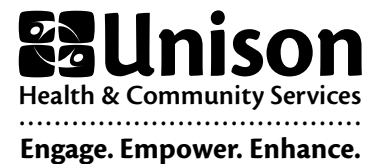


# Program CALENDAR

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SPRING/SUMMER 2011



## Healthy Lifestyles

### **JT** Wellness Resource Centre

The Wellness Resource Centre is a drop-in information resource centre. Community members can research their broad health and wellness questions here. These diverse issues could include housing, child care, healthy eating, physical activity and medical concerns. Internet access, resource books, guest speakers and information on local services will be on hand. The Wellness Resource Centre aims to diminish barriers, such as literacy or language, through the use of staff and trained volunteers to provide objective discussion of the information received. The program will initially run as a pilot at the Jane-Trethewey site Thursday afternoons, from March until June. By providing a supportive and caring environment and access to reliable resources, we hope community residents will make informed decisions about their health and wellbeing.

Dates: **March to June**

Day: **Thursdays**

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

Location: **Jane Street Hub**

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

### **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**

### **KR** Be a Wellness Winner

This is a fun and interactive four-part health series on nutrition, physical activity and overall wellbeing: Kick Start Your Health; Healthy Families, Happy Families; Eat Well, Be Well; Healthy Mind, Healthy Body. Snacks and TTC tokens will be provided. The workshops are for Adult Protective Services clients only.

Dates: **April 20, April 27, May 4, May 11**

Day: **Wednesdays**

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

Location: **Keele-Rogers site**

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

### **JT** Colour It Up at the Hub

This is a six-week program for women over 50 led by a registered dietitian. Participate in making a healthy snack and learn how to eat more vegetables and fruit to stay healthy and prevent diseases. Free giveaways every week and TTC tokens provided.

Dates: **April 26 to May 31**

Day: **Tuesdays**

Time: **2 p.m. to 3:30 p.m.**

Location: **Jane Street Hub**

For more information, contact: **Maila Halenko, 416-645-7575 ext 2410**

### SEE INSIDE FOR MORE PROGRAMS:

Mental Health and Harm Reduction

Chronic Disease Prevention and Management

Prenatal and Postnatal

Women's Programs

Children's Programs

Youth Programs

Seniors' Programs

Training Programs

Community Action Groups  
Clinics

### **LH** Colour It Up

This is a six-week program for women between 19 and 50 years old led by a registered dietitian. Participate in making a healthy snack and learn how to eat more vegetables and fruit to stay healthy and prevent diseases.

Dates: **April 25 to May 30**

Day: **Mondays**

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

Location: **Lawrence Heights site**

For more information, contact: **Rochelle Reichert, 416-787-1676 ext 226**

### **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: **Wednesday (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

This is an interdisciplinary program that supports active living and healthy life styles. Additionally, on the last Wednesday of the month, from 11 a.m. to noon, a primary health care doctor, a dietitian and a community health worker deliver talks on various issues.

Day: **Wednesdays**

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

Location: **Lawrence Heights site**

For more information, contact: **Olu Akinkunmi, 416-787-1676 ext 234**

## **KR** Walking Club

The primary goal of this group is to create a physical activity option for residents that is 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 foot wear.

Dates: **April to October**

Day: **Thursdays**

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

Location: **Keele-Rogers site**

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

## **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.

Dates: **March 24 to May 19**

Day: **Thursdays**

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

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: **Friday**

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. Interested clients can also attend an art group in the morning.

Day: **Thursday**

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

Location: **Keele-Rogers site**

For more information, contact: **Jose Bonilla, 416-653-5400 ext 1254**

## **BF** Community Kitchen

A group of people who enjoy cooking together, sharing fun, recipes and stories. Community Kitchen explores recipes from all over the world.

Dates: **until May 27 (resumes in September)**

Day: **Thursdays**

Time: **1:30 p.m. to 4:30 p.m.**

Location: **Fisherville Junior High (425 Patricia Ave.)**

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

## **BF** Community Gardens

**Rockford Community Garden**

Nearly 20 active gardeners are registered at Rockford and tend to their own plots. Due to the increased interest in community gardening and its educational value, other community gardening projects are sprouting throughout the neighbourhood.

