

# Program CALENDAR

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SPRING/SUMMER 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 12:30 p.m. and 1:30 p.m. to 4:30 p.m.

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

Location: **Lawrence Heights site**

For more information, contact: 416-787-1661 ext 275

#### Keele-Rogers

Day and time:

**Mondays:** 10 a.m. to noon and 1 p.m. to 3:30 p.m.

**Tuesdays:** 10 a.m. to noon and 1 p.m. to 3:30 p.m.

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

**Thursdays:** 10 a.m. to noon and 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.

### SEE INSIDE FOR MORE PROGRAMS:

Mental Health and Harm Reduction  
Chronic Disease Prevention and Management  
Children and Parenting Programs  
Prenatal and Postnatal Programs  
Women's Program  
Youth Programs  
Training Program  
Seniors' Programs  
Adult Protective Services  
Clinics  
Community Action Groups

**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, 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

### **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: **Tuesdays**

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

Location: **Lawrence Heights site**

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

#### **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**

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

### **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, contact:

**Leah Landry**, 647-436-0385 ext 508

## **LH** Knitting in Motion

Seniors and Pathways youths are invited to come out and learn to knit, crochet and loom! All skill levels are welcome. Donations are sent to YWCA. Snacks and drinks will be provided. Registration is required.

Day: **Tuesdays (to April 26, 2016)**

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

Location: **10 Old Meadow Lane**

For more information, contact: **Kevin Wilson, 647-206-0677 or 416-787-6800 ext 325**

## **JT** Jane Street Hub's Annual Summer BBQ

Come join us for: hamburgers and hot dogs (courtesy of Jane Street Hub Partnership (Halal and vegetarian options available), music and live performances, children's activities, and information about our services.

Day: **Wednesday, July 27**

Time: **4 p.m. to 7 p.m.**

Location: **Jane Street Hub**

For more information, contact:  
**416-654-7575 ext 2400 or  
jhub@unison.org**

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# 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.

Days: **Monday to 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 share a warm meal with family and peers.

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

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

Location: **Lawrence Heights site**

For more information, contact:  
**Wayne Duhaney, 416-787-1676 ext 278**

## **KR** HIV/AIDS Prevention Project — Education and Testing

This project aims to inform individuals in the former City of York who have emigrated from regions where HIV is endemic, or are part of the African, Caribbean and Black Diaspora and identify as MSM/gay through prevention education, HIV testing and reducing stigma around HIV from a harm reduction, sex-positive and queer-positive perspective. Workshops and information sessions provided upon request within the former City of York.

### **Anonymous HIV testing drop-in hours**

Day: **Thursdays**

Time: **4 p.m. to 8 p.m.**

Location: **Keele-Rogers site**

For more information, contact:  
**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 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.*

### Morning session

Day: **April 1, May 6, June 3, August 5**

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

Location: **Lawrence Heights site**

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

### Afternoon session

Day: **May 20, June 17, July 15, August 19**

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

Location: **Lawrence Heights site**

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

**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**

# 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 3:30 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: **March 22, 2016 - May 10, 2016**

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

Location: **Keele-Rogers site**

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



# Prenatal and Postnatal Program

## 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

## 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

## Lawrence Heights

Day: **Tuesdays**

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

Location: **Lawrence Heights site**

For more information, contact:

**Jennifer Schneider,**  
416-787-1676 ext 229 or  
**The Hincks-Dellcrest Centre,**  
416-633-0515 ext 181

## Keele-Rogers

Day: **Tuesdays**

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

Location: **Keele-Rogers site**

For more information, contact:

**Albana Qatipi, 416-653-5400**  
ext 1300

## 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**

## Teens Prenatal Program

Day: **Thursdays**

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

Location: **1541 Jane St.**

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

## Woolner/Jane

Day: **Wednesdays**

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

Location: **Access Point on Jane (761 Jane St., Suite 200B, second floor)**

For more information, contact:

**Albana Qatipi, 416-653-5400**  
ext 1300

# 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: **Thursdays (ends June 2016)**

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

Location: **Jane Street Hub**

For more information, contact:

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

## **BF** Women's Empowerment Series: Exploring Our Potential

This is the second part of the Women's Empowerment Series. In this group, participants gain knowledge of themselves by exploring strengths, skills and identity. Participants will examine their individual needs, priorities and options. Ways to manage the difficult emotions and risks associated with making changes will be explored. Tasks and activities will allow space for each participant to have "me time," while also encouraging women to share and learn from each other.

