

GROWING UP HEALTHY DOWNTOWN (GUHD)

is a partnership of eight agencies that provide programs and services for families with children aged 0 to 6 years.

Raising a child is a wonderful responsibility. Managing that responsibility without support can be difficult. GUHD helps by providing:

- safe and warm places for children to meet other children; and,
- welcoming environments where adults can learn from other adults.

GUHD actively supports the healthy development of children through:

- physical and arts programs;
- school readiness programs;
- spontaneous and unstructured play; and,
- opportunities to participate and celebrate in community events.

GUHD provides relaxed and comfortable spaces for families. You can choose from:

- culturally specific programs;
- parent/child drop-in programs;
- LGBTTQ (lesbian, gay, bisexual, transsexual, transgender and queer) parenting programs; and,
- workshops on various topics such as:
 - calming your child;
 - finding time for you, the parent; and,
 - helping your child make friends.

To learn more, please call the agency closest to you or visit our websites.

For more information, visit
www.familyservicetoronto.org
or call the GUHD Coordinator at
416-595-9230 ext. 330

GUHD is funded by the Public Health Agency of Canada (PHAC).



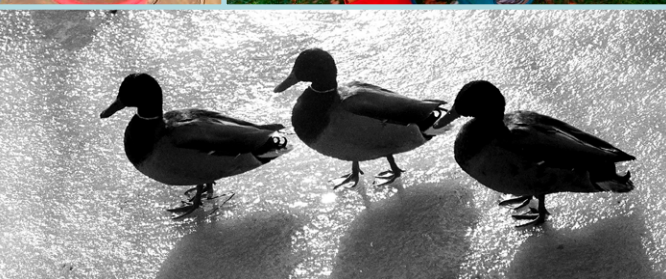
GUHD

Growing Up Healthy Downtown

GUHD helps children grow up healthy with:

- play and enjoyment;
- love around them;
- cultural awareness and acceptance; and,
- informed and confident parents.





Design: Victor Szeto / Use of photographs courtesy of Yasemin Yenilmez



GUHD Partners

1. The 519

519 Church Street
Toronto, ON, M4Y 2C9
tel: 416-3392- 6874
the519.org

3. Dixon Hall

Neighbourhood Services
58 Sumach Street
Toronto, ON, M5A 3J7
tel: 416-863-0499
dixonhall.org

5. Waterfront

Neighbourhood Centre
627 Queen's Quay West
Toronto, ON, M5V 3G3
tel: 416-392-1509 ext. 319
waterfrontnc.ca/

6. University Settlement

23 Grange Road Toronto,
ON, M5T 1C3
tel: 416-598-3444 ext. 228
universitysettlement.ca/

2. Davenport-Perth Neighbourhood Community Health Centre

1900 Davenport Avenue
Toronto, ON, M6N 1B7
tel: 416-656-8026
dpnchc.com/

4. Family Service Toronto

355 Church Street
Toronto, ON, M5B 0B2
tel: 416-595-9230 ext. 328
familyservicetoronto.org

6. West Neighbourhood House

248 Ossington Avenue
Toronto, ON, M6J 3A2
tel: 416-532-4828 ext. 161
www.westnh.org/

8. WoodGreen Community Services

69 Pape Avenue
Toronto, ON, M4M 2V5
tel: 469-5211 ext. 1126
www.woodgreen.org

