

Phone number: 416-645-7575



## Program Listings: Jane-Trethewey

**Dancing into Health** - Dancing improves strength and muscle function in older adults, increasing balance and flexibility, leading to better stability and fewer injuries; as well as improving heart health. Please wear comfortable clothing and walking or running shoes.

Contact: Kim Nguyen at ext. 1265

**Drop-In Legal Clinic** - Free legal advice in the following areas of law: social assistance, housing, basic employment, human rights, CPP and EI. We also provide notarization of documents (documents must already be prepared). Clients must live in the former City of York in Toronto.

Contact: Ext. 2400

**Mind Body and Yoga @ York West Active living** - Therapeutic group using mindfulness, nutrition and yoga, for adults 18+. The program will take place at York West Active Living Centre (1901 Weston Rd, York, ON M9N 3P5). Tokens will be provided.

Contact: 416-645-7575 ext. 2050 to register

**Supporting Young Families - Teen Program** - Expertise in nutrition, and prenatal and postnatal care for pregnant teens, parenting teens and teens helping teens. Opportunities to meet other women, learn about pregnancy, baby care and healthy eating, one-on-one appointments with a Public Health Nurse and Dietician, breastfeeding support and enjoy a snack and tasting new food. TTC tokens, food gift certificates, childcare and interpretation services are available.

Contact: Albana Qatipi ext. 1300

**Tai Chi Class** - Demonstration program for new learners. Join the class to learn basic Tai Chi, improve your health, enhance your body and spirit and meet new people. Snacks are provided. Please wear comfortable clothing and walking shoes.

Contact: Kim Nguyen at ext. 1265



Unison Health & Community Services

Unison - Jane-Trethewey

1541 Jane Street, Toronto

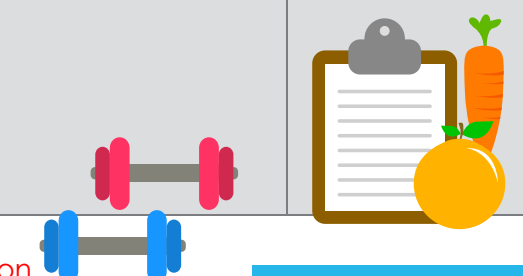


Jane-Trethewey Site

## July 2018 • Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
2 Canada Day Unison Closed	3	4	5 Tai Chi Class 10am – 12pm Supporting Young Families 4:30pm – 6:30pm	6 Dancing Into Health 2pm – 4pm Mind Body & Yoga 1pm – 2:30pm @ York West Active Living*
9 Mind Body & Yoga 1pm – 2:30pm @ York West Active Living*	10 <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	11	12 Tai Chi Class 10am – 12pm Supporting Young Families 4:30pm – 6:30pm	13 Diabetes Education Program Group Information Session 9am – 11am* Dancing Into Health 2pm – 4pm Mind Body & Yoga 1pm – 2:30pm @ York West Active Living*
16 Mind Body & Yoga 1pm – 2:30pm @ York West Active Living*	17	18	19 Tai Chi Class 10am – 12pm Supporting Young Families 4:30pm – 6:30pm	20 Dancing Into Health 2pm – 4pm Mind Body & Yoga 1pm – 2:30pm @ York West Active Living*
23 Mind Body & Yoga 1pm – 2:30pm @ York West Active Living*	24	25	26 Tai Chi Class 10am – 12pm Drop-In Legal Clinic 2pm – 5pm Supporting Young Families 4:30pm – 6:30pm	27 Dancing Into Health 2pm – 4pm Mind Body & Yoga 1pm – 2:30pm @ York West Active Living*
30 Mind Body & Yoga 1pm – 2:30pm @ York West Active Living*	31			



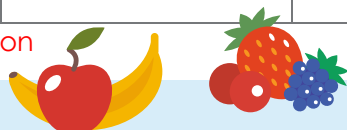
\*Registration Required: see back page for contact person's information



