

**Jane-Trethewey Site  
June 2019- Program Calendar**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Telephthamology Services Extended to All Unison Sites</b> This service is to provide eye exams and retinal screenings at no cost. This service is covered under OHIP for individuals with diabetes. Non-OHIP insured clients with diabetes are also accepted. If you are interested in attending, please speak to your Doctor, Nurse Practitioner, or call Stephanie at (416) 787-1661 ext. 3301					1 <b>Zumba Fitness</b> 10am – 11:30am
3 <b>Prenatal Program</b> 1pm – 3pm	4	5 <b>Seeds of Compassion: Women's Trauma Group</b> 10am – 11am* <b>Mind Body &amp; Yoga</b> 12:30pm – 2:30pm* <b>Zumba Fitness</b> 6:30pm – 7:30pm	6 <b>Art Therapy (Seniors)</b> 10:30am – 12:30pm** <b>Wellness Support Group</b> 10am – 12pm <b>Teens Prenatal Program</b> 4:30pm – 6:30pm	7	8 <b>Zumba Fitness</b> 10am – 11:30am
10 <b>Prenatal Program</b> 1pm – 3pm	11	12 <b>Mind Body &amp; Yoga</b> 12:30pm – 2:30pm* <b>Zumba Fitness</b> 6:30pm – 7:30pm	13 <b>Art Therapy (Seniors)</b> 10:30am – 12:30pm** <b>Wellness Support Group</b> 10am – 12pm <b>Teens Prenatal Program</b> 4:30pm – 6:30pm	14	15 <b>Zumba Fitness</b> 10am – 11:30am
17 <b>Prenatal Program</b> 1pm – 3pm <b>Teleophthalmology Clinic: Eye Screening for Diabetic Clients</b> 9:30am – 5pm*	18	19 <b>Mind Body &amp; Yoga</b> 12:30pm – 2:30pm* <b>Zumba Fitness</b> 6:30pm – 7:30pm	20 <b>Art Therapy (Seniors)</b> 10:30am – 12:30pm** <b>Wellness Support Group</b> 10am – 12pm <b>Teens Prenatal Program</b> 4:30pm – 6:30pm	21	22 <b>Zumba Fitness</b> 10am – 11:30am
24 <b>Prenatal Program</b> 1pm – 3pm	25 <b>Diabetes Education Program Group Information Session</b> 1pm – 3pm*	26 <b>Mind Body &amp; Yoga</b> 12:30pm – 2:30pm* <b>Zumba Fitness</b> 6:30pm – 7:30pm	27 <b>Wellness Support Group</b> 10am – 12pm <b>Teens Prenatal Program</b> 4:30pm – 6:30pm	28	29

\*Registration Required: See back page for contact person's information.\*

Programs are subject to change. Please contact program staff for more information.

*Spring Blossoms*

Jane-Trethewey   
1541 Jane Street  
Toronto, ON M9N 2R3  
416-645-7575

# Jane-Trethewey Program Listings

**We want to hear from you!**

Enter for a chance to win a \$50 gift card!

Once complete, tear this section & drop this off in the client feedback box or scan the code to complete the survey online - to scan the code, you must download the QR Code Scanner App.

- How helpful do you find the program calendar?  
1---2---3---4---5---6---7---8---9---10
- How have you been using the program calendar? (Check all that apply)
  - As a reminder
  - To learn about new programs
  - To create a routine
  - Others? Please specify. \_\_\_\_\_
- How did you obtain the program calendar? (Check all that apply)
  - Received from a Unison staff
  - Pick up from the waiting area
  - Pick up from the reception
  - Others? Please specify. \_\_\_\_\_
- Please provide us with any feedback you may have about the program calendar.



Leave us your information so we can reach you.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**Art Therapy (Seniors)**

An ideal group to build relationships, learn mindfulness practices and use art as a means of addressing concerns like anxiety, depression, and stress. Program is offered off site at York West Active Living Centre (Weston-Lawrence) for seniors 55+. Call Amanda ext. 2050

**Behind the Arts (For Somali Women)**

Aims to foster conversations about self, community and stigma through mask making. This group will be facilitated in Somali for Somali speaking women. Registration required. Contact: Amina Warfa at (416) 653-5400 ext. 1275

**Craving Change**

Provides cognitive-behavioural tools, activities and strategies that address the universal struggle to change problematic and emotional eating behaviours. The thought-provoking, 'how-to' approach focuses on the 'why' of eating behaviour and what to do about it. Registration required. Contact Amanda Costa at ext. 2050

**Healthy Eating & Fitness Program**

Let's spring into action and stay active! Come join the 10 weeks Healthy Eating and Fitness sessions to learn more about healthy eating, learn new recipes and experience the benefits of yoga! Call Abubakar @ x.2436 to sign up for Tuesdays Call Kim @ 1265 to sign up for Thursdays

**Prenatal Program**

If you are expecting a baby, please join us for our weekly prenatal program. For more information please contact Joey Nugara Charron at jcharron@sickkidscmh.ca.

