

# Unison VOICE

FALL 2010



## Welcome to Unison Voice, the official newsletter of Unison Health and Community Services.

This first issue is an introduction to our newly formed organization and the programs and services we offer.

**U**nison may be new but it already has deep roots in several north west Toronto communities. Unison Health and Community Services was formed by a voluntary merger of New Heights Community Health Centres and York Community Services – two organizations with long histories of providing health and community services to local residents and a shared goal of building healthy communities.

Since opening their doors in the early 1970's, initially to residents in Lawrence Heights and the former City of York, both centres have expanded services and added a variety of new programs to better serve their communities. They have worked closely with community members to find innovative ways to respond to changing needs.

This collaboration with our partners has resulted in the exciting creation

of two new satellite centres and community service hubs which will provide vital programs to underserved neighbourhoods in Weston-Mount Dennis and Bathurst-Finch areas as well as the broader community.

Unison will build on the strengths of both organizations to improve access to programs and services for our clients and community members. With four full-service locations soon to be open, Unison now serves over 22,000 clients and offers core services that include primary health care, counselling, health promotion, early years programs, legal services, harm reduction programs, housing assistance and adult protective services as well as special programs like Pathways to Education, Diabetes Education and Prevention and Aging at Home.

Yet we acknowledge that to achieve

a vision of Healthy Communities our voice may not be enough. Our new tagline "Engage. Empower. Enhance." reflects our belief that only by engaging community members and empowering them through knowledge and skill building, can we achieve a lasting impact on their individual wellness and enhance the quality of life in our communities. So join us as our voices multiply and become stronger together in Unison!



## New Members Wanted!

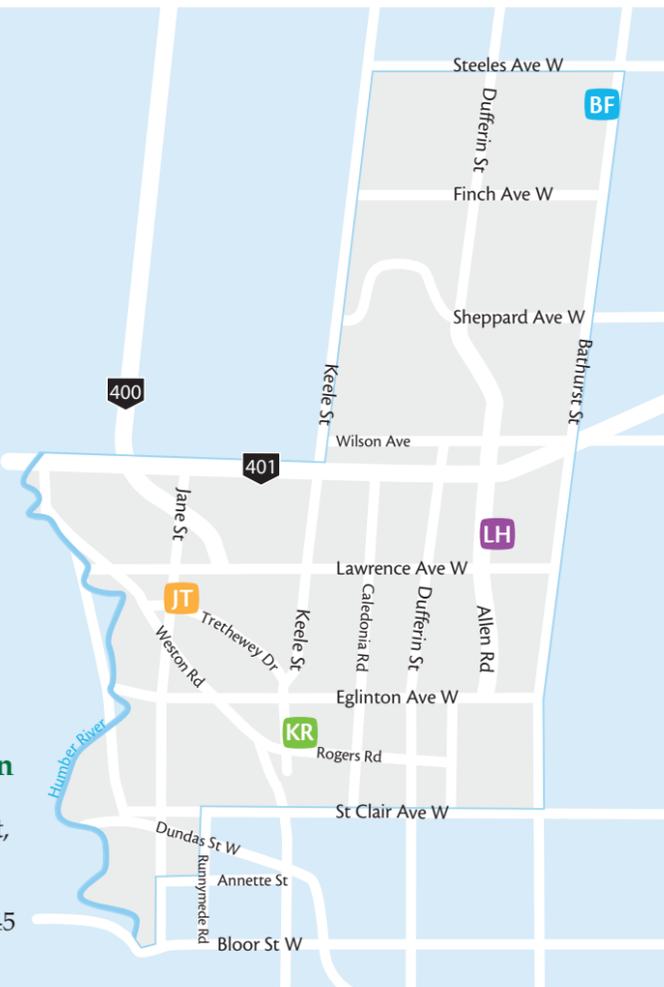
You are invited to become a member of Unison Health and Community Services. There are benefits and privileges of membership!

