

Healthy Eating & Fitness Program

Let's keep moving and stay healthy! Come join the 10 weekly sessions to learn about healthy eating, fitness and mental health. Program is led by a Registered Dietitian, Certified Fitness Instructor and Social Worker. Call Abubakar @ x.2436 to sign up for Tuesdays Call Kim @ 1265 to sign up for Fridays

Prenatal Program

If you are expecting a baby, please join us for our weekly prenatal program. Connect with mothers and other women, learn about pregnancy, baby care and healthy eating. TTC tokens are available. Contact: Sick Kids Centre for Community Mental Health at (416) 924-1164 ext. 8719

Seniors Wellness College

In partnership with the York West Active Living Centre, Unison will be offering an 8 week session for seniors. Topics include mood, brain health, violence prevention and grief/loss. Participants receive a certificate & learn how to become peer educators & advocates for other seniors in their community. Healthy snacks provided. Sessions are held offsite at 1901 Weston Rd. Call ext. 2715 for registration.

Soup & Soul

Soup and Soul provides an opportunity to come together to explore wellness topics like self-care, nutrition and healthy relationships. Every month expect new topics, soups, and fun activities. For registration call ext. 2050.

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

Healthy Feet, Diabetes and You

A program for anyone living with or giving care to someone with type 2 diabetes. This one-time workshop teaches skills needed for daily foot care. Please call (416) 787-1661 ext. 3301 to register.

Seeds of Compassion: Women's Trauma Group

For women who have experienced trauma and are seeking support around how those experiences continue to affect them. Each week we will engage in discussion, yoga, and arts based activities to explore ways of better understanding ourselves and healing from trauma. Contact Amanda at ext. 2050 for registration.

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

WRAP-Wellness Recovery Action Plan

Facilitated by peers, for peers. In this hands-on workshop, people with lived experience of mental health challenges will work together to design their own WRAP in practical, day-to-day terms—to help them get well and stay well. Contact Avaleen at ext. 2715 for registration. Program takes place at 2017 Weston Road.

Mind, Body & Soca

Combines soca exercises (an infusion of African and Caribbean dance) and mindfulness to help community members reflect on their overall wellness. Youth attending the group will receive volunteer hours for participation. Program is held offsite at 1765 Weston Rd. Contact: Avaleen at ext. 2715

Seniors Bereavement Group (55+)

In partnership with Bereaved Families of Ontario, Unison will be offering a bereavement group for seniors 55+. This closed group runs for 8 sessions and will help participants develop skills, knowledge, and coping strategies to assist you in learning how to live with your grief. Contact ext. 2715 for registration.

Telephthalmology Services

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.

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 at ext. 2050.

Thank you to Daniel Rose, resident of Lawrence Heights, for reviewing the program calendars and providing input to make improvements.





We would love to hear from you!!
 If you have any feedback or comments about the program calendars, Unison's services and programs, please call 416-787-1661, press "6" and leave us a message.

Jane-Trethewey Site October 2019- Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Healthy Eating & Fitness 10am – 12pm Mind Body & Soca 6pm – 7pm*	2 Seeds of Compassion: Women's Trauma Group 1pm – 3pm* Zumba Fitness 6pm – 7:30pm	3 Wellness Support Group 10am – 12pm Teens Prenatal Program 4:30pm – 6:30pm Intergenerational Fitness (Mind Body & Soca) 5pm – 6pm**	4 Healthy Eating & Fitness 10am – 12pm	5 Zumba Fitness 10am – 11:30am
7 Prenatal Program 1pm – 3pm	8 Healthy Eating & Fitness 10am – 12pm Mind Body & Soca 6pm – 7pm* West End Peer Support Drop-in Group 6pm – 8pm	9 WRAP 10:30am – 12:30pm** Seeds of Compassion: Women's Trauma Group 1pm – 3pm* Zumba Fitness 6pm – 7:30pm	10 Wellness Support Group 10am – 12pm Teens Prenatal Program 4:30pm – 6:30pm Intergenerational Fitness (Mind Body & Soca) 5pm – 6pm**	11 Healthy Eating & Fitness 10am – 12pm	12 Zumba Fitness 10am – 11:30am
14 Thanksgiving Unison Closed	15 Healthy Eating & Fitness 10am – 12pm Mind Body & Soca 6pm – 7pm*	16 Seniors Bereavement Group (55+) 10am - 12pm* WRAP 10:30am – 12:30pm** DEP Workshop (Cholesterol & Mediterranean Diet) 1pm – 2:30pm* Seeds of Compassion: Women's Trauma Group 1pm – 3pm* Zumba Fitness 6pm – 7:30pm	17 Wellness Support Group 10am – 12pm Teens Prenatal Program 4:30pm – 6:30pm Intergenerational Fitness (Mind Body & Soca) 5pm – 6pm**	18 Healthy Eating & Fitness 10am – 12pm	19 Zumba Fitness 10am – 11:30am
21 Prenatal Program 1pm – 3pm	22 Healthy Eating & Fitness 10am – 12pm Mind Body & Soca 6pm – 7pm*	23 Seniors Bereavement Group (55+) 10am - 12pm* WRAP 10:30am – 12:30pm** Seeds of Compassion: Women's Trauma Group 1pm – 3pm* Zumba Fitness 6pm – 7:30pm	24 Healthy Feet, Diabetes & You 8:30am – 12pm* Wellness Support Group 10am – 12pm Seniors Wellness College 1:30pm – 3:30pm** Teens Prenatal Program 4:30pm – 6:30pm Intergenerational Fitness (Mind Body & Soca) 5pm – 6pm**	25 Healthy Eating & Fitness 10am – 12pm	26 Zumba Fitness 10am – 11:30am
28 Prenatal Program 1pm – 3pm	29 Healthy Eating & Fitness 10am – 12pm DEP Group Information Session 1pm – 3pm* Mind Body & Soca 6pm – 7pm*	30 Seniors Bereavement Group (55+) 10am - 12pm* WRAP 10:30am – 12:30pm** Seeds of Compassion: Women's Trauma Group 1pm – 3pm* Zumba Fitness 6pm – 7:30pm	31 Wellness Support Group 10am – 12pm Mind Body & Soca 11am – 12pm** Seniors Wellness College 1:30pm – 3:30pm** Teens Prenatal Program 4:30pm – 6:30pm		

