



### Baby and Me

is a program to support parents or caregivers with children from birth to one year. Each session includes singing time with babies and discussion on topics such as infant health, development and nutrition or issues faced by new parents.

Come to meet other parents and enjoy healthy snacks.

For more information please contact: **Hawa @ ext. 3227**



### 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. Learn about risk level, risk factors, healthy eating, physical activity guidelines and etc. to lower your risk.

**Pre-Registration is required.** For more information about dates and times, contact: **ext. 3301**



### Seniors

Are you a senior over the age of 55? Do you live within the Lawrence Heights or nearby neighborhoods? Do you want to meet new friends and learn about healthy aging?

**If so, come join our weekly seniors program. Free snacks and nutritious meals are offered.**

For more information, please contact: **Albana @ ext.3256**



### Naturopathic Teaching Clinic

Looking for personalized holistic health care? Visit the naturopathic (natural) medicine clinic at Unison (Lawrence Heights site), for visits on **Saturdays.**

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** – to make an appointment call **416 498 1255 ext. 3490** or email [unisonlh@ccnm.edu](mailto:unisonlh@ccnm.edu).



#### NEED HELP WITH HOUSING?

We offer a monthly on-site advice, advocacy, mediation and referral services for local residents, low-income tenants and housing seekers.

Our monthly **Housing Help Community Clinic** is run together with **Downsview Community Legal Services, Toronto Community Housing Corporation and St. Stephen's Community House.**

For more information please contact: **Rosamaria, 416-787-1676 ext. 3232**



Unison – Lawrence Heights  
12 Flemington Road, Toronto  
ON M6A 2N4 416-787-1661



## Lawrence-Heights Site January 2018 • Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 New Years Day Unison Closed	"It takes a village to raise a child!" If you are taking care of young children between birth up to 12 years of age, you will benefit from joining the <u>Childcare Providers Training program</u> . You will be able to learn essential skills and knowledge to contribute to achieving the best possible health and quality of life of the young ones. The program is now offered from January 15 <sup>th</sup> until end of March. <b>Space is limited. Call and sign up today!</b> Maleda x.3230			
8	9 Dancing into Health 10am-12pm  Labour of Love* 1:30pm - 3:30 pm  Baby and Me * 1:30pm - 3:30 pm	10	11 Seniors Program 10 am-1pm	12 Harm Reduction Kit Making 1pm-2pm
15 Childcare Providers Training* 9:00 am- 12:00 pm  Diabetes Education Program Group Information Session 1:00 – 3:00 pm*	16 Dancing into Health 10am-12pm  Labour of Love* 1:30pm - 3:30 pm  Baby and Me * 1:30pm - 3:30 pm	17 Childcare Providers Training* 9:00 am- 12:00 pm	18 Seniors Program 10 am-1pm	19
22 Childcare Providers Training* 9:00 am- 12:00 pm  Teleophthalmology Clinic: Eye Screening for Diabetic clients 9:00 am – 7:30 pm*	23 Dancing into Health 10am-12pm  Labour of Love* 1:30pm - 3:30 pm  Baby and Me * 1:30pm - 3:30 pm	24 Childcare Providers Training* 9:00 am- 12:00 pm	25 Seniors Program 10 am-1pm	26 Harm Reduction Kit Making 1pm-2pm
29 Childcare Providers Training* 9:00 am- 12:00 pm	30	31 Childcare Providers Training* 9:00 am- 12:00 pm		

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

### Prenatal/Postnatal Care

Join us for **Labour of Love** on Tuesdays between 1:30-3:30 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
- TTC tokens and childcare are available

For more information, please contact: **Jenny @ext. 3229**

### 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**

**Complete a short survey and enter into a draw to win a gift certificate!**

**Once complete, tear this section and drop this off to the client feedback box at the reception.**

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. Leave us your information so we can reach you

- a. Name: \_\_\_\_\_
- b. Phone Number: \_\_\_\_\_

### Downsview Community Legal Services

is here to support Lawrence Heights residents on housing, ODSP/OW, worker's rights and family law and so much more.

