

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Please note that activity
signups (including medical
appointments) will start on
Tuesday September 1st

1

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

2

3

9:45AM-3:20PM Vestiaire
1:00-4:00PM Urban sketching
outing to the
botanical gardens
with Elissa
1:30-
3:30PM Sewing circle

4

12:00-4:00PM UPIP

Legal clinic by appointment
only

5

10:30-11:30
AM

AA meeting
(in French)

6

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

7

1445 RUE
LAMBERT-
CLOSSE CLOSED

8

9AM-12PM Brigade Peter
McGill with
Sydney

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

9

10

9:45AM-3:20PM Vestiaire

1:30-
3:30PM Sewing circle

11

12:00-4:00PM UPIP

Legal clinic by appointment
only

12

10:30-11:30
AM

AA meeting
(in French)

13

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

14

1:30-
3:00PM Knit &
Crochet with
Elissa

15

9AM-12PM Brigade Peter
McGill with
Sydney

1:30 PM-
3:00PM September
Birthday
Celebrations

3:30-5:00 PM School Tutoring

16

9:00 AM-
4:00 PM Outing to Quinn
Farm for apple
picking

17

9:45AM-3:20PM Vestiaire

3:00-
6:30PM Movie outing to
Practical Magic 2

18

12:00-4:00PM UPIP

1:30-3:30PM Workshop on CVs,
interviews and practice
scenarios at 1437
chomedey
Legal clinic by appointment only

19

10:30-11:30
AM

AA meeting
(in French)

20

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

1-4PM : CLOSED

21

1:30-
3:00PM Knit &
Crochet with
Elissa

22

9AM-12PM Brigade Peter
McGill with
Sydney

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

3:30-5:00 PM School
Tutoring

23

10:00 AM-
11:30AM Workshop on
working rights
by LICM
12:00PM-Information session,
bingo & Lunch at
Fulford
4:00PM

24

9:45AM-
3:20PM Vestiaire

25

12:00-4:00PM UPIP

2:00PM-
4:00PM Gratitude day at
Fulford

Legal clinic by appointment only

26

10:30-11:30
AM

AA meeting
(in French)

27

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

28

11 AM-12PM Book Club

1-3PM Jewelry making with
Lina

29

9:30-11:30
AM Mindful crafting
activity for Truth
and Reconciliation
Day

1:30-3:00 PM Guitar class
with Felix
3:30-5:00 PM School Tutoring

30

1-4PM Cinema Club
(SANAAQ)

- Signups for activities at 514-937-2341 **option 2** or **ext 0**
(September 1 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 **14th to the 18th**, 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): September 6, 13, 20, 27 — 1:30 p.m. to 2:30 p.m. 
- AA Meeting (French): September 5, 12, 19, 26 — 10:30 a.m. to 11:30 a.m. 
- Clothing Bank (Vestiaire): September 3, 10, 17, 24 — 9:45 a.m. to 3:20 p.m. 
- Crochet & Knitting: September 14, 21 — 1:30 p.m. to 3:00 p.m.
- Sewing Circle: September 3, 10, 17 — 1:30 p.m. to 3:30 p.m.
- UPIP: September 4, 11, 18, 25 — 12:00 p.m. to 4:00 p.m.
- Jewelry making with Lina: September 28— 1:00 p.m to 3:00 p.m.
- Book Club with Taya: September 28 — 11:00 a.m. to 12:00 p.m.
- Cinema Club at SANAAQ: September 30 — 1:00 p.m. to 4:00 p.m.
- Information session, women’s committee, bingo & lunch at Fulford: September 23— 12:00 p.m. to 4:00 p.m.
- Brigade Peter McGill with Sydney: September 8, 15, 22 — 9:00 a.m. to 12:00 p.m.
- Legal clinic: September 4, 11, 18, 25 — Appointment required
- September Birthday Celebrations: September 15 – 1:30 p.m. to 3:00 p.m.
- Workshop for CVs, interviews and practice scenarios at 1437 rue chomedey: September 18 — 1:30 p.m. to 3:30 p.m.
- Workshop on working rights by the McGill Legal clinic: September 23 – 10:00 a.m. to 11:30 a.m.
- Guitar class with Felix: September 1, 8, 22, 29 - 1:30 p.m. to 3:00 p.m.
- Mindful crafting activity for Truth and Reconciliation Day: September 29 - 9:30 a.m. to 11:30 a.m.
- School tutoring: September 15, 22, 29 - 3:30 p.m. to 5:00 p.m.
- Gratitude Day at Fulford: September 25 - 2:00 p.m. to 4:00 p.m.
- Movie outing to Practical Magic 2: September 17 - 3:00 p.m. to 6:30 p.m.

September 1st Activity Registration only at 514-937-2341 ext. 368

- After September 1st:
- 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 (SEPTEMBER 23 AT FULFORD)

12pm - 1pm: Lunch	You can participate for the whole day or only for the sections that interest you. Registration required
1pm- 2pm: Information session	
2pm- 3pm: Committee	
3pm - 4pm Bingo	

BOOK CLUB WITH TAYA AND MICHELLE

Email tayaw@chezdoris.org for a free copy of the story of the month
Meet September 28, from 11:00 am - 12:00 pm at 1445 Rue Lambert-Closse

A MEDICAL CALENDAR IS NOW
AVAILABLE WITH OUR MEDICAL
SERVICES OFFERED

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