**Antibes Community Centre**

A proposal has gone forward for a community garden near Antibes Community Centre. If this proposal is supported by community members there will be resources available to move this garden forward and have it blossoming along with the other family of gardens in the Bathurst-Finch neighbourhood.

For more information and to get involved in either garden, contact:

**Hannah Bontogon, 647-436-0385**

## **KR** Organic Community Garden

A participatory program for interested individuals who enjoy planting and gardening. A harvest party will be arranged at the end of the season.

Dates: **April to September**

Day: **Wednesdays**

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

Location: **Woolner/Jane**

For more information, contact: **Carmen Miloslavich, 416-828-9561**

## **BF** Good Food Market

Fresh food market offers Bathurst-Finch residents fresh and local food options through a partnership with Foodshare and the BFN Food Action Team. Please call for more information. (Volunteers are also needed to help run the market.)

Dates: **spring/summer**  
Day: **Tuesdays**  
Time: **3 p.m. to 7 p.m.**  
Location: **6091 Bathurst St.**  
For more information, contact: **647-436-0385**

## **BF** Grocery Shopping Tours

A dietitian offers off-site workshops, talks and neighborhood tours touching on healthy eating.

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

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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.

Day: **Mondays, Tuesdays, Thursdays**

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

Location: **Lawrence Heights site**  
For more information, contact: **Wayne Duhaney, 416-787-1676 ext 278**

## **LH** Harm Reduction Peer Program

This program is for individuals who wish to work as community outreach workers or those who would like to participate in training events.

Day: **Mondays, Fridays**

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

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.

Day: **Tuesdays**

Time: **2 p.m.**

Location: **Lawrence Heights site**  
For more information, contact: **Wayne Duhaney, 416-787-1676 ext 278**

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# Chronic Disease Prevention and Management

## **BF** Back on Track

Healthy Lifestyle Workshop series held by the Live Free...Prevent Diabetes program. These free workshops led by a Registered Dietitian will help you achieve your healthy eating and exercise goals.

Dates: **August 9, 16, 23, 30**

Day: **Tuesdays**

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

Location: **Jane Street Hub**  
For more information, contact: **Ana Sanchez, 647-241-1467**

## **JT** Diabetes Risk Screening

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

Dates: **starting April 26**

Day: **fourth Tuesday (monthly)**

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

Location: **Jane Street Hub**  
For more information, contact: **Ana Sanchez, 647-241-1467**

## **KR** Health-Related Sessions

The Diabetes Education Centre presents a series of health-related sessions led by a registered health professional.

## Medication Know-How

An informative session on how to properly use, dispose of, and work with your medications.

Date: **April 12**

Time: **3:30 p.m. to 4:30 p.m.**

Location: **Keele-Rogers site**

## Fancy Feet

A practical guide to good foot and skin care.

Date: **May 10**

Time: **3:30 p.m. to 4:30 p.m.**

Location: **Keele-Rogers site**

For more information on any Health-Related Session, contact: **416-653-5400**

# 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.

- Meet other women.
- Learn about pregnancy, baby care and healthy eating.
- Enjoy a snack and taste 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 p.m. to 3 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: **10 a.m. -12 noon**

Location: **AccessPoint of 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: **1:30 p.m. to 3:30 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**

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# Women's Programs

## **KR Vietnamese Women Community Kitchen Support Group**

This group helps participants learn how to cook healthy food and acquire knowledge on appropriate parenting skills.

Day: **Friday (monthly)**

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

Location: **9 Boon Ave.**

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

## **KR Women's Circle Support Group**

This group is co-sponsored by Community Action Resource Centre (CARC) and provides help to newcomer and refugee women on settlement and adaptation issues.

Day: **Tuesdays**

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

Location: **1652 Keele St.**

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

## **BF Women's Dinner**

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

Day: **Thursday (monthly)**

Location: **Antibes Community Centre (140 Antibes Dr.) or Fisherville Junior High (425 Patricia Ave.)**

For more information, contact: **Amy Katz, 647-436-0385**

# 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 childcare 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, 416-338-7400**

## **KR** Somali Parenting Club

The club runs a 10-week program twice a year focusing on parenting skills and issues with one's spouse.

