

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.

416-787-1661, Option 6

Harm Reduction Drop In

Substance users are welcome to visit the office on the 2nd floor to get support, receive safe drug-use equipment and supplies, and 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.

To book for a test or ask about our harm reduction service, please contact:
Wayne Duhaney, 416-787-1676 ext. 278

Healthy Living

Learn about how to eat better and be active today to prevent diabetes and other chronic diseases.

Education workshop is provided by a Registered Dietitian to anyone who has recently been identified at risk, pre-diabetes or type 2 diabetes.

Clients will have the opportunity to learn their risk level, risk factors, healthy eating, physical activity guidelines and etc. to lower your risk.

COLOUR IT UP

COLOR IT UP is a 6 weeks program that helps women, men and their families eat the recommended servings of vegetables and fruit every day. **Cook, taste, learn, have fun!**

When: Wednesdays, starting May 16, 2018

Time: 10:00-12:00 pm

Where: Lawrence Heights Site
For more information please contact Jenny at 416-787-1676 ext. 3229 or Analy ext. 3226

(*)Registration required

Baby and Me

Is a program to support parents or caregivers with children from birth to one year? Each session includes singing time with babies and discussion on topics such as infant health, development and nutrition or issues faced by new parents.

Come to meet other parents and enjoy healthy snacks.
For more information please contact: **Hawa @ ext. 3227**

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 appointments if possible or drop-in.

**For more information, please contact:
Rosamaria, 416-787-1676 ext. 3232**

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

If so, come join our weekly Forever Young Seniors program. Free snacks and nutritious meals are offered.

For more information, please contact:
Albana Qatipi, 416-787-1661 ext 3256

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



Lawrence-Heights Site
April 2018 • Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5 Seniors Program 10 am-1pm	6
9 Diabetes Education Program Group Information Session 1:00 – 3:00 pm	10 Labour of Love* 1:30pm - 3:30 pm Baby and Me 1:30pm - 3:30 pm	11	12 Seniors Program 10 am-1pm	13 Harm Reduction Kit Making 1pm-2pm
16 Teleophthalmology Clinic: Eye Screening for Diabetic clients 9:00 am – 7:30 pm*	17 Labour of Love* 1:30pm - 3:30 pm Baby and Me 1:30pm - 3:30 pm	18	19 Seniors Program 10 am-1pm	20
23 Diabetes Education Program Group Information Session 5:30pm-7:30pm*	24 Labour of Love* 1:30pm - 3:30 pm Baby and Me 1:30pm - 3:30 pm	25	26 Seniors Program 10 am-1pm Housing Help* Community Clinic 1:30pm-3:30pm	27 Harm Reduction Kit Making 1pm-2pm
30 Diabetes Education Program Group Information Session 1:00 – 3:00 pm	31 Labour of Love* 1:30pm - 3:30 pm Baby and Me 1:30pm - 3:30 pm			

*Registration Required: see back page for contact person's information



Lawrence-Heights Site
May 2018 • Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
			Seniors Program 10 am-1pm	
7	8	9	10	11
Diabetes Education Program Group Information Session 1:00 – 3:00 pm	Labour of Love* 1:30pm - 3:30 pm Baby and Me 1:30pm - 3:30 pm	Diabetes Education Program Group Information Session 1:00 – 3:00 pm	Seniors Program 10 am-1pm	Harm Reduction Kit Making 1pm-2pm
14	15	16	17	18
Teleophthalmology Clinic: Eye Screening for Diabetic clients 9:00 am – 7:30 pm*	Labour of Love* 1:30pm - 3:30 pm Baby and Me 1:30pm - 3:30 pm	Colour It Up* 10:00-12:00pm	Seniors Program 10 am-1pm	
21	22	23	24	25
Diabetes Education Program Group Information Session 5:30pm-7:30pm*	Labour of Love* 1:30pm - 3:30 pm Baby and Me 1:30pm - 3:30 pm	Colour It Up* 10:00-12:00pm	Seniors Program 10 am-1pm Housing Help* Community Clinic 1:30pm-3:30pm	Harm Reduction Kit Making 1pm-2pm
28	29	30	31	
Diabetes Education Program Group Information Session 1:00 – 3:00 pm	Labour of Love* 1:30pm - 3:30 pm Baby and Me 1:30pm - 3:30 pm	Colour It Up* 10:00-12:00pm	Seniors Program 10 am-1pm Housing Help* Community Clinic 1:30pm-3:30pm	

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Lawrence-Heights Site
June 2018 • Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	8
Diabetes Education Program Group Information Session 1:00 – 3:00 pm	Labour of Love* 1:30pm - 3:30 pm Baby and Me 1:30pm - 3:30 pm	Colour It Up* 10:00-12:00pm	Seniors Program 10 am-1pm	Harm Reduction Kit Making 1pm-2pm
11	12	13	14	15
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