- Members have the right to vote at our annual general meeting
- Members can participate in our community advisory panels
- Members receive regular updates about our programs and services
- Membership is a great way to help strengthen your community
- Membership is a great way to connect with others in your community
- Members receive a special Unison t-shirt

The membership fee is \$1 for one year. Sign up today! Get a membership form from the reception desk, or call Ana Garcia at 416-787-1676 ext 257.

## Our Locations

- LH** **Lawrence Heights**  
12 Flemington Road  
Toronto, ON M6A 2N4  
Phone: 416-787-1661
- KR** **Keele-Rogers**  
1651 Keele Street  
Toronto, ON M6M 3W2  
Phone: 416-653-5400
- BF** **Bathurst-Finch**  
5987 Bathurst Street, Suite 104 (2nd floor)  
Toronto, ON M2R 1Z3  
Phone: 647-436-0385
- JT** **Jane-Trethewey**  
1541 Jane Street  
Toronto, ON M9N 2R3  
Phone: 416-645-7575
- PE** **Pathways to Education**  
Lawrence Square  
700 Lawrence Avenue West, Suite 326  
Toronto, ON M6A 3B4  
Phone: 416-787-1676 ext. 245



## Website

**C**heck out our new and improved website: [www.unisonhcs.org](http://www.unisonhcs.org). Much effort has been put into making this website attractive and inviting to our visitors. We hope you like it!

Our new website reflects a snapshot of the programs and services offered at Unison Health and Community Services. Browse the general list or go to a site-specific page to see what programs and services are offered at a location closest to you. Check our calendar to find out what is happening on a particular day.

Along with our new website, we also have a new e-mail domain: [@unisonhcs.org](mailto:@unisonhcs.org).

We are always pleased to receive feedback from our clients and community members. If you have any comments, please send an email to [info@unisonhcs.org](mailto:info@unisonhcs.org) or call Ana Garcia at 416-787-1676 ext 257.

Our new website and e-mail domain will be effective on October 14. Please adjust your records accordingly.



## VISION:

Healthy communities

## MISSION:

Working together to deliver accessible and high quality health and community services that are integrated, respond to needs, build on strengths and inspire change.

## VALUES:

**Accountability:** As a publicly funded organization, we are responsible to our stakeholders. We strive for integrity in our work and for the effective use of resources. We seek improvement through critical enquiry and continuous learning.

**Collaboration:** We embrace partnerships, both inside and outside of our organization. We foster the active participation of community members in our work, and we celebrate our collective achievements.

**Equity:** We work to celebrate diversity and eliminate oppression in all its forms. We are committed to treating all people with dignity, honesty and respect, and we value individual choice and self determination.



WWW.PATHWAYS TO EDUCATION.CA

## Pathways to Education™

**P**athways to Education™ is available (at no cost to families) to students living in the Lawrence Heights and Neptune Drive communities. We work with high school students in **Grades 9, 10, 11, and 12** to help them improve school attendance and academic achievement, giving increased opportunities and encouragement to pursue post-secondary education and develop career options.

**Pathways provides the following student supports (subject to funding):**

- **Academic Support**
  - A Tutoring program for students to work with volunteer tutors twice a week
- **Social & Career Support**
  - Group Mentoring for grade 9 and 10 students
  - Specialty / Career Mentoring for grade 11 and 12
- **Financial Support**
  - TTC tickets or lunch vouchers based on school attendance
  - A post-secondary education scholarship
- **Staff/Advocacy Support**
  - Each student is assigned a Student / Parent Support Worker (SPSW) who works closely with students, parents, schools and Pathways program staff to provide encouragement and support to succeed in high school.

For more information or to register, please contact the Pathways office at 416-787-1676 ext. 245 or [snjezana.pruginic@unisonhcs.org](mailto:snjezana.pruginic@unisonhcs.org).

## OUR SERVICES

### Health Services

**A**t Unison Health and Community Services, we believe in a client-centered, multi-disciplinary approach to primary health care. We have a diverse team of doctors, nurse practitioners, nurses, social workers, case coordinators, dietitians and chiropractors. They work closely together to provide the best information and guidance to our clients and support them in the decisions they make about their health care. The primary health care team encourages clients to make use of the health promotion programs both here at Unison and in the community.

