

# Program CALENDAR

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SPRING/SUMMER 2015



## Healthy Lifestyles

### **LH KR** Unison Links

Unison Links is a drop-in information resource centre. We can help you learn about services and activities, access community and government supports, and fill out forms (e.g., passport and social insurance number applications).

#### Lawrence Heights

Day and time:

**Mondays: 9:30 a.m. to 12:30 p.m. and 1:30 p.m. to 4:30 p.m.**

**Tuesdays: 9:30 a.m. to 12:30 p.m. and 1:30 p.m. to 4:30 p.m.**

**Wednesdays: 9:30 a.m. to noon and 1 p.m. to 2:30 p.m.**

Location: **Lawrence Heights site**

For more information, contact:

**416-787-1661 ext 275**

#### Keele-Rogers

Day and time: **Monday, Tuesday, Thursday: 10 a.m. to Noon and 1 p.m. to 3:30 p.m.;**

**Wednesday: 1 p.m. to 3:30 p.m.**

Location: **Keele-Rogers site**

For more information, contact:

**416-653-5400 ext 1226**

### **BF** Bathurst-Finch Community Resource Night

Are you concerned about your financial situation or housing? Do you need help in your employment? Do you have some questions regarding immigration or sponsorship? Join us for a Community Resource Night. This program is coordinated by the Bathurst-Finch Network:

**Financial clinic:** Discuss your financial situation and eligibility for

subsidies and benefits, such as Ontario Works (OW), Ontario Disability Support Program (ODSP), Old Age Security pension (OAS) and other types of government-funded support.

**Settlement clinic:** Help to get you in touch with other appropriate agencies, file a form or access health-care services if needed, and answer your settlement-related questions.

**Employment clinic:** Help to develop a resume and cover letter, and shares information about the local job market and job opportunities.

**Legal clinic:** Consultation regarding your legal situation and options, including immigration and refugee law.

**Information table:** Services and programs in your neighbourhood.

Day: **first Thursday of every month**

Time: **6 p.m. to 8:30 p.m.**

Location: **Bathurst-Finch Hub**

For more information, contact:

**Marina Novinskaya, North York Community House Settlement Worker, 416-636-2600 ext 23 or mnovinskaya@nych.ca**

### **LH** Health Promotion Workshops

Workshops and information sessions offered in the Lawrence Heights community to empower individuals and families to address issues such as civic engagement, healthy relationships, parenting, stress management, financial management and anti-oppression.

For more information, contact:

**Maleda Mulu, 416-787-1676 ext 230**

### SEE INSIDE FOR MORE PROGRAMS:

Chronic Disease Prevention and Management

Mental Health and Harm Reduction

Prenatal and Postnatal Programs

Children and Parenting Programs

Youth Programs

Training Program

Women's Program

Community Action Groups Clinics

Seniors' Programs

Adult Protective Services

### **KR** Vietnamese Support Group

This group of adults and seniors from the Vietnamese community meets monthly to talk about issues related to health, education and community resources, and celebrate cultural festivals and cooking healthy food with a registered dietitian.

Day: **Wednesdays (monthly)**

Time: **10 a.m. to 2 p.m.**

Location: **Keele-Rogers site**

For more information, contact: **Kim Nguyen, 416-653-5400 ext 1265**

## **LH** Walking into Health (Peer-Led) – Indoor

Cold or rainy weather is not a reason to stay home. We invite you to join us every Monday on our weekly walks around the Lawrence Square Mall. If the weather is warm we will continue to walk outdoors.

Day: **Mondays (through May 2015)**

Time: **10 a.m. to noon**

Location: **Lawrence Square Mall (700 Lawrence Ave. W., at the food court in front of North York Community House)**

For more information, contact: **Elana Eid, 416-787-1676 ext 112 or Maleda Mulu ext 416-787-1676 ext 230**

## **LH** Walking into Health (Peer-Led) – Outdoor

This is a free, fun program that supports active living and healthy life styles. Every Monday, the group comes together to walk, talk, laugh, connect with each other and nature. Registration required..

