



UPDATE

Fall 2011

COMMUNITY HEALTH CENTRE

We value the community through:

- Respect
- Excellence
- Partnership
- Accessibility
- Integration
- Diversity

KDCHC offers a continuum of care including, primary health care, illness prevention, health promotion and community capacity development for people in the downtown Kitchener community, and those from different ethnocultural communities, Aboriginal people with a particular emphasis on those who experience barriers to accessing appropriate health.

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Back to School!!!

By Charla Adams, Nutritionist

It's that time of year again. The kids are heading back to school and with this comes packing school lunches. The food industry now produces many quick and easy pre-packaged products that are simple to pack – but are they healthy?

If you're not sure read the ingredient label. The first ingredient listed is the main ingredient or the one that the product contains the most of. Other ingredients are listed in decreasing order of amount. If sugar in any form is the first ingredient listed, then that product is made mainly from sugar. There are many different forms of sugar. A hint when reading labels is if a

word ends in "ose" it's most likely some form of sugar. Another word to look for at the beginning of the ingredient list is sodium (salt). Oils, shortening and hydrogenated fats mean that the product is high in fat.

These tend to be high in fat and salt

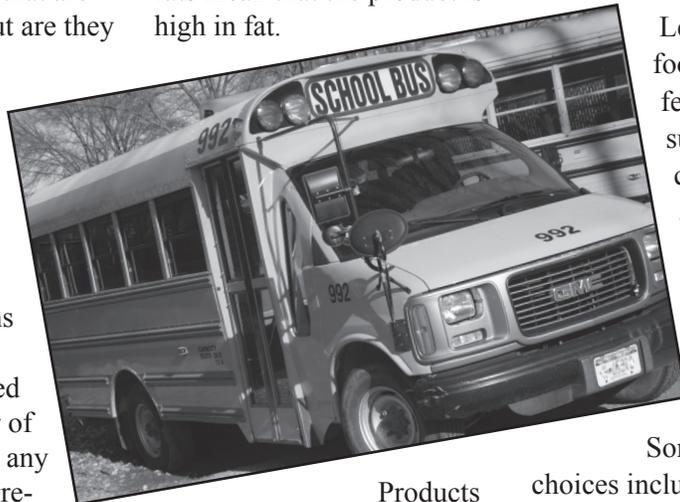
- **Cracker and Cheese sandwich snacks:** These also tend to be high in fat and salt.

Less processed foods that contain fewer additives such as artificial colours, flavours and preservatives tend to be healthier. These items also tend to be less expensive.

Some healthier choices include:

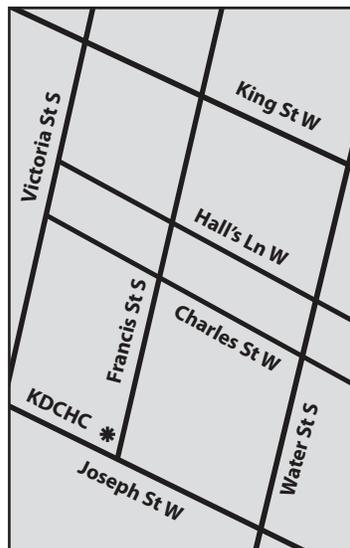
- Whole grain crackers, rice cakes, melba toast or bread sticks with cheese.
- Plain or seasoned popcorn (be careful of seasonings high in salt and fat)
- Homemade baked goods – banana bread, whole grain muffins and oatmeal cookies.
- Yogurt containers or tubes.
- Fruit cups (packed in their own juice, not syrup) or apple sauce.

A healthy lunch helps children to grow properly and will also help them to concentrate better in school.



Products you may want to limit in your child's lunch:

- **Fruit roll-ups/Fruit by the foot:** These contain very little fruit and are made mostly from sugar, artificial flavour, colour and preservatives (similar to candy).
- **Granola bars:** Some tend to be high in fat and sugar. Watch for those covered in chocolate or containing chocolate chips and/or marshmallows.
- **Small cookies to be dipped in icing:** These are basically made from sugar and shortening.
- **Dry instant soup noodles:**



Message from Eric Goldberg Executive Director

KDCHC focuses on disease prevention, health promotion, early intervention & chronic disease management. Addressing access barriers for those who are at greater risk of developing health problems and strengthening individual and community capacity is a primary focus for our organization. Incorporating the social determinants of health into client services is also key to our work. (www.kdchc.org).

