

Unison Links

Drop-in resource and information centre. Fill out forms, find out about services, and get your questions answered.

For more information please contact:
(416) 653-5400 Ext 1226



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.

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.

***For more information please call 416-787-1661 ext. 3301

Baby

Having A Baby Drop-in for Pregnant Women

This weekly drop in program offers education and individual supports to pregnant mothers. Public Health Nurse, Dietitian, and other service agencies offer supports on prenatal nutrition, breastfeeding, prenatal and postnatal care, etc.

All participants will receive \$10 food vouchers and 2 TTC tokens.

Same program is offered at two other locations on Wednesdays and Thursdays separately. Please note that the locations are at Access Point on Jane and Learning Enriching Foundation.

Living and Learning with Baby

This weekly drop-in program supports moms with babies up to one year old. Program is supported by Public Health Nurse who offers health education, parenting advice and support for new moms.

For more information please contact: **Albana Qatipi**
(416) 653-5400 ext.1300

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.

416-653-5400, Option 5

Thursday Anonymous, Rapid HIV Testing Clinic

-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:
Wayne Duhanev. (647) 268-5321

Harm Reduction Drop In on Thursdays

Substance users are welcome to visit the harm reduction office on the 2nd floor to get support, receive safe drug use equipment and supplies or return used needles.

For more information please call Harm Reduction Worker, **Wayne Duhanev, (647) 268-5321**

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

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

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



Unison – Keele-Rogers
1651 Keele Street, Toronto
ON M6M 3W2 416-653-5400



Keele-Rogers Site

April 2018 • Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
2 Art Beat(Art Classes) 10am-1pm Dancing Into Health 11am-1pm	3 Having a Baby, Drop in/prenatal program 1pm-3 pm	4	5 Community Kitchen Breakfast 9:30am-10 am Lunch 12pm-1pm	6 Harm Reduction Kit Making 1pm-2pm Diabetes Education Program Group Information Session 9:00am – 11:00am
9 Art Beat(Art Classes) 10am-1pm Dancing Into Health 11am-1pm	10 Having a Baby, Drop in/prenatal program 1pm-3 pm	11	12 Community Kitchen Breakfast 9:30am-10 am Lunch 12pm-1pm	13
16 Art Beat(Art Classes) 10am-1pm Dancing Into Health 11am-1pm	17 Having a Baby, Drop in/prenatal program 1pm-3 pm	18	19 Community Kitchen Breakfast 9:30am-10 am Lunch 12pm-1pm	20
23 Art Beat(Art Classes) 10am-1pm Dancing Into Health 11am-1pm	24 Having a Baby, Drop in/prenatal program 1pm-3 pm	25 	26 Community Kitchen Breakfast 9:30am-10 am Lunch 12pm-1pm	27 Harm Reduction Kit Making 1pm-2pm
30 Art Beat(Art Classes) 10am-1pm Dancing Into Health 11am-1pm				



Keele-Rogers Site
May 2018 • Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Art Beat(Art Classes) 10am-1pm Dancing Into Health 11am-1pm	1 Having a Baby, Drop in/prenatal program 1pm-3 pm	2	3 Community Kitchen Breakfast 9:30am-10 am Lunch 12pm-1pm	4 Harm Reduction Kit Making 1pm-2pm
7 Art Beat(Art Classes) 10am-1pm Dancing Into Health 11am-1pm Teleophthalmology Clinic: Eye Screening for Diabetic clients 9:30 am – 5:00 pm	8 Having a Baby, Drop in/prenatal program 1pm-3 pm	9	10 Community Kitchen Breakfast 9:30am-10 am Lunch 12pm-1pm	11
14 Art Beat(Art Classes) 10am-1pm Dancing Into Health 11am-1pm	15 Having a Baby, Drop in/prenatal program 1pm-3 pm	16	17 Community Kitchen Breakfast 9:30am-10 am Lunch 12pm-1pm	18
21 Art Beat(Art Classes) 10am-1pm Dancing Into Health 11am-1pm	22 Having a Baby, Drop in/prenatal program 1pm-3 pm	23	24 Community Kitchen Breakfast 9:30am-10 am Lunch 12pm-1pm	25 Harm Reduction Kit Making 1pm-2pm
28 Art Beat(Art Classes) 10am-1pm Dancing Into Health 11am-1pm	29 Having a Baby, Drop in/prenatal program 1pm-3 pm	30 	31 Community Kitchen Breakfast 9:30am-10 am Lunch 12pm-1pm	Harm Reduction Kit Making 1pm-2pm



Keele-Rogers Site
June 2018 • Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Art Beat(Art Classes) 10am-1pm Dancing Into Health 11am-1pm	Having a Baby, Drop in/prenatal program 1pm-3 pm		Community Kitchen Breakfast 9:30am-10 am Lunch 12pm-1pm	1 Harm Reduction Kit Making 1pm-2pm
4 Art Beat(Art Classes) 10am-1pm Dancing Into Health 11am-1pm	5 Having a Baby, Drop in/prenatal program 1pm-3 pm	6	7 Community Kitchen Breakfast 9:30am-10 am Lunch 12pm-1pm	8 Diabetes Education Program Group Information Session 9:00 – 11:00am
11 Art Beat(Art Classes) 10am-1pm Dancing Into Health 11am-1pm	12 Having a Baby, Drop in/prenatal program 1pm-3 pm	13	14 Community Kitchen Breakfast 9:30am-10 am Lunch 12pm-1pm	15
18 Art Beat(Art Classes) 10am-1pm Dancing Into Health 11am-1pm	19 Having a Baby, Drop in/prenatal program 1pm-3 pm	20	21 Community Kitchen Breakfast 9:30am-10 am Lunch 12pm-1pm	22 Harm Reduction Kit Making 1pm-2pm
25	26	27	28	29