Day: **Mondays (June 2015 to October 2015)**

Time: **10 a.m. to noon**

Location: **Lawrence Square Mall (700 Lawrence Ave. W., at the food court in front of North York Community House)**

For more information, contact: **Elana Eid, 416-787-1676 ext 112 or Maleda Mulu ext 416-787-1676 ext 230**

## **LH JT** Dancing into Health

Would you like to get active? Come join us for dance and movement to music! Come to meet new people, learn new dance steps such as jazz, ballroom and Latin American, and have fun. Snacks are provided. Please wear comfortable clothing and walking shoes. (Boots/slipper type shoes will not be allowed.) The

program is run in partnership with York University's dance department.

## **Lawrence Heights**

Day: **Wednesdays**

Time: **10:00 a.m. to noon**

Location: **Lawrence Heights site**

For more information, contact: **Elana**

**Eid, 416-787-1676 ext 112**

## **Jane Street Hub**

Day: **Fridays**

Time: **2 p.m. to 4 p.m.**

Location: **Jane Street Hub**

For more information, contact: **Kim**

**Nguyen, 416-653-5400 ext 1265**

## **KR** Healthy Eating Community Kitchen

A participant-led community kitchen program, offering an opportunity for Spanish-speaking clients to enjoy cooking and sharing tips on healthy eating.

Day: **Fridays**

Time: **10 a.m. to 2 p.m.**

Location: **Keele-Rogers site**

For more information, contact: **Carmen**

**Miloslavich, 416-828-9561**

## **KR** Streets to Homes Community Kitchen

The kitchen is a complementary program to support Streets to Homes clients. Besides offering a nutritious lunch, the program also provides workshops on harm reduction, employment preparation, kitchen knowledge, healthy eating and healthy lifestyle.

Day: **Thursdays**

Time: **11 a.m. to 2 p.m.**

Location: **Keele-Rogers site**

For more information, contact:

**Victor Lopez, 416-653-5400 ext 1291**

**or Erin Shaw, 416-653-5400 ext 1254**

## **KR** Housing Thursday Breakfast Program

This program supports housing clients who face difficulties searching for and maintaining housing.

Besides offering a hot and nutritious breakfast, the program includes information on community resources and social networking, and personal assistance on housing help.

Day: **Thursdays**

Time: **9:30 a.m. to 10:30 a.m.**

Location: **Keele-Rogers site**

For more information, contact:

**Stella Ospina, 416-653-5400 ext**

**1274 or Domenic Ierullo,**

**416-653-5400 ext 1288**

## **JT** Tai Chi Class

This is a demonstration program for new learners. Join the class to learn basic Tai Chi, improve your health, enhance your body and spirit and meet new people.

Day: **Thursdays**

Time: **10 a.m. to noon**

Location: **Jane Street Hub**

For more information, contact:

**Kim Nguyen at 416-653-5400**

**ext 1265**

## **LH KR** Food Fit Program

This new program, adapted from Community Food Centres Canada, offers sessions that include exercise, cooking and learning about healthy eating to help you achieve and maintain a healthy lifestyle. If you are motivated to make healthy changes, this program is for you!

## **Lawrence Heights**

Day: **TBA, June to August 2015**

Location: **Lawrence Heights site**

For more information, contact:

**416-787-1661 ext 275**

## **Keele-Rogers**

Day: **Tuesdays, April 7 to June 9, 2015**

Time: **9:30 a.m. to noon**

Location: **Keele-Rogers site**

For more information, contact:

**416-653-5400 ext 1226**

# Mental Health and Harm Reduction

## **LH** Harm Reduction Drop-In

This program aims to break the isolation of drug users, educate service users about safe use strategies and provide safe drug-use equipment. This service is anonymous; there is no registration.

### **Lawrence Heights**

Day: **Mondays to Fridays**

Time: **9 a.m. to 11 a.m.**

Location: **Lawrence Heights site**

For more information, contact:

**Wayne Duhaney, 416-787-1676 ext 278**

## **LH** Harm Reduction Outreach Program

This program is for individuals who wish to work as community outreach workers or who would like to participate in training events. Contact us for more info.

### **Lawrence Heights**

Day and time: **Varies**

Location: **Lawrence Heights site**

For more information, contact:

**Wayne Duhaney, 416-787-1676 ext 278**

## **LH** Harm Reduction Kit Making

This program is an opportunity for service users to put together harm reduction kits and learn about what is in the packages. Volunteers in this program receive compensation for their time. Contact us for more info.

