



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Activity at
= 1445
Lambert-
Closse

Please note that activity
signups (including medical
appointments) will start on
Thursday October 1st

4

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

4:30-7 PM Outing to vigil for MMIWG2S

11

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

18

1:00-4:00 PM : CLOSED
1:30-2:30 PM AA meeting (in English)

25

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

5

9AM-12PM Nursing clinic

10:15-11:30AM Bingo

1-2:30PM Knit & Crochet with Elissa

12

19

11 AM-12 PM Book Club with Taya
9AM-12PM Nursing clinic
10:15-11:30AM Bingo

1-2:30PM Knit & Crochet with Elissa

26

9AM-12PM Nursing clinic
10:15-11:30AM Bingo

1-3 PM Jewelry making with Lina

6

10AM-12PM Watercolours with Julie
1:30-3:00 PM Guitar class with Felix
3:30-5:00 PM School Tutoring

13

10AM-12PM Watercolours with Julie
1:30-3:00 PM Guitar class with Felix
3:30-5:00 PM School Tutoring

20

9AM-3PM Dental clinic
10AM-3PM Massage- Courtney
10AM-12PM Watercolours with Julie
11 AM-12PM October Birthday Celebrations
3:30-5:00 PM School Tutoring

27

9AM-1PM Gynecology clinic with Frédérique
10AM-12PM Arts and crafts with Julie
1:30-3:00 PM Guitar class with Felix
3:30-5:00 PM School Tutoring

7

1:00-4:00 PM : CLOSED
9AM-12PM Nursing clinic
1-2:30 PM Acupuncture Solidaire NADA at 1437 chomedey
1-4PM Botanical Garden Outing (Guided tour in French)

14

1:00-4:00 PM : CLOSED
9AM-12PM Nursing clinic
10AM-3PM Outing to Quinn Farm
1-2:30 PM Acupuncture Solidaire NADA at 1437 chomedey

21

1:00-4:00 PM : CLOSED
9AM-12PM Nursing clinic
1-2:30 PM Acupuncture Solidaire NADA at 1437 chomedey
1-4PM Cinema Club (SANAAQ)

28

1:00-4:00 PM : CLOSED
9AM-12PM Nursing clinic
1-2:30 PM Acupuncture Solidaire NADA at 1437 chomedey
1-4PM Outing to l'Euguélionne

1

1:30-4 PM Cooking activity with Saul

8

9AM-12PM Nursing clinic
10AM-3PM Massage- Courtney
1-4PM Thanksgiving celebration at Fulford

15

9AM-12PM Nursing clinic
1:30-4:30 PM Embroidery circle

22

9AM-12PM Nursing clinic
1-4 PM Urban sketching outing to the Redpath Museum with Elissa
1:30-4:30 PM Embroidery circle

29

9AM-12PM Nursing clinic
1-4 PM Halloween celebration at 1430 Chomedey
1:30-4:30 PM Embroidery circle

2

9:30-11:30AM Acupuncture Solidaire NADA
10:00-11:30AM Crafting with Jessica
1:30-4:30PM Brigade Peter McGill

Legal clinic by appointment only

9

9:30-11:30AM Acupuncture Solidaire NADA
10:00-11:30AM Crafting with Jessica
10H30-14H Foot Care with Giulia
1:30-4:30PM Brigade Peter McGill

Legal clinic by appointment only

16

9:30-11:30AM Acupuncture Solidaire NADA
10:00-11:30AM Crafting with Jessica
1:30-4:30PM Brigade Peter McGill with Elissa

Legal clinic by appointment only

23

9:30-11:30AM Acupuncture Solidaire NADA
10:00-11:30AM Crafting with Jessica
1:30-4:30PM Return to work workshop at 1437 chomedey
1:30-4:30PM Brigade Peter McGill with Elissa

Legal clinic by appointment only

30

9:30-11:30AM Acupuncture Solidaire NADA
10:00-11:30AM Crafting with Jessica
9AM-3PM Foot Care with Nancy
1:30-4:30PM Brigade Peter McGill

