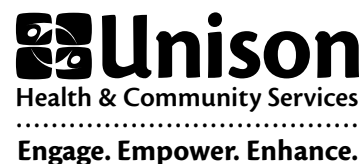


Program CALENDAR

FALL 2016/WINTER 2017



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, Tuesdays, Thursdays and Fridays:
10 a.m. to 12:30 p.m. and 1:30 p.m. to 4 p.m.

Location: **Lawrence Heights site**

Please call to confirm Unison Links hours and dates of service, or for more information: **416-787-1661 ext 275**

Keele-Rogers

Day and time:

Mondays: 10 a.m. to noon and 1 p.m. to 4 p.m.

Tuesdays: 10 a.m. to noon and 1 p.m. to 4 p.m.

Wednesdays: 1 p.m. to 4 p.m.

Thursdays: 10 a.m. to noon and 1 p.m. to 4 p.m.

Location: **Keele-Rogers site**

For more information, contact: **416-653-5400 ext 1226**

LH KR Dancing into Health

Would you like to get active? Interested in preventative health care? 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.

Lawrence Heights

Day: **Tuesdays**

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

Location: **Lawrence Heights site**

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

Keele-Rogers

Day: **Mondays**

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

Location: **Keele-Rogers site**

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

SEE INSIDE FOR MORE PROGRAMS:

Harm Reduction

Mental Health

Chronic Disease Prevention and Management

Prenatal and Postnatal Programs

Children and Parenting

Women's Program

Youth Program

Training Programs

Seniors' Programs

Adult Protective Services

Clinics

Community Action Groups

LH Health Promotion Workshops

Health Promotion Workshops — either a series of workshops or standalone sessions — provide information and build capacity at various locations of community groups, individuals and families. Topics include tobacco education, civic engagement, healthy relationships, parenting, settlement issues, stress management, financial management and anti-oppression.

Dates: **Between October 2016 and March 2017**

To book a workshop, or for more information on specific locations, dates and times, contact: **Maleda Mulu, 416-787-1676 ext 230**

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**

BF Gentle Tai Chi

This is a gentle program for new learners. Join the class to learn basic tai chi, improve your health, enhance your body and spirit and meet new people. Pre-registration is required.

Day: **Thursdays**

Time: **2:30 p.m. to 3:30 p.m.**

Location: **Bathurst-Finch Hub**

For more information, contact: **Leah Landry, 647-436-0385 ext 508**

BF Gentle Yoga

This is a gentle program for new learners. Both chair yoga and mat yoga classes are offered. Chair yoga is suitable for those with mobility limitations. Pre-registration is required.

Gentle chair yoga

Day: **Mondays**

Time: **1:30 p.m. to 2:30 p.m.**

Location: **Bathurst-Finch Hub**

For more information, contact: **Leah Landry, 647-436-0385 ext 508**

Gentle mat yoga

Day: **Wednesdays**

Time: **6:30 p.m. to 7:30 p.m.**

Location: **Bathurst-Finch Hub**

For more information, contact: **Leah Landry, 647-436-0385 ext 508**

BF Northview Garden

At Northview Garden, our volunteers grow more than organic produce. We grow: a sense of community; a place of beauty to enjoy our knowledge of sustainable gardening practices; awareness of environmental issues and projects; friendships! Join us at the Bathurst-Finch Hub's Northview Garden!

Day: **ongoing throughout the spring, summer and fall (weather permitting)**

Location: **Bathurst-Finch Hub**

For more information and to register, contact:

Leah Landry, 647-436-0385 ext 508

Rockcliffe-Smythe Community Garden (Jane-Woolner)

This garden provides space in which members of the Rockcliffe-Smythe community may garden as they please and bring produce home with them. In addition to taking food home, some produce from the garden goes to the Community Food Bank. It's a place to build a garden, friendships and a beautiful space.

Day: **ongoing throughout the spring, summer and fall (weather permitting)**

Location: **Marie Baldwin Park (746 Jane St.)**

For more information and to register, contact:

Daya, 416-787-1676 ext 112

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.

Days: **Monday, Tuesday, Wednesday and Friday**

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.

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 Meal 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.

