

## UNISON UPDATE

People who need a family doctor or nurse practitioner can call front desk for an intake assessment and registration appointment with our case coordinators.

Call 416-787-1661; press 0 to speak with a receptionist.

### Harm Reduction Drop In

Substance users are welcome to visit the office on the 2<sup>nd</sup> floor to get support, receive safe drug-use equipment and supplies, or return used needles.

### Anonymous, Rapid HIV Testing

- 30 minute appointment
- Accurate results from a finger prick blood sample.
- Pre- and post- test counseling to explore risk reduction, offer support and provide links to AIDS service organizations in Toronto.

### YOUTH CHILDCARE TRAINING

Are you an early teen caring for your younger siblings, cousins or neighbors' children? You can use these skills here!

Please Call Maleda Mulu  
416-787-1676 ext. 3230

## Downsview Community Legal Services

is here to support Lawrence Heights residents on housing, ODSP/OW, worker's rights and family law and so much more.

Call 416-635-8388 to make an appointment

## Diabetes Education Program

**Pre-Registration is required.** For more information about dates and times, contact: **416-787-1661 ext. 3301**

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.

We are a team of certified diabetes educators trained to give you the knowledge and skills to manage your diabetes. You will meet with a registered nurse and/or a registered dietitian who will work with you to create a plan that best works for you. Learn about risk level, risk factors, healthy eating, physical activity guidelines and etc. to lower your risk.

### Seniors

Are you a senior over the age of 55? Do you live within the Lawrence Heights or nearby neighborhoods? Do you want to meet new friends and learn about healthy aging?

**If so, come join our weekly seniors program. Free snacks and nutritious meals are offered.**

### Naturopathic Teaching Clinic

Looking for personalized holistic health care? Visit the naturopathic (natural) medicine clinic at Unison (Lawrence Heights site), for visits on Saturdays.

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. 3490** or email [unisonlh@ccnm.edu](mailto:unisonlh@ccnm.edu).

### Need help with housing?

Our monthly Housing Help Community Clinic can help! Together with Downsview Community Legal Services, Toronto Community Housing Corporation and St. Stephen's, we offer on-site advice, advocacy, mediation and referral services for local residents, low-income tenants and housing seekers.

Please pre-book your appointments if possible, or drop-in.

**For more information, please contact: Rosamaria, 416-787-1676 ext. 232**



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



**NEW SERVICE available on SATURDAYS At Lawrence Heights!**  
**Naturopathic Teaching Clinic**  
Call to make an appointment call **416 498 1255 ext. 3490**

Lawrence-Heights Site

## July 2017 • Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 Centre closed STAT Holiday	4 Dancing into Health 10 am-12 pm  LABOUR OF LOVE 1:30 - 3:30 PM  Baby and Me 1:30 - 3:30 PM	5	6 Seniors Program 10 am-1pm	7
10 Diabetes Education ** 5:30 - 7:30 pm  YOUTH Childcare Training program 10 am to 3 pm	11 LABOUR OF LOVE 1:30 - 3:30 PM  Baby and Me 1:30 - 3:30 PM	12 Diabetes Education: ** Understanding Blood Pressure 9:30 – 11:30 am  YOUTH Childcare Training program 10 am to 3 pm	13 Seniors Program 10 am-1pm	14 Harm Reduction Kit Making 1-2pm Meal Program 2-3 pm
17 Teleophthalmology clinic-Eye Screening** 9:00 am – 7:30 pm  YOUTH Childcare Training program 10 am to 3 pm	18 LABOUR OF LOVE 1:30 - 3:30 PM  Baby and Me 1:30 - 3:30 PM	19 Diabetes Education** 9:00 – 11:00 am  YOUTH Childcare Training program 10 am to 3 pm	20 Seniors Program 10 am-1pm	21
24 YOUTH Childcare Training program 10 am to 3 pm	25 LABOUR OF LOVE 1:30 - 3:30 PM  Baby and Me 1:30 - 3:30 PM	26 YOUTH Childcare Training program 10 am to 3 pm	27 Seniors Program 10 am-1pm	28 Harm Reduction Kit Making 1-2pm Meal Program 2-3 pm

\*\* Registration required – Please call Stephanie at 416.787.1661 ext. 3301

Special thanks to Daniel Rose, resident of Lawrence Heights, for proofreading.



