

Humber College & St Francis Table Presents

## Health for All Clinic

Join us for **FREE** Health & Wellness Services

Located at St Francis Table  
1322 Queen St W, Toronto, ON M6K 1L4

Open Every Tuesday to Thursday from 10 am to 4pm

Walk-in only, no appointment needed!

Services include ...

Tuesday	Wednesday	Thursday
<ul style="list-style-type: none"> <li>Coping with stress</li> <li>Nail care</li> <li>Coffee chats</li> <li>Physical activity</li> </ul>	<ul style="list-style-type: none"> <li>See a doctor for checkups</li> <li>Health checkup</li> <li>Wound cleaning</li> <li>Blood pressure checks</li> <li>Pregnancy tests</li> </ul>	<ul style="list-style-type: none"> <li>Learn about:</li> <li>Heart health</li> <li>Healthy eating habits</li> <li>Diabetes management</li> <li>Canadian Healthcare system</li> </ul>

VISIT US ON SITE for these services and much more!



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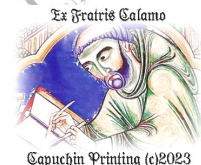
Capuchin Outreach to the Poor (Parkdale) was founded in 1987 by the Capuchin Franciscan Friars of Central Canada with the vision of creating a faith community with the poor by providing direct services that seek to enhance the sense of human dignity of those who are in need.

St Francis Table, the primary expression of Capuchin Outreach, serves meals six days a week in Toronto's Parkdale community. Patrons are asked to make a \$1 donation towards their three course meal which is provided with full restaurant service.

St Clare Centre now hosts a "Health for All" clinic 3 days a week in collaboration with Humber College's Nursing Program for patrons of St Francis Table and the poor of Parkdale.

*We receive no government or United Way funding, instead relying on the charity of private individuals and businesses for our income. Capuchin Outreach to the Poor (Parkdale) is a registered charitable organization*

#11883-7970-RR0001



www.facebook.com/StFrancisTable

# ST FRANCIS TABLE WINTER APPEAL 2023



Toronto's Archbishop Francis Leo volunteered to help serve meals on Friday, 22 September 2023!

1322 Queen Street West  
Toronto, ON M6K 1L4

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www.capuchinoutreach.org

# From the desk of Bro John...



St Francis Table sends special thanks to Archbishop Francis Leo for his pastoral presence and ministry on 22 September, 2023. We also thank Sr Eveline, CPS for her formative ministry these past few months as she continues her spiritual journey at another ministry site.

It is truly a time to be thankful for the many gifts we receive that are not wrapped and put under a tree. As we prepare to celebrate Christmas, we are reminded of the giftedness in our world that benefits so many. Your gift to St Francis Table is a major part of beautiful people making beautiful gestures; gifts that benefit so many!

As donors you are the people who gift all whom we serve at St Francis Table! This Christmas we mark our 36th Anniversary, made possible through your concern and generosity. You give life to our patrons and continue to be inspiration for those who hunger. Indeed, thanks is due to you and on behalf of the Capuchin friars, staff and volunteers; and most importantly, our patrons, *Thankyou!*, and all the best for a *Merry Christmas and a Happy New Year!*

# Beautiful People Making Beautiful Gestures!



*Bro John*

Bro. John Frampton, ofm, cap.