Hours: Tuesdays, Wednesdays, Thursdays 9:30 to 4:30 pm

**For more information please call 416-635-8388**



Lawrence-Heights Site  
February 2018 • Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Seniors Program 10 am-1pm	2
5 Childcare Providers Training 9:00 am- 12:00 pm	6 Dancing into Health 10am-12pm Labour of Love* 1:30pm - 3:30 pm Baby and Me * 1:30pm - 3:30 pm	7 Childcare Providers Training 9:00 am- 12:00 pm	8 Seniors Program 10 am-1pm	9 Chronic Disease Self-Management Program 10 am -12:30 pm Harm Reduction Kit Making 1pm-2pm
12 Childcare Providers Training 9:00 am- 12:00 pm Teleophthalmology Clinic: Eye Screening for Diabetic clients 9:00 am – 7:30 pm* Diabetes Education Program Group Information Session 1:00 – 3:00 pm*	13 Dancing into Health 10am-12pm Labour of Love* 1:30pm - 3:30 pm Baby and Me * 1:30pm - 3:30 pm	14 Childcare Providers Training 9:00 am- 12:00 pm	15 Seniors Program 10 am-1pm	16 Chronic Disease Self-Management Program 10 am -12:30 pm
19 Family Day CLOSED	20 Dancing into Health 10am-12pm Labour of Love* 1:30pm - 3:30 pm Baby and Me * 1:30pm - 3:30 pm	21 Childcare Providers Training 9:00 am- 12:00 pm	22 Seniors Program 10 am-1pm Housing Help Community Clinic 1:30pm-3:30pm	23 Chronic Disease Self-Management Program 10 am -12:30 pm Harm Reduction Kit Making 1pm-2pm
26 Childcare Providers Training 9:00 am- 12:00 pm	27 Dancing into Health 10am-12pm Labour of Love* 1:30pm - 3:30 pm Baby and Me * 1:30pm - 3:30 pm	28 Childcare Providers Training 9:00 am- 12:00 pm	29 <u>NEW!! Chronic Disease Self-Management Program</u> A 6-week program (starting February 9 <sup>th</sup> ) is offered to those who are motivated to gain better control of their health. All participants will receive a relaxation CD, healthy life with chronic conditions book, and a small financial incentive. Call today to register. <b>Albana @ x.3256</b>	

\*Pre-registration required- see back page for contact person's information



Lawrence-Heights Site  
March 2018 • Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Seniors Program 10 am-1pm	2 Chronic Disease Self-Management Program* 10 am -12:30 pm
5 Childcare Providers Training* 9:00 am- 12:00 pm	6 Dancing into Health 10am-12pm Labour of Love* 1:30pm - 3:30 pm Baby and Me 1:30pm - 3:30 pm	7 Childcare Providers Training* 9:00 am- 12:00 pm	8 Seniors Program 10 am-1pm	9 Chronic Disease Self-Management Program* 10 am -12:30 pm Harm Reduction Kit Making 1pm-2pm
12 Childcare Providers Training* 9:00 am- 12:00 pm Teleophthalmology Clinic: Eye Screening for Diabetic clients 9:00 am – 7:30 pm*	13 Dancing into Health 10am-12pm Labour of Love* 1:30pm - 3:30 pm Baby and Me 1:30pm - 3:30 pm	14 Childcare Providers Training* 9:00 am- 12:00 pm	15 Seniors Program 10 am-1pm	16 Chronic Disease Self-Management Program* 10 am -12:30 pm
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26 Childcare Providers Training* 9:00 am- 12:00 pm	27 Dancing into Health 10am-12pm Labour of Love* 1:30pm - 3:30 pm Baby and Me 1:30pm - 3:30 pm	28 Childcare Providers Training* 9:00 am- 12:00 pm	29	30

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