



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.

**Lawrence Heights Site**  
**March 2020 - Program Calendar**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Childcare Providers Training 9:30am - 12:30pm	3 Baby & Me 1:30pm - 3:30pm* Labour of Love - Prenatal Program 1:30pm - 3:30pm*	4 Childcare Providers Training 9:30am - 12:30pm	5 Forever Young Seniors 10am - 1pm	6 Social Club for 55+ 10am - 12pm
9 Childcare Providers Training 9:30am - 12:30pm	10 Baby & Me 1:30pm - 3:30pm* Labour of Love - Prenatal Program 1:30pm - 3:30pm*	11 Childcare Providers Training 9:30am - 12:30pm	12 Forever Young Seniors 10am - 1pm	13 Social Club for 55+ 10am - 12pm Harm Reduction Kit Making 1pm - 3pm Community Healing Circle for Parents and/or Caregivers 1pm to 3pm
16 Childcare Providers Training 9:30am - 12:30pm	17 Baby & Me 1:30pm - 3:30pm* Labour of Love - Prenatal Program 1:30pm - 3:30pm*	18 Childcare Providers Training 9:30am - 12:30pm	19 Forever Young Seniors 10am - 1pm Housing Help Community Clinic 1:30pm - 3:30pm*	20 Social Club for 55+ 10am - 12pm
23 Childcare Providers Training 9:30am - 12:30pm	24 Baby & Me 1:30pm - 3:30pm* Labour of Love - Prenatal Program 1:30pm - 3:30pm*	25 Childcare Providers Training 9:30am - 12:30pm	26 Forever Young Seniors 10am - 1pm	27 Social Club for 55+ 10am - 12pm Harm Reduction Kit Making 1pm - 3pm
30 Childcare Providers Training 9:30am - 12:30pm	31 Baby & Me 1:30pm - 3:30pm* Labour of Love - Prenatal Program 1:30pm - 3:30pm*			

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

**Baby & Me**  
For parents or caregivers and their children from birth to age one year. Each session starts with singing with baby and is followed by a discussion on a topic such as infant health, development and nutrition or issues faced by new parents.  
Contact: Building Brighter Futures  
416-924-1164 ext. 2310

**Chair yoga for Seniors**  
The popular chair yoga is back for another season!  
This weekly program is supported by North York Community House.  
Call Albana Qatipi @ ext. 3256 to register

**Childcare Providers Training**  
Community based adult training supports and assists parents and caregivers in the challenging task of caring for children from birth to 12 years old. The training also builds skills and experience to work as homecare providers or to assist early childhood educators in different settings. Registration required. Priority is given for community members who live and go to school in the immediate catchment area. Contact: Maleda Mulu ext. 3230



**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. Healthy 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 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 ext. 3301 to register

**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**  
This program offers learning about pregnancy and prenatal care, birth and postnatal life, baby care and healthy eating. You will meet other women & enjoy healthy snacks. TTC tokens and childcare are available.  
Contact: Sick Kids Centre for Community Mental Health at (416) 924-1164 ext. 8719

**Social Club for 55+**  
This program is led by a group of seniors. Please join weekly social activities designed by the seniors. Come share laughter and fun times with us. Healthy snacks and meals are provided. For more information, please call Klodiana ext. 1300.

**Teleophthalmology Services Extended to All Unison Sites**  
Service provides eye exams and retinal screenings at no cost. 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.

**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





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### Lawrence Heights Site January 2020 - Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1 New Year's Day Unison Closed	2 <b>2020</b>	3 
6	7 Chair Yoga for seniors 10:30am-11:30am Baby & Me 1:30pm - 3:30pm* Labour of Love - Prenatal Program 1:30pm - 3:30pm*	8	9 Forever Young Seniors 10am - 1pm	10 Social Club for 55+ 10am - 12pm Harm Reduction Kit Making 1pm - 3pm
13	14 Chair Yoga for seniors 10:30am-11:30am Baby & Me 1:30pm - 3:30pm* Labour of Love - Prenatal Program 1:30pm - 3:30pm*	15 Community Healing Circle for Parents and/or Caregivers 1pm to 3pm	16 Forever Young Seniors 10am - 1pm Housing Help Community Clinic 1:30pm - 3:30pm*	17 Social Club for 55+ 10am - 12pm Community Healing Circle for Parents and/or Caregivers 1pm to 3pm
20	21 Chair Yoga for seniors 10:30am-11:30am Baby & Me 1:30pm - 3:30pm* Labour of Love - Prenatal Program 1:30pm - 3:30pm*	22 Community Healing Circle for Parents and/or Caregivers 1pm to 3pm	23 Forever Young Seniors 10am - 1pm	24 Social Club for 55+ 10am - 12pm Harm Reduction Kit Making 1pm - 3pm Community Healing Circle for Parents and/or Caregivers 1pm to 3pm
27 Childcare Providers Training 9:30am - 12:30pm	28 Chair Yoga for seniors 10:30am-11:30am Baby & Me 1:30pm - 3:30pm* Labour of Love - Prenatal Program 1:30pm - 3:30pm*	29 Childcare Providers Training 9:30am - 12:30pm	30 Forever Young Seniors 10am - 1pm	31 Social Club for 55+ 10am - 12pm

### Lawrence Heights Site February 2020 - Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 Childcare Providers Training 9:30am - 12:30pm	4 Chair Yoga for seniors 10:30am-11:30am Baby & Me 1:30pm - 3:30pm* Labour of Love - Prenatal Program 1:30pm - 3:30pm*	5 Childcare Providers Training 9:30am - 12:30pm PEP Talk Healthy Feet, Diabetes and You 9:30am - 12pm	6 Forever Young Seniors 10am - 1pm	7 Social Club for 55+ 10am - 12pm Community Healing Circle for Parents and/or Caregivers 1pm to 3pm
10 Childcare Providers Training 9:30am - 12:30pm	11 Chair Yoga for seniors 10:30am-11:30am Baby & Me 1:30pm - 3:30pm* Labour of Love - Prenatal Program 1:30pm - 3:30pm*	12 Childcare Providers Training 9:30am - 12:30pm	13 Forever Young Seniors 10am - 1pm	14 Social Club for 55+ 10am - 12pm Harm Reduction Kit Making 1pm - 3pm Community Healing Circle for Parents and/or Caregivers 1pm to 3pm
17 Family Day Unison Closed	18 Chair Yoga for seniors 10:30am-11:30am Baby & Me 1:30pm - 3:30pm* Labour of Love - Prenatal Program 1:30pm - 3:30pm*	19 Childcare Providers Training 9:30am - 12:30pm	20 Forever Young Seniors 10am - 1pm Housing Help Community Clinic 1:30pm - 3:30pm*	21 Social Club for 55+ 10am - 12pm
24 Childcare Providers Training 9:30am - 12:30pm	25 Chair Yoga for seniors 10:30am-11:30am Baby & Me 1:30pm - 3:30pm* Labour of Love - Prenatal Program 1:30pm - 3:30pm*	26 Childcare Providers Training 9:30am - 12:30pm	27 Forever Young Seniors 10am - 1pm	28 Social Club for 55+ 10am - 12pm Harm Reduction Kit Making 1pm - 3pm

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