**Wellness Recovery Action Plan (WRAP®)**

An 8 week program that helps participants develop plans to maintain wellness and become aware of early warning signs & triggers. Call Avaleen at ext. 2715 to register

**Mind, Body & Soca/Mind Body & Yoga**

Combines soca exercises (an infusion of African & Caribbean dance) or yoga in combination with mindfulness to help community members reflect on their overall wellness. Contact: Avaleen Sargeant at ext. 2715

**Seeds of Compassion (Women's Trauma Group)**

This group will engage in discussion, mindfulness, yoga and arts based activities to explore ways to better understand trauma and work on healing from these experiences. Call Amanda at ext. 2050 to register

**Wellness Support Group**

Program that promotes healthy aging. Seniors 55+ who live within the Jane Street Hub area & nearby neighborhoods, are welcome to join. Contact: Kim Nguyen at ext. 1265

**Getting Grounded (Somali Women)**

6 week DBT informed group providing clients with a variety of tools and skills to manage anxiety and stresses of everyday life. This series will be facilitated in Somali for Somali speaking women and will take place offsite at the Community Place Hub at 1765 Weston Rd, York, ON M9N 3P7. Call the Community Place Hub at 416-323-1429 to register.

**Teens Prenatal Program**

Weekly prenatal sessions are offered to pregnant teens under the age of 29. Come meet other moms, learn about healthy eating, prenatal care, baby care and so much more. Public Health Nurse/Dietitian are also present to support clients. Tokens, gift certificates, childcare and interpretation are available. This is a partnership with Supporting Young Families. Contact: Albana Qatipi ext. 1300

## Jane-Trethewey Site April 2019- Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Craving Change 10am – 12pm* Prenatal Program 1pm – 3pm	2 Healthy Eating & Fitness 10am – 12pm* Behind the Arts 12:30pm – 2:30pm* Mind, Body & Soca 6pm – 7:30pm*	3 Seeds of Compassion: Women's Trauma Group 10am – 11am* Getting Grounded (Somali) 12:30pm – 2:30pm** Zumba Fitness 6:30pm – 7:30pm	4 Wellness Support Group 10am – 12pm Teens Prenatal Program 4:30pm – 6:30pm	5 Healthy Eating & Fitness 10am – 12pm* Wellness Recovery Action Plan (WRAP@) 10am – 12pm*	6 Zumba Fitness 10am – 11:30am
8 Craving Change 10am – 12pm* Prenatal Program 1pm – 3pm	9 Healthy Eating & Fitness 10am – 12pm* Behind the Arts 12:30pm – 2:30pm* Mind, Body & Soca 6pm – 7:30pm*	10 Seeds of Compassion: Women's Trauma Group 10am – 11am* Getting Grounded (Somali) 12:30pm – 2:30pm** Zumba Fitness 6:30pm – 7:30pm	11 Wellness Support Group 10am – 12pm Teens Prenatal Program 4:30pm – 6:30pm	12 Healthy Eating & Fitness 10am – 12pm* Wellness Recovery Action Plan (WRAP@) 10am – 12pm*	13 Zumba Fitness 10am – 11:30am
15 Craving Change 10am – 12pm* Prenatal Program 1pm – 3pm	16 Healthy Eating & Fitness 10am – 12pm* Behind the Arts 12:30pm – 2:30pm* Mind, Body & Soca 6pm – 7:30pm*	17 Seeds of Compassion: Women's Trauma Group 10am – 11am* Getting Grounded (Somali) 12:30pm – 2:30pm** Zumba Fitness 6:30pm – 7:30pm	18 Wellness Support Group 10am – 12pm Teens Prenatal Program 4:30pm – 6:30pm	19 Good Friday Unison Closed	20 Zumba Fitness 10am – 11:30am
22 Craving Change 10am – 12pm* Prenatal Program 1pm – 3pm	23 Healthy Eating & Fitness 10am – 12pm* Behind the Arts 12:30pm – 2:30pm* Mind, Body & Soca 6pm – 7:30pm*	24 Seeds of Compassion: Women's Trauma Group 10am – 11am* Getting Grounded (Somali) 12:30pm – 2:30pm** Zumba Fitness 6:30pm – 7:30pm	25 Wellness Support Group 10am – 12pm Teens Prenatal Program 4:30pm – 6:30pm	26 Healthy Eating & Fitness 10am – 12pm* Wellness Recovery Action Plan (WRAP@) 10am – 12pm*	27 Zumba Fitness 10am – 11:30am
29 Prenatal Program 1pm – 3pm	30 Healthy Eating & Fitness 10am – 12pm* Behind the Arts 12:30pm – 2:30pm* Diabetes Education Program Group Information Session 5:30pm – 7:30pm* Mind, Body & Soca 6pm – 7:30pm*	<b>Mental Health Awareness Week</b> During the third week of May, Unison will be celebrating Mental Health Awareness Week. Each site will host different mental health activities, including an art class, laughter yoga, movie night, wellness workshop, and a free trip to the ROM. Contact: Amanda at 416-645-7575 ext. 2050  <b>Diabetes Education Program Group Information Session</b> We offer individual appointments & group classes for adults with Type 2 Diabetes or pre-diabetes with a registered nurse or dietitian who specialize in diabetes education. Learn about risk level, risk factors, healthy eating, physical activity guidelines and more to lower your risk. Registration is required. Contact (416) 787-1661 ext. 3301			

