

Fall at St. Felix Centre

Don't forget about...

Fuel For School:

Free breakfast and a packed lunch for school - Monday – Friday, from 7:00am to 8:30am

Coffee Shop

Adults – come join us - for just 25¢ have tea or coffee with toast and muffins, Monday – Friday, from 7:00am to 10:30am

St. Felix Centre Adult Lunch Program:

Free lunch - Monday – Friday, from 11:00am to 12:30pm

“my place” after school program:

Monday to Friday from 3:30pm to 6:00pm - Homework help, reading & language skills & a special math tutoring program. We also emphasize fun & sports. Our counsellors are always ready to help.

Please note: there is a fee for this program - subsidies are available to people in need.

Community Supper:

Adults, children - all are welcome - wonderful hot meal Monday - Thursday 5:30pm – 6:45pm. 1\$ for adults, kids eat free.

Clothing Bank:

Open every Wednesday AND Thursday from 11:00am to 1:00pm

ESL tutoring

One on one teaching to improve English skills

Art Program

Monday afternoons from 12:30pm – 3:00pm downstairs dining room area

Someone to talk to...

There is always someone here to help - with housing, employment, legal issues, family struggles, addictions. We can help you find the help you need. Or sometimes we can just listen.

Women's Wellness



Because a healthy you is a happy you.

St. Felix Centre
1:00 – 2:30pm daily

Program starts Sept. 6th

CALL, VISIT OR E-MAIL TODAY FOR MORE DETAILS!

Check us out on Facebook: **Women's Wellness Program, St. Felix Centre**
AND

Follow us on Twitter: **@SFCWellWomen**

Talk. Walk. Cook. Laugh.
MOVE.

Join us this fall for an exciting new program just for women. Every day of the week will feature a different activity. Join us for as much or as little as you like; no pre-registration needed.

Mondays: Exercise Class – fun fitness for all levels.

Tuesdays & Thursdays: Cooking Club – learn to shop smarter on your budget, cook in our community kitchen, and take home delicious meals.

Wednesdays: Walking Club – get out and about with a free pedometer!

Fridays: Yoga, learning, discussions, and more.



25 Augusta Avenue (Rear Building)
Toronto, Ontario M5T 2K7
416-203-1624
stfelixcentre@rogers.com
www.stfelixcentre.ca