All of our programs and services are free. You do not need a health card to use them. The care provided is confidential and respectful of cultural diversity. We can book a professional interpreter if you don't speak English very well.

### Seniors Health Project

**T**he Seniors Health Project provides care in the home for frail seniors. Care is provided by a team of nurse practitioners, registered practical nurses and an advanced practice geriatric nurse supported by a physician, pharmacist, community health worker plus additional services from other partner agencies.

We offer the following services:

- Home visits by nurse practitioner, registered practical nurse, physician, pharmacist;
- Meals on Wheels through Downsview Services for Seniors and St. Clair Services for Seniors;
- Access to Toronto Central CCAC services;
- Access to Central CCAC services;
- Assistance with transportation to appointments;
- Access to Baycrest Day programs;
- Access to volunteer services from Circle of Care.

For more information, please call the health centre at 416-787-1661.

### Legal Services

**W**e are a community legal clinic funded by Legal Aid Ontario serving residents of the old City of York (located in central west Toronto). We provide free advice and representation for residents who meet financial eligibility criteria, primarily in the following areas of law:

- Landlord and Tenant
- Social Assistance
- Immigration
- CPP
- Debtor / Creditor
- Human Rights
- Criminal Injuries
- Small Claims (paperwork)
- Employment Issues (limited)

We also conduct public legal education seminars, and take part in community development and law reform. For more information, contact the legal clinic at 416-653-5400 ext. 1244.

### Housing Program

**T**he Unison Housing program encompasses three main services:

The Unison Housing Help Centre is one of seven centres in Toronto which provide a broad range of housing assistance and serve as an access point for applications to Toronto Community Housing. Counsellors help low-income people find and retain stable housing. The program serves the general population with emphasis on clients who are at risk of homelessness, individuals with mental health issues, people leaving violent or threatening situations and individuals in severe financial distress.

Our Rent Bank Program provides information and support to low income households to help stabilize their housing and prevent eviction and homelessness. Services include access to interest-free loans to pay arrears in rent as well as mediation and counselling.

Streets to Homes Follow-up Services provides assistance to individuals who were homeless or at risk of homelessness and have been housed by the Streets to Homes outreach team. Services include follow up support for up to one year from the date of placement. Workers meet with clients on an ongoing basis and provide case management and case planning to ensure that the tenancy remains successful.



## Counselling Services

Our Counselling and Case Management team includes social workers and case coordinators who focus on solutions and teaching the skills people need to cope with life challenges. We work with people experiencing depression or anxiety, marital or family breakdown, post-traumatic stress disorder, and a variety of other complex issues which cause instability and emotional distress.

We offer an integrated program, coordinating a care plan with internal health, community and health promotion, legal and housing workers, as well as partnering with external agencies to provide an effective and comprehensive service. Counselling and case management services include:

- Case management and service coordination
- Crisis intervention
- Newcomer support
- Links to other community resources
- Individual, family and couples counselling
- Ongoing psychotherapeutic counselling
- Information and referral
- Advocacy



## Mental Health and Harm Reduction

### LH Somali Women's Empowerment Program

Peer leadership program around mental health and wellbeing.

Dates and time: TBD

Location: Lawrence Heights site (12 Flemington Rd.)

For further information, contact: Edith Wambayi 416-787-1676 ext. 235

### LH Harm Reduction Drop-in

This program aims to break isolation of drug users, educate service users about safe use strategies and provide safe drug use equipment. This service is anonymous, so no registration happens.

Date: ongoing

Day: Monday, Tuesday, Thursday

Time: 1-4 p.m.

Location: Lawrence Heights site (12 Flemington Rd.)

For further information, contact: Wayne Duhaney at 416-787-1676 ext. 278

### LH Harm Reduction Peer 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.

Date: ongoing

Day: Monday, Friday

Time: 1-2 p.m.