Excerpt from the 2011 Annual General Meeting

We believe that effective primary health care includes illness prevention, health promotion, community development and building a health community. Primary care also needs to address the social determinants of health. Based on this focus KDCHC has many achievements of which to be proud. KDCHC initiatives include focusing on access to client-centred primary care, peer health ambassadors providing system navigation and working with other sectors to focus on the social determinants of health. This includes action on poverty, low-income families and food security, supporting new immigrants and refugees, housing and homelessness.

Supports to improve access to KDCHC services includes providing language interpreters, child care, referrals to other services, accompaniment to community appointments, assisting to access to identification and health cards, supporting access to prescription medication and diagnostic tests.

We continue to develop partnerships to provide a hub of services for clients. These

include: a Respiratory Therapist focusing on asthma and chronic obstructive pulmonary disease, in partnership with St. Mary's Hospital; Pharmacy consultation with the School of Pharmacy and starting an oral health program with the Region of Waterloo. Many community agencies and groups have also accessed our space to support community collaboration and community development.

We continue to have a strong focus on chronic disease management. This includes programs that focus on health promotion to prevent chronic disease, as well as, programs that focus on strategies that diagnose and treat existing disease in its early stages, before it gets worse. We also provide treatment to reduce the negative impact of an established disease by restoring function and reducing disease-related complications. Examples of our services include programs to quit smoking, stress reduction and healthy eating. We have services that include diabetic education, chronic disease self-management and hypertension clinics.

We also provide a range of programs that supports our



Eric Goldberg
Executive Director

clients' participation in the community, opportunities to promote their skills, provide advice and advocacy. This includes a broad range of advisory groups with people who have lived experience and programs such as knitting, sketching, yoga, Craving Change, Living on a Survival Budget, strengthening mental health in cultural-linguistic communities, and Breastfeeding Buddies.

I would like to thank everyone who contributes to the work and accomplishments of KDCHC. The staff, Board, Volunteers, partners and funders with whom every success is only possible with their commitment, skills and experience

Staffing Changes

Good bye and Thank you:

We said Goodbye to Dr. Peter Kuhnert, whose time with us ended on August 5, 2011. Peter has been with the Health Center for the past nine years. Although only part time (3 days per

week), Peter was a solid and grounding presence for our physician staffing, in the midst of many changes over the years.

Peter played an active and enthusiastic role in the development and service deliv-

ery of our KDCHC Refugee Outreach clinic. Peter has been active over the years in making a variety of community connections in the medical and social service community. He will be missed by many of the long term

clients that he worked with over the years. We thank him for his contributions to KDCHC and wish him well in his new endeavors.

Hiring processes:

Physician: We are currently
Story continued on page 3

Meet KDCHC's new Board of Directors

KDCHC is governed by a Board of Directors elected from, and accountable to, the community involved in KDCHC. The Board provides leadership. The new 2011/2012 Board members are:

Catherine Heal is a Certified Management Accountant and has a Masters of Business Administration degree. She worked with City of Kitchener 1995-2003 and is currently self-employed related to accounting/consulting. Her volunteer work includes: past Board member with YWCA and, Anselma House; mediator with Community Justice Initiatives; United Way, Allocation Team member. Catherine lives in downtown area and ready to take on new volunteer role. Catherine is a very committed person, asks a lot of questions, very analytical.

Karalee Clerk specializes in

communications and marketing. She has 15 years experience with brand development, communications strategies, multi-media development, publishing and advertising. Karalee has worked for University of Waterloo in Communications, consulted with United Way of Kitchener-Waterloo. Karalee consulted with KDCHC re: new logo, communications transition from old site. Volunteered with KDCHC to plan the open house. She has also consulted with group of 4 CHCs in the WWLHIN re: general information pamphlet. Karalee knows us well and what we are about.

Joseph Oywak currently works at KW Reception House and has worked for House of Friendship. He is a member of the South Sudan Canadian Association. He brings both social services

and business experience to the Board of Directors. Joseph has good committee experience and is a very personable and strong advocate for the community.

