

EVERGREEN SERVICES

Overview

Evergreen Drop-in is a program of The Yonge Street Mission, a not-for-profit Christian faith community. We provide compassionate and non-judgmental programs to homeless and street-involved youth between 16 and 24 years of age. All services are free.

Programs and Services offered*

DROP-IN

The Drop-In is open from 12-6pm in the winter and 12-5pm in the summer. You can hang out, meet up with friends, have a warm lunch, freshly cut fruit or a salad from 12:00 pm - 2:00 pm and during the winter, dinner from 5-6pm. Play some pool or foosball, have some coffee, and feel free to tell us how we can assist you to take the next step towards accomplishing your goals, or just get you off the street.

ART SPACE

Wednesday & Friday - 1:00 pm - 3:00 pm

Art Space is different all the time. We do screen printing: you come up with your own design and you print it on a t-shirt, a bag, or an item of your choice. We bring out the sewing machines and create dresses, sew bags, fix your clothes when your favorite shirt rips, or you can start at the beginning and learn how to sew! Make leather pouches, draw, paint, knit, whatever your creative flow we will probably do it at some point.

ART EXPRESSIONS

Monday - 1:00 pm - 3:00 pm

If you do not feel like putting it into words or you are unable to do so, then put the old saying into action: a picture is worth a thousand words. Join the group, sooth your soul and express what is on the inside while listening to music and being guided by trained professionals.

PROFESSIONAL COUNSELLING

Monday & Tuesday's - 1:00 pm - 3:00 pm

We all run stuck at times and need to talk to someone we can trust to keep our deepest struggles confidential and who can give us some input to keep us moving in life. Come, drop in and see our counselor or make an off-site appointment.

YOUTH SUBSTANCE USE SUPPORT GROUP

Thursday's - 1:00 pm - 3:00 pm

We partner with other organizations and bring in trained workers who facilitate workshops on substance use. Every week you can ask questions, share information and enjoy snacks, or you can make an individual appointment. When you leave you receive a token so you can come back next week.

LEGAL COUNSEL

Thursday's - 1:00 pm - 3:00 pm

If you need free legal advice, come and talk to our lawyer from Justice for Children and Youth.

GIRL'S GROUP

Create, do your nails, make your own body creams, go on outings, hang out with and talk, whatever it is you like to do with just the girls, do it at Evergreen.

FITNESS

Working on yourself is important and a healthy body helps you feel better about who you are, gives you energy and creates good habits. Come and work out, learn about healthy lifestyles and get in shape.

LIFE SKILLS TRAINING

Life skills are needed for survival and growth or simply to participate in everyday life. At all levels and stages in your life you need to know about finances, time management, employability, stress reduction, conflict resolution, problem solving etc. Join a workshop and learn to take control of your life.

DRAMA

Live out yourself through expression. Write a play, create your own props, laugh and live as you interact with each other and find yourself.

URBAN AGRICULTURE

Get your hands dirty and learn how to plant seeds, water and watch them grow.

HAIRCUTS

We do not always have a hairdresser, but when we do have one the haircuts are free, first come, first served.

MUSIC/DANCE

We have open-mic, hip-hop seminars, lyric writing, jam sessions, salsa, zumba, beats, recording sessions, depending on our guest artists.

CLAY/SCULPTING

Knead life into a lump of clay and mold it into something that means something to you.

*Programs and schedules subject to change without notice. Please call 416-929-9614 for latest programs and details.



YOUR GUIDE TO YSM'S EVERGREEN HEALTH CENTRE PROGRAMS

WELCOME TO YSM'S EVERGREEN HEALTH CENTRE

Evergreen Health Centre is a program of Yonge Street Mission, a not-for-profit Christian faith community.

We provide compassionate and non-judgmental multidisciplinary health care to homeless and street- involved youth between **16 and 24** years of age and their children from **birth to 4 years old**.

All services are free and confidential; we do not require OHIP.

We rely on donors and volunteers who contribute generously to the health centre because we are not funded by federal, provincial or local governments.