### **Lawrence Heights**

Day: **Second and fourth Fridays of every month**

Time: **1 p.m. to 3 p.m.**

Location: **Lawrence Heights site**

For more information, contact:

**Wayne Duhaney, 416-787-1676 ext 278**

## **LH** Harm Reduction Soup Program

This program offers an opportunity for service users to meet new friends, meet our harm reduction worker and our peer workers while enjoying a hot bowl of soup and other healthy options. This soup program is supported by the Injection Drug Use Program at Unison Health and Community Services and will continue as resources are made available.

### **Lawrence Heights**

Day: **Fridays**

Time: **11 a.m. to 1 p.m.**

Location: **Lawrence Heights site**

For more information, contact:

**Wayne Duhaney, 416-787-1676 ext 278**

## **KR** HIV/AIDS Prevention Drop-In

This project aims to inform individuals in the former City of York — who have emigrated from regions where HIV is endemic — through prevention education, HIV testing and reducing stigma around HIV from a harm reduction, sex-positive and queer-positive perspective.

Day: **Tuesdays**

Time: **2 p.m. to 6 p.m.**

Location: **Keele-Rogers site**

For more information, contact:

**416-653-5400 ext 1249**

## **KR** HIV/AIDS Prevention Outreach Program

This program is for individuals who wish to work as community outreach workers or who would like to participate in training events. Contact us for more information.

Day and time: **varies**

Location: **Keele-Rogers site**

For more information, contact:

**416-653-5400 ext 1249**

Get more information about Unison services, a complete current programs calendar, and a map of our sites online at [www.unisonhcs.org](http://www.unisonhcs.org)

# Chronic Disease Prevention and Management

**LH BF JT KR**

## Diabetes Education Centre

### Individual appointments

For adults with type 2 diabetes or prediabetes.

Day and time: **varies**

Location: **all sites**

### Group classes

Offered to adults with type 2 diabetes or prediabetes.

Pre-registration is required.

For more information on dates and times, contact:

**416-787-1676 ext 301**

## **BF KR** Kinesiology Program – Diabetes Education Centre

Physical activity is necessary for: health, disease prevention and reduction of disease burden. For individuals with diabetes especially, physical activity has many benefits such as: increased fitness, decreased body fat, regulated blood glucose, decreased blood pressure and improved quality of life. The current science is clear about the benefits of exercise and Health Canada recommends a minimum of 30 minutes of moderate physical activity during most days of the week. Cheryl, the new Kinesiologist, will be applying the latest evidenced-based research to help those with diabetes and pre-diabetes enhance their quality of life through the promotion of physical activity. Pre-registration required as space is limited.

For more information and to register, contact:

**416-787-1661 ext 301**

**LH KR BF**

## Anonymous HIV Testing

Anonymous, Rapid Point of Care HIV testing. In a 30-minute appointment, accurate results from a finger prick blood sample are available and are accompanied by pre- and post-test counselling from our trained staff. During this appointment we explore risk reduction, offer support and, if needed, provide links to AIDS service organizations in Toronto.

*You will not need to provide your full name or OHIP card.* Simply ask for an appointment for anonymous HIV testing and give your first name or nickname only.

### Lawrence Heights

Location: **Lawrence Heights site**

To make an appointment for Anonymous Rapid HIV testing please call: **416-787-1676 ext 320**

### Keele-Rogers

Location: **Keele-Rogers site**

To make an appointment for Anonymous Rapid HIV testing please call: **416-653-5400 ext 1515**

### Bathurst-Finch

Location: **Bathurst-Finch Hub**

To make an appointment for Anonymous Rapid HIV testing please call: **647-436-0385 ext 555**

### Bathurst-Finch

Location: **Jane-Trethewey site**

To make an appointment for Anonymous Rapid HIV testing please call: **416-645-7575 ext 2002**

## **LH** Asthma/COPD Education Clinic (Primary Care Asthma Program)

Asthma and COPD (emphysema and chronic bronchitis) education is available for the clinical patients of Unison. During individual or family sessions you will learn: what asthma is, symptoms and triggers, how to control asthma and live without symptoms, how to use puffers properly, how to quit smoking or reduce your number of cigarettes per day, and much more.

