



Health Services
Health Promotion
Community Services
Community Building





Unison Health and Community Services provides programs and services to people of all ages, cultures and backgrounds. Our services are free, confidential and non-judgmental.

Our vision

Healthy communities.

Our mission

Working together to deliver accessible and high quality health and community services that are integrated, respond to needs, build on strengths and inspire change.

Become a member! It is a great way to connect with your neighbours and strengthen your community. Members can vote at our annual general meeting and will receive regular updates about Unison. The membership fee is only \$1 per year. Ask for a membership form from the reception desk.



Health Services

We believe in an approach to primary health care that meets the individual needs of our clients. Our health team works together to provide the best information and guidance to our clients about their treatment and care. Services are provided by nurses, doctors, nurse practitioners, dietitians, social workers, case coordinators and chiropractors.

- Family practice, including:
 - care for moms and babies
 - seniors' health
 - LGBTQ+
 - youth
 - preventative health care
 - management of chronic illnesses
 - sexual health
- Foot clinic
- Counselling and case management for individuals, families and couples
- Nutritional advice
- Dental clinic

Your health is important to us. Call us and our staff will support you in getting the help you need.

Health Promotion

Good health is more than good medical care. We offer education and skill-building programs to increase knowledge, provide peer support and enhance coping skills. Individual and group activities include:

- Child and parenting programs
- Pre- and postnatal programs
- Seniors' programs
- Women's programs
- Youth programs
- Healthy lifestyles (eating, exercise, etc.)
- Chronic disease prevention
- Mental health and addictions
- Harm reduction (drug use)

Diabetes Education Program

The Diabetes Education Program provides services to people with diabetes and pre-diabetes. We offer free individual counselling and group education classes facilitated by a registered nurse and registered dietitian.

Community Services

Housing Program

Our housing counsellors help low-income people find and retain stable housing. Our services include rent bank, crisis referral to shelters, Toronto Community Housing applications and Streets to Homes follow-up services. We can also help you with eviction prevention, landlord mediation and housing searches.

Legal Services

Our legal team provides free advice and representation for residents, who meet financial and geographical eligibility criteria, primarily in the following areas of law: tenant issues, social assistance, human rights, employment issues, government pensions, immigration and notarization of legal documents.

Pathways to Education™

Pathways to Education works with high school students in defined neighbourhoods to improve school attendance and academic achievement, giving increased opportunities to pursue post-secondary education and develop career options. We offer tutoring, financial support, group mentoring and staff/advocacy support.

Adult Protective Services

We provide intensive case management and supportive counselling to adults with developmental disabilities who live independently in the community. Referrals are made through Community Living Toronto.

Community Building

Unison works with the community to identify and take action on community health issues such as decent housing, clean air, access to education and jobs.

- Advocacy
- Community action groups
- Training programs
- Action for Neighbourhood Change (ANC)

Got a community issue? Give us a call and we will see how we can work together.

Partnerships help enrich the work we do at Unison and in the community. We work closely with other agencies to deliver joint programs, streamline client referrals and address community issues.

For more information on our programs and services, please see our website www.unisonhcs.org or call one of our locations (map and contact information on reverse).

Our Locations

Engage. Empower. Enhance.
www.unisonhcs.org



LH **Lawrence Heights**
12 Flemington Road
Toronto, ON M6A 2N4
Phone: 416-787-1661

BF **Bathurst-Finch**
540 Finch Avenue West
Toronto, ON M2R 1N7
Phone: 647-436-0385

KR **Keele-Rogers**
1651 Keele Street
Toronto, ON M6M 3W2
Phone: 416-653-5400

JT **Jane-Trethewey**
1541 Jane Street
Toronto, ON M9N 2R3
Phone: 416-645-7575