

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

Fresh produce market at the Hub

The Hub has started a weekly indoor fresh produce market, which takes place **every Wednesday from 12:00-4:00 p.m.** Stop by and pick up your fruits and vegetables at affordable prices. Don't forget your reusable bags!

For more information, please contact Karen at 647-436-0385 ext 4502

Prenatal Program

Come join us for our Prenatal Program if you're a mother and expecting on Mondays between 1-3p.m!

- Connect with mothers and other women
- Learn about pregnancy, baby care and healthy eating
- Enjoy a snack
- TTC tokens available!

For more information, please contact Jenny Zawaly: 416-787-1676 x 3229

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 January 2018 • Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 New Years Day Unison Closed		3	<u>MENTAL WELLNESS IN THE NEW YEAR</u>	
8 Prenatal Program 1 pm – 3 pm	<i>ANC's Holiday Event will take place on: January 18th, Thursday 6 pm- 8 pm</i>	10 Fresh produce market 12 pm – 4 pm	<p>Many people view the beginning of the New Year as a fresh start, or a new chapter. It is common practice to make New Year's resolutions, which may include things like quitting smoking or exercising more.</p> <p>Making changes to support your physical health is important, but so is supporting your mental health!</p> <p>For suggestions on making New Year's resolutions with your mental health in mind, please refer to a few tips provided on the new few pages.</p>	
15 Prenatal Program 1 pm – 3 pm		17 Fresh produce market 12 pm – 4 pm		
22 Prenatal Program 1 pm – 3 pm		24 Fresh produce market 12 pm – 4 pm		
29 Prenatal Program 1 pm – 3 pm		31 Fresh produce market 12 pm – 4 pm		



Bathurst-Finch Site
February 2018 • Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			<u>MENTAL WELLNESS IN THE NEW YEAR</u> Tip #1: I will take action when it comes to caring for my mental health. Whether this means visiting a therapist, attending a support group, practicing meditation, or simply taking time to breathe and relax more often. There are several resources accessible through Unison that can support you in your mental wellness journey. Tip #2: I will be kinder to myself. Practicing self-love and self-compassion can be transformative. Sometimes we can be too hard on ourselves and fall into negative thinking patterns. The more we focus on the negative, the less we will notice all of the positive and wonderful things we have to offer the world. Try to be patient with yourself, and treat yourself with love and kindness.	
5 Prenatal Program 1 pm – 3 pm	6	7 Fresh produce market 12 pm – 4 pm		
12 Prenatal Program 1 pm – 3 pm	13 ANC's Neighbourhood Café 6 pm- 8 pm	14 Fresh produce market 12 pm – 4 pm		
19 Family Day Unison Closed	20	21 Fresh produce market 12 pm – 4 pm	22 *Diabetes Education Program is hosting a PEP talk-Foot Care for Individuals with type 2 Diabetes 12:30 – 2:00 pm*	23
26 Prenatal Program 1 pm – 3 pm	27	28 Fresh produce market 12 pm – 4 pm		

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



Bathurst-Finch Site
March 2018 • Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			<u>MENTAL WELLNESS IN THE NEW YEAR</u> Tip #3: I will set healthier boundaries. Practicing setting limits can be challenging at first, but rewarding as it can help us to feel less overwhelmed. Sometimes our partners, children, friends or work colleagues can take up a lot of our energy, and this can feel draining over time. We might also want to set personal boundaries for ourselves. This may include going to bed earlier, or setting a limit on how much junk food we eat. <i>These resolutions may or may not apply to you, but hopefully they get you to think about ways you can enhance your mental wellness in 2018 and beyond!</i>	
5 Prenatal Program 1 pm – 3 pm	6	7 Fresh produce market 12 pm – 4 pm		
12 Prenatal Program 1 pm – 3 pm	13	14 Fresh produce market 12 pm – 4 pm		
19 Prenatal Program 1 pm – 3 pm	20	21 Fresh produce market 12 pm – 4 pm	22 ANC's Food Security Forum 6 pm- 8 pm Teleophthalmology Clinic: Eye Screening for Diabetic clients 9:30 am – 5:00 pm*	23
26 Prenatal Program 1 pm – 3 pm	27	28 Fresh produce market 12 pm – 4 pm	29	30

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

