

UNISON UPDATE

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) 653-5400**; **press 2** to speak with a receptionist.



Diabetes Education Program

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.

***For more information please call 416-787-1661 ext. 3301

Baby

Having A Baby Drop-in for Pregnant Women

This weekly drop in program offers education and individual supports to pregnant mothers. Public Health Nurse, Dietitian, and other service agencies offer supports on prenatal nutrition, breastfeeding, prenatal and postnatal care, etc.

All participants will receive **\$10 food vouchers and 2 TTC tokens.**

Same program is offered at two other locations on Wednesdays and Thursdays separately. Please note that the locations are at Access Point on Jane and Learning Enriching Foundation.

Living and Learning with Baby

This weekly drop-in program supports moms with babies up to one year old. Program is supported by Public Health Nurse who offers health education, parenting advice and support for new moms.

For more information please contact: **Albana Qatipi (416) 653-5400 ext.1300**

Thursday Anonymous, Rapid HIV Testing Clinic

-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, (647) 268-5321

Harm Reduction Drop In on Thursdays

Substance users are welcome to visit the harm reduction office on the 2nd floor to get support, receive safe drug use equipment and supplies or return used needles.

For more information please call Harm Reduction Worker, **Wayne Duhaney, (647) 268-5321**

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**

Getting Grounded

Pre-registration required!

Are you feeling overwhelmed by anxiety? Are you so stressed out that you're having a hard time coping? If so, join us for a six week support group to learn and practice helpful skills and strategies to manage anxiety and stress. (See calendar for dates and times.)

To register or learn more, contact **Natalie Guimond, Health Promotion student, at 416-653-5400 ext. 1419**

Unison Links

Drop-in resource and information centre. Fill out forms, found out about services, and get your questions answered.

For more information please contact: **(416) 653-5400 Ext 1226**

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 – Keele-Rogers
1651 Keele Street, Toronto
ON M6M 3W2 416-653-5400



Keele-Rogers Site

January 2018 • Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 New Years Day Unison Closed	2 Having a Baby, Drop in/prenatal program 1pm-3 pm	3	4	5 Harm Reduction Kit Making 1pm-2pm
8 Art Beat (Art Classes) 10am-1pm Dancing Into Health 11am-1pm	9 Having a Baby, Drop in/prenatal program 1pm-3 pm Diabetes Education Program Group Information Session 5:30-7:30 pm*	10 NEW! Chronic Pain Management Workshop* 6 to 9 pm <small>*in partnership with Arthritis Society</small>	11 Community Kitchen Breakfast 9:30am-10 am Lunch 12pm-1pm	12
15 Art Beat (Art Classes) 10am-1pm Dancing Into Health 11am-1pm	16 Having a Baby, Drop in/prenatal program 1pm-3 pm	17 Seniors Support Group & Health Food Health Eating 10am-2pm	18 Community Kitchen Breakfast 9:30am-10 am Lunch 12pm-1pm	19
22 Art Beat (Art Classes) 10am-1pm Dancing Into Health 11am-1pm	23 Having a Baby, Drop in/prenatal program 1pm-3 pm	24	25 Community Kitchen Breakfast 9:30am-10 am Lunch 12pm-1pm	26 Hispanic Seniors Wellness Group 10am-2pm Harm Reduction Kit Making 1pm-2pm
29 Art Beat (Art Classes) 10am-1pm Dancing Into Health 11am-1pm	30 Having a Baby, Drop in/prenatal program 1pm-3 pm	31 Mental Wellness in the New Year 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. Making changes to support your physical health is important, but so is supporting your mental health! For some suggestions on making New Year's resolutions with your mental health in mind, please refer to the tips provided on the next few pages.		

*Pre-registration required please see back page for contact person information



Keele-Rogers Site
February 2018 • Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Community Kitchen Breakfast 9:30am-10 am Lunch 12pm-1pm	2 Harm Reduction Kit Making 1pm-2pm
5 Art Beat(Art Classes) 10am-1pm Dancing Into Health 11am-1pm	6 Having a Baby, Drop in/prenatal program 1pm-3 pm	7	8 Community Kitchen Breakfast 9:30am-10 am Lunch 12pm-1pm	9 Diabetes Education Program Group Information Session 9am-11 am*
12 Art Beat(Art Classes) 10am-1pm Dancing Into Health 11am-1pm	13 Having a Baby, Drop in/prenatal program 1pm-3 pm	14 Seniors Support Group & Health Food Health Eating 10am-2pm	15 Community Kitchen Breakfast 9:30am-10 am Lunch 12pm-1pm	16
19 Family Day Unison Closed	20 Having a Baby, Drop in/prenatal program 1pm-3 pm	21	22 Community Kitchen Breakfast 9:30am-10 am Lunch 12pm-1pm	23 Hispanic Seniors Wellness Group 10am-2pm Harm Reduction Kit Making 1pm-2pm
26 Art Beat(Art Classes) 10am-1pm Dancing Into Health 11am-1pm	27 Having a Baby, Drop in/prenatal program 1pm-3 pm	<p>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.</p> <p>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.</p>		

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Keele-Rogers Site
March 2018 • Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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.</p>			1 Community Kitchen Breakfast 9:30am-10 am Lunch 12pm-1pm	2 Harm Reduction Kit Making 1pm-2pm
5 Art Beat(Art Classes) 10am-1pm Dancing Into Health 11am-1pm	6 Having a Baby, Drop in/prenatal program 1pm-3 pm	7	8 Community Kitchen Breakfast 9:30am-10 am Lunch 12pm-1pm	9 Diabetes Education Program Group Information Session 9am-11 am*
12 Art Beat(Art Classes) 10am-1pm Dancing Into Health 11am-1pm	13 Having a Baby, Drop in/prenatal program 1pm-3 pm	14 Teleophthalmology Clinic: Eye Screening for Diabetic clients 9:30 am – 5:00 pm*	15 Community Kitchen Breakfast 9:30am-10 am Lunch 12pm-1pm	16 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!
19 Dancing Into Health 11am-1pm	20 Having a Baby, Drop in/prenatal program 1pm-3 pm	21	22 Community Kitchen Breakfast 9:30am-10 am Lunch 12pm-1pm	23
26 Art Beat(Art Classes) 10am-1pm Dancing Into Health 11am-1pm	27 Having a Baby, Drop in/prenatal program 1pm-3 pm	28 Seniors Support Group & Health Food Health Eating 10am-2pm	29 Community Kitchen Breakfast 9:30am-10 am Lunch 12pm-1pm	30 Harm Reduction Kit Making 1pm-2pm

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