

# Program CALENDAR

FALL 2014/WINTER 2015



## 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 6:30 p.m.**

**Tuesdays: 9:30 a.m. to 12:30 p.m. and 1:30 p.m. to 7:30 p.m.**

**Wednesdays: 9:30 a.m. to 12:30 p.m. and 3:30 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: **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

This program, which is coordinated by the Bathurst-Finch Network, is moving from Antibes Community Centre to the Bathurst-Finch Hub. Planning is under way, and it is hoped that many of the same services can be offered in the new location:

**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:** A 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:** Child care is available from for people attending any of the above programs.

Day: **first Wednesday of every month (starts October 1)**

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**

### SEE INSIDE FOR MORE PROGRAMS:

Chronic Disease Prevention and Management

Mental Health and Harm Reduction

Prenatal and Postnatal Programs

Children and Parenting Programs

Youth Programs

Training Program

Women's Programs

Community Action Groups

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Adult Protective Services

### **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, 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 1227

## **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 (October 2014 through May 2015)**

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

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

For more information, contact: **Albana Qatipi,** 416-787-1676 ext 112

## **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**

Day: **Wednesdays**

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

Location: **Lawrence Heights site**

For more information, contact: **Albana Qatipi,** 416-787-1676 ext 112

### **Keele-Rogers**

Day: **Tuesdays**

Time: **10 a.m. to 11:45 a.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  
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** at 416-653-5400 ext 1265

## **KR** Manage Your Money

Financial Literacy: Learn the basics about how to manage your money. Make smarter financial decisions for you and your family so that you are not over paying or just paying interest on your credit card. No financial knowledge is necessary for this eight-week class. Topics

will include basic personal financial planning and goal setting, creating a personal budget, understanding banking institutions, steps for a successful savings plan, correct use of credit cards and healthy spending techniques. Session is open to 15 participants. Curriculum designed by Prosper Canada. Registration required.

Day: TBD

Time: TBD

Location: **Keele-Rogers Community**  
To place your name on the registration list, or for more information, contact:  
**Karima Kassam, 416-653-5400 ext 1227**

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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.

### **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**

## **KR JT LH**

### **The Crisis Response and Recovery Project**

This project aims to build capacity around crisis preparation, crisis response and recovery in the context of violence in the community. This year, our focus will be working with partner agencies to build capacity of frontline staff of Wards 11 and 12. We will also be holding a monthly drop-in event for youth at the Lawrence Heights Community Centre between September 2014 and June 2015.

Day: **TBD**

Time: **TBD**

Location: **various locations**

For more information, contact:

**Katie Mayerson, 416-653-5400 ext 1001**

# Chronic Disease Prevention and Management

**LH BF 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: **Varies**

Day and time: **Varies**

For more information on dates and times, 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**

## **BF** Living a Healthy Life with Chronic Conditions Workshop

Would you like to feel better and do more of the activities you enjoy? Would you like to make changes around diet or exercise but you don't know where to start? Do you live with chronic pain, fatigue, or depression? Would you like to learn strategies for better managing your medications and communicating with your doctor? This program is for you! The "Living a Healthy Life with Chronic Conditions" six-week self-management workshop empowers people to live well while dealing with conditions like diabetes, heart disease, arthritis, lung disease and other chronic health issues. You will develop new tools and skills that break the "symptom cycle," to feel better, and do more of the activities you love and enjoy.

Day: **TBD (starting late September)**

Time: **TBD**

Location: **Bathurst-Finch Community**

For more information and to place your name on the list, contact: **Karima Kassam, 416-653-5400 ext 1227**

# Prenatal and Postnatal Programs

## **Canada Prenatal Nutrition Program**

Canada Prenatal Nutrition Program (CPNP) is offered at several weekly drop-in locations in our catchment. The program offers expertise in nutrition, and prenatal and postnatal care. CPNP program includes:

- opportunities to meet other women
- learning about pregnancy, baby care and healthy eating
- enjoying a snack and tasting new food
- special programs for pregnant teens, parenting teens and teens helping teens
- TTC tickets and childcare are available

## **LH Labour of Love**

Day: **Tuesdays**

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

Location: **Lawrence Heights site**

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

## **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: **TBD**

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: **647-436-0385 ext 506 or Better Beginnings Now, 416-499-3377**

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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: **1:30 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.

Day and time: **Varies, please call to confirm**

Location: **Keele-Rogers site**

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

## Youth Programs

### **LH** Pathways to Education™

A program that works with high school students in the Lawrence Heights and Neptune neighbourhoods to improve school attendance and academic achievement, giving increased opportunities to pursue post-secondary education and develop career options. We offer tutoring, financial support, group and one-to-one mentoring support.

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

### **KR** Guys Can Cook!

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, get work experience in a fun environment. TTC tokens available.

Dates: **Thursdays (October 30 to December 11, 2014)**

Time: **after school (call to confirm)**

Location: **Keele-Rogers site**

For more information, contact: **Rochelle Reichert, 416-653-5400 ext. 1263 or rochelle.reichert@unisonhcs.org**

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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 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.

#### **Lawrence Heights**

Day: **TBD, starts end of January 2015**

Time: **TBD**

Location: **Lawrence Heights site**

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

## Women's Programs

### **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. Ten weekly two-hour sessions will include yoga, breathing meditation, guided imagery, discussion, art, and lots of fun group activities. The groups will be facilitated by registered social workers. Registration with one of the facilitators is required. TTC tokens and light snacks provided.

Day: **Thursdays (October 16 – December 8)**

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

Location: **Keele-Rogers site**

For more information, contact: **Cathy Schmidt, 416-653-5400 ext 1257 or Lisa Rumble, 416-653-5400 ext 1228**

### **JT** Raising Healthy Families

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

Day: **Tuesdays**

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

Location: **Jane Street Hub**

For more information, contact: **Abubakar Moallim, 416-645-7575 ext 2436**

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)

# 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 establishments 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 subcommittees:

1. Entrepreneurship committee,
2. Social Event committee,
3. Mothers committee.

ANC also supports resident-led group "Friends of Earl Bales Park," Rockford Community Garden, and ANC publication *Kaleidoscope Mini-MAG* and provides occasional support to other resident led activities in the Neighbourhood on an as needed basis.

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

We are located in 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** or [mandana.attarzadeh@unisonhcs.org](mailto:mandana.attarzadeh@unisonhcs.org)

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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 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**

# 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.) 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: social circle*

*Second Thursday monthly: movie time*

*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 112**

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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**

## **KR** Let's Make a Meal

Let's Make a Meal is a cooking class which emphasizes healthy nutrition for adults with developmental disabilities. This program is also designed to focus on affordability, client participation and social interaction.

Day: **Mondays (September 8 – October 27, no class Oct 13)**

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

Location: **Keele-Rogers site**

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

## 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)