

# Program CALENDAR

FALL 2013/WINTER 2014



## 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: **Monday, Tuesday, Thursday, Friday: 10 a.m. to Noon and 1 p.m. to 3:30 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

**Immigration clinic:** Free consultation with lawyers whose specialty is immigration and refugee law. Questions about your eligibility, status, sponsorship immigration, and refugee claim? Get confidential and expert advice.

**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. You can get information,

advice and assistance with application processes. The financial clinic also provides information and advice on budgeting, loans or credits, and debt issues.

**Settlement clinic:** Settlement Worker will help you to get in touch with other appropriate agencies, file a form or access healthcare services if needed and answer your settlement related questions.

**Plus:** Free swimming pool, ping-pong table and weight room for women. Child care is available from 6 p.m. to 8:30 p.m. for people attending any of the above programs. The program is brought by the Bathurst-Finch Network.

Day: **fourth Monday of the month (October 23, November 28)**

Location: **Antibes Community Centre (140 Antibes Drive)**  
For more information, contact:  
**416-456-9785**

### **BF** Health Promotion Workshops

These workshops focus on specific aspects of health promotion with respect to accessing the health system in Canada for newcomers and service providers within the Bathurst-Finch catchment area. We also offer workshops on stress management.

For more information, contact:  
**Julia Fursova, 647-436-0385 ext 509**

### **LH** Health Promotion Workshops

Workshops and information sessions offered in the Lawrence Heights community to empower individuals

### SEE INSIDE FOR MORE PROGRAMS:

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

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**

### **KR** Health Promotion Workshops

Health information sessions offered in the Keele-Rogers community on various topics, including stress management, financial literacy and flu prevention.

For more information, contact:  
**Karima Kassam,**  
**416-653-5400 ext 1277**

## **KR** Vietnamese Support Program

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 (September 2013 to April 2014)**

Time: **10 a.m. to 11 a.m.**

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

For more information, contact: **Millie Dyer, 416-787-1676 ext 261**

## **BF** Walking Group

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

Day: **Wednesdays (June 5–October 30)**

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

Location: **Antibes Community Centre (140 Antibes Dr.)**

For more information, contact:

**Julia Fursova, 647-436-0385 ext 509**

## **LH KR 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 (a peer-led program)**

Day: **Wednesdays**

Time: **10:30 a.m. to 11:30 a.m.**

Location: **Lawrence Heights site**

For more information, contact: **Millie Dyer, 416-787-1676 ext 261**

### **Keele-Rogers**

Day: **TBD**

Time: **TBD**

Location: **Keele-Rogers site**

For more information, contact: **Karima Kassam, 416-653-5400 ext 1227**

### **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**

## **BF** Community Kitchen

An opportunity to meet new people in your neighbourhood, cook new recipes and eat good food.

Day: **Thursdays, various days throughout the year**

Location: **Bathurst-Finch Hub**

For more information, contact: **Jenny Zawaly, 647-436-0385 ext 506**

### **BF** Talks with a Dietitian

The dietitian offers off-site workshops and talks touching on healthy eating.

For more information, contact: **Jenny Zawaly**, 647-436-0385 ext 506

### **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

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## Mental Health and Harm Reduction

### **LH** Craving Change

Do you eat when you're stressed, bored or upset? This five-week program helps people who are "emotional eaters" by teaching where eating habits come from and how to feel more in control of them.

Day: **TBD**

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

Location: **Lawrence Heights site**

For more information, contact:

**Rochelle Reichert**, 416-787-1661 ext 226

### **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

### **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:

**Alyssa Beemer**, 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:

**Alyssa Beemer**, 416-653-5400 ext 1249

### **LH** The Lawrence Heights and Neptune Crisis Response and Recovery Project

This project aims to build capacity within the Lawrence Heights and Neptune communities around crisis preparation, crisis response and recovery. Resident trainings, healing circles and parent workshops will take place through the fall and winter.

Day: **TBD**

Time: **TBD**

Location: **Lawrence Heights and Neptune**

For more information, contact:

**Katie Mayerson** or **Denise Earle**, 416-787-1661 ext 256

# Prenatal and Postnatal Programs

## **LH** 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**

## **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: **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** 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**

## **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** or **Better Beginnings Now, 416-499-3377**

## **KR** Community Breastfeeding Centre

This program offers one-on-one breastfeeding support from a lactation consultant and public health nurse. Receive information on proper breastfeeding techniques and the benefits of breastfeeding your baby. The program also provides links to community resources, free TTC tickets, and snacks.

Day: **Tuesdays**

Time: **Drop-in, 1 p.m. to 4 p.m.**

Location: **Keele-Rogers site**

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

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# 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 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: **Tuesdays**

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

Location: **Keele-Rogers site**

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



# Youth Programs

## **LH** Pedal Pushers — Youth Bicycle Recycling

This youth bike-recycling project operating out of the garage of the Lawrence Heights site. Student participants receive training in bicycle mechanics and bicycle safety from both professional mechanics and non-professional volunteers. Throughout the project, students build their own bikes by recycling donated bikes. At the end of the program, students take their bikes home to keep. They receive community hours for their participation. Students aged 13-18 can participate.

