

Phone number: 416-653-5400



Program Listings: Keele-Rogers

Art Beat - A weekly therapeutic art program led by experienced instructors for adults with developmental and/or psychiatric disabilities. Registration is required.
 Contact: Tinna Truong ext. 1252 or Joseph Bataclan ext. 1260

***NEW Baby and Me** - is for parents or caregivers and their child from birth to one year. Each session includes singing with baby and discussion on topics such as infant health, development and nutrition or issues faced by new parents.
 Contact: Klodiana Dibra ext. 1249

Community Kitchen - As a complimentary component to support Streets to Home clients and other hard-to-house clients, besides offering a nutritious breakfast and lunch, this program also provides workshops on harm reduction, employment preparation, kitchen knowledge, healthy eating and health lifestyle. Registration is not required.
 Contact: Erin Shaw ext. 1254

Dancing into Health - Dancing improves strength and muscle function in older adults, increasing balance and flexibility, leading to better stability and fewer injuries; as well as improving heart health. Please wear comfortable clothing and walking or running shoes.
 Contact: Kim Nguyen at ext. 1265

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: Mon Martins ext. 1424

Having a Baby Drop-in for Pregnant Women - Opportunities to meet other women, learn about pregnancy, baby care and healthy eating from a Public Health Nurse and a Registered Dietitian. Receive breastfeeding support and enjoy a healthy snack and tasting new food. TTC tokens, food gift certificates, childcare and interpretation services are provided to participants. Program is offered at four different locations.
 Contact: Albana Qatipi ext. 1300

***NEW Healthy Eating and Fitness for Arthritis** - Partnering with Arthritis Society, 10 weeks sessions to be delivered by a Registered Dietitian and a Certified Fitness Instructor. Anyone with a diagnosis of arthritis is welcomed to join. Occupational therapist from Arthritis Society will also be present to discuss tips on managing pain, proper footwear and joint protection. Registration is required.
 Contact: Klodiana Dibra ext. 1249

Seniors Support Group - Supporting seniors from the Weston Mount Denis Communities to meet monthly to discuss issues related to health, education and community resources, and to celebrate cultural festivals and cooking healthy food with a registered dietitian.
 Contact: Kim Nguyen ext. 1265

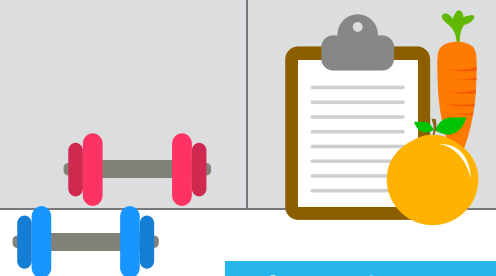


Keele-Rogers Site July 2018 • Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
2 Canada Day Unison Closed	3 Baby and Me / parenting program 10 am-12 pm Having a Baby, Drop in/prenatal program 1pm-3 pm	4 Healthy Eating & Fitness for Arthritis 2pm – 5pm*	5 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm Harm Reduction Kit Making 1pm – 2pm	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 voicemail message with your comments. ❖ Please tell us which site your comment is about and provide your name and phone number to follow up. 416-653-5400, Option 5
9 Art Beat 10am – 1pm Dancing Into Health 11am – 1pm	10 Baby and Me / parenting program 10 am-12 pm Having a Baby, Drop in/prenatal program 1pm-3 pm	11 Healthy Eating & Fitness for Arthritis 2pm – 5pm*	12 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm	
16 Teleophthalmology Clinic: Eye Screening for Diabetic clients 9:30am – 5pm* Art Beat 10am – 1pm Dancing Into Health 11am – 1pm	17 Baby and Me / parenting program 10 am-12 pm Having a Baby, Drop in/prenatal program 1pm-3 pm	18 Seniors Support Group 10am – 2pm*	19 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm Harm Reduction Kit Making 1pm – 2pm	
23 Art Beat 10am – 1pm Dancing Into Health 11am – 1pm	24 Baby and Me / parenting program 10 am-12 pm Having a Baby, Drop in/prenatal program 1pm-3 pm	25	26 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm	
30 Art Beat 10am – 1pm Dancing Into Health 11am – 1pm	31 Baby and Me / parenting program 10 am-12 pm Having a Baby, Drop in/prenatal program 1pm-3 pm			

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





Keele-Rogers Site
August 2018 • Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	Qmentum is coming!		Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm Harm Reduction Kit Making 1pm – 2pm	
On Sept. 17-20, 2018, Unison will host two external surveyors from Accreditation Canada. They will be conducting an organizational accreditation process called Qmentum. During this review, surveyors will be walking around speaking to clients and staff. For clients, speaking to the surveyors is OPTIONAL . But you are encouraged to do so if you feel comfortable. The information that you provide will help us towards our overall goal of improving the quality of services that we provide to you.				
Civic Holiday Unison Closed	Baby and Me / parenting program 10 am-12 pm Having a Baby, Drop in/prenatal program 1pm-3 pm		Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm	Diabetes Education Program Group Information Session 9:00 – 11:00 am*
Dancing Into Health 11am – 1pm	Baby and Me / parenting program 10 am-12 pm Having a Baby, Drop in/prenatal program 1pm-3 pm	Seniors Support Group 10am – 2pm*	Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm Harm Reduction Kit Making 1pm – 2pm	Qmentum is coming! What to do if you are approached: ❖ Be honest ❖ Be comfortable ❖ Speak openly Sample Questions for Clients ❖ What was the process for becoming a client? ❖ How do you find the staff at Unison? ❖ How have these services and programs helped you? ❖ How do you find the facilities at Unison - how clean, safe, accessible, etc.? ❖ How do you make a suggestion or complaint? ❖ What do you like best about Unison? Least?
Dancing Into Health 11am – 1pm	Baby and Me / parenting program 10 am-12 pm Having a Baby, Drop in/prenatal program 1pm-3 pm		Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm	
Dancing Into Health 11am – 1pm	Baby and Me / parenting program 10 am-12 pm Having a Baby, Drop in/prenatal program 1pm-3 pm		Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm	

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Keele-Rogers Site
September 2018 • Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Labour Day Unison Closed	Baby and Me / parenting program 10 am-12 pm Having a Baby, Drop in/prenatal program 1pm-3 pm		Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm Harm Reduction Kit Making 1pm – 2pm	Unison Links
				Find out about services in your neighborhood, access community and government supports, fill out forms, and learn more about Unison's programs and services.
				<i>Contact:</i> <i>Nalisa Cadet</i> <i>ext. 1226</i>
Art Beat 10am – 1pm Dancing Into Health 11am – 1pm	Baby and Me / parenting program 10 am-12 pm Having a Baby, Drop in/prenatal program 1pm-3 pm Diabetes Education Program Group Information Session 5:00 – 7:00 pm*	Healthy Eating and Fitness for Arthritis 10 to 12 pm*	Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm Harm Reduction Kit Making 1pm – 2pm	
Art Beat 10am – 1pm Dancing Into Health 11am – 1pm	Baby and Me / parenting program 10 am-12 pm Having a Baby, Drop in/prenatal program 1pm-3 pm	Seniors Support Group 10am – 2pm*	Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm Harm Reduction Kit Making 1pm – 2pm	
Art Beat 10am – 1pm Dancing Into Health 11am – 1pm	Baby and Me / parenting program 10 am-12 pm Having a Baby, Drop in/prenatal program 1pm-3 pm	Healthy Eating and Fitness for Arthritis 10 to 12 pm*	Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm	

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