Jay Palani is a newcomer to Canada from South Africa where she was an elementary school teacher. Jay is also a Reiki Practitioner. Jay has volunteered with several agencies in the community and works with Kitchener Waterloo KW Multi-cultural Centre. She is very community-focused and is also part of several advisory groups within the city. Jay brings a thoughtful approach to issues at the Board and is extremely enthusiastic to make a difference at the community level.

Adam Lawrence is the current Manger of the Diversity and Equity Office for Wilfrid Laurier University. He has a lot of experience working

with youth and has served on a broad range of committees. Adam volunteers with the Out of the Cold program and is currently taking a Masters of Leadership Program at the University of Guelph. He brings to the Board creativity, and experience in change management. Adam is currently on the Strategic Planning Work Group.

Board Members for 2011/2012

Kim Wilson - *Chairperson*
Charles Nichols
Scott Brady
Linda Juodvalkis - *Vice-Chairperson*
Jennifer Lorette - *Secretary*
Jane Reble - *Treasurer*
Catherine Heal
Karalee Clerk
Joseph Oywak
Jay Palani
Adam Lawrence

Staffing Changes continued...

recruiting for a new physician for KDCHC. We will be short staffed for a period of time. We ask clients to be patient with us in booking appointments with physicians. It is a challenge to find physicians and it is impossible to find fill in physicians so our remaining physician staff will be stretched for a period of time. We appreciate our clients patience and understanding.

Diabetes Registered Nurse

As part of a funding announcement in early 2011, the Community Diabetes

Program Waterloo region, KDCHC received funding for an additional position.

We are currently hiring for a new Diabetes Education Registered Nurse. That hiring process is underway. Additional allied health services will also be added to the Regional program over the next 6 months.

Healthy Smiles Ontario Peer Worker: As part of KDCHC's participation in the new Healthy Smiles Ontario Dental program being led by the Region of Waterloo Public Health Department, funding was set aside

for a Peer Worker position. The role of the Peer worker will be to make presentations to community agencies/groups about the Healthy Smiles program as well as the other Region of Waterloo Dental programs and to support eligible clients in registering for this program. The hiring process for this position is underway.

We welcomed Jennifer Yui as our new **part-time Finance Assistant** at the beginning of May. Jennifer has many years of experience with financial accounting and payroll, including over five years with two

non-profit agencies in Mississauga and Ottawa. Jennifer is currently enrolled as a candidate in the Certified Management Accounting program. Her work at KDCHC, her CMA studies and her family keep Jenn pretty busy! We are happy that



Jennifer Yui

she has joined the KDCHC Finance Team, working three days each week.

November 14th is World Diabetes Day

By *Cristina Fernandes, Diabetes Education Program*

KDCHC's Diabetes Education Program will be expanding its services this fall. It's an exciting development for the team; we're hoping to reach a diversity of individuals seeking support with the self-management of diabetes.

Diabetes interferes with the body's ability to produce or properly use insulin, a hormone that is essential for the proper use of the energy contained in the food we eat.

According to the Canadian Diabetes Association, it is estimated that more than 20 people are diagnosed with diabetes every hour, and this number appears to be rising! The International Diabetes Federation notes that only 22 years ago the best information suggested that 30 million people around the world had the disease, yet by 2025 the number will hit 380 million.

Nine out of 10 Canadians with diabetes have type 2, and 60,000 new cases are diagnosed each year. The progression to type 2 diabetes is most often a chronic process with several contributing factors, some of which are hereditary. It's been estimated however that 92% of the cases could be avoided with a healthy diet and lifestyle. Similarly, once diagnosed, a balanced diet minding portions, in conjunction with exercise, stress management and taking medication as prescribed can prevent complications related to diabetes.

Healthy blood sugar levels range from 4 to 6 before a meal and 5 to 8 after a meal. When BG is 7.0 or higher at a fasting state (after not consuming food or calorie containing beverages for 8 hours or longer) and/or they are higher than 11.0 after consuming a glucose-laden liquid (a sugar solution) the impairment is identified and DM is diagnosed. The American Diabetes association has just announced this past July that a hemoglobin A1C (3 month average saturation of blood sugar) of 6.5% or above is also evidence of diabetes.

