

UNISON UPDATE

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) 653-5400**; press **2** to speak with a receptionist.

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. 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.

***For more information please call 416-787-1661 ext. 3301

Baby

Having A Baby Drop-in for Pregnant Women

This weekly drop in program offers education and individual supports to pregnant mothers. Public Health Nurse, Dietitian, and other service agencies offer supports on prenatal nutrition, breastfeeding, prenatal and postnatal care, etc.

All participants will receive \$10 food vouchers and 2 TTC tokens.

Same program is offered at two other locations on Wednesdays and Thursdays separately. Please note that the locations are at Access Point on Jane and Learning Enriching Foundation.

Living and Learning with Baby

This weekly drop-in program supports moms with babies up to one year old. Program is supported by Public Health Nurse who offers health education, parenting advice and support for new moms.

For more information please contact: Albana Qatipi (416) 653-5400 ext.1300

Thursday Anonymous, Rapid HIV Testing Clinic

-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.

To book for a test or ask about our harm reduction service, please contact:

Wayne Duhanev, (647) 268-5321

Harm Reduction Drop In on Thursdays

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

For more information please call Harm Reduction Worker, Wayne Duhanev, (647) 268-5321

Unison Links

Drop-in resource and information centre. Fill out forms, found out about services, and get your questions answered.

For more information please contact:
(416) 653-5400 Ext 1226

Please tear off this section to provide feedback and enter for a draw

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 be eligible to enter a draw for a gift certificate.
4. Leave us information so we can reach you.
 - a. Name: _____
 - b. Phone Number: _____

Unison - Keele-Rogers

1651 Keele Street, Toronto

ON M6M 3W2 416-653-5400



Keele-Rogers Site

October 2017 • Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	Having a Baby, Drop in/prenatal program 1pm-3 pm		Community Kitchen Breakfast 9:30am- 10 am Lunch 12pm- 1pm Harm Reduction Kit Making 1pm-2pm	Diabetes Education Program Group Information Session 9am- 11 am*
9 Thanksgiving Holiday CLOSED	10 Having a Baby, Drop in/prenatal program 1pm-3 pm	11 Healthy Eating and Fitness 2pm-4pm	12 Community Kitchen Breakfast 9:30am- 10 am Lunch 12pm- 1pm Harm Reduction Kit Making 1pm-2pm	Our all-time favorite <u>Healthy Eating and Fitness for Seniors program</u> is back! Unison will be offering another 10 weeks session in the Fall. Sessions will be facilitated by a fitness instructor and supported by a Registered Dietitian. Space is limited! Call and register early! Please contact: Kim @ ext. 1265
16 Dancing Into Health 11am-1pm	17 Having a Baby, Drop in/prenatal program 1pm-3 pm Diabetes Education Program Group Information Session 5:30-7:30 pm*	18 Seniors Support Group & Health Food Health Eating 10am-2pm Healthy Eating and Fitness 2pm-4pm	19 Community Kitchen Breakfast 9:30am- 10 am Lunch 12pm- 1pm Harm Reduction Kit Making 1pm-2pm	27 Hispanic Seniors Wellness Group 10am-2pm
23 Dancing Into Health 11am-1pm	24 Having a Baby, Drop in/prenatal program 1pm-3 pm	25 Healthy Eating and Fitness 2pm-4pm	26 Community Kitchen Breakfast 9:30am- 10 am Lunch 12pm- 1pm Harm Reduction Kit Making 1pm-2pm	
30 Dancing Into Health 11am-1pm	31 Having a Baby, Drop in/prenatal program 1pm-3 pm			

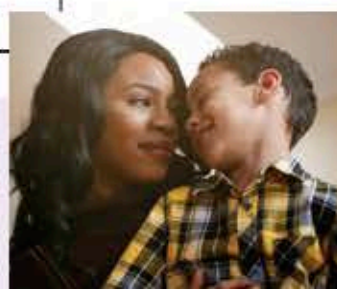
*Pre-registration required please see back page for contact person information

November 2017 • Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Healthy Eating and Fitness 2pm-4pm	2 Community Kitchen Breakfast 9:30am - 10 am Lunch 12pm - 1pm Harm Reduction Kit Making 1pm - 2pm	3 Diabetes Education Program Group Information Session 9am-11 am*
6 Dancing Into Health 11am - 1pm	7 Having a Baby, Drop in/prenatal program 1pm-3 pm	8 Healthy Eating and Fitness 2pm-4pm	9 Community Kitchen Breakfast 9:30am - 10 am Lunch 12pm - 1pm Harm Reduction Kit Making 1pm-2pm	10
13 Dancing Into Health 11am - 1pm	14 Having a Baby, Drop in/prenatal program 1pm-3 pm	15 Seniors Support Group & Health Food Health Eating 10am-2pm Healthy Eating and Fitness 2pm-4pm	16 Community Kitchen Breakfast 9:30am - 10 am Lunch 12pm - 1pm Harm Reduction Kit Making 1pm-2pm	17
20 Dancing Into Health 11am - 1pm	21 Having a Baby, Drop in/prenatal program 1pm-3 pm Diabetes Education Program Group Information Session 5:30 - 7:30 pm*	22 Healthy Eating and Fitness 2pm-4pm	23 Community Kitchen Breakfast 9:30am - 10 am Lunch 12pm - 1pm Harm Reduction Kit Making 1pm-2pm	24 Hispanic Seniors Wellness Group 10am-2pm
27 Dancing Into Health 11am-1pm	28 Having a Baby, Drop in/prenatal program 1pm-3 pm	29 CENTRE CLOSED for ALL STAFF event	30 Community Kitchen Breakfast 9:30am - 10 am Lunch 12pm - 1pm Harm Reduction Kit Making 1pm-2pm	

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



December 2017 • Program Calendar



December 2017 • Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Diabetes Education Program Group Information Session 9am-11 am*
4 Dancing Into Health 11am-1pm	5 Having a Baby, Drop in/prenatal program 1pm-3 pm	6 Seniors Support Group & Health Food Health Eating 10am-2pm Healthy Eating and Fitness 2pm-4pm	7 Community Kitchen Breakfast 9:30am - 10 am Lunch 12pm - 1pm Harm Reduction Kit Making 1pm-2pm	8
11 Dancing Into Health 11am-1pm	12 Having a Baby, Drop in/prenatal program 1pm-3 pm	13 Healthy Eating and Fitness 2pm-4pm	14 Community Kitchen Breakfast 9:30am - 10 am Lunch 12pm - 1pm Harm Reduction Kit Making 1pm-2pm	15
18 Dancing Into Health 11am-1pm	19 Having a Baby, Drop in/prenatal program 1pm-3 pm Diabetes Education Program Group Information Session 1:00pm-3:00 pm*	20	21 Community Kitchen Breakfast 9:30am - 10 am Lunch 12pm - 1pm Harm Reduction Kit Making 1pm-2pm	22
25 Christmas Day Closed	26 Boxing Day Closed	27	28	29

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

