

Program CALENDAR

FALL 2015/WINTER 2016



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.

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

Seniors' Programs

Community Action Groups

Clinics

Adult Protective Services

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, tobacco education, healthy relationships, parenting, settlement issues, stress management, financial management and anti-oppression.

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

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 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: **Maleda Mulu, 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, 416-653-5400 ext 1265**

KR Drumming for Wellness

Feel like no one's listening to you? Join our new drumming group and make yourself heard! Studies show that drumming can help heal emotional trauma. Have fun, be active, reduce stress, meet new people and learn techniques to make the drum sing.

Open to all registered Unison clients. Children must be eight or older and be accompanied by an adult.

Day: **Fourth Thursday of the month (Begins September 24, 2015)**

Location: **Keele-Rogers Site**

For more information and to register, contact:

Lisa Rumble, 416-653-5400 ext 1228

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.

Day and time:

Mondays: 9 a.m. to 5 p.m.

Tuesdays: 9 a.m. to 11:30 a.m.

Wednesdays: 9 a.m. to 5 p.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 **KR** 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

Keele-Rogers

Day: **First and third Thursdays of every month**

Time: **1 p.m. to 2 p.m.**

Location: **Keele-Rogers 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:

Nadia Junaid, 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:

Nadia Junaid, 416-653-5400 ext 1249

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

LH BF JT KR

Diabetes Exercise Education 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 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:

416-653-5400 ext 1223

LH BF JT KR

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**

Jane-Trethewey

Location: **Jane-Trethewey site**

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

LH JT 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**

Get more information about Unison services, a complete current programs calendar, and a map of our sites online at **www.unisonhcs.org**

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 Jenny Zawaly, 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

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: **190 Woolner Ave., main floor**

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:

Jenny Zawaly, 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 or caregivers and their child from birth to age one year. Each session starts with singing with baby and is followed by a discussion on a topic such as infant health, development and nutrition or issues faced by new parents. The program ends with a snack and opportunity to connect with other participants. Pre-registration is not necessary.

Day: **Tuesdays**

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

Location: **Lawrence Heights site, 3rd floor**

For more information, contact: **Hawa**

Abdi, 416-787-1676 ext 227 or

Rochelle Reichert 416-787-1676 ext 226

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

KR Guys Can Cook Program

A free seven-week program for guys 15–19 years old. Cook with a chef, make and eat delicious food, learn about nutrition, earn your Food Handler Certificate, and get work experience in a fun environment. TTC tokens available.

Dates: TBA

Time: after school

Location: Keele-Rogers site

For more information and to register, contact: Gayatri Chopra at 416-653-5400 ext 1263

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: Mondays and Fridays

Dates: February 22 to May 27, 2016

Time: 9:30 a.m. to 12:30 p.m.

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 looking for twelve Resident Leaders from Wards 11 and 12 who are passionate about healing their communities from the impacts of violence in the community. Training will include:

- 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 individuals and communities

Childcare, tokens and an honorarium will be provided.

To express interest, or for more information, contact: Katie Mayerson, (416) 653-5400 ext 1001 or katie.mayerson@unisonhcs.org. You can also go to responseandrecoveryproject.ca to learn more

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: Nadia Junaid, 416-653-5400 ext 1249

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: Maleda Mulu 416-787-1676 ext 230

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" 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

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

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

Location: **Keele-Rogers site**

For more information, contact: **Tinna Truong, 416-653-5400 ext 1252** or **Joseph Bataclan, 416-653-5400 ext 1260**

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.

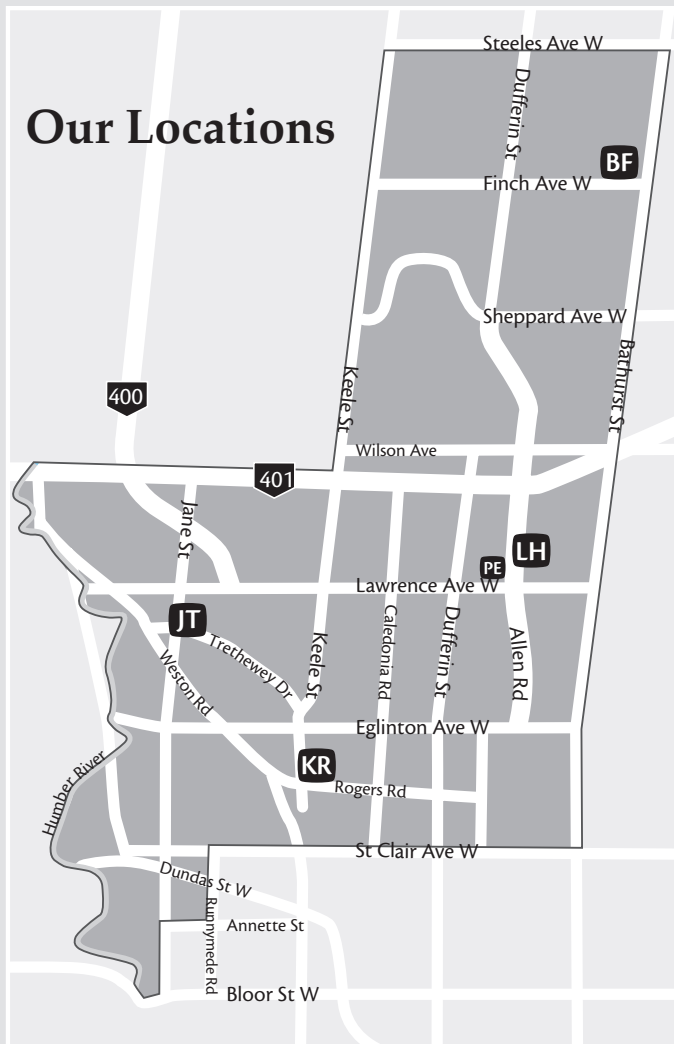
Day: **last Monday (monthly)**

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

Location: **Keele-Rogers site**

For more information, contact: **Muriel Sutherland, 416-653-5400 ext 1286** or **Gail Collins, 416-653-5400 ext 1253**

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

Unison
Health & Community Services
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Engage. Empower. Enhance.

Find more information on our programs and services online:
www.unisonhcs.org