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## Jane-Trethewey Site May 2019- Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Seeds of Compassion: Women's Trauma Group 10am – 11am* Zumba Fitness 6:30pm – 7:30pm	2 Art Therapy (Seniors) 10:30am – 12:30pm** Wellness Support Group 10am – 12pm Teens Prenatal Program 4:30pm – 6:30pm	3 Healthy Eating & Fitness 10am – 12pm* Wellness Recovery Action Plan (WRAP@) 10am – 12pm*	4 Zumba Fitness 10am – 11:30am
6 Prenatal Program 1pm – 3pm	7 Healthy Eating & Fitness 10am – 12pm* Mind, Body & Soca 6pm – 7:30pm*	8 Seeds of Compassion: Women's Trauma Group 10am – 11am* Zumba Fitness 6:30pm – 7:30pm	9 Art Therapy (Seniors) 10:30am – 12:30pm** Wellness Support Group 10am – 12pm Teens Prenatal Program 4:30pm – 6:30pm	10 Healthy Eating & Fitness 10am – 12pm* Wellness Recovery Action Plan (WRAP@) 10am – 12pm*	11 Zumba Fitness 10am – 11:30am
<b>Mental Health Awareness Week</b>					
13 Prenatal Program 1pm – 3pm	14 Healthy Eating & Fitness 10am – 12pm* Mind, Body & Soca 6pm – 7:30pm*	15 Seeds of Compassion: Women's Trauma Group 10am – 11am* Mind Body & Yoga 12:30pm – 2:30pm* Zumba Fitness 6:30pm – 7:30pm Movie Night – MH Awareness Week 5pm – 7pm*	16 Art Therapy (Seniors) 10:30am – 12:30pm** Wellness Support Group 10am – 12pm Teens Prenatal Program 4:30pm – 6:30pm	17 Healthy Eating & Fitness 10am – 12pm* Wellness Recovery Action Plan (WRAP@) 10am – 12pm* Royal Ontario Museum (ROM) Trip – MH Awareness Week All day*	18 Zumba Fitness 10am – 11:30am
20 Victoria Day Unison Closed	21 Mind, Body & Soca 6pm – 7:30pm*	22 Seeds of Compassion: Women's Trauma Group 10am – 11am* Mind Body & Yoga 12:30pm – 2:30pm* Zumba Fitness 6:30pm – 7:30pm	23 Art Therapy (Seniors) 10:30am – 12:30pm** Wellness Support Group 10am – 12pm Teens Prenatal Program 4:30pm – 6:30pm	24 Wellness Recovery Action Plan (WRAP@) 10am – 12pm*	25 Zumba Fitness 10am – 11:30am
27 Prenatal Program 1pm – 3pm	28 Mind, Body & Soca 6pm – 7:30pm*	29 Seeds of Compassion: Women's Trauma Group 10am – 11am* Mind Body & Yoga 12:30pm – 2:30pm* Zumba Fitness 6:30pm – 7:30pm	30 Art Therapy (Seniors) 10:30am – 12:30pm** Wellness Support Group 10am – 12pm Teens Prenatal Program 4:30pm – 6:30pm	31 Diabetes Education Program Group Information Session 9am – 11am* Wellness Recovery Action Plan (WRAP@) 10am – 12pm*	

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