

Phone number: 416-787-1661



Program Listings: Lawrence Heights

Baby and Me - is for parents or caregivers and their child from birth to age one year. Each session starts with singing with baby and its followed by a discussion on a topic such as infant health, development and nutrition or issues faced by new parents.

Contact: Hawa Abdi ext 3227.

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: Mishka-Gaye Miller ext. 3275 or Kim Nguyen ext. 1265

Forever Young Seniors - Focuses on topics that promote healthy aging. If you are seniors over the age of 55 and live within the Lawrence Heights or nearby neighborhoods, you are welcome to join our weekly program.

Contact: Albana Qatipi ext. 3256.

***New Social Club for 55+** - Program designed and led by seniors for seniors living in the Lawrence Heights, Neptune and Lotherton Pathways communities. Come to enjoy a variety of activities designed by seniors. Healthy snacks and meals are also provided.

Contact: Klodiana Dibra ext. 1249

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

Harm Reduction Meals - Offers an opportunity for service users to meet new friends, meet our Harm Reduction Workers and our Peer Workers, while enjoying a hot bowl of soup and other healthy options.

Contact: Mon Martins ext. 1424

Housing Help Community Clinic - On-site intake, case-management, referrals, advice, advocacy and conflict mediation services to local residents and low income tenants on housing and conflict mediation matters. Please call for intake, registration and appointment.

Contact: Rosamaria Andino ext. 3232

Labour of Love - Prenatal Program - If you would like to know more about prenatal and postnatal care. The program offers opportunities for meeting other women, learning about pregnancy, baby care and healthy eating, enjoying a snack and tasting new foods, and TTC tokens and childcare are available.

Contact: Sick Kids Centre for Community Mental Health at (416) 924-1164 ext. 8719

Youth Do Care - is a childcare training program for early teen aged 11-15 to learn taking care of younger siblings, cousins, neighbor's children. Come to receive free CPR training, meet new friends, enjoy healthy meals, and earn community hours. Register early.

Contact: Maleda Mulu ext. 3230



Unison - Lawrence Heights
12 Flemington Road, Toronto



Lawrence-Heights Site

July 2018 • Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 Canada Day Unison Closed	3 Dancing into Health 10am - 12pm Labour of Love - Prenatal Program 1:30pm-3:30pm* Baby & Me 1:30pm - 3:30pm*	4 Youth Do Care 10am - 3pm	5 Forever Young Seniors 10am - 1pm	6 Social Club for 55+ 10:30am - 1pm
9 Youth Do Care 10am - 3pm	10 Dancing into Health 10am - 12pm Labour of Love - Prenatal Program 1:30pm-3:30pm* Baby & Me 1:30pm - 3:30pm*	11 Diabetes Education Program Group Information Session 9am - 11am* Youth Do Care 10am - 3pm	12 Forever Young Seniors 10am - 1pm	13 Social Club for 55+ 10:30am - 1pm Harm Reduction Meal Program 11am - 1pm Harm Reduction Kit Making 1pm - 3pm
16 Youth Do Care 10am - 3pm	17 Dancing into Health 10am - 12pm Labour of Love - Prenatal Program 1:30pm-3:30pm Baby & Me 1:30pm - 3:30pm*	18 Youth Do Care 10am - 3pm	19 Forever Young Seniors 10am - 1pm	20 Social Club for 55+ 10:30am - 1pm
23 Youth Do Care 10am - 3pm	24 Dancing into Health 10am - 12pm Labour of Love - Prenatal Program 1:30pm-3:30pm Baby & Me 1:30pm - 3:30pm*	25 Youth Do Care 10am - 3pm	26 Forever Young Seniors 10am - 1pm Housing Help Community Clinic 1:30 - 3:30pm*	27 Social Club for 55+ 10:30am - 1pm Harm Reduction Meal Program 11am - 1pm Harm Reduction Kit Making 1pm - 3pm
30 Youth Do Care 10am - 3pm	31 Dancing into Health 10am - 12pm Labour of Love - Prenatal Program 1:30pm-3:30pm Baby & Me 1:30pm - 3:30pm*	 <p>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. 416-787-1661, Option 6</p>		

