

**Lawrence Heights Site  
June 2019 - Program Calendar**

Monday	Tuesday	Wednesday	Thursday	Friday
3 <b>Getting Grounded</b> 1:30pm – 3:30pm*	4	5 <b>Childcare Providers Training Program</b> 9:30am – 12:30 pm*	6 <b>Forever Young Seniors</b> 10am – 1pm	7 <b>Social Club for 55+</b> 10:30am – 1pm
10 <b>Childcare Providers Training Program</b> 9:30am – 12:30 pm* <b>Getting Grounded</b> 1:30pm – 3:30pm*	11 <b>Baby &amp; Me</b> 1:30pm – 3:30pm* <b>Labour of Love – Prenatal Program</b> 1:30pm – 3:30pm*	12 <b>Childcare Providers Training Program</b> 9:30am – 12:30 pm*	13 <b>Forever Young Seniors</b> 10am – 1pm	14 <b>Harm Reduction Meal Program</b> 11am – 1pm <b>Harm Reduction Kit Making</b> 1pm – 3pm
17 <b>Childcare Providers Training Program</b> 9:30am – 12:30 pm*	18 <b>Baby &amp; Me</b> 1:30pm – 3:30pm* <b>Labour of Love – Prenatal Program</b> 1:30pm – 3:30pm*	19 <b>Childcare Providers Training Program</b> 9:30am – 12:30 pm*	20 <b>Forever Young Seniors</b> 10am – 1pm	21
24 <b>Childcare Providers Training Program</b> 9:30am – 12:30 pm* <b>Diabetes Education Program Group Information Session</b> 1pm – 3pm*	25 <b>Baby &amp; Me</b> 1:30pm – 3:30pm* <b>Labour of Love – Prenatal Program</b> 1:30pm – 3:30pm*	26	27 <b>Forever Young Seniors</b> 10am – 1pm <b>Housing Help Community Clinic</b> 1:30pm – 3:30pm*	28 <b>Social Club for 55+</b> 10:30am – 1pm <b>Harm Reduction Meal Program</b> 11am – 1pm <b>Harm Reduction Kit Making</b> 1pm – 3pm

**Diabetes Education Program**

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. Pre-registration required.

Contact 416-787-1661 ext. 3301

**Free Naturopathic Teaching Clinic**

Looking for personalized holistic health care? Visit the naturopathic (natural) medicine clinic at Unison (Lawrence Heights site), for visits on Saturdays from 9am to 3pm. Supervised by a licensed naturopathic doctor (ND), our student interns will take time to listen to your health concerns and work with you to achieve your health goals. **Visits are by appointment only** – to make an appointment call 416-498-1255 ext. 490 or email unisonlh@ccnm.edu

\*Registration Required: See back page for contact person's information. Programs are subject to change. Please contact program staff for more information.

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

**Lawrence Heights  
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: \_\_\_\_\_

**Baby & Me**

For parents or caregivers and their child from birth to age one year. Each session starts with singing with baby and its followed by a discussion on a topic such as infant health, development and nutrition or issues faced by new parents.  
*Contact: Hawa Abdi ext 3227.*

**Forever Young Seniors**

Focuses on topics that promote healthy aging. Different service agencies and health professionals will be providing education sessions throughout the year. If you are seniors over the age of 55 and live within the Lawrence Heights or nearby neighborhoods, you are welcome to join our weekly program. Health snacks and meals are provided.  
*Contact: Klodiana Dibra ext. 1300*

**Harm Reduction Kit Making**

Opportunity for service users to put together harm reduction kits and learn about what is in the packages. Volunteers in this program receive compensation for their time.  
*Contact: Wayne Duhaney ext. 3278*

**Harm Reduction Meals**

Offers an opportunity for service users to meet new friends, meet our Harm Reduction Workers and our Peer Workers, while enjoying a hot bowl of soup and other healthy options.  
*Contact: Wayne Duhaney ext. 3278*



**Healthy Eating & Fitness for Seniors**

Come learn about nutrition from a dietitian & stay active with a fitness instructor. Welcome any senior from the Lawrence Height community.  
*Contact: Albana Qatipi ext. 3256*

**Getting Grounded**

6 week DBT informed group providing clients with a variety of tools & skills to manage the anxiety & stresses of everyday life. Ideal for clients looking to build relationships & enhance coping skills. Topics such as sleep, nutrition, exercise, mindfulness, emotion regulation, and self-compassion will be discussed.  
*Contact: Amanda at 416-645-7575 ext 2050*

**Labour of Love – Prenatal Program**

If you would like to know more about prenatal and postnatal care. The program offers opportunities for meeting other women, learning about pregnancy, baby care and healthy eating, enjoying a snack and tasting new foods, and TTC tokens and childcare are available.  
*Contact: Sick Kids Centre for Community Mental Health at (416) 924-1164 ext. 8719*