Being diagnosed may not seem like a blessing, but it is for those who have the disease. Over 83 million people are carrying on as they always do not knowing that their blood sugar is out of control. Knowing is the first step, being able to move forward is the next.

In the case of diabetes, ignorance is not bliss. The risk of heart attack and stroke

are two to four times greater for those with uncontrolled blood sugars. Diabetes is the leading cause of blindness among adults aged 20 to 74. Approximately six out of ten people with abnormal blood sugar levels have nerve damage causing pain or numbness in their extremities. Diabetes is the leading cause of end-stage kidney disease and causes more than 70% of non-traumatic limb amputations.

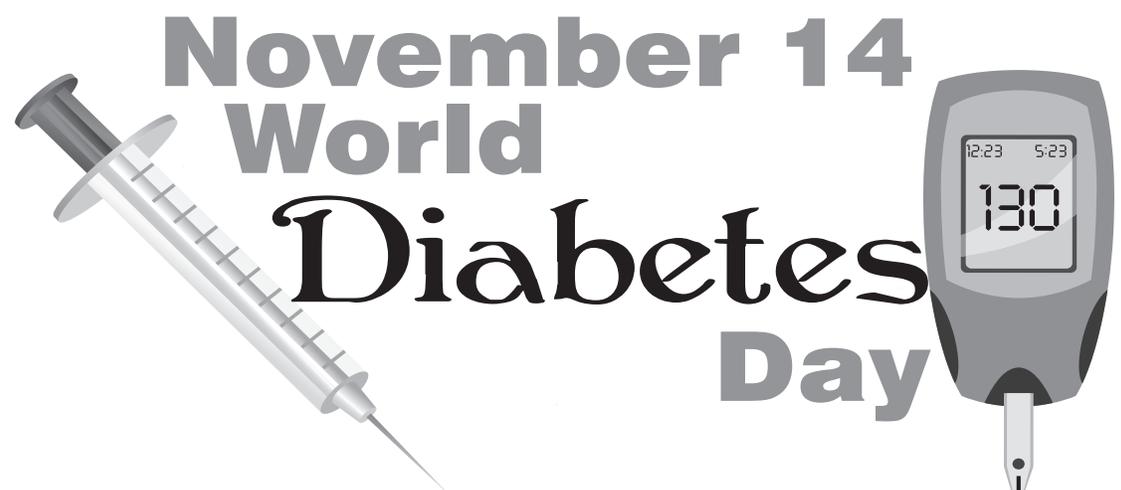
Knowledge truly is power and in this case, knowledge is control - blood sugar control. The more you know about the body's physiological processes and the effects of self-management strategies the more successful you will be in achieving glycaemic control. Speak to your family doctor about seeing a team of diabetes educators to receive individualized care. The following general guidelines are a great step in the right direction:

- Limit overall fat intake while replacing saturated fats (cream, meat fat, butter etc.) with unsaturated fats

(oils, fish, nuts etc.) and avoid trans fats!

- Choose lean protein products such as poultry, fish, and beans more often while limiting processed and high saturated fat sources.
- Replace refined grains and sweets with whole grain products.
- Eat whole fruits and vegetables rather than the juice form.
- Drink water rather than soft drinks or other high calorie beverages.
- Take a brisk walk daily while limiting the amount of time spent sitting throughout the day. Sneak in some exercise in by using the stairs or parking in spaces further away from the entrance.

The prospect to educate as many people seeking self-management strategies is an incredible opportunity. The team is ready to help our clients help themselves reach and maintain a healthy lifestyle free of diabetes-related complications!



Volunteer Voices

by Kathy Hamilton

Volunteering at KDCHC has been a very rewarding experience for me. I was given the opportunity to participate and that's what I did. It has meant the world to me.

My time with KDCHC began with me attending a Community Information Night; that was promoting this thing call a Community Health Centre for our Kitchener Downtown community. I was intrigued, to say the least. I started by sitting on the Wellness Fair committee. This turned into an invitation from a steering Committee member to join them. That was the fall of 1996. And boy, what a ride it has been. In 1998 I was a member of the founding board of Directors and was overjoyed when we received funding for the centre in May of 1999. Our doors opened and we began providing onsite services in Sept. 2001. Those early days

were very driven by volunteers. We had minimal staffing and space. We worked from home or where ever we could find a desk and phone. We built relationships and partnerships that still are in existence today. I am very proud of the work that was done in those days. It was true Community Building; at its best.