Location: Lawrence Heights site (12 Flemington Rd.)

For further information, contact: Wayne Duhaney at 416-787-1676 ext. 278

### LH Harm Reduction Kit Making

This program is an opportunity for service users to put together our 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.

Date: ongoing

Day: Tuesday

Time: 2 p.m.

Location: Lawrence Heights site (12 Flemington Rd.)

For further information, contact: Wayne Duhaney at 416-787-1676 ext. 278

## Adult Protective Services

Our Adult Protective Service Workers provide intensive case management and supportive counselling to adults with developmental disabilities who live independently in the community. Our team also manages and responds to client crises which vary from evictions to hospitalization, attempts to inflict self-harm and involvement with the court system. A social activity group and art program complement the services.

Adult Protective Services include:

- Supportive counselling
- Advocacy
- Links to community resources
- Art program
- Intensive case management
- Life skills counselling – money management, anger management
- Assessment, information and referral
- Social club

## Chronic Disease Prevention and Management

### LH Take Charge

Take Charge is a 6-week chronic disease self-management workshop for people with heart disease, arthritis, diabetes, asthma, bronchitis, emphysema and other conditions. It helps build skills to cope with chronic condition; offers opportunities to share experiences with other group participants and support each other.

The workshop is offered in partnership with North York General Hospital four times a year.

For further information, contact: Wendi Challenger at 416-787-1676 ext. 263.



### Diabetes Education Centre (DEC)

The Diabetes Education Centre provides free individual counselling and group education classes for people with diabetes and pre-diabetes. Caregivers and family members are encouraged to come along. A registered nurse and registered dietitian facilitate the classes and provide individual counselling. At DEC, you can learn about enjoying the foods you like while managing your blood sugars and weight, reading food labels, monitoring your blood sugars with a glucometer (glucometer provided with appointment), managing your stress, caring for your feet, better understanding of your diabetes medications, and exercising.

No matter where you live, you are welcome at the Diabetes Education Centre. We offer free interpretation for appointments in most languages. For more information and to book an appointment, call 416-787-1676 ext 301.

### Live Free...Prevent Diabetes

Live Free...Prevent Diabetes is a diabetes prevention project dedicated to reducing the onset of diabetes in Toronto's Northwest communities. The Live Free Program provides:

- **Diabetes Risk Screening:** The LFPD team hosts on-site diabetes risk screening clinics in various community settings. Participants enjoy an individualized diabetes risk assessment using a lifestyle-based questionnaire. One-on-one consultations with a registered dietitian are also offered.
- **Healthy Lifestyle Workshops:** Led by registered dietitians, these workshops cover the following topics: diabetes, nutrition, healthy cooking and physical activity.
- **Individual Counselling:** The Goals for Good clinic completes the continuum of diabetes prevention services as it provides individual nutrition counselling for clients interested in a more tailored approach to lowering risk.

For more information, contact: Michelle-Ann Hylton at 416-787-1676 ext. 360 or 647-205-8795

### LH Hepatitis C Project

This peer focused and peer driven project coordinates activities to meet identified needs for prevention, support and treatment of Hepatitis C (HCV) within the North Toronto community. The activities focus on three themes: supporting peer workers, coordinating local service providers and supporting affected communities.

Services include:

- Hep C education and prevention presentations for community centres, schools, agencies and services users
- Peer recruitment and training (facilitation training, public speaking 101), peer support group
- Advocacy
- Drug users support group
- Community development
- Case management, referral and support; referrals to doctors, nurses, social workers, methadone maintenance, and health promotion programs
- Street outreach
- Sex workers drop-in
- Community organizations staff and stakeholder training

For further information, contact: Wayne Duhaney at 416-787-1676 ext. 278

### LH Anonymous HIV testing/POC (Point of Care)

Unison is one of 50 Anonymous HIV testing sites in Ontario. The test is offered every Wednesday between 5 – 7 p.m. by a team of trained and certified staff who provide professional pre- and post-test counselling to clients. The test is rapid lasting about 20 minutes.

