



### Baby & Me

For parents or caregivers and their children from birth to age one year. Each session starts with singing with baby and is followed by a discussion on a topic such as infant health, development and nutrition or issues faced by new parents.  
Contact: Building Brighter Futures  
416-924-1164 ext. 2310

### Chair yoga for Seniors

The popular chair yoga is back for another season! This weekly program is supported by North York Community House. Call Albana Qatipi @ ext. 3256 to register

### Forever Young Seniors

Focuses on topics that promote healthy aging. Different service agencies and health professionals will be providing education sessions throughout the year. If you are seniors over the age of 55 and live within the Lawrence Heights or nearby neighborhoods, you are welcome to join our weekly program. Healthy snacks and meals are provided.  
Contact: Klodiana Dibra ext. 1300

### Harm Reduction Kit Making

Opportunity for service users to put together harm reduction kits and learn about what is in the packages. Volunteers in this program receive compensation for their time.  
Contact: Wayne Duhany ext. 3278

### 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 ext. 3301 to register

### Housing Help Community Clinic

On-site intake, case-management, referrals, advice, advocacy and conflict mediation services to local residents and low income tenants on housing and conflict mediation matters. Please call for intake, registration and appointment.  
Contact: Rosamaria Andino ext. 3232

### Labour of Love - Prenatal Program

This program offers learning about pregnancy and prenatal care, birth and postnatal life, baby care and healthy eating. You will meet other women & enjoy healthy snacks. TTC tokens and childcare are available.  
Contact: Sick Kids Centre for Community Mental Health at (416) 924-1164 ext. 8719

### Pure Plant Power

Join our Registered Dietitians for a 6 week program. Each week we'll discuss nutrition related topics & execute plant based recipes. Call Jenny at ext. 3229 or Anly at ext. 32226

### Social Club for 55+

This program is led by a group of seniors. Please join weekly social activities designed by the seniors. Come share laughter and fun times with us. Healthy snacks and meals are provided. For more information, please call Klodiana ext. 1300.

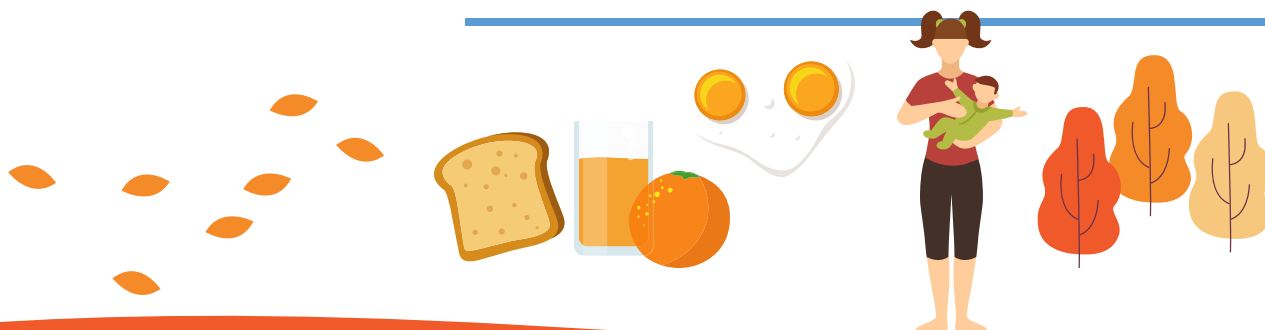
### Telephthalmology Services Extended to All Unison Sites

Service provides eye exams and retinal screenings at no cost. 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.

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

### Free Naturopathic Teaching Clinic

Looking for personalized holistic health care? Visit the naturopathic (natural) medicine clinic at Unison (Lawrence Heights site), for visits on Saturdays from 9am to 3pm. Supervised by a licensed naturopathic doctor (ND), our student interns will take time to listen to your health concerns and work with you to achieve your health goals. **Visits are by appointment only** – to make an appointment call 416-498-1255 ext. 490 or email [unisonlh@ccnm.edu](mailto:unisonlh@ccnm.edu)





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.

