

UNISON

People who need a family doctor or nurse practitioner can call front desk for an intake assessment and registration appointment with our case coordinators. **For more information please call 416-645-7575; press 0**



Diabetes Education Program

Pre-Registration is required. For more information about dates and times, contact: **416-787-1661 ext. 3301**
 We offer individual appointments and group classes for adults with Type 2 Diabetes or pre-diabetes with a registered nurse and dietitian who specialize in diabetes education.
 We are a team of certified diabetes educators trained to give you the knowledge and skills to manage your diabetes. You will meet with a registered nurse and/or a registered dietitian who will work with you to create a plan that best works for you. Learn about risk level, risk factors, healthy eating, physical activity guidelines and etc. to lower your risk.

Having a Baby Drop in Program for teen moms (under 25 years of age)

This weekly program is offered in partnership with **Supporting Young Families**. Come learn about pregnancy, healthy eating during pregnancy, postnatal care, breastfeeding and taking care of your newborn.

The program is supported by a Public Health Nurse/Dietitian to provide individual and group education support.

Participants will also receive \$10 food vouchers and 2 TTC tokens by attending full session. Childminding is also available.

To register or more information, please call: Albana Qatipi 416-653-5400 ext.1300

Get Active!
 Now is the perfect weather to do so!

Join our **Dancing into Health** and **Tai Chi** programs today.

We welcome any new participants!

**For more information:
 Call Kim Nguyen @
 416-653-5400 ext. 1265**

Youth Friendly Project

Joy Simone Brown is the Youth Friendly Hub Project Coordinator at the Jane St. Hub and she has successfully formed a working group with amazing folks from *COSTI, Midaynta Community Services, Macaulay Child Development Centre, and Yorktown Child and Family Centre* to make our Hub more youth friendly and responsive to diverse needs. At our first meeting, we collaboratively created a Dream Tree which captured the necessary values we need at our foundation to be welcoming to youth and young families as well as our hopes and dreams for the Jane St. Hub. We were able to identify challenges that we may encounter on this journey and balance it out with our unique talents and gifts that will enable us to encounter every challenge with laughter, an open mind, positivity, commitment and unity.

A Youth Friendly Project wouldn't be Youth Friendly without Youth, so we will be hiring 2 Youth Advisors from the local community. The Youth Advisors will inform the Hub on issues that youth in our community face and they will be initiating youth-led programs and events to make our Hub the place to be for youth and young families. We are looking for youth who are **Creative, Committed Reliable** and **Passionate**.

For more information about this project, please call: Joy Simone Brown 416-645-7575 ext. 2915

Once complete, tear this section and drop this off to the client feedback box. You will be eligible to enter a draw for a gift certificate

1. How helpful do you find the program calendar.
 1---2---3---4---5---6---7---8---9---10
2. Please recommend at least one pick up location for Unison program calendars.
3. Once complete, drop this off to the client feedback box. You will to enter a draw for a gift certificate
4. Leave us your information so we can reach you
 - a. Name: _____
 - b. Phone Number: _____



Unison - Jane-Tretheway
 1541 Jane Street, Toronto
 ON M9N 2R3 416-645-7575



Jane-Tretheway Site October 2017 • Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 Prenatal Program 1pm-3pm	3	4 Diabetes Education Program Group Information Session 1:00 – 3:00 pm*	5 Tai Chi Class 10:00am-12:00pm Teens Prenatal Program 4:30pm – 6:30pm	6 Dancing Into Health 2pm-4pm
9 Thanksgiving Holiday CLOSED	10	11 Healthy Eating and Fitness 9:30am-12pm*	12 Tai Chi Class 10:00am-12:00pm Teens Prenatal Program 4:30pm – 6:30pm	13 Dancing Into Health 2pm-4pm
16 Prenatal Program 1pm-3pm	17	18 Healthy Eating and Fitness 9:30am-12pm*	19 Tai Chi Class 10:00am-12:00pm Teens Prenatal Program 4:30pm – 6:30pm	20 Dancing Into Health 2pm-4pm
23 Prenatal Program 1pm-3pm	24 Diabetes Education Program Group Information Session 5:30 – 7:30 pm*	25 Healthy Eating and Fitness 9:30am-12pm*	26 Tai Chi Class 10:00am-12:00pm Teens Prenatal Program 4:30pm – 6:30pm	27 Dancing Into Health 2pm-4pm
30 Prenatal Program 1pm-3pm	31	<i>Growth is painful change is painful but nothing is as painful as staying stuck somewhere you don't belong</i> - Mandy Hale		

*Registration Required: Please see back page for contact persons contact information



Jane-Tretheway Site
November 2017 • Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
			Tai Chi Class 10:00am - 12:00pm Teens Prenatal Program 4:30pm - 6:30pm	Dancing Into Health 2pm-4pm
6	7	8	9	10
Prenatal Program 1pm-3pm	Healthy Families 12:00pm-3:00pm	Healthy Eating and Fitness 9:30am-12pm*	Tai Chi Class 10:00am - 12:00pm Teens Prenatal Program 4:30pm - 6:30pm	Dancing Into Health 2pm-4pm
13	14	15	16	17
Prenatal Program 1pm-3pm	Healthy Families 12:00pm-3:00pm	Healthy Eating and Fitness 9:30am-12pm* Diabetes Education Program Group Information Session 9:00-11:00 am*	Tai Chi Class 10:00am - 12:00pm Teens Prenatal Program 4:30pm - 6:30pm	Dancing Into Health 2pm-4pm
20	21	22	23	24
Prenatal Program 1pm-3pm	Healthy Families 12:00pm-3:00pm	Healthy Eating and Fitness 9:30am-12pm*	Tai Chi Class 10:00am - 12:00pm Teens Prenatal Program 4:30pm - 6:30pm	Dancing Into Health 2pm-4pm
27	28	29	30	
Prenatal Program 1pm-3pm	Healthy Families 12:00pm-3:00pm	CENTRE CLOSED for ALL STAFF event	Tai Chi Class 10:00am - 12:00pm Teens Prenatal Program 4:30pm - 6:30pm	

*Registration Required: Please see back page for contact persons contact information



Jane-Tretheway Site
December 2017 • Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Dancing Into Health 2pm-4pm
4	5	6	7	8
Prenatal Program 1pm-3pm	Healthy Families 12:00pm-3:00pm Diabetes Education Program Group Information Session 5:30 - 7:30 pm*	Healthy Eating and Fitness 9:30am-12pm*	Tai Chi Class 10:00am - 12:00pm Teens Prenatal Program 4:30pm - 6:30pm	Dancing Into Health 2pm-4pm
11	12	13	14	15
Prenatal Program 1pm-3pm	Healthy Families 12:00pm-3:00pm		Tai Chi Class 10:00am - 12:00pm Teens Prenatal Program 4:30pm - 6:30pm	Dancing Into Health 2pm-4pm
18	19	<p>Many things are not equal but everyone gets the same 24 hours in a day, 7 days a week. We must make time for what we want.</p> <p>- Kushandwi zoom</p>		
25	26			
Christmas Day CLOSED	Boxing Day CLOSED			

*Please see the back-page for pre-registration and contact person's information

