

# Jane-Trethewey Program Listings



## Art Therapy (Seniors)

An ideal group to build relationships, learn mindfulness practices and use art as a means of addressing concerns like anxiety, depression, and stress. Program is offered off site at York West Active Living Centre (Weston-Lawrence) for seniors 55+. Call Amanda ext. 2050



## Arthritis Pain Management Program

10-week program for clients living with Arthritis. Facilitated by a Registered Dietitian, Social Worker & a Certified Fitness Instructor every week. A therapist from the Arthritis Society will also be present to discuss tips on managing pain, joint protection, benefits of exercise and so much more. Clients can be referred by primary care clinicians. Talk to your doctor for more information!

## Healthy Eating & Fitness Program

Let's spring into action and stay active! Come join the 10 weeks Healthy Eating and Fitness sessions to learn more about healthy eating, learn new recipes and experience the benefits of exercise!  
Call Abubakar @ x.2436 to sign up for Tuesdays  
Call Kim @ 1265 to sign up for Thursdays

## Mind, Body & Soca

Combines soca exercises (an infusion of African & Caribbean dance) or yoga in combination with mindfulness to help community members reflect on their overall wellness. Contact: Avaleen Sargeant at ext. 2715



## Mothers from Afar, Children from Here

Come join us for an information session on our new group Mother from Afar and Children From Here. Facilitated in both Spanish & English and participants will have the opportunity to learn about what will be offered in this group and provide input for the future sessions. Snacks will be provided. For more information call 416-645-7575 EXT 2050. Program will take place off site at 2141 Jane Street, Suite 200.



## 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](mailto: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: Klodiana ext. 1300

## Wellness Support Group

Program that promotes healthy aging. Seniors 55+ who live within the Jane Street Hub area & nearby neighborhoods, are welcome to join. Contact: Kim Nguyen at ext. 1265



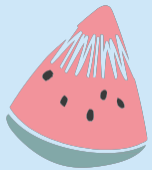
## Wellness Workshop for Seniors

In partnership with the Learning Enrichment Foundation Wellness Workshops for Seniors will explore topics connected to health and wellness. We will discuss topics like mental health, nutrition, perfectionism, and self-compassion. Takes place at 1267 Weston Rd. Call Amanda at 416-645-7575 Ext 2050 to register.

## West End Drop-In Peer Support Group

Support group for individuals with mental health challenges seeking community support. Facilitated by trained peers from the Mood Disorders Association of Ontario. No registration required (anonymous) & free of charge. Call Amanda for more information 416-645-7575 Ext 2050



