Phone number: 416-645-7575

Unison Health & Community Services

Program Listings: Jane-Trethewey

NEW!!!

Craving Change – Provides cognitive-behavioural tools, activities and strategies that address the universal struggle to change problematic and emotional eating behaviours. The thought-provoking, 'how-to' approach focuses on the 'why' of eating behaviour and what to do about it. Registration required. Contact Amanda Costa at ext. 2050

NEW!!!

Behind the Mask (For Somali Women) – Aims to foster conversations about self, community and stigma through mask making. Ideal for community members 18 and over looking to build relationships, learn about stigma, and use art as a means of taking care of one overall mental wellness. It will be facilitated in Somali for Somali speaking women. Registration required. Contact: Amina Warfa at (416) 653-5400 ext. 1275

Diabetes Education Program Group Information Session – We offer individual appointments & group classes for adults with Type 2 Diabetes or pre-diabetes with a registered nurse & dietitian who specialize in diabetes education. Learn about risk level, risk factors, healthy eating, physical activity guidelines and etc. to lower your risk. Registration is required. Contact (416) 787-1661 ext. 3301

Healthy Eating & Fitness Program – Do not let the winter weather stop you from staying active! Come join the 10 weeks Healthy Eating and Fitness sessions to learn more about healthy eating, experience the benefits of exercise!
Call Abubakar @ x.2436 to sign up for Tuesday sessions
Call Kim @ 1265 to sign up for Friday sessions

NEW!!!

Laughter Yoga – A great way to heal & relive stress! Sessions include unique exercises that combine unconditional Laughter with yogic breathing. All Unison clients 18 and older can register by calling
Avaleen Sargeant at ext. 2715

NEW!!!

Mind, Body & Soca – Combines soca exercises & mindfulness to help community members reflect on their overall mental health & wellness. Each session includes 45 minutes of soca exercises followed by a meditation, mindfulness practice or a psychoeducation session (e.g. sleep, nutrition, and exercise). Contact: Avaleen Sargeant at ext. 2715

Prenatal Program – If you are expecting a baby, please join us for our weekly prenatal program. For more information please contact Joey Nugara Charron at jcharron@sickkidscmh.ca.

Teens Prenatal Program – Weekly prenatal sessions are offered to pregnant teens under the age of 29. Come meet other moms, learn about healthy eating, prenatal care, baby care and so much more. Public Health Nurse/Dietitian are also present to support clients. Tokens, gift certificates, childcare and interpretation are available. This is a partnership with Supporting Young Families.
Contact: Albana Qatipi ext. 1300

Telephthalmology Services Extended to All Unison Sites – 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. If interested, please speak to your Doctor, Nurse Practitioner, or call Stephanie at (416) 787-1661 ext. 3301.

Soup & Soul – A support group hosted once a month for the entire winter season. Ideal for adults 18 and over wishing to build relationships and participate in discussion about health and wellness (e.g. sleep, nutrition, and communication). Every month there is a new topic, a new soup, and new activities. Contact ext. 2050

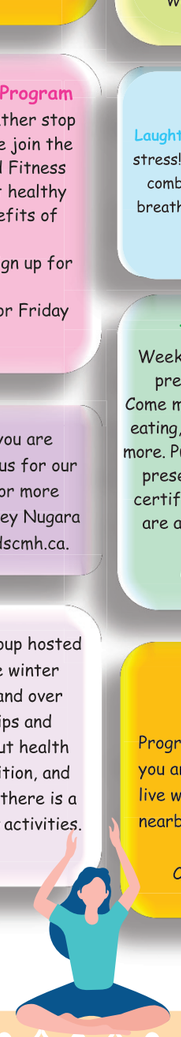
NEW!!!

Wellness Support Group – Program that promotes healthy aging. If you are seniors over the age of 55 and live within the Jane Street Hub area and nearby neighborhoods, you are welcome to join our weekly program.
Contact: Kim Nguyen at ext. 1265

Zumba – For more information, please contact 416-645-7575

NEW!!!

Women's Trauma Group For women 18 years of age & older wishing to learn ways to heal from trauma. Together the group will share, participate in emotion regulation, grounding skills, and mindfulness practices. Call ext. 2050 to register



