

UNISON Bathurst Finch

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

For more information call 647-436-0385; then Press 0

Bathurst-Finch Action for Neighborhood Change

ANC is an initiative of United Way's Building Strong Neighbourhoods Strategy and is a community development program that aims to improve neighbourhoods.

ANC supports and nurtures local leadership. It is a platform on which residents can spearhead and contribute to positive changes. It brings residents together and provides the space, tools and capacity building for them to make plans and take steps towards improving their neighbourhood. Anyone living, working, attending school, or volunteering in the neighbourhood can join.

For more information, please contact Mandana Attarzadeh (647) 436-0385 Ext. 4524

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 voice mail message with your comments.**
- **Please tell us which site your comment is about and provide your name and phone number for follow up.**

647-436-0385, Option 7

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.

To book for a test or ask about our harm reduction service, please contact:
(647) 436-0385 ext. 4555

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.



Please tear off this section to provide feedback and enter for a draw

1. How helpful do you find the program calendar.
1----2---3----4-----5 ---6---7---8---9---10
2. Please recommend at least one pick up location for Unison program calendars.

3. Once complete, drop this off to the client feedback box. You will be eligible to enter a draw for a gift certificate.
4. Leave us information so we can reach you.
 - a. Name: _____
 - b. Phone Number: _____

Unison - Bathurst Finch

540 Finch Avenue West, Toronto
ON M2R 1N7 647-436-0385



Bathurst-Finch Site

April 2018 • Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 Prenatal Program 1 pm – 3 pm	3	4	Barley Lentil Salad Source: www.cookspiration.com Ingredients: 2 1/2 - 3 cups water 1/2 cup green lentils 1/2 cup pearl or pot barley 1 garlic clove, finely grated or crushed 2 - 3 cups finely chopped kale or spinach, tough stems discarded 1 tart apple, cored and diced  1/2 cup crumbled feta 1/4 cup finely chopped purple onion Vinaigrette 1/3 cup olive oil 2 Tbsp lemon juice	
9 Prenatal Program 1 pm – 3 pm	10	11 Fresh produce market 12 pm – 4 pm	2 Tbsp white wine or rice vinegar 2 tsp grainy mustard 1 tsp honey or granulated sugar 1/4 tsp salt 1/4 tsp freshly ground black pepper 1/3 cup chopped toasted almonds	
16 Prenatal Program 1 pm – 3 pm	17	18 Fresh produce market 12 pm – 4 pm	Instructions Step 1 In a large saucepan, combine water, lentils, barley and garlic. Boil for 20 minutes or until tender. Drain well, discarding the garlic, and set aside to cool completely. Step 2 In a bowl, combine lentils and barley with kale, apple, feta and purple onion. Step 3 To prepare vinaigrette: In a small bowl, whisk together canola oil, lemon juice, vinegar, mustard, honey, salt and pepper. Pour over the salad and toss to combine. Top with almonds just before serving.	
23 Prenatal Program 1 pm – 3 pm	24	25 Fresh produce market 12 pm – 4 pm 	Nutrition Piece: Canada's Food Guide recommends that at least half the grains we eat be whole grains, like the barley in this recipe. Barley is a nutritious and inexpensive grain that is low in sodium, sugar and fat. It is rich in fibre.	
30 Prenatal Program 1 pm – 3 pm				



Bathurst-Finch Site
May 2018 • Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
		Fresh produce market 12 pm – 4 pm		
7	8	9	10	11
Prenatal Program 1 pm – 3 pm		Fresh produce market 12 pm – 4 pm		
14	15	16	17	18
Prenatal Program 1 pm – 3 pm		Fresh produce market 12 pm – 4 pm		
21	22	23	24	25
Prenatal Program 1 pm – 3 pm		Fresh produce market 12 pm – 4 pm	Teleophthalmology Clinic: Eye Screening for Diabetic clients 9:30 am – 5:00 pm	
28	29	30	31	
Prenatal Program 1 pm – 3 pm		Farmer's Market 12 pm – 4 pm		



Bathurst-Finch Site
June 2018 • Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	8
Prenatal Program 1 pm – 3 pm		Fresh produce market 12 pm – 4 pm		
11	12	13	14	15
Prenatal Program 1 pm – 3 pm		Fresh produce market 12 pm – 4 pm		
18	19	20	21	22
Prenatal Program 1 pm – 3 pm		Fresh produce market 12 pm – 4 pm		
25	26	27	28	29
Prenatal Program 1 pm – 3 pm		Farmer's Market 12 pm – 4 pm		