For an appointment, please call 416-787-1676 ext. 320. For other test sites, please call 1-800-267-7432. You will be directed to a testing site to make an appointment.



## Seniors Programs

### **KR** 101 Humber Lunch Program

This senior-focused luncheon program addresses the issues of socialization, nutrition, community inclusion and safety among tenants.

Dates: monthly

Day: Third Wednesday

Time: 10 a.m. - 1 p.m.

Location: 101 Humber Blvd.

For further information, contact: Jimmy Cryiac 416-653-5400 ext. 1245

### **KR** Seniors Computer Group

This project is part of the SOY (Seniors Organizations in York) Coalition's initiative, with the goal to engage 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: ongoing

Day: Wednesday

Time: 10 a.m. - 1 p.m.

Location: 1652 Keele St.

For further information, contact: Abubakar Moallim 416-653-5400 ext. 1250

### **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.

Date: ongoing

Day: Thursday

Time: 10 a.m. - 1 p.m.

Location: Lawrence Heights (12 Flemington Rd.)

For further information, contact: Olu Akinkunmi at 416-787-1676 ext. 234

### **BF** Seniors Health and Social Club

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

Location: 6250 Bathurst St.

Date: ongoing

Day: Tuesday, Thursday

Time: 1-2 p.m. (sometimes additional programming)

Location: 6101 Bathurst St.

Day: Tuesday

Time: 11 a.m. - 12 noon

Location: 4455 Bathurst St.

Day and time: TBD

For further information, contact: Julia Fursova at 647-436-0385

## Women's Programs

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

This group will help participants learn how to cook healthy food and acquire knowledge of appropriate parenting skills.

Dates: monthly

Day: Friday

Time: 10 a.m. - 1 p.m.

Location: 9 Boon Ave.

For further information, contact: Kim Nguyen 416-653-5400 ext. 1265

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

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

Dates: ongoing

Day: Wednesday

Time: 1-3 p.m.

Location: 1652 Keele St.

For further information, contact: Kim Nguyen 416-653-5400 ext. 1265

### **BF** Victoria - Russian-Speaking Women's Club

Women's Circle for Russian-speaking women.

Date: monthly (ongoing)

Day: last Thursday of the month

Time: 6-8 p.m.

Location: Bathurst Finch site (5987 Bathurst St. unit 106)

For further information, contact: Julia Fursova at 647-436-0385

### **BF** Women's Dinner

Monthly Community Women's Dinner run through Bathurst-Finch Network Women's Committee

Date: monthly (ongoing)

Day: Thursday

For further information, contact: Amy Katz at 647-436-0385

## Prenatal and Postnatal Programs



### **Canada Prenatal Nutrition Program**

Canada Prenatal Nutrition Program (CPNP) is offered through Unison Health and Community Services at four weekly drop-in locations, in partnership with Toronto Public Health, Program without Walls and Yorktown Child and Family Centre. The program offers expertise in nutrition, prenatal and postnatal care. Our CPNP Program includes:

- Opportunities for meeting other women
- Learning about pregnancy, baby care and healthy eating
- Enjoying a snack and tasting new food
- Special program for pregnant teens, parenting teens and teens helping teens
- TTC tickets and childcare are available.

### **LH** Labour of Love

Dates: weekly

Day: Tuesday

Time: 1-3 p.m.

Location: Lawrence Heights site (12 Flemington Rd.)

For further information, contact: Hawa Abdi at 416-787-1676 ext. 227 or Jenny Lyttle at 416-787-1676 ext. 229

### **KR** Having A Baby Drop-in for Pregnant Women

Dates: weekly

Day: Tuesday

Time: 1:30-3:30 p.m.

Location: Keele-Rogers site (1651 Keele St.)

For further information, contact: Maria Garcia at 416-653-5400 ext. 1300

### **KR** Supporting Young Families

Lead agency: Yorktown Child and Family Centre

Dates: weekly

Day: Thursday

Time: 4-6:30 p.m.

