

Lawrence Heights Program Listings



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

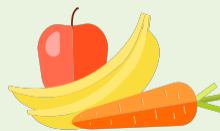
Harm Reduction Kit Making

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



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



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

Labour of Love - 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: Sick Kids Centre for Community Mental Health 416-924-1164 ext. 8719

Seniors Wellness College

8-week group for seniors on how to live well while aging. Topics include mood, brain health, violence prevention & grief/loss. Participants receive a certificate & learn how to act as peer educators and advocates for other seniors in their community. Healthy snacks provided. Registration required.
Contact: Albana Qatipi ext.3256

Social Club for 55+

Program designed & 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 provided.
Contact: Klodiana ext. 1300

Women's Empowerment Series: Discovering our Power

In partnership with North York Women's Centre, Unison HCS will be hosting a women's empowerment series. This series will focus on building women's strengths and personal power. Discovering our power is the first program in this three part series. For more information call Amanda at 416-645-7575 ext 2050.





Youth Do Care

4 week hands on, fun, educational Summer Youth Childcare Training program. Are you an early teen between 10- 15 years old who would like to build life skills & social networks that promotes early healthy child development? Registration is required. Some core topics are child normal growth & development, behavior guidance, leadership skills, child safety, and etc. You will also receive free CPR training, free certificate will be awarded as completion of the program & earn community hours. Contact: Maleda Mulu at 416-787-1676 Ext. 3220

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

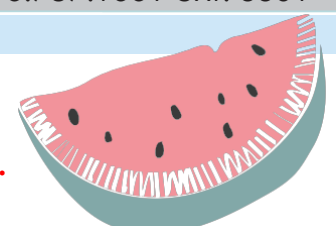


Lawrence Heights Site July 2019- Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 Canada Day Unison Closed	2 Seniors Wellness College 10am – 12pm* Baby & Me 1:30pm – 3:30pm* Labour of Love – Prenatal Program 1:30pm – 3:30pm*	3 	4 Forever Young Seniors 10am – 1pm	5 Social Club for 55+ 10am – 12pm
8 Youth Do Care 10am – 3pm	9 Seniors Wellness College 10am – 12pm* Baby & Me 1:30pm – 3:30pm* Labour of Love – Prenatal Program 1:30pm – 3:30pm*	10 Youth Do Care 10am – 3pm	11 Forever Young Seniors 10am – 1pm Teleophthalmology Clinic: Eye Screening for Diabetic clients 9:30am – 4pm*	12 Social Club for 55+ 10am – 12pm Harm Reduction Kit Making 1pm – 3pm DEP workshop 1:30pm – 2:30pm*
15 Youth Do Care 10am – 3pm	16 Seniors Wellness College 10am – 12pm* Baby & Me 1:30pm – 3:30pm* Labour of Love – Prenatal Program 1:30pm – 3:30pm*	17 Youth Do Care 10am – 3pm	18 Forever Young Seniors 10am – 1pm	19 Social Club for 55+ 10am – 12pm
22 Youth Do Care 10am – 3pm 	23 Seniors Wellness College 10am – 12pm* Baby & Me 1:30pm – 3:30pm* Labour of Love – Prenatal Program 1:30pm – 3:30pm*	24 Youth Do Care 10am – 3pm Diabetes Education Program Group Information Session 9am – 11am*	25 Forever Young Seniors 10am – 1pm Housing Help Community Clinic 1:30pm – 3:30pm*	26 Social Club for 55+ 10am – 12pm Harm Reduction Kit Making 1pm – 3pm
29 Youth Do Care 10am – 3pm	30 Seniors Wellness College 10am – 12pm* Baby & Me 1:30pm – 3:30pm* Labour of Love – Prenatal Program 1:30pm – 3:30pm*	31 Youth Do Care 10am – 3pm	30 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.





Lawrence Heights 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			1 Forever Young Seniors 10am – 1pm	2 Social Club for 55+ 10am – 12pm
5 Civic Holiday Unison Closed	6 Seniors Wellness College 10am – 12pm* Baby & Me 1:30pm – 3:30pm* Labour of Love – Prenatal Program 1:30pm – 3:30pm*	7 	8 Forever Young Seniors 10am – 1pm Teleophthalmology Clinic: Eye Screening for Diabetic clients 9:30am – 4pm*	9 Social Club for 55+ 10am – 12pm Harm Reduction Kit Making 1pm – 3pm
12 Youth Do Care 10am – 3pm 	13 Seniors Wellness College 10am – 12pm* Baby & Me 1:30pm – 3:30pm* Labour of Love – Prenatal Program 1:30pm – 3:30pm*	14 	15 Forever Young Seniors 10am – 1pm	16 Social Club for 55+ 10am – 12pm
19 	20 Seniors Wellness College 10am – 12pm* Baby & Me 1:30pm – 3:30pm* Labour of Love – Prenatal Program 1:30pm – 3:30pm*	21 	22 Forever Young Seniors 10am – 1pm	23 Social Club for 55+ 10am – 12pm Harm Reduction Kit Making 1pm – 3pm DEP workshop 1:30pm – 2:30pm*
26 DEP Group Information Session 5:30pm – 7:30pm*	27 Baby & Me 1:30pm – 3:30pm* Labour of Love – Prenatal Program 1:30pm – 3:30pm*	28 	29 Forever Young Seniors 10am – 1pm Housing Help Community Clinic 1:30pm – 3:30pm*	30 Social Club for 55+ 10am – 12pm

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Lawrence Heights Site September 2019- Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 Labour Day Unison Closed	3 Baby & Me 1:30pm – 3:30pm* Labour of Love – Prenatal Program 1:30pm – 3:30pm*	4	5 Forever Young Seniors 10am – 1pm	6 Social Club for 55+ 10am – 12pm
9 	10 Baby & Me 1:30pm – 3:30pm* Labour of Love – Prenatal Program 1:30pm – 3:30pm*	11 	12 Forever Young Seniors 10am – 1pm Teleophthalmology Clinic: Eye Screening for Diabetic clients 9:30am – 4pm*	13 Social Club for 55+ 10am – 12pm Harm Reduction Kit Making 1pm – 3pm DEP workshop 1:30pm – 2:30pm*
16 	17 Baby & Me 1:30pm – 3:30pm* Labour of Love – Prenatal Program 1:30pm – 3:30pm*	18 	19 Forever Young Seniors 10am – 1pm	20 Social Club for 55+ 10am – 12pm
23 Annual General Meeting 5:30pm	24 Baby & Me 1:30pm – 3:30pm* Labour of Love – Prenatal Program 1:30pm – 3:30pm*	25 DEP Group Information Session 9am – 11am*	26 Forever Young Seniors 10am – 1pm Housing Help Community Clinic 1:30pm – 3:30pm*	27 Social Club for 55+ 10am – 12pm Harm Reduction Kit Making 1pm – 3pm Women's Empowerment Series: Discovering our Power 1:30pm – 3:30pm*
30 	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. 416-787-1661, Option 6			

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