



Our groups are now ONLINE!

Programs brought to you by
Urban Health/Health Promotion and
Mental Health/Social Work teams.

[Virtual] Surviving the Holidays (COVID-19 Edition)

Tips on how to stay well throughout the holiday season.



Wednesday, December 09, 2020 10:00 am-11:00 am VIA ZOOM

To Register:

Call 416-645-7575 x. 2224 OR

Email amanda.costa@unisonhcs.org / kaylee.downey@unisonhcs.org

[Virtual] Meal planning and Grocery Shopping during COVID 19 pandemic – 1 hour



Registered Dietitian will talk about how to plan low cost, healthy meals and snacks and how to do smart grocery shopping. There will be time for Q&A.

To Register: Call **Camille Machado @ 416-787-1661 x. 3231**

[Virtual] Healthy Living Program



During the COVID-19 pandemic, many of our usual routines have changed. We may find it harder to manage health. It is more important than ever to think about staying active and eating well. Learn about managing your health during the pandemic.

Sign up for 10 sessions of learning healthy eating, coping with mental health and developing an exercise routine that fits your new lifestyle.

To Register: Call **Camille Machado @ 416-787-1661 x. 3231**

[Virtual] Prenatal and Parenting Programs

Learn more about infant and maternal health.



Having a baby drop in for Pregnant Women

(for clients living in Weston Mount Dennis)

Wednesdays 1:30-2:30 pm
VIA ZOOM

Baby and me for parents with babies

under 1 year (for clients living in Weston Mount Dennis)

Wednesdays 1:30-2:30 pm
VIA ZOOM

Participants will receive **\$10 food vouchers** for each virtual session attended.
Clients experiencing financial stress will be provided with one-time baby care supplies.

To Register: Call **Karina Portillo / Klodiana Dibra @ 416-787-1661 x.1300**

[Virtual] Seniors Programs

Learn how to cope with stress during COVID, share life stories, make a few new friends and be a support to each other!



Forever Young Seniors

Thursdays 11 am-12:30 pm
VIA ZOOM

Social + Fitness Club

Fridays 9:30-10:30 am
VIA ZOOM

To Register: Call **Albana Qatipi @ 416-787-1661 x. 3256**

[Virtual] Arthritis Pain Management Program



10 sessions for clients who have a diagnosis of arthritis. The program is facilitated by a Registered Dietitian, a Social Worker, a Certified Fitness Instructor and a therapist from the Arthritis Society.

To Register: Call **Camille Machado @ 416-787-1661 x. 3231**

[Virtual] Nutrition 101 Class – speak with a Dietitian - 1 hour



Let's talk about food and nutrition-based challenges during this pandemic. The class is led by a registered dietitian and will have time for you to ask questions.

To Register: Call **Camille Machado @ 416-787-1661 x. 3231**

[Virtual] Fitness Programs

Physical activity can help you manage stress during the COVID-19 pandemic. Come join our weekly exercise program to stay active throughout the Winter!



Chair Yoga

Mondays 1:30-2:30 pm
VIA ZOOM

Tai Chi

Tuesdays 11-noon
VIA ZOOM

Zumba

Thursdays 1:30-2:30 pm
VIA ZOOM

To register:

Call **Ana Sanchez @ 416-787-1661 x. 3235**

Mind Body and Yoga

Therapeutic group combining mindfulness and yoga! This will be a chair yoga class.

Thursdays | 10:45 am-12:00 pm
Jan 21, 2021 to Mar 25, 2021
VIA ZOOM

To register:

Call **416-645-7575 x. 2224 OR**

Email **amanda.costa@unisonhcs.org**

Laughter Yoga

A great way to heal & relieve stress! Sessions include unique exercises that combine unconditional laughter with yogic breathing.

Fridays | 9:45 am-11:00 am
January 22, 2021, February 19, 2021,
March 19, 2021
VIA ZOOM

To register:

Call **416-645-7575 x. 2224 OR**

Email **amanda.costa@unisonhcs.org**

Mind Body and Soca

Combines soca exercises (an infusion of African and Caribbean dance) and mindfulness to help community members reflect on their overall wellness.

Wednesdays | 9:45 am-11:00 am
Jan 27, 2021 to Mar 31, 2021
VIA ZOOM

To register:

Call **416-645-7575 x. 2224 OR**

Email **kaylee.downey@unisonhcs.org**

IMPORTANT PHONE NUMBER: COVID-19 Supports Hotline

For those who experience **food insecurity** and those who require supports to **apply for income benefits**,

please call our COVID-19 Supports HOTLINE @ 416-787-1661 x. 3300