Legal clinic by appointment only

3

10:30-11:30 AM AA meeting (in French)

10

10:30-11:30 AM AA meeting (in French)

17

10:30-11:30 AM AA meeting (in French)

24

10:30-11:30 AM AA meeting (in French)
9:30-11:00 Coffee outing with Taya
11AM-2PM Indigenous collective kitchen with Oli

31

10:30-11:30 AM AA meeting (in French)



Bingo:

October 5, 19, 26 — 10:15 a.m. to 11:30 a.m.

Nursing clinic : October 5, 7, 8, 14, 15, 19, 21, 22, 26, 28, 29 — 9:00 a.m. to 12:00 p.m

Guitar class with Felix: October 6, 13, 27 — 1:30 p.m. to 3:00 p.m. 

Creative crafts with Jessica: October 2, 9, 16, 23, 30 — 10:00 a.m. to 11:30 a.m.

Ciné Club at SANAAQ: October 21 — 1:00 p.m. to 4:00 p.m.

Book club with Taya: October 19 — 11:00 a.m. to 12:00 p.m. 

Brigade Peter McGill with Elissa: October 2, 9, 16, 23, 30 — 1:30 p.m. to 4:30 p.m.

October birthday celebrations: October 20 — 11:00 a.m. to 12:00 p.m.

Botanical gardens outing (guided tour in French): October 7— 1:00 p.m. to 4:00 p.m.

School tutoring: October 6, 13, 20, 27 — 3:30 p.m. to 5:00 p.m. 

AA meeting (in English): October 4, 11, 18, 25— 1:30 p.m. to 2:30 p.m.

AA meeting (in French): October 3, 10, 17, 24, 31 — 10:30 a.m. to 11:30 a.m.

Urban sketching outing to the Redpath museum with Elissa: October 22 — 1:00 p.m. to 4:00 p.m.

Kitchen activity at 1430 rue Chomedey: October 1 — 1:30 p.m. to 4:00 p.m.

Indigenous collective kitchen with Oli: October 24— 11:00 a.m. to 2:00 p.m.

NADA Solidarity Acupuncture: October 2, 9, 16, 23, 30 — 9:00 a.m. to 11:30 a.m.

NADA Solidarity Acupuncture at 1437 Rue Chomedey: October 7, 14, 21, 28 — 1:00 p.m. to 2:30 p.m.

Outing to games and coffee with Elissa: October 21 — 6:00 to 8:00 p.m.

Coffee with Taya: October 24 --- 9:30 am to 11:00 am

Outing to Quinn Farms: October 14 – 10:00 am to 3:00 pm

Arts and crafts with Julie: October 6, 13, 20, 27 - 10:00 am to 12:00 pm

Return to work workshop at 1437 rue Chomedey: October 23 - 1:30 pm to 4:30 pm

- Outing to the vigil for Missing and Murdered Indigenous Women and Girls - 4:30 p.m. to 7:00 p.m.
- Dental clinic: October 20 — 9:00 a.m. to 3:00 p.m. 
- Massage with Courtney: October 8, 20 — 10:00 a.m. to 3:00 p.m.
- Gynecology clinic with Frédérique: October 27 — 9:00 a.m. to 3:00 p.m.
- Embroidery Circle: October 15, 22, 29 — 1:30 p.m. to 4:30 p.m. 
- Outing to l'Euguélionne: October 28 – 1:00 pm to 4:00 pm

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 : **Thursday October 1st Activity Registration only at 514-937-2341 ext. 368 or 369**, Monday to Friday, 9:00 AM to 2:00 PM.

After October 1: Signups for activities at 514-937-2341 option 2 or ext 0

LEGAL CLINIC

Call ext. 260 for an appointment

**A MEDICAL CALENDAR IS NOW AVAILABLE
WITH OUR MEDICAL SERVICES OFFERED**

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