Location: Keele-Rogers site (1651 Keele St.)

For further information, contact: Nancy Barkin at 416-394-2424 ext. 243

### **KR** Having A Baby Drop-in for Pregnant Women

Dates: weekly

Day: Wednesday

Time: 10-12 noon

Location: Access Alliance, 761 Jane St., Suite 200B

For further information, contact: Maria Garcia at 416-653-5400 ext. 1300

### **KR** Having A Baby Drop-in for Pregnant Women

Dates: weekly

Day: Thursday

Time: 9:30-11:30 a.m.

Location: Learning Enrichment Foundation, 1267 Weston Rd.

For further information, contact: Maria Garcia at 416-653-5400 ext. 1300

## Youth Programs

### **LH** READY

This program provides employment readiness skills for youth aged 16-19 years. All participants must register and meet specific requirements.

Dates and Time: TBD

Location: Lawrence Heights site (12 Flemington Rd.)

For further information, contact: Snjezana Pruginic at 416-787-1676 ext. 245

### **LH** Character Building Workshops

Working with Service Providers who run youth specific programs, Unison offers workshops that encourage building character and positive self-esteem. The character building workshops cover areas such as Healthy Relationships, Self Esteem, Behaviour Management, Equity and Justice, and Decision Making.

For further information, contact: Judith Otto at 416-787-1676 ext. 256

### **BF** Grill'n'Chill

This six-week program facilitated by a community health worker, social worker and dietitian is offered to Fisherville Junior High students twice per year. Facilitated discussions around health, education, family relationships, body image, etc. Participants choose the discussion topic. Meal prepared and eaten together.

Dates and Time: TBD

Location: Fisherville Junior High (425 Patricia Ave.)

For further information, contact: Jenny Lyttle at 647-436-0385



### **BF** What the Health

What the Health is a youth-for-youth group trained in health matters that meets once a week to chill and learn about health. It is also a drop-in for youth in the Bathurst-Finch neighbourhood. An interdisciplinary team of health care providers from Unison Health and Community Services provides advice and referrals for program participants.

Day: Wednesday

Time: 4-6 p.m.

Location: The Arena (Carnegie Centennial Centre, 580 Finch Ave. West)

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

# Children & Parenting

## LH Early Years – Baby and Me

This program is for parents and children aged birth to 1 year. The program includes an educational topic as well as circle time for singing with your baby.

Day: Monday

Time: 1-3 p.m.

Location: Lawrence Heights site (12 Flemington Rd.)

For further information, contact: Hawa Abdi at 416-787-1676 ext. 227

## LH Early Years – Toddler Time

This program is for children 1-4 years old with a parent or caregiver. It is an educational and fun program that has parenting, health and nutrition tips, and a circle time for singing with your child. Childcare and refreshments are provided.

Day: Monday

Time: 10 a.m. - 12 noon

Location: Lawrence Heights site (12 Flemington Rd.)

For further information, contact: Hawa Abdi at 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: Wednesday

Time: 4:30-6:30 p.m.

Location: Lawrence Heights site (12 Flemington Rd.)

For further information, contact: Hawa Abdi at 416-787-1676 ext. 227

## KR Living and Learning with Baby (LLB)

Living and Learning with Baby is a 6-week program for moms and babies up to one year old, offered several times a year. The programs offers health education, parenting advice and support for new moms. This is a collaborative partnership between Unison Health and Community Services, Toronto Public Health and Program Without Walls.

Day: Tuesday

Time: 1-3 p.m.

Location: Keele-Rogers site (1651 Keele St.)

For further information call: Toronto Public Health at 416-338-7400 or Maria Garcia at 416-653-5400 ext. 1300

## KR OYEC Spanish Parenting Group

Focused on enhancing parenting skills, this program serves Spanish-speaking women who are only available to attend the program on Saturday.

Dates: October-December

Day: Saturday

Time: 10 a.m. – 12 noon

Location: York Hispanic Centre – 1652 Keele St.

