the month
Meet August 25, from 11:00 am - 12:00 pm at 1445 Rue Lambert-Closse

CAMP INFORMATION

Dates for camp: August 18-21, 2026
Pick up: 1 pm on August 18 at 1445 Rue Lambert-Closse
Return: 3 pm on August 21 to 1445 Rue Lambert-Closse

LEGAL CLINIC

Call ext. 260 for an appointment

CHEZ DORIS MEDICAL CLINIC

The Chez Doris Medical Clinic is here to make healthcare easier to access, directly in a place you already know.

We understand that seeking care can sometimes be difficult. Costs, lack of coverage, transportation, wait times, appointments that are hard to schedule or keep, language barriers, and negative past experiences with the healthcare system can all make the process more complicated.

The clinic therefore provides a more accessible, welcoming, and respectful environment where several healthcare services are offered under one roof. This allows women to receive different types of care in the same place, reduce travel, and make follow-up easier.

Depending on your needs, the team can welcome you, listen to your concerns, direct you to the appropriate service, make referrals, and support you through the next steps. The goal is to help you receive the right care at the right time, in a safe environment adapted to your reality.

HOW TO ACCESS HEALTH SERVICES

To access a health service at Chez Doris, you must first complete a short triage questionnaire. This questionnaire helps us better understand each woman's needs and determine the level of priority. The questionnaire can be completed with the intake worker at the Day Centre or by phone at 514-937-2341, option 3.

Once the questionnaire is completed, the request is added to the waiting list for the requested service. When a space becomes available, the intake worker contacts the woman to offer her an appointment. The triage process helps ensure that appointments are offered according to each woman's needs and the urgency of her situation.

SEXUAL AND GYNECOLOGICAL HEALTH CLINIC

The Sexual and Gynecological Health Clinic provides a space to discuss concerns related to sexual health, gynecological health, menstrual health, contraception, menopause, pain, or any other symptom that may require an assessment.

- Assessment of gynecological concerns
- Sexual health information and counselling
- Discussion about contraception
- Support for gynecological pain, discomfort, or symptoms
- Information about STIs and prevention
- Referral for tests or specialized care when needed
- Referral to another medical service when appropriate

NURSING CLINIC

The Nursing Clinic allows women to discuss their health concerns, receive a basic assessment, and be directed to the appropriate services.

- General health assessment and vital signs
- Screening, prevention, and health education
- Wound care and dressing changes
- Basic sexual and gynecological health information
- Mental health and emotional well-being support
- Referrals to Chez Doris services and community resources
- Short-term nursing follow-up

OTHER AVAILABLE SERVICES

- Massage therapy
- Foot care
- NADA solidarity acupuncture
- Dental hygiene
- Optometry clinic