

Program CALENDAR

.....
SPRING/SUMMER 2013



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 pm to 8:30 pm for people attending any of the above programs. The program is brought by the Bathurst-Finch Network.

Day: **fourth Monday of the month**

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

and families to address issues such as parenting, stress management, financial management and anti-oppression.

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

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.

Day: **Mondays**

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 256**

LH Walking into Health (Peer-Led) — Outdoor

Once the weather gets warmer, we encourage everyone to be active out in the community. This is an Inter-generational program that supports active living and healthy life styles. The program time for indoor walk remains same as summer out door walk.

Dates: **TBD, once weather warms up**

Day: **Mondays**

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

Location: **Lawrence Heights site**

For more information, contact: **Millie Dyer, 416-787-1676 ext 256**

KR Walking Club

The primary goal of this group is to create a physical activity option for residents that is of low or no cost and accessible. Participants choose the routes each week. Many new parks and natural green spaces have been discovered by participants on the walks. Participants also learn about sun safety and proper footwear for the walk.

Day: **Thursdays (June–October)**

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

Location: **Keele-Rogers site**

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

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. Free TTC tokens and 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 (until June 30)**

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

Location: **Lawrence Heights site**

For more information, contact: **Millie Dyer, 416-787-1676 ext 256**

Keele-Rogers

Day: **Mondays**

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

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, Erin Shaw, 416-653-5400 ext 1254 or Kathleen Kienga, 416-653-5400 ext 1377**

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: **various days throughout the year**

Location: **Bathurst-Finch Hub**

For more information, contact: **Victoria Khardas, 647-436-0385 ext 510**

BF Talks with a Dietitian

The dietitian offers off-site workshops, talks and grocery store tours focusing on healthy eating.

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

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

Mental Health and Harm Reduction

LH Mindfulness-Based Stress Reduction Workshops

Come and learn how to effectively reduce the negative physical and emotional effects of chronic stress in your life.

Day: **Fridays, to May 31**

Time: **9:45 a.m. to 12:30 p.m.**

Location: **10 Old Meadow Lane**

LH Craving Change

This program aims to help participants identify problematic eating behaviours and choose strategies to that may help to overcome these behaviours.

Day: **Tuesdays, May 28–June 25**

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

KR 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 and time: **To be determined**

Location: **Lawrence Heights site**

For more information, contact:

416-787-1676 ext 278

Keele-Rogers

Day and time: **Mondays, Tuesdays and Thursdays**

Location: **Keele-Rogers site**

For more information, contact:

Wayne Duhaney, 647-268-5321

KR 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:

416-787-1676 ext 278

Keele-Rogers

Day and time: **Varies**

Location: **Keele-Rogers site**

For more information, contact:

Wayne Duhaney, 647-268-5321

KR 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: **Every other Friday**

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

Location: **Lawrence Heights site**

For more information, contact:

416-787-1676 ext 278

Keele-Rogers

Day: **third Thursday (monthly)**

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

Location: **Keele-Rogers site**

For more information, contact:

Wayne Duhaney, 647-268-5321

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

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)

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

Women's Programs

JT Yoga and Nutrition Program

This weekly program targets stress relief, creating awareness for yoga benefits, learning yoga breathing techniques, information sharing amongst participants and healthy eating.

Day: **Thursdays**

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 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.

Anticipated start date: **October 2013**

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

Location: **Keele-Rogers site**

For more information, contact: **Julia**

Fursova, 647-436-0385 ext 509

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**

Free child care is available and a light supper is served.

Day: **Wednesdays**

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

Location: **Lawrence Heights site**

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

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**

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,

LH Early Years: Young Parents

This program is for young moms and dads and for teens who are pregnant.

Youth Programs

LH Pedal Pushers

This youth bike-recycling project operates 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.

Girls' program

Day: **Tuesdays (to June 15)**

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

Boys' program

Day: **Wednesdays (to June 15)**

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

Location: **Lawrence Heights site**

For more information contact:

Alex Murphy, 647-206-0584 or alex.murphy@unisonhcs.org

years. All participants must register and meet specific requirements.

Location: **Lawrence Heights site**

For more information, contact: **Jabulah Murray, 416-787-6800 ext 400, 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**

Day: **Wednesdays**

Time: **5 p.m. to 7 p.m. (first hour: homework; second hour: math and English)**

Location: **Jane Street Hub**

For more information, contact:

Abubakar Moallim, 416-645-7575 ext 2436

LH Youth child caring Training Program

A customized version of the basic Childcare Providers Training program, for youth in our community. If you are interested in learning effective and safe ways of babysitting or caring for younger ones this summer, please register for this program. (That will help us plan our program to suit all participants' needs. The program is 10 sessions. Have fun, build skills and get first aid/CPR certification. Time of the training will be counted towards to community hours.

Dates: **TBD (tentative: July-August)**

Location: **Lawrence Heights site**

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

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.

LH READY

This program provides employment-readiness skills for youth aged 15-30

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

JT Somali Seniors Group

This group for seniors will address the issues of Isolation, healthy diet and food labeling, life style changes, recognition of early chronic disease complications,

regular check-ups, safety and transportation.

Day: **Monday (monthly)**

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

Location: **1901 Weston Road**

For more information, contact:

Abubakar Moallim, 416-645-7575 ext 2436

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: **Thursday**

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

Location: **Lawrence Heights site**

For more information, contact: **Millie Dyer, 416-787-1676 ext 256**

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**

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

Chronic Disease Prevention and Management

JT Diabetes Risk Screening

Free diabetes risk screening held by the Live Free...Prevent Diabetes Program.

Day: **fourth Tuesday (monthly)**

Time: **1 p.m. to 4 p.m.**

Location: **Jane Street Hub**

For more information, contact: **Ana Sanchez, 647-462-6931**

LH BF KR JT

Diabetes Education Centre

Individual appointments and group classes for adults with type 2 diabetes or prediabetes.

Day and time: **varies**

Location: **all sites**

For more information, contact: **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**

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**

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**

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 Community Housing Help 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