For further information, contact: Carmen Miloslavich at 416-653-5400 ext. 1294

## JT Parents Support Group

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



Dates: Monthly

Day: Tuesday

Time: 3-5 p.m.

Location: 10 Martha Eaton Way

For further information, contact: Kim Nguyen at 416-653-5400 ext. 1265

## KR Somali Parenting Club

The club runs a 10-week program twice a year focusing on parenting skills and issues with one's spouse. Participants develop the theme for each session.

Dates: winter and summer

Day: Wednesday

Time: 10 a.m. – 12 noon

Location: Keele-Rogers site (1651 Keele St.)

For further information, contact: Abubakar Moallim at 416-653-5400 ext. 1250

## KR Spanish Parenting Group

The Spanish Parenting Group helps participants improve their knowledge of parenting skills, marital conflict management and communication.

Dates: April-June, October-December

Day: Wednesday

Time: 10 a.m. – 12 noon

Location: Keele-Rogers site (1651 Keele St.)

For further information, contact: Magnolia Mazzeo at 416-653-5400 ext. 1257

# Healthy Lifestyles

## 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 foot wear for the walking activity.

Dates: April-October

Day: Thursday

Time: 9:30 a.m. – 12 noon

Location: Keele-Rogers site (1651 Keele St.)

For further information, contact: Karima Kassam 416-653-5400 ext. 1227

## KR Spanish Community Kitchen

This program offers opportunity for Spanish-speaking clients to enjoy cooking and share tips on healthy eating. Offered in partnership with York Hispanic Centre.

Dates: ongoing

Day: Friday

Time: 10 a.m. – 2 p.m.

Location: Keele-Rogers site (1651 Keele St.)

For further information, contact: Carmen Miloslavich 416-653-5400 ext. 1296

## KR Organic Community Garden

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

Dates: April-September

Day: Wednesday

Time: 3-6 p.m.

Location: Woolner/Jane

For further information, contact: Carmen Miloslavich (416) 653-5400 ext. 1296

## KR Vietnamese Support Program

A strong, cohesive group with adults and seniors from the Vietnamese community who meet monthly on issues related to health education and community resources. Celebration of cultural festivals and birthdays help reduce isolation among vulnerable members.

Dates: monthly

Day: Wednesday

Time: 1-4 p.m.

Location: Keele-Rogers site (1651 Keele St.)

For further information, contact: Kim Nguyen 416-653-5400 ext. 1265



## KR Community Cooking Connections

This one-year project is mandated to establish resident-led community kitchens with a focus on addressing nutrition, healthy eating, healthy lifestyle, and mental health issues of low-income residents.

Dates: till March 2011

Day: Monday to Saturday (specific schedule will be established by individual group)

Location: Community Kitchens in the neighbourhood

For further information, contact: Tennur Makarnaci at 416-456-8243

Dates: weekly (ongoing)

Day: Thursday

Time: 10 a.m. – 2 p.m.

Location: Keele-Rogers site (1651 Keele St.)

For further information, contact: Jose Bonilla at 416-653-5400 ext. 1254

## 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, 11 a.m. – 12 noon, a primary health care doctor, a dietitian and a community health worker deliver talks on various issues.

Date: ongoing

Day: Wednesday

Time: 10 a.m.-12 noon

Location: Lawrence Heights site (12 Flemington Rd.)

For further information, contact: Olu Akinkunmi at 416-787-1676 ext. 234

## 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.

**LH** Peer Education and  
**BF** Action for Community  
Health (PEACH)

Peer Education and Action for Community Health (PEACH) is a peer-led and multi-lingual project that is seeking to bring communities together through education and social support. Peer leaders from the Lawrence Heights and Bathurst-Finch communities are learning, teaching, practicing group work and connecting with members of their own language communities. Our leaders are sharing information and education through dynamic workshops. Please let us know if you or any community members you know would like to participate in a workshop series in the future in a language other than English.

For further information, contact: Nathalie Zeemel at [nathalie.zeemel@unisonhcs.org](mailto:nathalie.zeemel@unisonhcs.org) or 416-319-6058

**BF** Community Kitchen

Run by a dietitian and health promotion staff.