For more information about this program, ask: **your Unison health-care provider**

# Prenatal and Postnatal Programs

## Canada Prenatal Nutrition Program

Canada Prenatal Nutrition Program (CPNP) is offered at several weekly drop-in locations in our catchment. The program offers expertise in nutrition, and prenatal and postnatal care. CPNP program includes:

- opportunities to meet other women
- learning about pregnancy, baby care and healthy eating
- enjoying a snack and tasting new food
- special programs for pregnant teens, parenting teens and teens helping teens
- TTC tickets and childcare are available

## LH Labour of Love

Day: **Tuesdays**

Time: **1:30 p.m. to 3:30 p.m.**

Location: **Lawrence Heights site**

For more information, contact: **Hawa Abdi, 416-787-1676 ext 227 or Jennifer Schneider, 416-787-1676 ext 229**

## JT Supporting Young Families Teen Program

Day: **Thursdays**

Time: **4 p.m. to 6:30 p.m.**

Location: **Jane Street Hub**

For more information, contact: **Maria Garcia, 416-653-5400 ext 1300**

## KR Having a Baby Drop-in for Pregnant Women

Women

### Keele-Rogers

Day: **Tuesdays**

Time: **1:30 to 3:30 p.m.**

Location: **Keele-Rogers site**

For more information, contact:

**Maria Garcia, 416-653-5400 ext 1300**

### Jane/Woolner

Day: **Wednesdays**

Time: **1:30 p.m. to 3:30 p.m.**

Location: **AccessPoint on Jane (761 Jane Street, Suite 200B)**

For more information, contact:

**Maria Garcia, 416-653-5400 ext 1300**

### Weston/Jane

Day: **Thursdays**

Time: **9:30 a.m. to 11:30 a.m.**

Location: **Learning Enrichment Foundation (1267 Weston Road)**

For more information, contact:

**Maria Garcia, 416-653-5400 ext 1300**

## JT BF Prenatal Program

### Jane-Trethewey

Day: **Mondays**

Time: **1 p.m. to 3 p.m.**

Location: **Jane Street Hub**

For more information, contact:

**416-633-0515 ext 181**

### Bathurst-Finch

Day: **Mondays**

Time: **1 p.m. to 3 p.m.**

Location: **Bathurst-Finch Hub**

For more information, contact:

**Jennifer Schneider, 647-436-0385 ext 506 or Better Beginnings Now, 416-499-3377**

# Children and Parenting

## LH Early Years: Baby and Me

This program is for parents and children aged birth to one year. The program includes an educational topic as well as circle time for singing with your baby.

Day: **Tuesdays**

Time: **1:30 p.m. to 3 p.m.**

Location: **Lawrence Heights site**

For more information, contact: **Hawa Abdi, 416-787-1676 ext 227**

## KR Living and Learning with Baby

Living and Learning with Baby (LLB) is a weekly drop-in program for moms and babies up to one year old. The program offers health education, parenting advice and support for new moms. LLB is a collaborative partnership between Unison Health and Community Services, Toronto Public Health and Program Without Walls.

Day and time: **Varies, please call to confirm**

Location: **Keele-Rogers site**

For more information, call: **Toronto Public Health, 416-338-7600**

## Youth Programs

### **LH** Pathways to Education™

A program that works with high school students in the Lawrence Heights and Neptune neighbourhoods to improve school attendance and academic achievement, giving increased opportunities to pursue post-secondary education and develop career options. We offer tutoring, financial support, group and one-to-one mentoring support.

For more information or eligibility criteria, contact: **416-787-6800 ext 245**

### **LH** Summer Youth Do Care Program

This 10-week summer life-skills-building training program assists local early teens in promoting healthy child development.

Date and time: **TBA**

Location: **Lawrence Heights site**

For more information and to register, contact: **Maleda Mulu, 416-787-1676 ext 230**

## Women's Program

### **JT** Raising Healthy Families

This program will give women an opportunity to come together and learn about nutrition via food demonstrations, mental health and exercise.

Day: **May 2015**

Time: **12:30 p.m. to 3 p.m.**

Location: **Jane Street Hub**

For more information, contact:

**Abubakar Moallim, 416-645-7575 ext 2436**

## Training Programs

### **LH** Childcare Providers Training Program (CCPT)

This training supports and assists parents and caregivers in the challenging task of caring for children from birth to 12 years old. The training also builds skills and experience to work as homecare providers or to assist early childhood educators in different settings. Registration is required. Priority is given for community members who live and go to school in the immediate catchment area.