Through my volunteering at KDCHC I was given the opportunity to get involved at the Provincial level, at our association (AOHC); first as a committee member and then as a Board Member, for 3 years. This experience gave me a more well-rounded understanding of the issues that communities; just like ours, are dealing with and how the health care system works. My time with AOHC taught me about the value of Advocacy. What that looks like and where that can take

us.

Recently I ended my time on the KDCHC Board of Directors; I continue to be involved on Committees. As we move into the next phase of our organizational life, I am confident we will continue to move forward and grow into the Community hub that was dreamt of so many years ago.

We are more than a doctor's office; we are a place where people go to BE who they are; where they are. We will continue to LIVE and GROW in this community. Volunteering, for me, is how I live our motto. I have taken full advantage of volunteering with KDCHC. I got so much out of my experiences, which I will take with me forever. I am grateful for the opportunity to represent my community and be a part of something that benefits that same community.

I have made friends that will be in my life for a long time and I have met so many people and heard their stories. I will know that what I have accomplished with my time at KDCHC will benefit so many people and in the end this community that I call my own, will be more healthy and vibrant



Kathy Hamilton

I would strongly recommend getting involved as a volunteer with our centre. Be it, volunteering on the front line, sitting on a working group or committee or serving on the Board of Directors. In a place where, Every One Matters; every volunteer hour is vital to the ongoing success of this great Community organization.

So, get involved. Do what you're passionate about. Start small and build your skills. Who knows, maybe you could go as far as sitting on the Board of Directors and having input to the way we Live, Grow, Be...

Thank you to the staff that has supported me over my 16 years of involvement. Thank you to my fellow Volunteers who have taught me so much and have shared many laughs with. You all have enriched my life.

And that's why I volunteer with KDCHC!

KDCHC's Library



In July, we said goodbye to our volunteer librarian, Don Turner. Don has accepted a full time library cataloguing position in Aurora. Don did a wonderful job for KDCHC, including re-cataloguing our entire collection, training new volunteers, helping to order new material, beginning our public access research computer program, and much much more. We will miss you Don and wish you every success in your new position.

Taking over as our volunteer librarian is Lana

Belitska. Lana has been a library volunteer at KDCHC for over a year. Her professional background includes a masters degree in Slavic literature as well as staff positions at public and university libraries. We welcome Lana to her new role.

Our library is open at all times that the Centre is open. Please drop in and see the interesting books, pamphlets and magazines we have on all sorts of topics related to your health. Membership is free and is open to anyone.

KDCHC Programs and Services Update



KDCHC believes that health is a shared responsibility. Advisory groups involved with KDCHC are able to influence the things that make them healthy



Craving Change

Is a How-to Workshop for Changing Your Relationship with Food.

- Understand why you eat the way you do
- Comfort yourself without food
- Change your thinking, change your eating

This program is 6 sessions, running on Tuesday mornings. It is co-facilitated by a social worker and a dietitian.

When: Tuesday October 18th, October 25th, November 1st, November 8th, November 15th and November 22nd.

Time: 10:00 am– 12:00 pm

Where: Kitchener Downtown Community Health Centre, 44 Francis Street South, Kitchener ON.

Childcare is available upon request.

For more information or to register call Charla at 519-745-4404 ext 242 or Penny ext 244.

Living on a Survival Budget

Living on a Survival Budget is a program here at the Health Centre. This program helps people plan and budget for nutritious, affordable meals. The program is led by community members who provide support to the group through their training and life experiences.

The program has three streams: Ready, Set and Go.

Ready: The Ready program introduces people to Cana-

da's Food Guide. Participants in Ready meet once a week for 6 weeks. Weekly sessions includes preparing and eating healthy snacks and simple meals.

Set: The Set program is an intermediate course that expands on the content of Ready. Set participants develop intermediate budgeting, shopping and cooking skills in weekly sessions. Sessions include working together to prepare larger meals and snacks. Participants of set meet once a week for 6 weeks.

Go: Go is an advanced program for people who have participated in Set. Go is supported by group leaders, but is a completely self-directed program. Participants meet twice monthly throughout the year, once to plan, and once to collectively prepare a community meal.