Date: until December 2010  
Day: Thursday  
Time: TBD  
Location: Fisherville Junior High (425 Patricia Ave.)

For further information, contact: Jenny Lyttle at 647-436-0385

**BF** Community Garden

Community garden near Rockford School run through ANC and Bathurst-Finch Network Food Action Team. Meetings occasionally of Food Action Team and community garden committee.

Location: Rockford Park  
For further information, contact: Hannah Bontogon at 647-436-0385

**BF** Good Food Market

Fresh produce market offered through FoodShare and Bathurst-Finch Network Food Action Group. Children's activities every week.

Day: Tuesday  
Time: 3-7 p.m.  
Location: 6091 Bathurst St.  
For further information, contact: Ayal at 415-363-6441 ext. 276 or Clare at 416-363-6441 ext. 247

**BF** Workshops and Talks

Health promotion staff and dietitian regularly offer off-site workshops, talks and neighbourhood tours touching on a variety of issues including navigating the health care system for newcomers, mental health, healthy eating and harm reduction.

For further information, contact: Julia Fursova or Jenny Lyttle at 647-436-0385



## Community Action Groups

**BF** Neighbourhood Action Group – Bathurst-Finch

The Neighbourhood Action Group (NAG) is an emerging Resident Council in the Bathurst-Finch Neighbourhood. Membership consists of anyone living, working or attending school in the BF neighbourhood. NAG is currently working on two projects: improving safety of pedestrian crossings in the neighbourhood and increasing opportunities for regular, cross-cultural, social/recreational interaction for adults in the neighbourhood by planning a calendar of activities.

For more information on how to get involved and meeting dates, contact Hannah Bontogon at 647-436-0385

**LH** Community Action Team (CAT)

Lawrence Heights and Neptune residents and grassroots groups meet together "to share what we know, discuss what we want, learn together, and build a stronger voice for our needs". Drop by a CAT meeting, and connect with what's happening!

Day: 1st and 3rd Tuesday of each month  
Time: 6:00-8:00 pm

For more information and upcoming dates, contact: Nathalie Zeemel at 416-319-6058



**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 neighbourhoods.

If you would like to learn more about or join in our research work, contact: Maria Albornoz at 647-241-0596

## Training Programs

**LH** Childcare Providers  
**BF** Training Program (CCPT)

This training supports and assists parents and caregivers in the challenging task of caring for children from birth to twelve years old. The training also builds skills and experience to work as homecare providers or to assist Early Childhood Educators in different settings. Registration is required. Priority is given for community members who live and go to school in the immediate catchment area.

Dates: October 1, 2010 to December 24, 2010  
Day: Wednesday and Friday  
Time: 9:00 a.m. - 12:00 noon  
Location: Lawrence Heights site (12 Flemington Rd.)

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



For further information about Childcare Providers Training program at Bathurst-Finch, contact: Julia Fursova at 647-436-0385

**LH** Community Education for Action and Community Leadership

The goal of the CEACL Leadership training is to offer local residents support on the critical issues in their lives. It encourages community

building and enhances active civic engagement. CEACL training includes a series of workshops and a practicum component and helps local residents build leadership, communication, group facilitation and conflict mediation skills. Training participants are awarded certificates upon graduation based on attendance.

For more information, contact: Judith Otto at 416-787-1676 ext. 256

## Clinics

**KR** ID Clinic

This weekly program helps vulnerable people get the ID needed 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. 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.

Dates: ongoing  
Day: Wednesday  
Time: 10 a.m. - 12 noon  
Location: Keele-Rogers site (1651 Keele St.)

For further information, contact Neighbourhood Link Support Services at 416-691-7407

**KR** Forms Clinic

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

Dates: ongoing  
Day: Wednesday  
Time: 9:30 a.m. - 4:00 p.m.  
Location: Keele-Rogers site (1651 Keele St.)

For further information, contact: 416-653-5400 ext. 1221