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ysm.ca

■ PHYSICIANS & NURSE PRACTITIONERS

Volunteer physicians and nurse practitioners provide primary medical care to you when you are ill. We provide specialized care with a focus on STI screening and treatment, respiratory illnesses, injuries/trauma, skin infections, prenatal care, and mental health. Here is how our medical volunteers contribute to your health:

- Diagnose and treat illnesses and injuries
- Provide counselling and health promotion education
- Perform and order diagnostic tests
- Give medications or write prescriptions as necessary
- Make referrals to specialists
- Give immunizations
- Perform physicals and well-baby check-ups
- Provide prenatal care, counselling, and follow-up

■ DENTISTS AND HYGIENISTS

We provide dental and hygiene services including the following:

- Examinations
- Cleaning
- X-rays
- Fillings
- Root canals
- Extractions
- Night Guards
- Crowns
- Surgical removal of wisdom teeth
- Partial dentures

■ NURSERY

The nursery is open daily for those of you who have children up to 4 years of age. Services offered are:

- Child care and parent relief
- Baby food and clothing bank
- Referrals for additional parent-child supports and resources

■ PARENTING WORKSHOP

Evergreen offers a 10-week workshop to help young moms and dads become better parents. We provide a safe, secure setting where you not only learn how to parent, but you are also encouraged to express your concerns and talk about the challenges you face. Certificates of graduation are provided upon completion as well as gift cards and TTC tokens. Child care is provided during the class.

■ CHIROPODIST AND FOOT CARE CLINIC

Nurses run a foot care clinic and shoe exchange. The clinic consists of a three-step process of soaking feet, foot and nail assessment and treatment, and foot massage. You will receive a new pair of socks after treatment. The shoe exchange allows you to trade your worn-out shoes for quality new or gently used running shoes. The chiropodist can treat various nail and soft tissue pathology and are able to perform surgery if needed.

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YSM'S EVERGREEN HEALTH CENTRE would not exist without volunteers. All professional services are provided by qualified practitioners volunteering their time. We currently have around 80 volunteers providing professional services.

HOURS OF OPERATION

HEALTH CENTRE

Monday –Friday
12:30 pm – 4:30 pm
(line up starts at noon)

NURSERY

Monday – Friday
12:30 pm – 4:15 pm

FOOT CARE CLINIC

Tuesday
1:00-3:30 pm

PARENTING WORKSHOP

Tuesday
10 am to 12 noon
(parents with children
check-in at 12:00)

ID CLINIC

Wednesday
1:00 pm – 3:00 pm

■ PSYCHIATRIST

A psychiatrist is a physician specializing in mental disorders. You are offered diagnostic evaluations, psychotherapy and psychotropic medication if necessary. Ongoing follow-up is strongly encouraged and referrals are made to appropriate services when necessary.

■ OPTOMETRIST

An optometrist is an eye doctor who examines eyes for both vision and health problems, and correct refractive errors by prescribing eyeglasses and contact lenses. You will get a complete eye exam and arrangements are made to assist you in obtaining eye glasses if needed.

■ PHYSIOTHERAPIST

Physiotherapy is focused on correcting impairments and disabilities, and promoting mobility, function, quality of life and movement. Physiotherapists utilize hands-on clinical skills to assess, diagnose and treat illness, injury and disability. Treatment includes personalized therapeutic exercises and health education.

■ CHIROPRACTOR

Chiropractic Medicine is a complementary and alternative medicine specializing in the diagnosis, treatment and prevention of neuromusculoskeletal disorders. Treatment includes manipulations of the spine, joints, and soft tissues as well as exercises and health and lifestyle counselling.

■ NATUROPATH

Naturopathic Medicine is a form of alternative medicine which favors a holistic approach to health, taking the least invasive route in symptom improvement. Preventive measures are emphasized through stress reduction and a healthy diet and lifestyle.

■ TRADITIONAL CHINESE MEDICINE

Traditional Chinese Medicine (TCM) is a broad range of medicine practice offered as an alternative to Western medicine. Treatments include herbal medicine, acupuncture, massage, exercise supplements and dietary therapy. You will be extensively counselled prior to undergoing treatment, developing a plan of care and ongoing follow-up.

■ ID CLINIC

The ID Clinic worker can assist you and your families replace your identification when you do not have a permanent address. This includes: Birth Registration, Canadian Birth Certificate, Personal Photo Card, Verification of Status (Record of Landi18ng) replacement, and Ontario Health Card.