Days: **Tuesdays and Fridays**

Dates: **February 13 to May 15, 2015**

Time: **9 a.m. to noon**

Location: **Lawrence Heights site**

For more information or to register, contact: **Maleda Mulu, 416-787-1676 ext 230**

### **JT KR** Response & Recovery Training

The Response and Recovery Project is offering a FREE one-day training to frontline staff working in Weston and Mt. Dennis (York South-Weston\*). Learn and share knowledge around:

- supporting individuals, families and communities who have been impacted by violence in their communities
- the role culture plays in our hurt and our healing
- how to support recovery in clients and communities

*\*People living or working in other wards will be put on a waiting list and enrolled as space permits.*

Dates: **Thursday April 30, 2015 OR Friday, May 29, 2015**

Time: **9 a.m. to 4:30 p.m.**

Location: **Learning Enrichment Foundation (116 Industry St.)**

For more information or to register, contact: **Katie Mayerson at 416-653-5400 ext 1001 or visit [www.responseandrecoveryproject.ca](http://www.responseandrecoveryproject.ca)**

# Community Action Groups

## **BF** Action for Neighbourhood Change (ANC)

This program supports residents in Bathurst-Finch who want to become involved and make positive changes in their neighbourhood.

If you are interested in starting or joining a community project and working on the neighbourhood's needs and issues while enhancing your leadership skills and getting connected to resources and other like-minded people, we are here to support you! Join us!

ANC nurtures and supports the establishment and function of resident-led groups and associations, facilitates resident engagement,

enhances existing grassroots leadership, and collaborates with other community groups and networks to facilitate processes leading to neighbourhood improvement and social change.

Currently ANC supports a Resident Leadership Group with three subcommittees:

1. Entrepreneurship committee,
2. Social Event and Recreation committee,
3. Mothers committee.

ANC also supports resident-led group "Friends of Earl Bales Park," Rockford Community Garden, and the ANC publication *Kaleidoscope Mini-MAG*, and provides occasional

support to other resident-led activities in the neighbourhood on an as-needed basis.

Have an idea to improve the Bathurst-Finch neighbourhood? Want to get involved? Please get in touch!

We are located in the Bathurst-Finch Hub. Anyone living, working, attending school or volunteering in the Bathurst-Finch neighbourhood can join.

For more information on how to get involved contact: **Mandana Attarzadeh, 647-436-0385 ext 524 or [mandana.attarzadeh@unisonhcs.org](mailto:mandana.attarzadeh@unisonhcs.org)**

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## Clinics

### **KR** ID Clinic

This weekly program helps vulnerable people get the identification (ID) needed to access services. ID includes a Canadian birth certificate or birth registration, replacement of SIN card or Record of Landing, and Health Card if you have no address or ID. The program is run by Partners for Access and Identification (PAID) and serves people at risk of homelessness. It operates as a drop-in, on a first-come first-served basis.

Day: **Wednesdays**

Time: **10 a.m. to noon**

Location: **Keele-Rogers site**

For more information, contact:

**Neighbourhood Link Support Services, 416-691-7407**

### **LH** Housing Help Community Clinic

Integrated service of Unison Health and Community Services with Downsview Community Legal Services, Toronto Community Housing Corporation-Operating Unit "F" and St. Stephen's Conflict Mediation Services (North York). We offer on-site intake, case-management, advice, advocacy, mediation and referral services for local residents, low-income tenants and housing seekers. Occasionally, free clothing distribution is available during program hours. Please pre-book your appointments, if possible. Or, drop in on clinic days.

Day: **fourth Thursday (monthly)**

Time: **1:30 p.m. to 3:30 p.m.**

Location: **Lawrence Heights site**

For more information or to book an appointment, contact: **Rosamaria, 416-787-1676 ext 232**

### **KR** Legal Clinic

A commissioner of oaths and notary public are available by appointment to certify or notarize documents.

Day: **Thursdays**

Time: **9 a.m. to 11 a.m.**

Location: **Keele-Rogers site**

For more information, contact: **416-653-5400 ext 1244**

### **JT** Legal Clinic

Legal advice in the following areas of law: immigration and refugee, social assistance, housing, basic employment, human rights, CPP and EI. Notarization of documents (document must already be prepared).

Day: **Thursdays**

Time: **2 p.m. to 4 p.m.**

Location: **Jane Street Hub**

For more information, contact: **416-645-7575 ext 2400**

# Seniors' Programs

## **KR** 101 Humber Lunch Program

This senior-focused luncheon program addresses the issues of socialization, nutrition, community inclusion and safety among tenants.