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

Location: **Arena, Carnegie Centennial Centre, (580 Finch Ave. W.)**

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

## **BF** Unison Bathurst-Finch Youth Advisory Committee

A team of youth that meets twice a month to flesh out ideas on different youth initiatives and projects that they can undertake to help inform other youth on healthy living in all realms be it physical, mental or emotional.

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

Participants develop the theme for each session.

Dates: **starting July**

Day: **Wednesdays**

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

Location: **Keele-Rogers site**

For more information, contact: **Kam Lau, 416-653-5400 ext 1266**

## **JT** Parents' Support Group

Supported by Trethewey Club, this group will work with parents residing in adjacent buildings on parenting skills and on issues related to community safety.

Day: **Wednesday (monthly)**

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

Location: **10 Martha Eaton Way**

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

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# Youth Programs

## **LH** READY

This program provides employment readiness skills for youth aged 16-30 years. All participants must register and meet specific requirements.

Dates and times: **to be determined**

Location: **Lawrence Heights site**

For more information, contact: **Owen Hinds, 416-787-6800 ext 306**

## **BF** What the Health

A healthy, safe, and fun space for youth to access when they want to socialize and also receive information on various health issues, concerns, and interest.

Dates: **April 14 to June 23**

Day: **Thursdays**

## **BF** Character Building Workshops

These workshops encourage building character and having positive self-esteem. Workshops aim to work with service providers within the Bathurst-Finch catchment area who target or run youth specific programs. The topics include healthy relationships, self-esteem, behaviour management, equity and justice, and decision making. Workshops are delivered on-site of the requesting agency by a Unison health promotion worker.

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

# 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: **11 a.m. to 1 p.m.**

Location: **101 Humber Blvd.**

For more information, contact: **Jimmy Cyriac, 416-653-5400 ext 1245**

## **LH** Forever Young Seniors

This is a weekly health promotion program for seniors that offers leadership and health education in a community setting. A nutritious brunch is provided.

Day: **Thursdays**

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

Location: **Lawrence Heights site**

For more information, contact: **Olu Akinkunmi, 416-787-1676 ext 234**

## **BF** Seniors' Health Club

A fitness and social club run by health promotion staff in cooperation with a dietitian at three different buildings. Includes cooking, art classes, and workshops. At one site there is also a library. Hours and program vary per building.

Day: **Tuesdays, Thursdays**

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

Location: **6250 Bathurst St.**

Day: **Wednesdays**

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

Location: **6101 Bathurst St.**

Day: **Tuesdays, Thursdays**

Time: **4 p.m. to 5 p.m.**

Location: **4455 Bathurst St.**

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

## **KR** Seniors' Computer Group

This project is part of the Seniors Organizations in York (SOY) Coalition's initiative, with the goal of engaging seniors with no computer knowledge to learn basic computer and Internet skills so that they can feel more connected with their peers and families.

Dates: **starting July**

Day: **Wednesdays**

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

Location: **1652 Keele St.**

For more information, contact: **Kam Lau, 416-653-5400 ext 1266**

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# Training Programs

## **LH BF** 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**

Dates: **fall session**

Day and time: **TBD**

Location: **Lawrence Heights site**

For more information and to register,

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

**Bathurst-Finch**

Dates: **May 2 to July 11**

Day: **Mondays, Wednesdays**

Time: **2:30 p.m. to 5 p.m.**

Location: **YMCA (4580 Dufferin St.)**

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

## **BF** ESL 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. This is a program of the Bathurst-Finch Network ESL Committee.

Day: **Mondays**

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

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

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

# Community Action Groups

## **LH** Community Action Team

Lawrence Heights and Neptune residents and grassroots groups meet “to share what we know, discuss what we want, learn together, and build a stronger voice for our needs.”

For more information and upcoming dates, contact: **Gillian Kranias, 416-787-1676 ext 254**

## **LH** BePART

BePART is a group of residents and agency staff who are working together on researching the experience and concerns of people living in our community. BePART is open to anyone who

lives in Lawrence Heights and Neptune.