## Lawrence Heights Site October 2019- Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 Chair Yoga for Seniors 10:30am – 11:30am Baby & Me 1:30pm – 3:30pm* Labour of Love – Prenatal Program 1:30pm – 3:30pm*	3	4 Forever Young Seniors 10am – 1pm	5 Social Club for 55+ 10am – 12pm
7	8 Chair Yoga for Seniors 10:30am – 11:30am Baby & Me 1:30pm – 3:30pm* Labour of Love – Prenatal Program 1:30pm – 3:30pm*	9	10 Forever Young Seniors 10am – 1pm Teleophthalmology Clinic: Eye Screening for Diabetic clients 9:30am – 4pm*	11 Social Club for 55+ 10am – 12pm Harm Reduction Kit Making 1pm – 3pm Diabetes Education Program-Journey to Health & Wellness 1:30pm – 2:30pm*
14 Thanksgiving Unison Closed	15 Healthy Feet, Diabetes and You 9:30am – 12pm* Chair Yoga for Seniors 10:30am – 11:30am Baby & Me 1:30pm – 3:30pm* Labour of Love – Prenatal Program 1:30pm – 3:30pm*	16	17 Forever Young Seniors 10am – 1pm	18 Social Club for 55+ 10am – 12pm
21	22 Pure Plant Power 9:30am – 11:30am Chair Yoga for Seniors 10:30am – 11:30am Baby & Me 1:30pm – 3:30pm* Labour of Love – Prenatal Program 1:30pm – 3:30pm*	23	24 Forever Young Seniors 10am – 1pm Housing Help Community Clinic 1:30pm – 3:30pm*	25 Social Club for 55+ 10am – 12pm Harm Reduction Kit Making 1pm – 3pm
28 DEP Group Information Session 1pm – 3pm*	29 Pure Plant Power 9:30am – 11:30am Chair Yoga for Seniors 10:30am – 11:30am Baby & Me 1:30pm – 3:30pm* Labour of Love – Prenatal Program 1:30pm – 3:30pm*	30	31 Forever Young Seniors 10am – 1pm	

**\*Registration Required: See front page for contact person's information.\***  
Programs are subject to change. Please contact program staff for more information.



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## Lawrence Heights Site November 2019- Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>Social Club for 55+</b> 10am – 12pm
4	5 <b>Pure Plant Power</b> 9:30am – 11:30am <b>Chair Yoga for Seniors</b> 10:30am – 11:30am <b>Baby &amp; Me</b> 1:30pm – 3:30pm* <b>Labour of Love – Prenatal Program</b> 1:30pm – 3:30pm*	6	7 <b>Forever Young Seniors</b> 10am – 1pm	8 <b>Social Club for 55+</b> 10am – 12pm <b>Harm Reduction Kit Making</b> 1pm – 3pm <b>Diabetes Education Program-Journey to Health &amp; Wellness</b> 1:30pm – 2:30pm*
11	12 <b>Pure Plant Power</b> 9:30am – 11:30am <b>Chair Yoga for Seniors</b> 10:30am – 11:30am <b>Baby &amp; Me</b> 1:30pm – 3:30pm* <b>Labour of Love – Prenatal Program</b> 1:30pm – 3:30pm*		13 <b>Forever Young Seniors</b> 10am – 1pm <b>Teleophthalmology Clinic: Eye Screening for Diabetic clients</b> 9:30am – 4pm*	14 <b>Social Club for 55+</b> 10am – 12pm
18	19 <b>Pure Plant Power</b> 9:30am – 11:30am <b>Chair Yoga for Seniors</b> 10:30am – 11:30am <b>Baby &amp; Me</b> 1:30pm – 3:30pm* <b>Labour of Love – Prenatal Program</b> 1:30pm – 3:30pm*	20	21 <b>Forever Young Seniors</b> 10am – 1pm <b>Housing Help Community Clinic</b> 1:30pm – 3:30pm*	22 <b>Social Club for 55+</b> 10am – 12pm <b>Harm Reduction Kit Making</b> 1pm – 3pm
25	26 <b>Pure Plant Power</b> 9:30am – 11:30am <b>Chair Yoga for Seniors</b> 10:30am – 11:30am <b>Baby &amp; Me</b> 1:30pm – 3:30pm* <b>Labour of Love – Prenatal Program</b> 1:30pm – 3:30pm*	27 <b>DEP Group Information Session</b> 9am – 11am*	28 <b>Forever Young Seniors</b> 10am – 1pm	29

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## Lawrence Heights Site December 2019- Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6 Social Club for 55+ 10am – 12pm
9	10 Chair Yoga for Seniors 10:30am – 11:30am Baby & Me 1:30pm – 3:30pm* Labour of Love – Prenatal Program 1:30pm – 3:30pm*	11 	12 Forever Young Seniors 10am – 1pm Teleophthalmology Clinic: Eye Screening for Diabetic clients 9:30am – 4pm*	13 Social Club for 55+ 10am – 12pm Harm Reduction Kit Making 1pm – 3pm Diabetes Education Program-Journey to Health & Wellness 1:30pm – 2:30pm*
16 DEP Group Information Session 1pm – 3pm*	17 Chair Yoga for Seniors 10:30am – 11:30am Baby & Me 1:30pm – 3:30pm* Labour of Love – Prenatal Program 1:30pm – 3:30pm*	18	19 Forever Young Seniors 10am – 1pm	20 Social Club for 55+ 10am – 12pm Harm Reduction Kit Making 1pm – 3pm
23 	24 Baby & Me 1:30pm – 3:30pm* Labour of Love – Prenatal Program 1:30pm – 3:30pm*	25 Christmas Unison Closed	26 Boxing Day Unison Closed	27
30	31 Baby & Me 1:30pm – 3:30pm* Labour of Love – Prenatal Program 1:30pm – 3:30pm*			

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