When: Starts on Monday, September 12

Time: 12:00 pm

Where: Kitchener Downtown Community Health Centre, 44 Francis Street South, Kitchener, ON.

For more information or to register call Charla at 519-745-4404 ext. 242.

Childcare is available upon request.

The Chronic Disease Self-management Program

This is:

A 6 week workshop facilitated by certified facilitators.

Teaches people with chronic

diseases the skills needed to manage their illness and live a healthy life.

A way to learn from others with chronic conditions.

Who Can Attend the Workshop?

Individuals who have a chronic health condition (Heart disease, Arthritis, Asthma, Diabetes, Mental health, Blood pressure, Back pain, etc)

Individuals who are caring for persons with chronic health conditions

What do you learn?

Participants learn about:

- Coping with pain and fatigue
- Exercise, and healthy eating
- Communication strategies
- Goal setting and problem solving
- Partnerships with their healthcare providers
- Medication and informed decisions.

When: Monday, October 17 - November, 21, 2011

Time: 1:30 pm - 4:00 pm

Where: Kitchener Downtown Community Health Centre, 44 Francis Street South, Kitchener, ON.

To register for the workshop, or for more information about the program and content of the workshop contact: Gebre (519) 745-4404 ext. 208, or Charla Ext. 242.



The strength of our programs and services due to the active participation of volunteers and people with lived experience. Their wisdom guides our work.



Stress: Everyone Has It

By *Intercultural Mental Health Navigators*

The Intercultural Mental Health Navigators organized a four week workshop series on preventing and managing stress. The response in the community was amazing with a total of 55 registrants.

The workshops Provided participants with an opportunity to become more aware of:

- stress – what it is, what causes it, how it affects them.
- the causes of stress.
- what it is like to be stressed.
- the signs and symptoms of stress.
- how to manage stress in a new country/society.
- positive personal coping mechanisms in managing

stress

The workshops held on July 7, 14, 21 and 28 attended by 30 participants from more than 18 cultural-linguistic communities. Due to an overwhelming demand, we will repeat this workshop in the fall.

This is a collaborative project of seven organizations: the Kitchener Downtown Community Health Centre, the Canadian Mental Health Association (CMHA) – Grand River Branch, Self-help Alliance of Waterloo Region, KW Counselling Services, MOSAIC Counselling and Family Services, Grand River Hospital, and KW Multi-cultural Centre. The project



aims to provide support to culturally diverse communities to help them navigate and access support systems in mental health and substance use and increase the skill set of service providers in the area of cultural competencies. The project is funded by the Ontario Ministry of Health Promotion and Sport, the Ontario Trillium Foundation and the Kitchener and Waterloo Community Foundation.

We are planning a 4 week workshops in fall with the

focus on:

- Parenting and stress
- Peer pressure, self-esteem and bullying
- What parents need to know about drugs that could be used by youth and street gangs
- Back to school: what children and youth face in the school system: discrimination and its impact on children and youth

We will keep you informed about the upcoming workshop.

Success in supporting a client with schizophrenia

By *Ruby Chung, Intercultural Mental Health Navigator*

“A real friend is one who walks in when the rest of the world walks out.” (Walter Winchell)

Stigma is a major barrier to fostering friendship for patients with mental illness.

H, a Vietnamese man in his forties, was referred to me by a caseworker from CMHA (Canadian Mental Health Association). H has been diagnosed with schizophrenia for most of his life and he is coping well by living with his parents.

His favorite pass time is sitting at a coffee shop for 3-4 hours, staring at people walking by. Just a while ago, he got into trouble because people complained, saying he was “creepy”. He was consequently banned from entering the coffee shop unless accompanied by someone else. His favourite hobby is fishing and his father was his fishing companion for years. Recently, due to old age, his father could no longer

go fishing with him. He has no outside contact except his parents and his relatives who are busy with their own lives. To make it more difficult, he understands very little English.

When I first met H, he was very excited that I could speak his language. His worker was surprised to see that he was actually quite talkative. For the little English that he knew, I wondered how they could communicate with each other. When I asked what I could do to help H, his eyes sparkled as he talked about wishing to have someone to go fishing with and to join him for a cup of coffee. To most of us, I am sure this is not a wish that we would have a problem fulfilling but to a person with mental illness, it may only be his dream.