Day: **second and fourth Fridays of the month**

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

Location: **Lawrence Heights site**

For more information, contact:

Wayne Duhaney, 416-787-1676 ext 278

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 278**

Keele-Rogers

Location: **Keele-Rogers site**

To make an appointment for Anonymous Rapid HIV testing please call: **416-653-5400 ext 1249**

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 St. Hub**

To make an appointment for Anonymous Rapid HIV testing please call: **416-653-5400 ext 1249**

KR In the Know: HIV/AIDS Prevention Education Outreach Program

Outreach program

This project aims to inform individuals in the former City of York who are African, Caribbean, Black and Latino and/or who have emigrated from regions where HIV is endemic, through prevention education, HIV testing, peer outreach and reducing stigma around HIV from a sex-positive and queer-positive perspective.

Day: **Thursdays (subject to change, please call to check exact hours)**

Time: **5 p.m. to 8 p.m.**

Location: **Keele-Rogers site**
For more information, contact:
416-653-5400 ext 1249 or nadia.junaid@unisonhcs.org

Workshops

This program is also open to community members and agencies looking for workshops, staff trainings, and other resources on HIV/AIDS Prevention and Sexual Health. Contact us for more information.

Day and time: **Varies**

Location: **Keele-Rogers Site and community spaces**
For more information, contact: 416-653-5400 ext 1249 or nadia.junaid@unisonhcs.org

Mental Health

LH KR Mental Health and Wellness Series

This six week program will give participants an opportunity to try a variety of different techniques for stress reduction and mental wellness, such as yoga, expressive arts, mindfulness meditation, laughter yoga, and more! Every week will be different. This program is open to adults and seniors. *Coming this fall/winter!*

Lawrence Heights

Location: **Lawrence Heights site**
For more information, contact: **Katie Mayerson, 647-289-4306**

Keele-Rogers

Location: **Keele-Rogers site**
For more information, contact: **Katie Mayerson, 647-289-4306**

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 eight to 12 years old must be accompanied by an adult.

Day: **Fourth Thursday of the month, September–November 2016**

Time: **5 p.m. to 7 p.m.**

Location: **Keele-Rogers Site**
For more information and to register, contact:
Lisa Rumble, 416-653-5400 ext 1228

Chronic Disease Prevention and Management

LH BF JT KR

Diabetes Education Program

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 about dates and times, contact:
416-787-1676 ext 301

LH Diabetes Prevention Program (DPP)

A one-time group session for clients who have been recently identified at risk of developing type 2 diabetes. Clients will have the opportunity to learn their risk level via a questionnaire and learn about diabetes, symptoms and risk factors. Learn about healthy eating and physical activity guidelines to lower your risk. Sessions are offered by a registered dietitian. *Registration is required! No drop ins please.*

Dates and times:

Friday, October 28, 2016, 10 a.m. to noon

Thursday, November 17, 2016, 10 a.m. to noon

Thursday, December 8, 2016, 10 a.m. to noon

To register, call: 416-787-1676 ext 301

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**

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:
Jennifer Schneider,
416-787-1676 ext 229

KR Having a Baby Drop-in for Pregnant Women

Keele-Rogers
Day: **Tuesdays (September 2016–March 2017)**
Time: **1 p.m. to 3 p.m.**
Location: **Keele-Rogers site**
For more information, contact:
Albana Qatipi, 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:
Albana Qatipi, 416-653-5400 ext 1300

Jane/Woolner

Day: **Wednesdays (September 2016–March 2017)**
Time: **1 p.m. to 3 p.m.**
Location: **Access Point on Jane, 761 Jane Street, Suite 200B, 2nd Floor**

For more information, contact:
Albana Qatipi, 416-653-5400 ext 1300

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:
Albana Qatipi, 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,
416-787-1676 ext 229 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.

Dates and times: **Vary, please call to confirm**
Location: **Keele-Rogers site**
For more information, call: **Toronto Public Health, 416-338-7600**

Women's Program

JT Raising Healthy Families

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

Day: **Thursday**
Time: **12:30 p.m. to 3 p.m.**
Location: **Jane Street Hub**
For more information, contact: **Abubakar Moallim, 416-645-7575 ext 2436**

Youth Program

LH Pathways to Education™

A program that works with high school students in the Lawrence Heights and Neptune neighbourhoods to help them improve school attendance and academic achievement, while providing them with guidance and support 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**

Training Program

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.