Lawrence-Heights Site

# August 2017 • Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>LABOUR OF LOVE</b> 1:30 - 3:30 PM  <b>Baby and Me</b> 1:30 - 3:30 PM	2 <b>YOUTH</b> Childcare Training program 10 am to 3 pm	3 <b>Senior's Program</b> 10 am-1pm	4
7 Civic Holiday – Centre <b>CLOSED</b>	8 <b>LABOUR OF LOVE</b> 1:30 - 3:30 PM  <b>Baby and Me</b> 1:30 - 3:30 PM	9 <b>YOUTH</b> Childcare Training program 10 am to 3 pm  <b>Diabetes Education**</b> <i>Understanding Cholesterol</i> 9:30 – 11:30 am	10 <b>Senior's Program</b> 10 am-1pm	11 <b>Harm Reduction</b> <b>Kit Making</b> 1-2pm <b>Meal Program</b> 2-3 pm
14 <b>Teleophthalmology</b> clinic - Eye Screening** 9:00 am – 7:30 pm  <b>Diabetes Education**</b> 5:30 – 7:30 pm	15 <b>LABOUR OF LOVE</b> 1:30 - 3:30 PM  <b>Baby and Me</b> 1:30 - 3:30 PM	16	17 <b>Senior's Program</b> 10 am-1pm	18
21	22 <b>LABOUR OF LOVE</b> 1:30 - 3:30 PM  <b>Baby and Me</b> 1:30 - 3:30 PM	23	24	25 <b>Harm Reduction</b> <b>Kit Making</b> 1-2pm <b>Meal Program</b> 2-3 pm
28	29 <b>LABOUR OF LOVE</b> 1:30 - 3:30 PM  <b>Baby and Me</b> 1:30 - 3:30 PM	30 <b>Diabetes Education**</b> 9:00-11:00 am	31	

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Lawrence-Heights Site

# September 2017 • Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 <b>Centre Closed</b> <b>STAT holiday</b>	5 <b>Dancing into Health</b> 10 am-12 pm  <b>LABOUR OF LOVE</b> 1:30 - 3:30 PM  <b>Baby and Me</b> 1:30 - 3:30 PM	6	7 <b>Seniors Program</b> 10 am-1pm	8 <b>Harm Reduction</b> <b>Kit Making</b> 1-2pm <b>Meal Program</b> 2-3 pm
11 <b>Diabetes Education**</b> 5:30 – 7:30 pm	12 <b>Dancing into Health</b> 10 am-12 pm  <b>LABOUR OF LOVE</b> 1:30 - 3:30 PM  <b>Baby and Me</b> 1:30 - 3:30 PM	13 <b>Diabetes Education**</b> <i>Medication Safety</i> 9:30 – 11:30 am	14 <b>Seniors Program</b> 10 am-1pm	15
19 <b>Unison's Annual</b> <b>General Meeting</b> <b>(AGM) is taking</b> <b>place this month.</b> <b>Stay tuned for</b> <b>more information.</b>  <b>To learn more</b> <b>about the event,</b> <b>please contact</b> <b>Hazzel Rosales,</b> <b>416-787-1661 ext.</b> <b>3275</b>	20 <b>Dancing into Health</b> 10 am-12 pm  <b>LABOUR OF LOVE</b> 1:30 - 3:30 PM  <b>Baby and Me</b> 1:30 - 3:30 PM	21	22 <b>Seniors Program</b> 10 am-1pm	23 <b>Harm Reduction</b> <b>Kit Making</b> 1-2pm <b>Meal Program</b> 2-3 pm
26 <b>Dancing into Health</b> 10 am-12 pm  <b>LABOUR OF LOVE</b> 1:30 - 3:30 PM  <b>Baby and Me</b> 1:30 - 3:30 PM	27 <b>Diabetes Education**</b> 9:00 – 11:00 am	28 <b>Seniors Program</b> 10 am-1pm	29	

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