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;
- LGBTIQ (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.

GUHD helps children grow up healthy with:

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

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

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GUHD Partners

1. The 519
   519 Church Street
   Toronto, ON, M4Y 2C9
tel: 416-392-6874
d519.org/

2. Davenport-Perth Neighbourhood Community Health Centre
   1900 Davenport Avenue
   Toronto, ON, M6N 1B7
tel: 416-656-6026
dpnchc.com/

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

4. Family Service Toronto
   355 Church Street
   Toronto, ON, M5B 0B2
tel: 416-595-9230 ext. 328
family servicetoronto.org

5. Waterfront Neighbourhood Centre
   627 Queen’s Quay West
   Toronto, ON, M5V 3G3
tel: 416-392-1599 ext. 319
waterfrontnc.ca/

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

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

8. WoodGreen Community Services
   69 Pape Avenue
   Toronto, ON, M4M 2V5
tel: 416-532-1126
www.woodgreen.org