To learn more about or join in our research work, contact: **Maria Albornoz, 416-787-1676 ext 235**

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

The Neighbourhood Action Group (NAG) is a 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**  
To celebrate diversity, reduce isolation and create a supportive neighbourhood by organizing regular “Meet your neighbours night” events. 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: **Hannah Bontogon, 647-436-0385**

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## Clinics

### **KR** ID Clinic

This weekly program helps people get the pieces of identification (ID) they need to access services. ID includes 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**

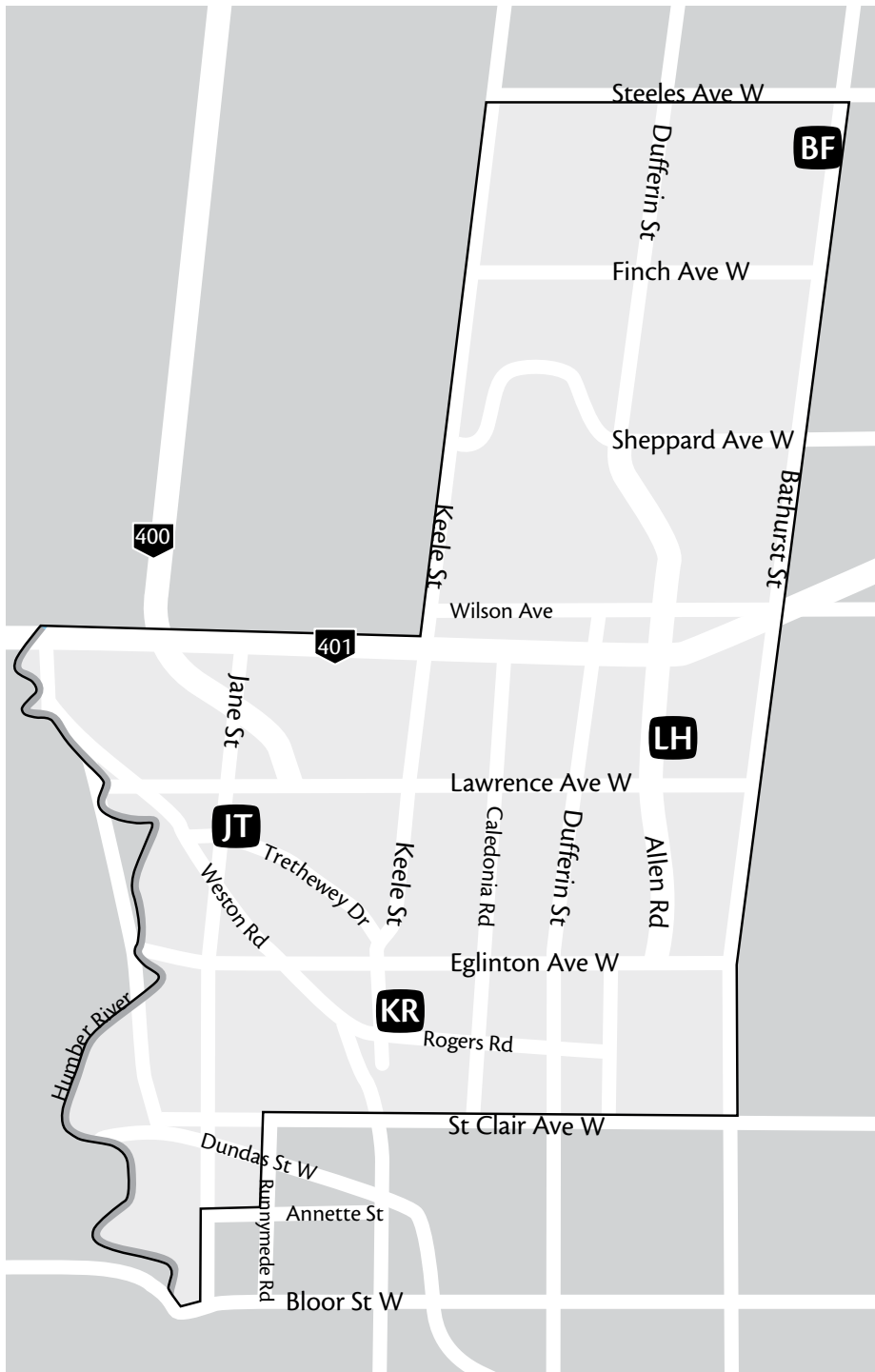
### **KR** Legal Clinic

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**



## Our Locations



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



**Bathurst-Finch**  
 5987 Bathurst St., Suite 104  
 Toronto, ON M2R 1Z3  
 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)