Registration Required: See front page for contact person's information.
 **Program is held off site: See front page for address.
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Jane-Trethewey Site November 2019- Program Calendar

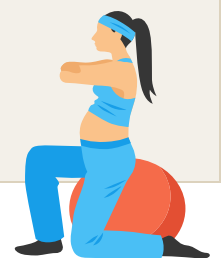
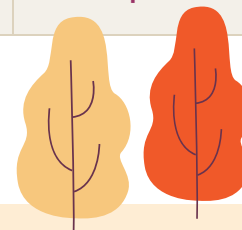


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				1 Healthy Eating & Fitness 10am – 12pm	2 Zumba Fitness 10am – 11:30am
4 Prenatal Program 1pm – 3pm	5 Healthy Eating & Fitness 10am – 12pm Mind Body & Soca 6pm – 7pm*	6 Seniors Bereavement Group (55+) 10am - 12pm* WRAP 10:30am – 12:30pm** Seeds of Compassion: Women's Trauma Group 1pm – 3pm* Zumba Fitness 6pm – 7:30pm	7 Wellness Support Group 10am – 12pm Mind Body & Soca 11am – 12pm** Seniors Wellness College 1:30pm – 3:30pm** 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 Mind Body & Soca 6pm – 7pm* West End Peer Support Drop-in Group 6pm – 8pm	13 Seniors Bereavement Group (55+) 10am - 12pm* WRAP 10:30am – 12:30pm** Seeds of Compassion: Women's Trauma Group 1pm – 3pm* Zumba Fitness 6pm – 7:30pm	14 Wellness Support Group 10am – 12pm Mind Body & Soca 11am – 12pm** Seniors Wellness College 1:30pm – 3:30pm** Teens Prenatal Program 4:30pm – 6:30pm	15 Healthy Eating & Fitness 10am – 12pm	16 Zumba Fitness 10am – 11:30am
18 Prenatal Program 1pm – 3pm Teleophthalmology Clinic: Eye Screening for Diabetic clients 9:30am – 5pm*	19 Mind Body & Soca 6pm – 7pm*	20 Seniors Bereavement Group (55+) 10am - 12pm* WRAP 10:30am – 12:30pm** DEP Workshop (Foot Care & Healthy Snacking) 1pm – 2:30pm* Seeds of Compassion: Women's Trauma Group 1pm – 3pm* Zumba Fitness 6pm – 7:30pm	21 Wellness Support Group 10am – 12pm Mind Body & Soca 11am – 12pm** Seniors Wellness College 1:30pm – 3:30pm** 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 Mind Body & Soca 6pm – 7pm*	27 Seniors Bereavement Group (55+) 10am - 12pm* WRAP 10:30am – 12:30pm** Seeds of Compassion: Women's Trauma Group 1pm – 3pm* Zumba Fitness 6pm – 7:30pm	28 Wellness Support Group 10am – 12pm Mind Body & Soca 11am – 12pm** Seniors Wellness College 1:30pm – 3:30pm** Teens Prenatal Program 4:30pm – 6:30pm	29 DEP Group Information Session 9am – 11am* Soup & Soul 12:30pm – 2:30pm*	30

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We would love to hear from you!!

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Jane-Trethewey Site December 2019- Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 	3 Mind Body & Soca 6pm – 7pm*	4 Seniors Bereavement Group (55+) 10am - 12pm* WRAP 10:30am – 12:30pm** Seeds of Compassion: Women's Trauma Group 1pm – 3pm* Zumba Fitness 6pm – 7:30pm	5 Wellness Support Group 10am – 12pm Seniors Wellness College 1:30pm – 3:30pm** Teens Prenatal Program 4:30pm – 6:30pm	6	7 Zumba Fitness 10am – 11:30am
9 Prenatal Program 1pm – 3pm	10 West End Peer Support Drop-in Group 6pm – 8pm	11 Seniors Bereavement Group (55+) 10am - 12pm* Zumba Fitness 6pm – 7:30pm	12 Seniors Wellness College 1:30pm – 3:30pm** Teens Prenatal Program 4:30pm – 6:30pm	13	14 Zumba Fitness 10am – 11:30am
16 Prenatal Program 1pm – 3pm	17	18 DEP Workshop (Diabetes Medication & Glycemic Index) 1pm – 2:30pm* Zumba Fitness 6pm – 7:30pm	19 Teens Prenatal Program 4:30pm – 6:30pm	20	21 Zumba Fitness 10am – 11:30am
23 Prenatal Program 1pm – 3pm	24	25 Christmas Unison Closed	26 Boxing Day Unison Closed	27	28 Zumba Fitness 10am – 11:30am
30 Prenatal Program 1pm – 3pm	31				

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