

Program CALENDAR

FALL/WINTER 2012



Unison Links

LH KR

Come to Unison Links! We are a drop-in information resource centre helping people in the communities Unison serves. We can help you learn about services and activities at Unison and other organizations, access community and government supports, fill out forms, and answer questions about services you are receiving. **Starts October 2, 2012.**

Lawrence Heights

Day and time: **Monday, Tuesday, Thursday and Friday: 10 a.m. to 2:30 p.m.; Wednesday: 4 p.m. to 7 p.m.**
Location: **Lawrence Heights site**
For more information, contact: **416-787-1661 ext 275**

Keele-Rogers

Day and time: **Monday: 11 a.m. to 4 p.m.; Tuesday: Noon to 8 p.m.; Thursday: 10 a.m. to 2:30 p.m.; Friday: 10 a.m. to 1:30 p.m.**
Location: **Keele-Rogers site**
For more information, contact: **416-653-5400 ext 1226**

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

Healthy Lifestyles

BF Bathurst-Finch Community Resource Night

An opportunity to get settlement support, financial advice, and information about legal issues related to immigration. Child care is available during appointments. A partnership between the Bathurst-Finch Network, Unison Health and Community Services, Antibes Community Centre, North York Community House and Jane Finch Community Centre.

Day: **Monday (monthly)**

Location: **varies**

For more information, contact:

Julia Fursova at 647-436-0385

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 or Judith Otto, 647-436-0385

LH Health Promotion Workshops

Workshops and information sessions offered in the Lawrence Heights community to empower individuals 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, celebrate cultural festivals and birthdays.

Day: **Wednesdays (monthly)**

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

Location: **Keele-Rogers site**

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

LH Walking into Health — Outdoor

This is an inter-generational program that supports active living and healthy life styles. Every third Monday of the month the Diabetes Prevention Promotion program offers classes on how to prepare healthy snacks.

Day: **Mondays (through October 22, 2012)**

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

Location: **Lawrence Heights site**

For more information, contact: **Olu Akinkunmi, 416-787-1676 ext 256**

LH Walking into Health — Indoor

Cold weather is not a reason to stay home. Join us on our weekly walks around Lawrence Square Mall. Participants also learn how to prepare healthy snacks together with Unison's Diabetes Prevention Program every third Monday of the month.

Day: **Mondays (October 29, 2012 to June 24, 2013)**

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: **Olu Akinkunmi, 416-787-1676 ext 256**

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 (through October 31, 2012)**

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

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

For more information, contact: **Julia Fursova or Judith Otto, 647-436-0385**

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 Dance Department.

Lawrence Heights

Day: **Wednesdays (through March 31, 2013)**

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

Location: **Lawrence Heights site**

For more information, contact: **Olu Akinkunmi, 416-787-1676 ext 256**

Keele-Rogers

Day: **Mondays (through March 26, 2013)**

Time: **To be determined**

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 offers opportunity for Spanish-speaking clients who 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 supports 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: **Noon 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 Tuesday 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: **Tuesdays**

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: **day and time to be determined, October to December 2012, February to April 2013**

Location: **Bathurst-Finch Hub**

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

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 Lyttle, 647-436-0385**

KR JT Craving Change

Are you concerned about your eating habits? Do you feel that you know what you need to do but cannot seem to do it? Craving

Change workshops can provide you with what you need. Craving Change offers practical tools and tips that can help you in improving your eating habits and your relationship with food. The group meets for six weeks.

Day: **Tuesdays (September 25 through October 30, 2012)**

Time: **6 p.m. to 8 p.m.**

Location: **Keele-Rogers site**

For more information, contact: **Gayatri Chopra or Marissa Strano, 416-653-5400**

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

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: **To be determined**
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 those who would like to participate in training events.

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**

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. This program includes lunch. Volunteers in this program receive an honorarium for their time.

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**

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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 of the month**

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

Location: **Keele-Rogers site**
For more information, contact: **Muriel Sutherland, 416-653-5400 ext 1286**

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, 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 Lyttle, 416-787-1676 ext 229**

KR Having a Baby Drop-in for Pregnant Women

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**

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**

Having a Baby Drop-in for Pregnant Women

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**

Having a Baby Drop-in for Pregnant Women

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 Prenatal Program

Day: **Mondays**

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

Location: **Jane Street Hub**

For more information, contact: **416-633-0515 ext 181**

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

KR Sanctuary — Stress Reduction Group for Women

Eight weekly sessions for existing primary health care clients in the Keele-Rogers catchment.

Day: **Tuesdays (starting October 30, 2012)**

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

Location: **Keele-Rogers site**

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

BF Women's Dinner

Monthly community women's dinner run through Bathurst-Finch Network women's committee.

Day: **Thursday (monthly)**

Location: **varies**

For more information or to register, call or email: **647-534-2096** or **647-436-0385** or **BathurstFinchNetworkBFN@gmail.com**

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**

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**

LH Early Years: Young Parents

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

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**

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

Pedal Pushers is a 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. They receive community hours for their participation. Students aged 13-18 can participate.

Girls' program

Day: **Tuesdays (September 11 to October 31, 2012)**

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

Boys' program

Day: **Wednesdays (September 11 to October 31, 2012)**

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

LH READY

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

JT Tutoring Program for Children

This program helps children (ages 4 to 13) increase their knowledge in the subjects of Math and English as well as help them with their homework.

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**

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 Seniors' Health Education Group at 1901

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: **Tuesdays**

Time: **1 p.m. to 3 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; second Thursday is arts and crafts; 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 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: **Olu Akinkunmi, 416-787-1676 ext 256**

BF Seniors' Health Club

Weekly dancing fitness session for seniors.

Day: **Tuesdays and Thursdays**

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

Location: **6250 Bathurst St.**

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

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 to community members who live and go to school in the immediate catchment area.

Day: **Tuesdays and Wednesdays (starting mid-January 2013)**

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

Location: **Lawrence Heights site**

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

BF Conversation Circle "Meet and Speak"

Come make friends, practice your English conversation skills, and learn about services in the community for you and your family. Brought to you by the Bathurst-Finch Network (BFN).

Day: **Mondays, starting mid-September (please call to confirm start date)**

Time: **10:15 a.m. to noon**

Location: **Centennial Library (578 Finch Ave. W.)**

For more information, contact: **Judith Otto, 647-436-0385**

LH JT Building Blocks Project: Civic Engagement

These leadership training workshops are delivered in partnership with Maytree Foundation. This hands-on workshops offer a civic literacy for diverse groups on how governments make decisions and how residents can impact those decisions.

Dates, times and locations:

Provided as requested.

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

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

Chronic Disease Prevention and Management

KR JT Diabetes Risk Screening

Free diabetes risk screening held by the Live Free...Prevent Diabetes Program. At the Jane Street Hub, a dietitian will be available for individual counselling to speak to clients about their diabetes risk. No appointment necessary.

Keele-Rogers

Day: **Second Wednesday (monthly)**

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

Location: **Keele-Rogers site**

Jane Street Hub

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 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**

LH 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 Services Organization 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**

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 social events.

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

KR Forms Clinic

We help residents complete application forms to access government pensions, allowances, drug benefits, and other assistance programs.

Day: **Wednesdays**

Time: **9:30 a.m. to 4 p.m.**

Location: **Keele-Rogers site**

For more information, contact:

416-653-5400 ext 1221

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." We offer on-site intake, case-management, advice, advocacy 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: **third 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

KR Housing Search Clinic

Day: **Wednesdays**

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

Location: **Keele-Rogers Site**

For more information, contact:

Domenic Ierullo, 416-653-5400 ext 1306

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