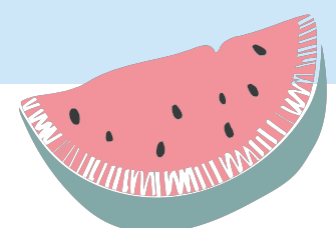


## Jane-Trethewey Site July 2019- Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Canada Day Unison Closed	2 Healthy Eating & Fitness 10am – 12pm	3 Zumba Fitness 6pm – 7:30pm 	4 Wellness Support Group 10am – 12pm Teens Prenatal Program 4:30pm – 6:30pm	5 Healthy Eating & Fitness 10am – 12pm Wellness Workshop for Seniors 10am – 12pm**	6 Zumba Fitness 10am – 11:30am
8 Prenatal Program 1pm – 3pm	9 Healthy Eating & Fitness 10am – 12pm 	10 Zumba Fitness 6pm – 7:30pm	11 Wellness Support Group 10am – 12pm Teens Prenatal Program 4:30pm – 6:30pm West End Drop-In Peer Support Group 6:30pm – 8:30pm	12 Healthy Eating & Fitness 10am – 12pm Wellness Workshop for Seniors 10am – 12pm**	13 Zumba Fitness 10am – 11:30am
15 Prenatal Program 1pm – 3pm	16 Healthy Eating & Fitness 10am – 12pm Mind Body & Soca 6:30pm – 8pm*	17 Zumba Fitness 6pm – 7:30pm	18 Wellness Support Group 10am – 12pm Teens Prenatal Program 4:30pm – 6:30pm	19 Healthy Eating & Fitness 10am – 12pm Wellness Workshop for Seniors 10am – 12pm**	20 Zumba Fitness 10am – 11:30am
22 Prenatal Program 1pm – 3pm	23 Healthy Eating & Fitness 10am – 12pm Mind Body & Soca 6:30pm – 8pm*	24 Jane Street Hub Summer BBQ 4pm – 8pm Zumba Fitness 6pm – 7:30pm	25 Wellness Support Group 10am – 12pm Teens Prenatal Program 4:30pm – 6:30pm	26 Healthy Eating & Fitness 10am – 12pm Wellness Workshop for Seniors 10am – 12pm**	27 Zumba Fitness 10am – 11:30am
29 Prenatal Program 1pm – 3pm	30 Healthy Eating & Fitness 10am – 12pm Mind Body & Soca 6:30pm – 8pm*	31 Zumba Fitness 6pm – 7:30pm 	Teleophthalmology Clinic: Eye Screening for Diabetic Clients  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 you are interested in attending please speak to your Doctor, Nurse Practitioner, or call Stephanie at 416.787.1661 ext. 3301		



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 \*\*Program is held off site: See back page for address.  
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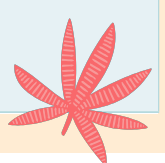
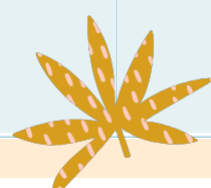




## Jane-Trethewey Site August 2019- Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Diabetes Education Program (DEP) Group Information Session</b> We offer individual appointments & group classes for adults with Type 2 Diabetes or pre-diabetes with a registered nurse or dietitian who specialize in diabetes education. Learn about risk level, risk factors, healthy eating, physical activity guidelines and more to lower your risk. Registration is required. Contact (416) 787-1661 ext. 3301			1 <b>Wellness Support Group</b> 10am – 12pm <b>Teens Prenatal Program</b> 4:30pm – 6:30pm	2 <b>Healthy Eating &amp; Fitness</b> 10am – 12pm	3 <b>Zumba Fitness</b> 10am – 11:30am
5 <b>Civic Holiday</b>  Unison Closed	6 <b>Healthy Eating &amp; Fitness</b> 10am – 12pm <b>Mind Body &amp; Soca</b> 6:30pm – 8pm*	7 <b>Mind Body &amp; Yoga</b> 12:30pm – 2:30pm* <b>Zumba Fitness</b> 6pm – 7:30pm	8 <b>Wellness Support Group</b> 10am – 12pm <b>Teens Prenatal Program</b> 4:30pm – 6:30pm <b>West End Drop-In Peer Support Group</b> 6:30pm – 8:30pm	9 <b>Healthy Eating &amp; Fitness</b> 10am – 12pm	10 <b>Zumba Fitness</b> 10am – 11:30am
12 <b>Prenatal Program</b> 1pm – 3pm	13 <b>Healthy Eating &amp; Fitness</b> 10am – 12pm <b>Mind Body &amp; Soca</b> 6:30pm – 8pm*	14 <b>Mind Body &amp; Yoga</b> 12:30pm – 2:30pm* <b>Zumba Fitness</b> 6pm – 7:30pm <b>Mothers From Afar, Children From Here: Info Session</b> 6pm – 7:30pm**	15 <b>Teens Prenatal Program</b> 4:30pm – 6:30pm	16 	17 <b>Zumba Fitness</b> 10am – 11:30am
19 <b>Prenatal Program</b> 1pm – 3pm  	20 <b>Healthy Eating &amp; Fitness</b> 10am – 12pm <b>Mind Body &amp; Soca</b> 6:30pm – 8pm*	21 <b>Mind Body &amp; Yoga</b> 12:30pm – 2:30pm* <b>Zumba Fitness</b> 6pm – 7:30pm	22 <b>Teens Prenatal Program</b> 4:30pm – 6:30pm	23 <b>Healthy Eating &amp; Fitness</b> 10am – 12pm	24 <b>Zumba Fitness</b> 10am – 11:30am
26 <b>Prenatal Program</b> 1pm – 3pm	27 <b>Healthy Eating &amp; Fitness</b> 10am – 12pm <b>DEP Group Information Session</b> 5:30pm – 7:30pm* <b>Mind Body &amp; Soca</b> 6:30pm – 8pm*	28 <b>Mind Body &amp; Yoga</b> 12:30pm – 2:30pm* <b>Zumba Fitness</b> 6pm – 7:30pm	29 <b>Teens Prenatal Program</b> 4:30pm – 6:30pm	30 <b>Healthy Eating &amp; Fitness</b> 10am – 12pm	31 <b>Zumba Fitness</b> 10am – 11:30am