Jane-Trethewey Site   
August 2018 • Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>Qmentum is coming!</b> On Sept. 17-20, 2018, Unison will host two external surveyors from Accreditation Canada. They will be conducting an organizational accreditation process called Qmentum. During this review, surveyors will be walking around speaking to clients and staff. For clients, speaking to the surveyors is <b>OPTIONAL</b>. But you are encouraged to do so if you feel comfortable. The information that you provide will help us towards our overall goal of improving the quality of services that we provide to you.</p> <p><b>What to do if you are approached:</b></p> <ul style="list-style-type: none"> <li>❖ Be honest</li> <li>❖ Be comfortable</li> <li>❖ Speak openly</li> </ul> <p><b>Sample Questions for Clients</b></p> <ul style="list-style-type: none"> <li>❖ What was the process for becoming a client?</li> <li>❖ How do you find the staff at Unison?</li> <li>❖ How have these services and programs helped you?</li> <li>❖ How do you find the facilities at Unison - how clean, safe, accessible, etc.?</li> <li>❖ How do you make a suggestion or complaint?</li> </ul> <p>What do you like best about Unison? Least?</p>	<p><b>Tai Chi Class</b> 10am – 12pm <b>Supporting Young Families</b> 4:30pm – 6:30pm</p>	<p><b>Dancing Into Health</b> 2pm – 4pm <b>Mind Body &amp; Yoga</b> 1pm – 2:30pm @ York West Active Living*</p>
6 Civic Holiday Unison Closed	7 <b>Diabetes Education Program Group Information Session</b> 1pm – 3pm*		<p><b>Tai Chi Class</b> 10am – 12pm <b>Supporting Young Families</b> 4:30pm – 6:30pm</p>	<p><b>Dancing Into Health</b> 2pm – 4pm <b>Mind Body &amp; Yoga</b> 1pm – 2:30pm @ York West Active Living*</p>
13 <b>Mind Body &amp; Yoga</b> 1pm – 2:30pm @ York West Active Living*	14		<p><b>Tai Chi Class</b> 10am – 12pm <b>Supporting Young Families</b> 4:30pm – 6:30pm</p>	<p><b>Dancing Into Health</b> 2pm – 4pm <b>Mind Body &amp; Yoga</b> 1pm – 2:30pm @ York West Active Living*</p>
20	21		<p><b>Tai Chi Class</b> 10am – 12pm <b>Supporting Young Families</b> 4:30pm – 6:30pm</p>	<p><b>Dancing Into Health</b> 2pm – 4pm</p>
27 	28		<p><b>Tai Chi Class</b> 10am – 12pm <b>Drop-in Legal Clinic</b> 2pm – 5pm <b>Supporting Young Families</b> 4:30pm – 6:30pm</p>	<p>31</p>

\*Registration Required: see back page for contact person's information



Jane-Trethewey Site   
September 2018 • Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 <b>Labour Day</b> Unison Closed	4	5	6 <b>Tai Chi Class</b> 10am – 12pm <b>Supporting Young Families</b> 4:30pm – 6:30pm	7 <b>Dancing Into Health</b> 2pm – 4pm
10	11	12	13 <b>Tai Chi Class</b> 10am – 12pm <b>Supporting Young Families</b> 4:30pm – 6:30pm	14 <b>Diabetes Education Program Group Information Session</b> 9am – 11am* <b>Dancing Into Health</b> 2pm – 4pm
17 <b>Teleophthalmology Clinic: Eye Screening for Diabetic clients</b> 9:30 am – 5:00 pm*	18	19	20 <b>Tai Chi Class</b> 10am – 12pm <b>Supporting Young Families</b> 4:30pm – 6:30pm	21 <b>Dancing Into Health</b> 2pm – 4pm
24	25	26	27 <b>Tai Chi Class</b> 10am – 12pm <b>Drop-in Legal Clinic</b> 2pm – 5pm <b>Supporting Young Families</b> 4:30pm – 6:30pm	28 <b>Dancing Into Health</b> 2pm – 4pm

\*Registration Required: see back page for contact person's information

