

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.



GUHD

Growing Up Healthy Downtown

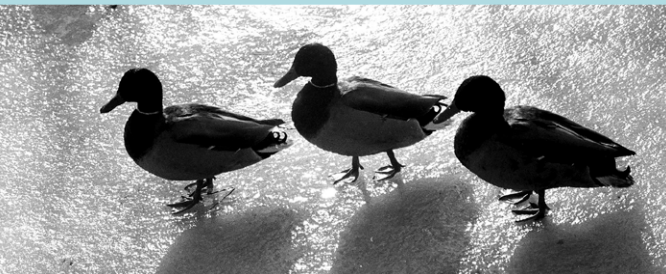
GUHD helps children grow up healthy with:

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

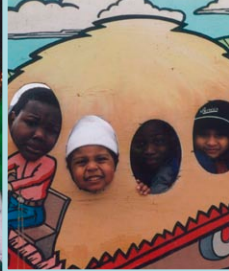


For more information, visit www.familyserVICEToronto.org or call the GUHD Coordinator at 416-595-9230 ext. 328.

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GUHD Partners

1. The 519 Church Street Community Centre
519 Church Street
Toronto, ON, M4Y 2C9
tel: 416-355-6785
www.the519.org

3. Dixon Hall
58 Sumach Street
Toronto, ON, M5A 3J7
tel: 416-863-0499 ext. 241
www.dixonhall.org

5. Harbourfront Community Centre
627 Queen's Quay West
Toronto, ON, M5V 3G3
tel: 416-392-1509 ext. 319
www.harbourfrontcc.ca

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

2. Davenport-Perth Neighbourhood Centre
1900 Davenport Avenue
Toronto, ON, M6N 1B7
tel: 416-588-3755 ext. 552
www.dpnc.ca

4. Family Service Toronto
355 Church Street
Toronto, ON, M5B 1Z8
tel: 416-595-9230 ext. 328
www.familyserVICEToronto.org

6. St. Christopher House
248 Ossington Avenue
Toronto, ON, M6J 3A2
tel: 416-532-4828 ext. 161
www.stchrishouse.org

8. WoodGreen Community Services
69 Pape Avenue
Toronto, ON, M4M 2V5
tel: 416-469-5211 ext. 1126
www.woodgreen.org

Special project: Ready for School Connects / www.rfsc.ca / 416-588-3755 ext. 555