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## Jane-Trethewey Site September 2019- Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 <b>Labour Day</b> Unison Closed	3 <b>Mind Body &amp; Soca</b> 6:30pm – 8pm*	4 <b>Mind Body &amp; Yoga</b> 12:30pm – 2:30pm* <b>Zumba Fitness</b> 6pm – 7:30pm	5 <b>Teens Prenatal Program</b> 4:30pm – 6:30pm	6 <b>Healthy Eating &amp; Fitness</b> 10am – 12pm	7 <b>Zumba Fitness</b> 10am – 11:30am
9 <b>Prenatal Program</b> 1pm – 3pm 	10 <b>Arthritis Pain Management Program</b> 10am – 12pm <b>Mind Body &amp; Soca</b> 6:30pm – 8pm*	11 <b>Mind Body &amp; Yoga</b> 12:30pm – 2:30pm* <b>Zumba Fitness</b> 6pm – 7:30pm	12 <b>Wellness Support Group</b> 10am – 12pm <b>Teens Prenatal Program</b> 4:30pm – 6:30pm <b>West End Drop-In</b> <b>Peer Support Group</b> 6:30pm – 8:30pm	13 <b>Arthritis Pain Management Program</b> 10am – 12pm	14 <b>Zumba Fitness</b> 10am – 11:30am
16 <b>Prenatal Program</b> 1pm – 3pm <b>Teleophthalmology Clinic: Eye Screening for Diabetic clients</b> 9:30am – 5pm*	17 <b>Arthritis Pain Management Program</b> 10am – 12pm <b>Mind Body &amp; Soca</b> 6:30pm – 8pm*	18 <b>Mind Body &amp; Yoga</b> 12:30pm – 2:30pm* <b>Zumba Fitness</b> 6pm – 7:30pm <b>Mothers From Afar, Children From Here</b> 6pm – 8pm**	19 <b>Wellness Support Group</b> 10am – 12pm <b>Teens Prenatal Program</b> 4:30pm – 6:30pm <b>Mind Body &amp; Soca</b> 5pm – 6pm**	20 <b>Arthritis Pain Management Program</b> 10am – 12pm	21 <b>Zumba Fitness</b> 10am – 11:30am
23 <b>Prenatal Program</b> 1pm – 3pm <b>Annual General Meeting</b> 5:30pm	24 <b>Arthritis Pain Management Program</b> 10am – 12pm	25 <b>Mind Body &amp; Yoga</b> 12:30pm – 2:30pm* <b>Zumba Fitness</b> 6pm – 7:30pm <b>Mothers From Afar, Children From Here</b> 6pm – 8pm**	26 <b>Wellness Support Group</b> 10am – 12pm <b>Teens Prenatal Program</b> 4:30pm – 6:30pm <b>Mind Body &amp; Soca</b> 5pm – 6pm**	27 <b>DEP Group Information Session</b> 9am – 11am*	28 <b>Zumba Fitness</b> 10am – 11:30am
30 <b>Prenatal Program</b> 1pm – 3pm	<b>Client Feedback Hotline</b> 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				

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