### **Co-ed program**

Day: **Tuesdays and Thursdays (September 17 to October 17)**

Time: **3:30 p.m. to 6 p.m.**

Location: **Lawrence Heights site**

For more information contact: **Andrew Tankard, 647-206-0624 or [andrew.tankard@unisonhcs.org](mailto:andrew.tankard@unisonhcs.org)**

## **LH** READY

This program provides employment-readiness skills for youth aged 15-30 years. All participants must register and meet specific requirements.

Day and time: **TBD**

Location: **Pathways to Education™, 700 Lawrence Ave. W., Suite 326**

For more information, contact: **Jabulah Murray, 416-787-6800 ext 400, [jabulah.murray@unisonhcs.org](mailto:jabulah.murray@unisonhcs.org)**

## **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 mentoring and staff/advocacy support.

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

## **JT** Tutoring Program for Children

This program helps children (ages 4 to 13) increase their knowledge in the subjects of math and English, and helps them with their homework.

Dates: **March 2014**

Time: **TBD (first hour: homework; second hour: math and English)**

Location: **Jane Street Hub**

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# Women's Programs

## **BF** Sanctuary — Stress Reduction Group for Women

Eight weekly sessions to introduce participants to various stress reduction techniques and help to create individualized stress management plan. Registration is required. Child care and light snacks are provided.

Day: **Tuesdays (October 8 to November 26)**

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

Location: **Keele-Rogers site**

For more information, contact: **Julia Fursova, 647-436-0385 ext 509**

## **KR** Sanctuary — Learning to Cope with too Much Stress

An opportunity for women to come together to learn, share, reflect and experience different ways of managing stress and anxiety in their daily lives. Eight weekly two hour sessions will include yoga, breathing meditation, guided imagery, zumba, art, and lots of fun group activities.

The groups will be facilitated by a social worker and case coordinator. Registration is required. TTC and light snacks provided.

Day: **Wednesdays (October 2 to November 20)**

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

Location: **Keele-Rogers site**

For more information, contact: **Lisa Rumble, 416-653-5400 ext 1228 or Amanda Ortins, 416-653-5400 ext 1005**

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)**

# 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.)

First Thursday of the month is yoga or exercise; second Thursday is social circle; third Thursday is health promotion; and fourth Thursday is Reading Circle. 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 wellbeing and quality of life for seniors.

Day: **Thursdays**

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

Location: **Lawrence Heights site**

For more information, contact: **Millie Dyer, 416-787-1676 ext 261**

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# 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: **Liliana Nerenberg, 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**

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# 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 twelve 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 and time: **TBD (tentative: January to April 2014)**

Location: **Lawrence Heights site**

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

# Chronic Disease Prevention and Management

**LH BF KR JT**

## 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.

Dates: **Mondays, October 28, November 25, December 16**

Day and time: **5 p.m. to 7 p.m.**

For more information, contact:

**Nicholla Duke, 416-787-1676 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**

**Coming soon to Jane-Trethewey!**

## **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 provider**

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## Community Action Groups

### **BF** Neighbourhood Action Group: Bathurst-Finch

The Neighbourhood Action Group (NAG) is an emerging residents' council in the Bathurst-Finch neighbourhood. Anyone living, working or attending school in the Bathurst-Finch neighbourhood may join the NAG. New members with an interest in building a stronger and better neighbourhood are welcome to join anytime. There are two committees you can be part of:

#### **Pedestrian Safety committee:**

Identify improvements needed for the neighbourhood to be more pedestrian-friendly, and organize an annual neighbourhood walk event.

**Social Events committee:** Celebrate diversity, reduce isolation and create a supportive neighbourhood by organizing regular "meet your neighbour" event nights. These events will inform community members about the NAG and invite them to get involved.

For more information on how to get involved and meeting dates, contact:

**Mandana Attarzadeh, 647-436-0385**

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

This program supports residents in Bathurst-Finch who want to become more involved with their

neighbourhood and make positive changes there. If you are interested in starting or joining a community project and working on the neighbourhood needs and issues while developing new skills and getting connected to resources and other like-minded people, we are here to support you. Join us! Anyone living, working or attending school in the Bathurst-Finch neighbourhood can join.

For more information on how to get involved contact: **Mandana Attarzadeh, 647-436-0385**

# 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 and 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. Free clothing distribution is available during program hours. Pre-book or drop in for an appointment.

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 5 p.m.**

Location: **Jane Street Hub**

For more information, contact: **416-645-7575 ext 3**

## **LH** Unison Consultation Clinic

The clinic is hosted by Unison and its Pathways to Education™ program. Services are offered by Shane Martinez, Barrister and Solicitor. Services include Know Your Rights workshops and free criminal law consultations.

Day: **Thursdays**

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

Location: **Lawrence Heights site**

For more information, contact: **Shane, shane@martinezlaw.ca**

## Our Locations



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



**Bathurst-Finch**  
540 Finch Avenue West  
Toronto, ON M2R 1N7  
Phone: 647-436-0385



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



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

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