

Keele-Rogers Program Listings



Art Therapy

Art therapy is an ideal group for community members wishing to build relationships, learn mindfulness practices, and use art as a means of addressing concerns like anxiety, depression, and stress. Call Amanda at 416-645-7575 Ext 2050 to register.

Arthritis Clinic

A physiotherapist sees clients with Arthritis one on one to provide assessment, education and support on how to control symptoms, exercise to improve strength, endurance and flexibility, and so forth. Welcome self-referral; please call 416-979-7228 x. 3381.

Baby & Me

For parents or caregivers and their child from birth to one year. Each session includes singing with baby and discussion on topics such as infant health, development and nutrition or issues faced by new parents. Contact: Kay Vera ext. 1249

Community Kitchen

As a complimentary component to support Streets to Home clients and other hard-to-house clients, besides offering a nutritious breakfast and lunch, this program also provides workshops on harm reduction, employment preparation, kitchen knowledge, healthy eating and health lifestyle. Registration is not required. Contact: Erin Shaw ext. 1254

Forever Young Seniors

Program that promotes healthy aging. If you are seniors over the age of 55 and live within the Weston Mount Dennis communities or nearby neighborhoods, you are welcome to join our weekly program. Contact: Kim Nguyen at ext. 1265

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: Mon Martins ext. 1424



Having a Baby, Drop-In - Prenatal Program

Come meet other women, enjoy healthy snacks and learn about pregnancy, baby care and healthy eating from a Public Health Nurse and a Registered Dietitian. TTC tokens, gift certificates, childcare and interpretation services are provided to participants. Program is offered at four different locations. Contact: Klodiana Dibra ext. 1300

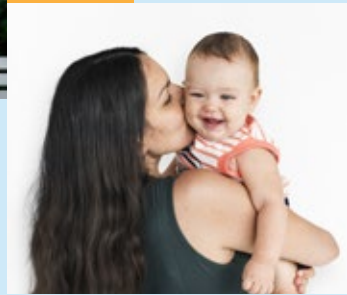
Mindy Body & Soca

Combines soca exercises (an infusion of African and Caribbean dance) and mindfulness to help community members reflect on their overall wellness. Contact Amanda Costa at 416-645-7575 ext. 2050 for registration.

Portuguese Healthy Living Program

Este programa está encerrando. Se você estiver interessado em participar do próximo programa, converse com seu medico/ou profissional de saúde sobre o encaminhamento.





Keele-Rogers Site
July 2019- Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 Canada Day Unison Closed	2 Art Therapy 10am – 12pm* Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm	3 Portuguese Healthy Living Program 10am – 12pm	4 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm Harm Reduction Kit Making 1pm – 2pm	5 Portuguese Healthy Living Program 10am – 12pm
8 Forever Young Seniors 1pm – 3pm	9 Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm	10 	11 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm	12 Arthritis Clinic 9am – 5pm*
15 Forever Young Seniors 1pm – 3pm	16 Baby & Me – Parenting Program 10 am – 12pm Diabetes Education Program Group Information Session 1pm – 3pm* Having a Baby, Drop In – Prenatal Program 1pm – 3pm	17 Social Club 10am – 2pm*	18 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm Harm Reduction Kit Making 1pm – 2pm	19 
22 Forever Young Seniors 1pm – 3pm	23 Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm	24 Mind, Body & Soca 2pm – 3pm*	25 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm	26
29 Forever Young Seniors 1pm – 3pm	30 Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm	31 	Teleophthalmology 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	



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

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



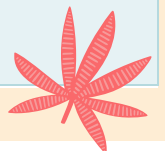


Keele-Rogers Site August 2019- Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Diabetes Education Program We offer individual appointments and group classes for adults with Type 2 Diabetes or pre-diabetes with a registered nurse and dietitian who specialize in diabetes education. Learn about risk level, risk factors, healthy eating, physical activity guidelines and etc. to lower your risk. Pre-Registration is required. Contact: (416) 787-1661 ext. 3301			Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm Harm Reduction Kit Making 1pm – 2pm	Arthritis Clinic 9am – 5pm*
5 Civic Holiday Unison Closed	6 Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm	7 Mind, Body & Soca 2pm – 3pm*	8 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm	9
12 	13 Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm	14 	15 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm Harm Reduction Kit Making 1pm – 2pm	16 Arthritis Clinic 9am – 5pm* Diabetes Education Program Group Information Session 9am – 11am*
19 	20 Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm	21 Social Club 10am – 2pm*	22 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm	23 
26	27 Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm	28 	29 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm	30 Arthritis Clinic 9am – 5pm*

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Keele-Rogers Site September 2019- Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 Labour Day Unison Closed	3 	4 	5 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm Harm Reduction Kit Making 1pm – 2pm	6
9 Forever Young Seniors 1pm – 3pm	10 Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm	11 	12 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm KR Open House 4pm – 6pm	13 
16 Forever Young Seniors 1pm – 3pm	17 Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm Diabetes Education Program Group Information Session 5:30pm – 7:30pm*	18  Social Club 10am – 2pm*	19 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm Harm Reduction Kit Making 1pm – 2pm	20
23 Forever Young Seniors 1pm – 3pm Annual General Meeting 5:30pm	24 Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm	25 	26 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm	27
30 Forever Young Seniors 1pm – 3pm	Client Feedback Hotline Do you have some feedback you would like to provide about Unison's services, facilities or anything else? Now, you can leave us a voicemail message with your comments. Please tell us which site your comment is about and provide your name and phone number to follow up. 416-653-5400, Option 5			

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