

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2  Activity at = 1445 Lambert-Closse	3  10AM-12PM Acupuncture Clinic NADA 10:15-11:30AM Bingo  1-2:30PM Knit & Crochet 2-3 PM Essentrics Workout	4  1:30-3:00 PM Guitar class with Felix	5 1:00-4:00 PM : CLOSED 9AM-12PM Nursing clinic with Fannie 1-2:30PM Acupuncture Clinic NADA at 1437 Chomedey 1-4 PM Outing to Pride bingo and ice cream	6 9:00AM-4:00PM Outing to Quinn Farm  1:30-3:30PM Sewing circle	7 9AM-12PM Footcare with Nurse Giulia 10:00-11:30AM Crafting with Jessica 1:30-4:30PM Brigade Peter McGill with Elissa  Legal clinic by appointment only	1 8
9 10:30AM-12:00 PM Coffee outing with Taya 1:30-2:30 PM AA meeting (in English) 1-4PM Botanical garden concert outing	10 9AM-12PM Nursing clinic with Olivia 10:15-11:30AM Bingo  1-2:30PM Knit & Crochet 2-3 PM Essentrics Workout	11  10-11 AM Nutrition Workshop with Gabrielle 1:30-2:30 PM Herbalism workshop with Abby  1:30-3:00 PM Guitar class with Felix	12 1:00-4:00 PM : CLOSED 9AM-12PM Nursing clinic with Fannie 1-2:30PM Acupuncture Clinic NADA at 1437 Chomedey 1-4 PM Outing to Jean Drapeau beach	13 10:00-11:45AM Urban drawing outing with Elissa  1:30-3:30PM Sewing circle 1:30-3:30PM Undercuts and colour with Elissa	14 9:30AM-Acupuncture Clinic NADA 11:30AM Crafting with Jessica 10:00- 11:30AM Brigade Peter McGill 1:30-4:30PM Workshop for CVs, interviews and practice scenarios at 1437 chomedey  Legal clinic by appointment only	15 1:00-3:00PM Indigenous collective kitchen with Oli
16 1:30-2:30 PM AA meeting (in English)	17 9AM-12PM Nursing clinic with Olivia 10:15-11:30AM Bingo  1-2:30PM Knit & Crochet 2-3 PM Essentrics Workout	18 CAMP 11:00 AM-12:00PM August Birthday Celebrations	19 1:00-4:00 PM : CLOSED 1-2:30PM Acupuncture Clinic NADA at 1437 Chomedey 1-4PM Cinema Club (SANAAQ)	20  1:30-3:30PM Sewing circle	21 CAMP 9:30AM-11:30AM Acupuncture Clinic NADA 11:30AM Crafting with Jessica 10:00- 11:30AM Brigade Peter McGill with Elissa 1:30-4:30PM Legal clinic by appointment only 	22
23 1:00-4:00 PM : CLOSED 1:30-2:30 PM AA meeting (in English)	24 9AM-3PM Footcare nurse Nancy 10:15-11:30AM Bingo  1-2:30PM Knit & Crochet 1-4 PM Vaccination clinic 2-3 PM Essentrics Workout	25  10-11 AM Nutrition Workshop with Gabrielle  11 AM-12 PM Book Club with Taya  1:30-3:00 PM Guitar class with Felix	26 1:00-4:00 PM : CLOSED 1-2:30PM Acupuncture Clinic NADA at 1437 Chomedey 9:00AM-4:00PM Outing to Oka beach	27 10:00AM-2:00PM Information session, women's committee, lunch and bingo at Fulford  1:30-3:30PM Sewing circle	28 9:30AM-11:30AM Acupuncture Clinic NADA 10:00- 11:30AM Crafting with Jessica 1:30-4:30PM Brigade Peter McGill with Elissa  Legal clinic by appointment only	29
30 1:30-2:30 PM AA meeting (in English)	31 9AM-12PM Nursing clinic with Olivia 10:15-11:30AM Bingo  1-3 PM Jewelry making with Lina 2-3 PM Essentrics Workout	Please note that activity signups (including medical appointments) will start on Monday August 3rd				Activité au = 1445 Chomedey   

- 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.
- NADA Solidarity Acupuncture at 1437 Rue Chomedey: August 5, 12, 19, 26 — 1:00 p.m. to 2:30 p.m.
- Weekends with Taya:
 - August 9: Outing to get iced coffee – 10:30 am to 12:00 p.m.
 - August 9: Outing to 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.
- Bingo:
 - August 3, 10, 17, 24 — 10:15 a.m. to 11:30 a.m.
- Sewing circle: August 6, 13, 20, 27 — 1:30 p.m. to 3:30 p.m. 
- Guitar class with Felix: August 4, 11, 25— 1:30 p.m. to 3:00 p.m. 
- Creative crafts with Jessica: August 7, 14, 21, 28 — 10:00 a.m. to 11:30 a.m.
- Ciné Club at SAANAQ: August 19 — 1:00 p.m. to 4:00 p.m.
- Foot care with nurse Giulia: August 7— 9:00 a.m. to 12:00 p.m.
- Book club with Taya : August 25 — 11:00 a.m. to 12:00 p.m. 
- Essentrics dynamic stretching workout with Jennifer (in the park if weather permits):
 - August 3, 10, 17, 24, 31 — 2:00 p.m to 3:00 p.m.
- Brigade Peter McGill with Elissa: August 7, 14, 21, 28 — 1:30 p.m. to 4:30 p.m.
- Outing to pride bingo and ice cream: August 5 — 1:00 p.m. to 4:00 p.m.
- Outing to the Jean Drapeau beach with Sydney & Elissa: August 12 — 1:00 p.m. to 4:00 p.m.
- Outing to Oka Beach: August 26 – 9:00 a.m. to 4:00 p.m.
- August birthday celebrations: August 18 — 11:00 a.m. to 12:00 p.m.
- Herbalism workshop with Abby: August 11 — 1:30 p.m. to 2:30 p.m.
- Vaccination clinic at 1430 Rue Chomedey: August 24 — 1:00 p.m. to 4:00 p.m.
- AA meeting (in English): August 2, 9, 16, 23, 30 — 1:30 p.m. to 2:30 p.m.
- Knitting and crochet: August 3, 10, 17, 24 — 1:00 p.m. to 2:30 p.m. 

- Undercuts and colour with Elissa: August 13 — 1:30 p.m. to 3:30 p.m.
- Urban sketching outing with Elissa: August 13 — 10:00 a.m. to 11:45 a.m.
- Jewelry making with Lina: August 31 — 1:00 p.m. to 3:00 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 
- Workshop for CVs, interviews and practice scenarios at 1437 rue Chomedey: August 14 — 1:30 p.m. to 3:30 p.m.
- Outing to Quinn Farm: August 6 – 9:00 a.m. to 4:00 p.m.

OPENING HOURS

8:00 AM - 7:00 PM

BREAKFAST

8:30 - 10:00 AM

SNACKS 3:00 PM**LUNCH**

12:00 - 1:00 PM

DINNER

5:00 - 6:00 PM

Signup start date : **Monday August 3rd Activity Registration only at 514-937-2341 ext. 368**, Monday to Friday, 9:00 AM to 2:00 PM.
 After July 2nd: Signups for activities at 514-937-2341 option 2 or ext 0

LEGAL CLINIC

Call ext. 260 for an appointment

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

WOMEN'S COMMITTEE (AUGUST 27 AT FULFORD)

10am - 11am: Info session
 11am-12pm: Committee
 12pm-1pm: Lunch
 1pm - 2pm Bingo

You can participate for the whole day or only for the sections that interest you.
 Registration required

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