Dates: TBD

Day: **Tuesdays and Fridays**

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 working with community leaders from Wards 11 and 12 to co-develop and co-facilitate workshops around understanding, responding to, and recovering from violence in the community. These workshops will be developed for specific audiences (parents, youth and seniors) and will be ready for spring 2017. Please get in touch if you would like to bring a workshop to your community group.

Dates: **Spring 2017**

For more information, contact:

Millicent Dyer at 416-

653-5400 ext 1001, or

millicent.dyer@unisonhcs.org.

Project Website: unisonhcs.org/community-building/response-and-recovery-project/

Seniors' Programs

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: movie day
Second Thursday monthly: social circle

Third Thursday monthly: education promotion

Fourth Thursday monthly: reading circles

Day: **Thursdays**

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

Location: **Lawrence Heights site**

For more information, contact: **Albana Qatipi, 416-787-1676 ext 256 or Maleda Mulu, 416-787-1676 ext 230**

JT Seniors' Nutrition Education and Exercise Program

Dates: **Fridays (October 14–December 2, 2016)**

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

Location: **101 Humber Blvd.**

For more information and to register, contact: **Kam Lau, 416-653-5400 ext 1226**

KR Seniors' 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 to celebrate cultural festivals and cooking healthy food with a registered dietitian.

Dates: **Wednesdays (monthly)**

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

Location: **Keele-Rogers site**

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

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 Drop-In Program

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

Day: **Mondays**

Time: **11 a.m. to 4 p.m.**

Location: **Keele-Rogers site**

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

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**

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 in partnership 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, and 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 just drop in on the dates of the clinic.

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 11:30 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: social assistance, housing, basic employment, human rights, CPP and EI. Notarization of documents (document must already be prepared).

Day: **Last Thursday (monthly)**

Time: **2 p.m. to 5 p.m.**

Location: **Jane Street Hub**

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

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 supports the establishment of resident-led groups and associations, facilitates resident engagement, supports and enhances resident leadership, and collaborates with other community groups and networks to facilitate processes leading to social change.

Currently ANC supports a Resident Leadership Group, with three sub-committees:

1. Entrepreneurship committee
2. Social Events and Recreation committee
3. Mothers' committee

ANC also supports the resident-led group "Friends of Earl Bales Park," Rockford Community Garden, and the publication of the ANC 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 stay in touch.

We are located in 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

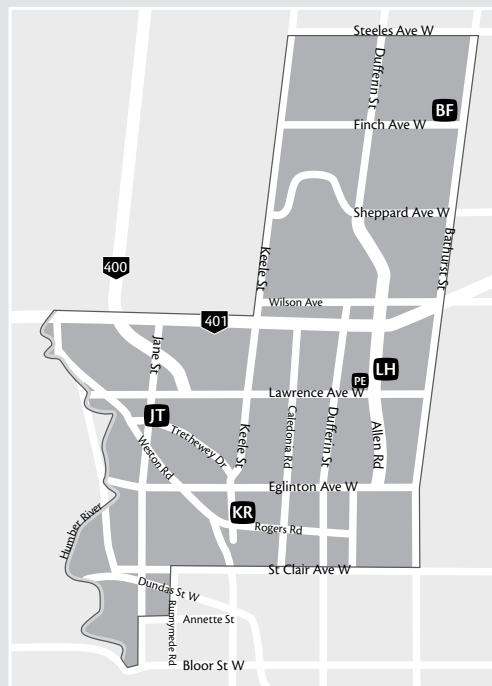
LH Residents First Project

The Residents First Project is a resident-led initiative to empower our communities of Lawrence Heights, Neptune and Lotherton. This will be done with the engagement of residents from all three communities through hands-on learning, workshops and grassroots events.

So far, community animators have been trained to become leaders in their communities, attended different community events, and working on the communication plan to engage community members.

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

Our Locations



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

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

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.
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M9N 2R3
Phone: 416-645-7575

PE

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