**Housing Help Community Clinic - On-site intake, case-management, referrals, advice, advocacy and conflict mediation services to local residents and low income tenants on housing and conflict mediation matters. Please call for intake, registration and appointment.**

*Contact: Rosamaria Andino ext. 3232*

**Social Club for 55+**

Program designed and led by seniors for seniors living in the Lawrence Heights, Neptune and Lotherthon Pathways communities. Come enjoy a variety of activities designed by seniors. Healthy snacks and meals are also provided.  
*Contact: Klodiana Dibra ext. 1300*

## Lawrence Heights Site April 2019 - Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Baby & Me 1:30pm – 3:30pm* Labour of Love – Prenatal Program 1:30pm – 3:30pm*	3	4 Forever Young Seniors 10am – 1pm	5
8	9 Baby & Me 1:30pm – 3:30pm* Labour of Love – Prenatal Program 1:30pm – 3:30pm*	10	11 Forever Young Seniors 10am – 1pm	12 Social Club for 55+ 10:30am – 1pm Harm Reduction Meal Program 11am – 1pm Harm Reduction Kit Making 1pm – 3pm
15 Childcare Providers Training Program 9:30am – 12:30 pm*	16 Baby & Me 1:30pm – 3:30pm* Labour of Love – Prenatal Program 1:30pm – 3:30pm*	17 Childcare Providers Training Program 9:30am – 12:30 pm*	18 Forever Young Seniors 10am – 1pm	19 Good Friday Unison Closed
22 Childcare Providers Training Program 9:30am – 12:30 pm* Diabetes Education Program Group Information Session 1pm – 3pm*	23 Healthy Eating & Fitness for Seniors 10am – 12pm* Baby & Me 1:30pm – 3:30pm* Labour of Love – Prenatal Program 1:30pm – 3:30pm*	24 Childcare Providers Training Program 9:30am – 12:30 pm*	25 Forever Young Seniors 10am – 1pm Housing Help Community Clinic 1:30pm – 3:30pm*	26 Harm Reduction Meal Program 11am – 1pm Harm Reduction Kit Making 1pm – 3pm
29 Childcare Providers Training Program 9:30am – 12:30 pm* Getting Grounded 1:30pm – 3:30pm*	30 Healthy Eating & Fitness for Seniors 10am – 12pm* Baby & Me 1:30pm – 3:30pm* Labour of Love – Prenatal Program 1:30pm – 3:30pm*	<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		

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## Lawrence Heights Site May 2019 - Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
6 Childcare Providers Training Program 9:30am – 12:30 pm* Getting Grounded 1:30pm – 3:30pm*	7 Healthy Eating & Fitness for Seniors 10am – 12pm* Baby & Me 1:30pm – 3:30pm* Labour of Love – Prenatal Program 1:30pm – 3:30pm*	8 Childcare Providers Training Program 9:30am – 12:30 pm*	9 Forever Young Seniors 10am – 1pm	10 Social Club for 55+ 10:30am – 1pm Harm Reduction Meal Program 11am – 1pm Harm Reduction Kit Making 1pm – 3pm
<b>Mental Health Awareness Week</b>				
13 Childcare Providers Training Program 9:30am – 12:30 pm* Tree of Life (Art Class) MH Awareness Week 10am – 4pm* Getting Grounded 1:30pm – 3:30pm*	14 Healthy Eating & Fitness for Seniors 10am – 12pm* Baby & Me 1:30pm – 3:30pm* Labour of Love – Prenatal Program 1:30pm – 3:30pm*	15 Childcare Providers Training Program 9:30am – 12:30 pm*	16 Forever Young Seniors 10am – 1pm	17 Social Club for 55+ 10:30am – 1pm Royal Ontario Museum (ROM) Trip MH Awareness Week All day*
20 Victoria Day Unison Closed	21 Healthy Eating & Fitness for Seniors 10am – 12pm* Baby & Me 1:30pm – 3:30pm* Labour of Love – Prenatal Program 1:30pm – 3:30pm*	22 Childcare Providers Training Program 9:30am – 12:30 pm* Diabetes Education Program Group Information Session 9am – 11am*	23 Forever Young Seniors 10am – 1pm	24 Social Club for 55+ 10:30am – 1pm Harm Reduction Meal Program 11am – 1pm Harm Reduction Kit Making 1pm – 3pm
27 Childcare Providers Training Program 9:30am – 12:30 pm* Getting Grounded 1:30pm – 3:30pm*	28 Healthy Eating & Fitness for Seniors 10am – 12pm* Baby & Me 1:30pm – 3:30pm* Labour of Love – Prenatal Program 1:30pm – 3:30pm*	29 Childcare Providers Training Program 9:30am – 12:30 pm*	30 Forever Young Seniors 10am – 1pm Housing Help Community Clinic 1:30pm – 3:30pm*	31

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