

# UNISON



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 please call 416-645-7575; press 0**

# 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.

## Having a Baby Drop in Program for teen moms (under 25 years of age)

This weekly program is offered in partnership with **Supporting Young Families**. Come learn about pregnancy, healthy eating during pregnancy, postnatal care, breastfeeding and taking care of your newborn.

The program is supported by a Public Health Nurse/Dietitian to provide individual and group education support.

Participants will also receive \$10 food vouchers and 2 TTC tokens by attending full session. Childminding is also available.

**To register or more information, please call: Albana 416-653-5400 @ x. 1300**

**Get Active!**  
 Do not let the cold weather stop you from being active!  
 Join our **Dancing into Health** and **Tai Chi** programs today.  
 We welcome any new participants!  
 For more information: Call **Kim 416-653-5400 @ x. 1265**

### TELEOPHTHALMOLOGY SERVICES EXTENDED TO ALL UNISON SITES

The Diabetes Education Program Team is pleased to announce that individuals diagnosed with diabetes will be able to access ongoing teleophthalmology services at all Unison sites in 2018. This service is to provide eye exams and retinal screenings at no cost. This service is covered under OHIP for individuals with diabetes. Non-OHIP insured clients with diabetes are also accepted.

For more information please contact: Doctor, Nurse Practitioner, or call Stephanie at 416.787.1661 ext. 3301

## Soup and Soul

This is a pilot group that will be running from December to March. In this group, community members will have an opportunity to participate in conversations about topics that impact their lives, while being provided with ideas and coping strategies related to stress and self-care. This is particularly important as the holidays are fast approaching, which we all know can be a challenging time for some folks.

This group is open to all Unison clients 18 years of age and older and space is limited to 30 spots. Clients can register at the front desk. Soup will be provided

For more information about this project, please call: **Ioulaika Buchan 416-645-7575**

Once complete, tear this section and drop this off to the client feedback box. You will be eligible to enter a draw for a gift certificate

- 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 to enter a draw for a gift certificate
- Leave us your information so we can reach you
  - Name: \_\_\_\_\_
  - Phone Number: \_\_\_\_\_



Unison - Jane-Tretheway  
 1541 Jane Street, Toronto  
 ON M9N 2R3 416-645-7575



## Jane-Tretheway Site January 2018 • Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 Prenatal Program 1pm-3pm	2	3 Diabetes Education Program Group Information Session 1:00 – 3:00 pm*	4 Tai Chi Class 10:00am-12:00pm Teens Prenatal Program 4:30pm – 6:30pm	5 Dancing Into Health 2pm-4pm
8 Prenatal Program 1pm-3pm Diabetes Education Program Group Information Session 9:00 – 11:00 am*	9	10	11 Tai Chi Class 10:00am-12:00pm Teens Prenatal Program 4:30pm – 6:30pm	12 Dancing Into Health 2pm-4pm
15 Prenatal Program 1pm-3pm	16	17	18 Tai Chi Class 10:00am-12:00pm Teens Prenatal Program 4:30pm – 6:30pm	19 Dancing Into Health 2pm-4pm
22 Prenatal Program 1pm-3pm	23 Diabetes Education Program Group Information Session 5:30 – 7:30 pm*	24	25 Tai Chi Class 10:00am-12:00pm Soup and Soul* 12-1:30pm Teens Prenatal Program 4:30pm – 6:30pm	26 Dancing Into Health 2pm-4pm
29 Prenatal Program 1pm-3pm	30	31 Growth is painful change is painful but nothing is as painful as staying stuck somewhere you don't belong - Mandy Hale		

\*Registration Required: Please see back page for contact persons contact information



Jane-Tretheway Site  
February 2018 • Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>To learn more about the <a href="#">Healthy Families program</a>, please call Health Promoter, Abubakar @ 416-645-7575 x.2436 for more information or sign up.</p>		<p><b>Tai Chi Class</b> 10:00am-12:00pm</p> <p><b>Teens Prenatal Program</b> 4:30pm – 6:30pm</p>	<p><b>Dancing Into Health</b> 2pm-4pm</p>
<p><b>Prenatal Program</b> 1pm-3pm</p>	<p><b>Healthy Families</b> 12:00pm-3:00pm</p> <p><b>Diabetes Education Program Group Information Session</b> 1:00 – 3:00 pm*</p>		<p><b>Tai Chi Class</b> 10:00am-12:00pm</p> <p><b>Teens Prenatal Program</b> 4:30pm – 6:30pm</p>	<p><b>Dancing Into Health</b> 2pm-4pm</p>
<p><b>Prenatal Program</b> 1pm-3pm</p>	<p><b>Healthy Families</b> 12:00pm-3:00pm</p>	<p><b>Diabetes Education Program Group Information Session</b> 9:00-11:00 am*</p>	<p><b>Tai Chi Class</b> 10:00am-12:00pm</p> <p><b>Teens Prenatal Program</b> 4:30pm – 6:30pm</p>	<p><b>Dancing Into Health</b> 2pm-4pm</p>
<p><b>Family Day</b> Unison Closed</p>	<p><b>Healthy Families</b> 12:00pm-3:00pm</p>		<p><b>Tai Chi Class</b> 10:00am-12:00pm</p> <p><b>Soup and Soul*</b> 12-1:30pm</p> <p><b>Teens Prenatal Program</b> 4:30pm – 6:30pm</p>	<p><b>Dancing Into Health</b> 2pm-4pm</p>
<p><b>Prenatal Program</b> 1pm-3pm</p>	<p><b>Healthy Families</b> 12:00pm-3:00pm</p>			

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Jane-Tretheway Site  
March 2018 • Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			<p><b>Tai Chi Class</b> 10:00am-12:00pm</p> <p><b>Teens Prenatal Program</b> 4:30pm – 6:30pm</p>	<p><b>Dancing Into Health</b> 2pm-4pm</p>
<p><b>Prenatal Program</b> 1pm-3pm</p> <p><b>Diabetes Education Program Group Information Session</b> 9:00 – 11:00 am*</p>	<p><b>Healthy Families</b> 12:00pm-3:00pm</p>		<p><b>Tai Chi Class</b> 10:00am-12:00pm</p> <p><b>Teens Prenatal Program</b> 4:30pm – 6:30pm</p>	<p><b>Dancing Into Health</b> 2pm-4pm</p>
<p><b>Prenatal Program</b> 1pm-3pm</p>	<p><b>Healthy Families</b> 12:00pm-3:00pm</p>		<p><b>Tai Chi Class</b> 10:00am-12:00pm</p> <p><b>Teens Prenatal Program</b> 4:30pm – 6:30pm</p>	<p><b>Dancing Into Health</b> 2pm-4pm</p>
<p><b>Prenatal Program</b> 1pm-3pm</p>	<p><b>Healthy Families</b> 12:00pm-3:00pm</p>		<p><b>Tai Chi Class</b> 10:00am-12:00pm</p> <p><b>Soup and Soul*</b> 12-1:30pm</p>	<p><b>Dancing Into Health</b> 2pm-4pm</p>
<p><b>Prenatal Program</b> 1pm-3pm</p>	<p><b>Healthy Families</b> 12:00pm-3:00pm</p>			

\*Please see the back-page for pre-registration and contact person's information