Day: **Fridays (May 20–July 22, 2016)**

Time: **10 a.m. to 12:30 p.m.**

Location: **Bathurst-Finch Hub**

For more information or to arrange an intake interview, contact:

**Wendi Challenger, 647-436-0385**  
ext 509 or **Sheida Bamdad,**  
647-436-0385 ext 523

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)

# Youth Programs

## **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

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

This summer life-skills building training program assists local early teens to care for their younger siblings, cousins and neighbours children. We offer free CPR training and earn community hours

Dates: **July 18 – August 19, 2016**

Time: **10 a.m. to 3 p.m.**

Location: **Lawrence Heights site**

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

## **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.

Dates: **Winter 2017**

Location: **Lawrence Heights site**

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

# 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: 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: **Albana Qatipi, 416-787-1676 ext 256**

## **KR** Seniors' Support Group

This group of adults and seniors 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.

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**

## **KR** Seniors' Nutrition Education and Exercise Program

Combining nutrition education, food demonstration, light stretching exercise and walking, this program is best for seniors who want to refresh their understanding on different value of food and practice age-appropriate exercises.

Dates: **Mondays (October 10–December 19, 2016)**

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

Location: **Keele-Rogers site**

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

# 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**

## **KR** "Let's Make a Meal!" Social Club

Cook, eat and socialize! This program caters to adults with developmental challenges, giving them the opportunity to engage in preparing and cooking easy, affordable and healthy meals. Transportation provided.

Dates: **April 6, 13, 27 and**

**May 4, 11, 18**

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

Location: **Keele-Rogers site**

For more information, contact: **Fatima Motiar at 416-653-5400 ext. 1277**

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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 case-coordination 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 case-management, advocacy, legal advice, conflict mediation and referral services to local residents and low-income tenants. Occasionally, free clothing distribution is available during program hours. Please call for an intake and to book an appointment. Same-day drop-in may be available for brief consultations on the day of the clinic.

Day: **fourth Thursday (monthly, except April and December are on the third Thursday)**

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 (April 28, May 26, June 30, July 28, August 25, September 29)**

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.

Are you interested in starting or joining a community project and working to improve the Bathurst-Finch neighbourhood 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, which includes the Social Events and Recreation Committee, the Mother's Committee, and the Social and Civic Action sub-group.

Additionally, ANC supports the resident-led group "Friends of Earl Bales Park," 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.

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

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

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)

## **LH** Residents First Project

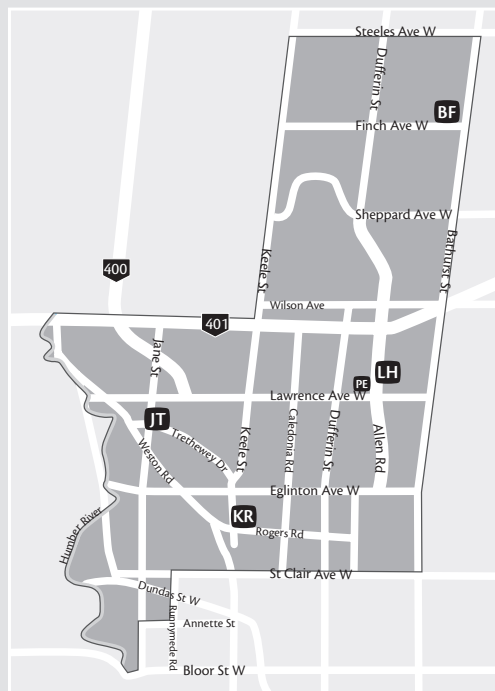
The Residents First Project is a resident-led initiative to empower our communities of Lawrence

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. The initial stage of the project is to train our Community Animators to becoming leaders in their communities starting in March and leading to community based events towards the beginning of May 2016.

Stay tuned for more information on what will be happening and how you could get involved, as there will be more opportunities for community contribution.

For more information, contact: **Sivar Rajab Khan**, 647-261-4039

## 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.**