Unison Health & Community Services

Jane-Trethewey Site

Unison - Jane-Trethewey
1541 Jane Street, Toronto

Jan 2019 program calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day Unison Closed	2 Zumba Fitness 6:30pm – 7:30pm	3 Teens Prenatal Program 4:30pm – 6:30pm	4	5 Zumba Fitness 10am – 11:30am
7 Prenatal Program 1pm – 3pm	8	9 Zumba Fitness 6:30pm – 7:30pm	10 Soup & Soul 1pm – 2:30pm* Teens Prenatal Program 4:30pm – 6:30pm	11	12 Zumba Fitness 10am – 11:30am
14 Prenatal Program 1pm – 3pm	15	16 Laughter Yoga 10am – 11am* Zumba Fitness 6:30pm – 7:30pm	17 Teens Prenatal Program 4:30pm – 6:30pm	18 Diabetes Education Program Group Information Session 9am – 11am*	19 Zumba Fitness 10am – 11:30am
21 Prenatal Program 1pm – 3pm	22 Healthy Eating & Fitness 10am – 12pm	23 Zumba Fitness 6:30pm – 7:30pm	24 Teens Prenatal Program 4:30pm – 6:30pm	25 Healthy Eating & Fitness 10am – 12pm	26 Zumba Fitness 10am – 11:30am
28 Prenatal Program 1pm – 3pm	29 Healthy Eating & Fitness 10am – 12pm	30 Zumba Fitness 6:30pm – 7:30pm	31 Teens Prenatal Program 4:30pm – 6:30pm		

Client Feedback Hotline

Do you have some feedback you would like to provide about Unison's services, facilities or anything else?
❖ Now, you can leave us a voicemail message with your comments.
❖ Please tell us which site your comment is about and provide your name and phone number to follow up.
416-787-1661,
Option 6

Registration Required: See back page for contact person's information.

Programs are subject to change. Please contact program staff for more information.

Unison
Health & Community Services

Jane-Trethewey Site

Feb 2019 program calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Healthy Eating & Fitness 10am – 12pm	2 Zumba Fitness 10am – 11:30am
4 Prenatal Program 1pm – 3pm	5 Healthy Eating & Fitness 10am – 12pm	6 Zumba Fitness 6:30pm – 7:30pm	7 Teens Prenatal Program 4:30pm – 6:30pm	8 Healthy Eating & Fitness 10am – 12pm	9 Zumba Fitness 10am – 11:30am
11 Prenatal Program 1pm – 3pm	12 Healthy Eating & Fitness 10am – 12pm	13 Zumba Fitness 6:30pm – 7:30pm	14 Soup & Soul 1pm – 2:30pm* Teens Prenatal Program 4:30pm – 6:30pm	15 Healthy Eating & Fitness 10am – 12pm	16 Zumba Fitness 10am – 11:30am
18 Family Day Unison Closed	19 Healthy Eating & Fitness 10am – 12pm	20 Zumba Fitness 6:30pm – 7:30pm	21 Teens Prenatal Program 4:30pm – 6:30pm	22 Healthy Eating & Fitness 10am – 12pm	23 Zumba Fitness 10am – 11:30am
25 Prenatal Program 1pm – 3pm	26 Healthy Eating & Fitness 10am – 12pm Diabetes Education Program Group Information Session 1pm – 3pm*	27 Zumba Fitness 6:30pm – 7:30pm	28 Teens Prenatal Program 4:30pm – 6:30pm		

Registration Required: See back page for contact person's information.

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Unison
Health & Community Services

Jane-Trethewey Site

Mar 2019 program calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Healthy Eating & Fitness 10am – 12pm	2 Zumba Fitness 10am – 11:30am
4 Prenatal Program 1pm – 3pm	5 Healthy Eating & Fitness 10am – 12pm	6 Zumba Fitness 6:30pm – 7:30pm	7 Wellness Support Group 10am – 12pm Teens Prenatal Program 4:30pm – 6:30pm	8 Healthy Eating & Fitness 10am – 12pm	9 Zumba Fitness 10am – 11:30am
11 Prenatal Program 1pm – 3pm	12 Healthy Eating & Fitness 10am – 12pm	13 Zumba Fitness 6:30pm – 7:30pm	14 Wellness Support Group 10am – 12pm Soup & Soul 1pm – 2:30pm*	15 Healthy Eating & Fitness 10am – 12pm	16 Zumba Fitness 10am – 11:30am
18 Craving Change 10am – 12pm* Prenatal Program 1pm – 3pm Teleophthalmology Clinic: Eye Screening for Diabetic Clients 9am – 5pm*	19 Healthy Eating & Fitness 10am – 12pm	20 Zumba Fitness 6:30pm – 7:30pm	21 Wellness Support Group 10am – 12pm Teens Prenatal Program 4:30pm – 6:30pm	22 Healthy Eating & Fitness 10am – 12pm	23 Zumba Fitness 10am – 11:30am
25 Craving Change 10am – 12pm* Prenatal Program 1pm – 3pm	26 Healthy Eating & Fitness 10am – 12pm Behind the Mask 12:30pm – 2:30pm* Mind, Body & Soca 6pm – 7:30pm*	27 Women's Trauma Group 10am – 12pm Zumba Fitness 6:30pm – 7:30pm	28 Wellness Support Group 10am – 12pm Teens Prenatal Program 4:30pm – 6:30pm	29 Healthy Eating & Fitness 10am – 12pm Diabetes Education Program Group Information Session 9am – 11am*	30 Zumba Fitness 10am – 11:30am

Registration Required: See back page for contact person's information.

Programs are subject to change. Please contact program staff for more information.