Last Friday, I introduced H to Sunny, a friend from my community. Sunny & I picked H up from his house and we went

to a nearby Tim Horton’s for a coffee. After the first moment of ice breaking, H wasted no time in asking if Sunny would go fishing with him. Sunny has no experience in fishing but he said he was willing to try. From then on, I watched how H came alive and started teaching both of us how and where to fish, like a pro. The next thing I know, H was directing me in the car to a sporting store in Waterloo. He helped Sunny pick out all the equipment he needed to go fishing, including a folding stool and a support for his fishing rod while he waits for the fish to take the bait. I can imagine H waiting everyday by his phone for Sunny to call him up.

Having a friend is a positive therapy for clients with mental illness. To be able to give someone a friend is a very rewarding experience!

Note: the names of the people in this article is changed to maintain their privacy.

Program	Meeting Date	Meeting Time	Meeting Place
Advisory Groups and On-going Programs			
Community Coalition on Refugee and Immigrant Concerns	Third Monday of the month. Call 519-745-4404 ext. 209	5:30 pm – 7:30 pm	44 Francis St. S.
Community Health Helpers	Call 519-745-4404 ext. 209		44 Francis St. S.
Homelessness Advisory Group	Third Tuesday of the month. Call 519-745-4404 ext. 207	5:00 pm – 7:00 pm	44 Francis St. S.
I.D. Clinic Call 519-745-4404 ext. 207	Monday (By Appointment) Tuesday (By Appointment)	1:00 pm 10:00 am – 1:00 pm	Mary's Place St. John Kitchen
Latin American Diabetes Program	Third Wednesday of the month Call 519-745-4404 ext. 209	5:30 pm – 7:00 pm	44 Francis St. S.
Mental Health Advisory Group	Second Tuesday of the month Call 519-745-4404 ext. 244	1:00 pm – 3:00 pm	44 Francis St. S.
Seniors Advisory Group	Second Wednesday of the month. Call 519-745-4404 ext. 234	11:45 am – 1:00 pm	44 Francis St. S.
Programs and Events			
Breastfeeding Buddies	November 10, 11 & 12, 2011		44 Francis St. S.
Learning Culture Through Food	Second Thursday of the month (Registration is required)		44 Francis St. S.
Chronic Disease Self-Management Workshop (a six-week workshop)	Monday afternoon Oct. 17 – Nov. 21, 2011 Call 519-745-4404 ext. 208 or 242	1:30 pm – 4:00 pm	44 Francis St. S.
Craving Change	October 18, October 25, November 1, November 8, November 15 & November 22	10:00 am – 12:00 pm	44 Francis St. S.
Living on a Survival Budget	Ready starts on September 12th. Information or to register call Charla at 519-745-4404 ext. 242.	12:00 pm	44 Francis St. S.
Knitting Group	Third Tuesday of the month Call 519-745-4404 ext. 207	5:00 pm – 7:00 pm	44 Francis St. S.
Breathing Classes	Every Wednesday from Oct. 5th to Nov. 23rd	1:30 pm – 3:00 pm	44 Francis St. S.
Walking Group	Monday mornings, Sept. 19 – Dec. 5 Thursday Evenings, Sept. 22 – Dec. 8	10:00 am – 11:30 am 5:30 pm – 7:00 pm	44 Francis St. S.



Kitchener Downtown



COMMUNITY HEALTH CENTRE

Current Hours of operation:

Monday, Tuesday & Friday - 9:00 am - 4:30 pm
 Wednesday - 9:00 am - 7:30 pm
 Thursday - 9:00 am - 12:00 pm & 4:00 - 7:30 pm
 (closed from 12:00 pm - 4:00 pm)

**Kitchener Downtown
Community Health Centre**

44 Francis Street, South
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 (corner of Francis & Joseph St.)
 Tel: 519-745-4404
 Fax: 519-745-3709
 Web: www.kdchc.org

KDCHC Update is a newsletter of the Kitchener Downtown Community Health Centre. It is printed three times a year (fall, winter and spring). We welcome article submissions from our clients, volunteers and the community. Please send them to Gebre by e-mail at gberihun@kdchc.org or at the address above.