Day: **third Wednesday (monthly)**

Time: **10 a.m. to 1 p.m.**

Location: **101 Humber Blvd.**

For more information, contact: **Kam Lau, 416-653-5400 ext 1266**

## **LH** Forever Young Seniors

This program is designed for seniors aged 50 and older, residing within the boundaries of Unison and beyond. (Clients younger than 50 years may be considered dependent upon individual circumstances.) The program focuses on: health promotion, discussion groups, exercise, singing, trivia, summer outings and much more. We provide free snacks and a nutritious lunch to program participants. All activities are geared towards building self-esteem, social inclusion, budgeting and healthy eating to support independent aging at home, the overall well-being and quality of life for seniors living in the community.

*First Thursday monthly: yoga/exercise*  
*Second Thursday monthly: social circle*  
*Third Thursday monthly: health promotion*

*Fourth Thursday monthly: reading circles*

Day: **Thursdays**

Time: **10 a.m. to 1 p.m.**

Location: **Lawrence Heights site**

For more information, contact: **Elana Eid at 416-787-1676 ext 112 or Maleda Mulu 416-787-1676 ext 230**

# Adult Protective Services

## **KR** Art Beat

A weekly art program led by experienced instructors for adults with developmental and/or psychiatric disabilities.

Day: **Mondays**

Time: **10 a.m. to noon, and 1 p.m. to 3 p.m.**

Location: **Keele-Rogers site**

For more information, contact: **Tinna Truong, 416-653-5400 ext 1252**

## **KR** Social Club

A monthly group program for Adult Protective Services/Supporting Independent Living clients to enhance their social and life skills. Workshops on nutrition, health issues and safety will be arranged as needed.

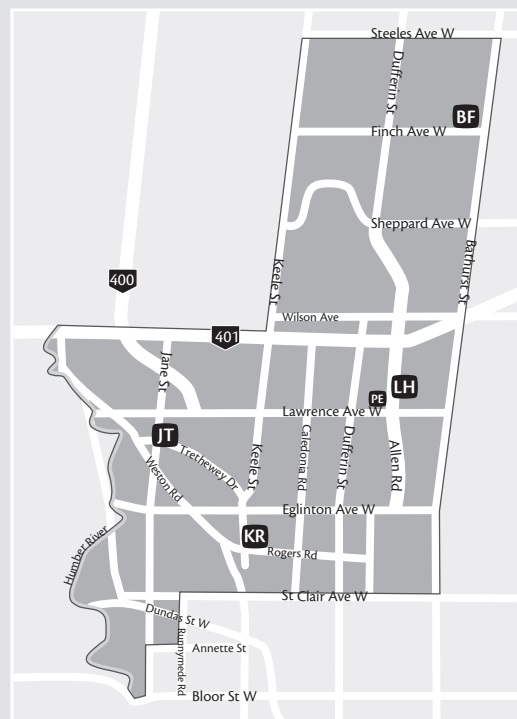
Day: **last Monday (monthly)**

Time: **4 p.m. to 6 p.m.**

Location: **Keele-Rogers site**

For more information, contact: **Muriel Sutherland, 416-653-5400 ext 1286**

## Our Locations



## **LH**

**Lawrence Heights**  
 12 Flemington Rd.  
 Toronto, ON  
 M6A 2N4  
 Phone: 416-787-1661

## **BF**

**Bathurst-Finch**  
 540 Finch Ave. W.  
 Toronto, ON  
 M2R 1N7  
 Phone: 647-436-0385

## **KR**

**Keele-Rogers**  
 1651 Keele St.  
 Toronto, ON  
 M6M 3W2  
 Phone: 416-653-5400

## **JT**

**Jane-Trethewey (Jane Street Hub)**  
 1541 Jane St.  
 Toronto, ON  
 M9N 2R3  
 Phone: 416-645-7575

## **PE**

**Pathways to Education™**  
 Lawrence Square Mall  
 700 Lawrence Ave. W,  
 Suite 440B  
 Toronto, ON M6A 3B4  
 Phone: 416-787-6800

Find more information on our programs and services online:  
[www.unisonhcs.org](http://www.unisonhcs.org)

**Unison**  
 Health & Community Services  
 Engage. Empower. Enhance.