



HART Hub East Toronto

In partnership with South Riverdale CHC

East Toronto HART Hub

Day Program

Drop-in: 1156 Danforth Ave 2nd Floor

Phone # 416-461-1925 ext. 2224

688 Coxwell Ave 1st Floor

Phone#437-562-0653 ext. 301

The East Toronto HART Hub offers day programming services for people who use drugs, people with mental health concerns, and people experiencing homelessness.

We Can Support You With:

- Addiction Medicine
- Trustee Case Management
- Short-and Long-Term Case Management
- Day programming –arts, wellness, discussion groups, etc.
- Health Care - Access to nurses on site
- Mental Health and Substance Use Counselling
- Psychotherapy
- Information & Referrals to other Hub services
- Assistance with Housing Challenges
- Help with Basic Needs in a safe space

Led and supported by community partners, including:



**St. Michael's
Homes**

Substance Use
Mental Health
Services Toronto



Anishnawbe Health Toronto

Funded by the Government of Ontario.

August Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Location: 688 Coxwell Avenue					
10am-12pm: Games	10am-12pm: Art	10am-12pm: Journaling	10am-12pm: Mindfulness	10:30am-11am: Meditation	10:-12pm: Games
1pm-2pm: Snacks & Support	1pm-2pm: HART Group (DBT based support group)	1pm-2pm: Understanding Anger	1pm-2pm: SMART Group	11:30-12:30pm: Engagement Group (pre treatment check in)	12:30-1:30pm: Life Skills Group
2pm-3pm: Hep C Information Session and Testing (Aug 10 th only)	5:15-6:15pm: HART Group (DBT based support group)	5:15-6:15pm Communication Group	5:15pm-6:15pm DBT Group	1pm-2:30pm: Movie!	
9:30am-4:30pm 9:30am-4:30pm 9:30am-4:30pm 9:30am-4:30pm 9:30am-4:30pm 9:30am-4:30pm 5:00pm-6:30pm 5:00pm-6:30pm 5:00pm-6:30pm 5:00pm-6:30pm					
Evenings are for groups & appointments only					