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:

South Riverdale COMMUNITY HEALTH CENTRE

St.Michael's Homes | Substance Use Mental Health Services Toronto

Anishnawbe Health Toronto

Funded by the Government of Ontario.

November Schedule

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