



Unison – Lawrence Heights
12 Flemington Road, Toronto
ON M6A 2N4 416-787-1661



Lawrence-Heights Site

October 2017 • Program Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|-----------|---|---|
| 2 | 3 Dancing into Health 10am - 12pm Labour of Love* 1:30pm - 3:30 pm Baby and Me 1:30pm - 3:30 pm | 4 | 5 Seniors Program 10 am - 1pm | 6 |
| 9 Thanksgiving Holiday CLOSED | 10 Dancing into Health 10am - 12pm Labour of Love* 1:30pm - 3:30 pm Baby and Me 1:30pm - 3:30 pm | 11 | 12 Seniors Program 10 am - 1pm | 13 Harm Reduction Kit Making 1pm - 2pm |
| 16 Teleophthalmology Clinic: Eye Screening for Diabetic clients 9:00 am - 7:30 pm* | 17 Dancing into Health 10am - 12pm Labour of Love* 1:30pm - 3:30 pm Baby and Me 1:30pm - 3:30 pm | 18 | 19 Seniors Program 10 am - 1pm | 20 |
| 23 Diabetes Education Program Group Information Session 5:30pm - 7:30pm* | 24 Dancing into Health 10am - 12pm Labour of Love* 1:30pm - 3:30 pm Baby and Me 1:30pm - 3:30 pm | 25 | 26 Seniors Program 10 am - 1pm Housing Help* Community Clinic 1:30pm - 3:30pm | 27 Harm Reduction Kit Making 1pm - 2pm |
| 30 Getting Grounded Group 12:30 - 2:30PM* | 31 Dancing into Health 10am - 12pm Labour of Love* 1:30pm - 3:30 pm Baby and Me 1:30pm - 3:30 pm | | | |

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

Baby and Me

is a program to support parents or caregivers with children from birth to one year. Each session includes singing time with babies and discussion on topics such as infant health, development and nutrition or issues faced by new parents.

Come to meet other parents and enjoy healthy snacks.

For more information please contact: **Hawa @ ext. 3227**

Diabetes Education Program

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. Learn about risk level, risk factors, healthy eating, physical activity guidelines and etc. to lower your risk.

Pre-Registration is required. For more information about dates and times, contact: **ext. 3301**

NEED HELP WITH HOUSING?

We offer a monthly on-site advice, advocacy, mediation and referral services for local residents, low-income tenants and housing seekers.

Our monthly **Housing Help Community Clinic** is run together with **Downsview Community Legal Services, Toronto Community Housing Corporation and St. Stephen's Community House.**

For more information please contact: **Rosamaia, 416-787-1676 ext. 3232**

Harm Reduction Drop In

Substance users are welcome to visit the office on the 2nd floor to get support, receive safe drug-use equipment and supplies, or return used needles.

Anonymous, Rapid HIV Testing

- 30 minute appointment
- Accurate results from a finger prick blood sample.
- Pre- and post- test counseling to explore risk reduction, offer support and provide links to AIDS service organizations in Toronto.

For more information please contact: **Wayne @ ext. 3278**

Seniors

Are you a senior over the age of 55? Do you live within the Lawrence Heights or nearby neighborhoods? Do you want to meet new friends and learn about healthy aging?

If so, come join our weekly seniors program. Free snacks and nutritious meals are offered.

For more information, please contact: **Albana @ ext.3256**

Naturopathic Teaching Clinic

Looking for personalized holistic health care? Visit the naturopathic (natural) medicine clinic at Unison (Lawrence Heights site), for visits on **Saturdays.**

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. 3490** or email unisonlh@ccnm.edu.

Prenatal/Postnatal Care

Join us for **Labour of Love** on Tuesdays between 1:30-3:30 if you would like to know more about prenatal and postnatal care. The program offers:

- Opportunities for meeting other women
- Learning about pregnancy, baby care and healthy eating
- Enjoying a snack and tasting new foods
- TTC tokens and childcare are available

For more information, please contact: **Jenny @ ext. 3229**

Getting Grounded

Pre-Registration Required

Are you feeling overwhelmed by anxiety? Are you stressed out that you're having a hard time coping? If so, join us for a six week support group to learn and practice helpful skills and strategies to manage anxiety and stress. See Calendar for dates and times)

For more information please contact: **Katie Mayerson, Health Promoter @416-787-1661 ext. 1419**

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

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

Downsview Community Legal Services

is here to support Lawrence Heights residents on housing, ODSP/OW, worker's rights and family law and so much more.
Hours: Tuesdays, Wednesdays, Thursdays 9:30 to 4:30 pm

For more information please call **416-635-8388**

November 2017 • Program Calendar



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| | | 1 | 2 Seniors Program 10 am-1pm | 3 |
| 6 Getting Grounded Group 12:30-2:30PM* | 7 Dancing into Health 10am-12pm Labour of Love* 1:30pm - 3:30 pm Baby and Me * 1:30pm - 3:30 pm | 8 | 9 Seniors Program 10 am-1pm | 10 Harm Reduction Kit Making 1pm-2pm |
| 13 Teleophthalmology Clinic: Eye Screening for Diabetic clients 9:00 am - 7:30 pm* Diabetes Education Program Group Information Session 1:00 - 3:00 pm* Getting Grounded Group 12:30-2:30PM* | 14 Dancing into Health 10am-12pm Labour of Love* 1:30pm - 3:30 pm Baby and Me * 1:30pm - 3:30 pm | 15 | 16 Seniors Program 10 am-1pm | 17 |
| 20 Getting Grounded Group 12:30-2:30PM* | 21 Dancing into Health 10am-12pm Labour of Love* 1:30pm - 3:30 pm Baby and Me * 1:30pm - 3:30 pm | 22 | 23 Seniors Program 10 am-1pm Housing Help Community Clinic 1:30pm-3:30pm | 24 Harm Reduction Kit Making 1pm-2pm |
| 27 Getting Grounded Group 12:30-2:30PM* | 28 Dancing into Health 10am-12pm Labour of Love* 1:30pm - 3:30 pm Baby and Me * 1:30pm - 3:30 pm | 29 CENTRE CLOSED for ALL STAFF event | 30 Seniors Program 10 am-1pm | |

*Pre-registration required- see back page for contact person's information



December 2017 • Program Calendar



December 2017 • Program Calendar



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|-----------|--|---|
| | | | | 1 |
| 4 Getting Grounded Group 12:30-2:30PM* | 5 Dancing into Health 10am-12pm Labour of Love* 1:30pm - 3:30 pm Baby and Me * 1:30pm - 3:30 pm | 6 | 7 Seniors Program 10 am-1pm | 8 Harm Reduction Kit Making 1pm-2pm |
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| 25 Christmas Day CLOSED | 26 Boxing Day CLOSED | 27 | 28 Housing Help* Community Clinic 1:30pm-3:30pm | 29 |

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