



Jane-Trethewey 
1541 Jane Street
Toronto, ON M9N 2R3

JANE TRETHEWEY SITE
416-645-7575



We would love to hear from you!!
If you have any feedback or comments about the program calendars, Unison's services and programs, please call 416-787-1661, press "6" and leave us a message.

Jane-Trethewey Site
March 2020 - Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Prenatal Program 1pm – 3pm	3 Healthy Eating & Fitness 10am – 12pm	4 Zumba Fitness 6pm – 7:30pm	5 Wellness Support Group 10am – 12pm	6 Healthy Eating & Fitness 1pm – 3pm	7 Zumba Fitness 10am – 11:30am
9 Prenatal Program 1pm – 3pm	10 Healthy Eating & Fitness 10am – 12pm West End Peer Support Drop-in Group 6pm – 8pm	11 Zumba Fitness 6pm – 7:30pm	12 Wellness Support Group 10am – 12pm	13 Healthy Eating & Fitness 1pm – 3pm	14 Zumba Fitness 10am – 11:30am
16 Prenatal Program 1pm – 3pm	17 Healthy Eating & Fitness 10am – 12pm	18 Zumba Fitness 6pm – 7:30pm	19 Wellness Support Group 10am – 12pm	20 Healthy Eating & Fitness 1pm – 3pm	21 Zumba Fitness 10am – 11:30am
23 Prenatal Program 1pm – 3pm	24 Healthy Eating & Fitness 10am – 12pm	25 Zumba Fitness 6pm – 7:30pm	26 Wellness Support Group 10am – 12pm	27 Soup & Soul 12:30pm – 2:30pm* Healthy Eating & Fitness 1pm – 3pm	28 Zumba Fitness 10am – 11:30am
30 Prenatal Program 1pm – 3pm	31 Healthy Eating & Fitness 10am – 12pm				

Registration Required: See front page for contact person's information.
**Program is held off site: See front page for address.
Programs are subject to change. Please contact program staff for more information.

Healthy Eating & Fitness Program

Let's keep moving and stay healthy! Come join the 10 weekly sessions to learn about healthy eating, fitness and mental health. Program is led by a Registered Dietitian, Certified Fitness Instructor and Social Worker. Call Abubakar @ x.2436 to sign up for Tuesdays Call Kim @ 1265 to sign up for Fridays

Healthy Feet, Diabetes and You

A program for anyone living with or giving care to someone with type 2 diabetes. This one-time workshop teaches skills needed for daily foot care. Please call (416) 787-1661 ext. 3301 to register.

Prenatal Program

If you are expecting a baby, please join us for our weekly prenatal program. Connect with mothers and other women, learn about pregnancy, baby care and healthy eating. TTC tokens are available. Contact: Sick Kids Centre for Community Mental Health at (416) 924-1164 ext. 8719

Soup & Soul

Soup and Soul provides an opportunity to come together to explore wellness topics like self-care, nutrition and healthy relationships. Every month expect new topics, soups, and fun activities. For registration call ext. 2050.

Telephthalmology Services

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.

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

West End Drop-In Peer Support Group

Support group for individuals with mental health challenges seeking community support. Facilitated by trained peers from the Mood Disorders Association of Ontario. No registration required (anonymous) & free of charge. Call Amanda for more information at ext. 2050.





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Jane-Trethewey Site January 2020 - Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 New Year's Day Unison Closed	2 2020	3	4 Zumba Fitness 10am – 11:30am
6 Prenatal Program 1pm – 3pm	7 West End Peer Support Drop-in Group 6pm – 8pm	8 Zumba Fitness 6pm – 7:30pm	9	10	11 Zumba Fitness 10am – 11:30am
13 Prenatal Program 1pm – 3pm	14	15 Zumba Fitness 6pm – 7:30pm	16	17	18 Zumba Fitness 10am – 11:30am
20 Prenatal Program 1pm – 3pm	21	22 Zumba Fitness 6pm – 7:30pm	23	24	25 Zumba Fitness 10am – 11:30am
27 Prenatal Program 1pm – 3pm	28	29 Zumba Fitness 6pm – 7:30pm	30	31 Soup & Soul 12:30pm – 2:30pm*	

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Jane-Trethewey Site February 2020 - Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Prenatal Program 1pm – 3pm	4 Healthy Eating & Fitness 10am – 12pm	5 Zumba Fitness 6pm – 7:30pm	6	7	8 Zumba Fitness 10am – 11:30am
10 Prenatal Program 1pm – 3pm	11 Healthy Eating & Fitness 10am – 12pm West End Peer Support Drop-in Group 6pm – 8pm	12 Zumba Fitness 6pm – 7:30pm	13	14	15 Zumba Fitness 10am – 11:30am
17 Family Day Unison Closed	18 Healthy Eating & Fitness 10am – 12pm	19 Zumba Fitness 6pm – 7:30pm	20	21 Healthy Eating & Fitness 1pm – 3pm	22 Zumba Fitness 10am – 11:30am
24 Teleophthalmology 9:30am – 5pm Prenatal Program 1pm – 3pm	25 Healthy Eating & Fitness 10am – 12pm	26 Zumba Fitness 6pm – 7:30pm	27 Wellness Support Group 10am – 12pm	28 Soup & Soul 12:30pm – 2:30pm* Healthy Eating & Fitness 1pm – 3pm	29 Zumba Fitness 10am – 11:30am

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