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



Lawrence-Heights Site
August 2018 • Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Youth Do Care 10am – 3pm	2 Forever Young Seniors 10 am - 1pm	3 Social Club for 55+ 10:30am – 1pm
6 Civic Holiday Unison Closed	7 Labour of Love – Prenatal Program 1:30pm-3:30pm Baby & Me 1:30pm – 3:30pm*	8	9 Forever Young Seniors 10 am - 1pm Teleophthalmology Clinic: Eye Screening for Diabetic clients 9:30 am – 4:00 pm*	10 Social Club for 55+ 10:30am – 1pm Harm Reduction Meal Program 11am – 1pm Harm Reduction Kit Making 1pm – 3pm
13 Diabetes Education Program Group Information Session 5:30pm – 7:30 pm*	14 Labour of Love – Prenatal Program 1:30pm-3:30pm Baby & Me 1:30pm – 3:30pm*	16 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?	17 Forever Young Seniors 10 am - 1pm	17 Social Club for 55+ 10:30am – 1pm
21 Qmentum is coming! 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.	21 Labour of Love – Prenatal Program 1:30pm-3:30pm Baby & Me 1:30pm – 3:30pm*	23 Forever Young Seniors 10 am - 1pm Housing Help Community Clinic 1:30 – 3:30pm*	23 Forever Young Seniors 10 am - 1pm Housing Help Community Clinic 1:30 – 3:30pm*	24 Social Club for 55+ 10:30am – 1pm Harm Reduction Meal Program 11am – 1pm Harm Reduction Kit Making 1pm – 3pm
	28 Labour of Love – Prenatal Program 1:30pm-3:30pm Baby & Me 1:30pm – 3:30pm*		30 Forever Young Seniors 10 am - 1pm	31 Social Club for 55+ 10:30am – 1pm

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Lawrence-Heights Site
September 2018 • Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 Labour Day Unison Closed	4 Labour of Love – Prenatal Program 1:30pm-3:30pm Baby & Me 1:30pm – 3:30pm*	5	6 Forever Young Seniors 10am – 1pm	7 Social Club for 55+ 10:30am – 1pm
10	11 Labour of Love – Prenatal Program 1:30pm-3:30pm Baby & Me 1:30pm – 3:30pm*	12	13 Forever Young Seniors 10am – 1pm Teleophthalmology Clinic: Eye Screening for Diabetic clients 9:30 am – 4:00 pm*	14 Social Club for 55+ 10:30am – 1pm Harm Reduction Meal Program 11am – 1pm Harm Reduction Kit Making 1pm – 3pm
18 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>Mishka Gaye Miller</i> <i>ext. 3275</i>	19 Labour of Love – Prenatal Program 1:30pm-3:30pm * Baby & Me 1:30pm – 3:30pm*	20 Diabetes Education Program Group Information Session 9am – 11am *	21 Forever Young Seniors 10am – 1pm	21 Social Club for 55+ 10:30am – 1pm
	25 Labour of Love – Prenatal Program 1:30pm-3:30pm Baby & Me 1:30pm – 3:30pm*	26	27 Forever Young Seniors 10am – 1pm Housing Help Community Clinic 1:30 – 3:30pm*	28 Social Club for 55+ 10:30am – 1pm Harm Reduction Meal Program 11am – 1pm Harm Reduction Kit Making 1pm – 3pm
Naturopathic Teaching Clinic				
Looking for personalized holistic health care? Visit the naturopathic (natural) medicine clinic at Unison (Lawrence Heights site), for visits on Saturdays from 9am – 3pm. 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 - make an appointment call 416-498-1255 ext. 3490 or email unisonlh@ccnm.edu				

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