

Program & Events Calendar For Lakeshore/Among Friends & WTDEP (Evans)

May 2018

Interesting, Informative & Fun Information

This calendar is not a complete list of all the wonderful programming we offer here at LAMP. For more information, please visit us in person, online, or call us!

LAMP Community Health Centre

185 Fifth Street, Etobicoke ON M8V 2Z5

Tel: 416.252.6471 Fax: 416.252.4474

www.lampchc.org

LAMP CHC HOURS

Mon-Thu 8:30am-8pm Fri 8:30am-5pm

Check program guide legend below for location of planned events.

- AF** Among Friends
- AH** The Assembly Hall
- HG** Humber Community Gym
- KC** Ken Cox Community Centre
- LM** Lerette Manor
- LP** Lakeshore Village Park
- EV** Evans - WTDEP
- EM** East Mississauga CHC
- AAW** Access Alliance West
- AAC** Access Alliance CHC
- 4VB** Four Villages CHC
- 4VD** Four Villages CHC
- SG** Stonegate CHC
- DP** Davenport Perth CHC

ASK! COMMUNITY INFORMATION

- EARLYON
- FOOD NUTRITION
- HEALTH CARE
- MISCELLANEOUS
- STREET HEALTH & HARM REDUCTION
- YOUTH
- By Appointment Only
- Off-Site Locations

| MON | TUE | WED | THU | FRI | SAT/SUN |
|--|--|---|---|---|---------|
| 28 | 29 | 30 | 31 | | |
| <ul style="list-style-type: none"> ■ Adult Drop-In 7:30am-1:30pm ■ EY Drop-In "Baby time" 6-18 months" 9am-3pm ■ ASK! 8:30am-4:30pm ■ Social Work Drop-In 1-3:30pm ■ Feeding With Love 1-2:30 pm ■ ASK! Legal Information & Advice Clinic 3:30-5pm ■ SLY Man Cave 5:30-9pm Prevention of Type 2 Diabetes - Physical Activity 11am - 12:30pm Toronto Public Library 430 Burnhamthorpe Rd AF Wellness Toolbox Mindful Cooking 1pm - 3pm AF Tai Chi 3:30pm - 5pm | <ul style="list-style-type: none"> ■ EY Drop-In " Play & Learn" 9am-3pm EV Creative Arts 12pm - 2:30pm ■ ASK! 1-7:30pm ■ EY Drop-In " Dad's Time" 5:30pm-7:30pm ■ SLY Leadership /Youth Council 3pm-9pm AF Coffee & Chat 1pm - 4pm AF Drop in Support 1pm - 4pm | <ul style="list-style-type: none"> ■ Adult Drop-In 7:30am-1:30pm ■ EY Drop-In "Story Time Fun" 9am-12pm ■ ASK! 8:30am-4:30pm ■ EY Young Parents (under 25) Drop-In 1-4pm ■ Good Food Market 2:30-6:00pm LM ■ SLY Tweens Fun Day 3-5:00pm ■ EY Drop-In 5-7pm ■ SLY Sister Sister Ball 6pm-9pm AF Gus Ryder Gym 12:30pm - 1:30pm AF Yoga 2:20pm - 4pm | <ul style="list-style-type: none"> ■ Toddler Time Registered Program ■ Exploring Hands Registered Program 10-11:30am Prevention of Type 2 Diabetes - Physical Activity 11am - 12:30pm Toronto Public Library, 430 Burnhamthorpe Rd 4VD Cooking Workshop 3:30pm - 5:30pm ■ SLY Teen Culinary Arts 6pm-9pm AF Preventing Diabetes - Fitness 1:30pm - AF Healthy Life Style 3pm - 4pm | <ul style="list-style-type: none"> ■ Harm Reduction supplies are available outside of program times. Please call Sarah at Ext. 287 for details. ■ Newcomers to Canada Call or Drop-In to ASK! (Russian, Spanish, & Ukrainian Spoken) | |

WTDEP -All sessions are FREE for clients of the West Toronto Diabetes Education Program but space is limited. Please register for each group education session and exercise group by calling **416-252-1928, Ext 299**

Among Friends (AF) - To register for sessions at Among Friends please call 416-251-8666

We Would Love To Hear From You Please contact us with any feedback about any aspect of LAMP CHC. You can call our Feedback Line at 416-252-6471 Ext. 318 or leave a written message in any of our several "Comment Boxes" located throughout the building. LAMP is a scent-free environment

"Building a Healthy Community"



Ontario's Community Health Centres



| MON | TUE | WED | THU | FRI | SAT/SUN |
|---|---|---|---|---|--|
| | 1 <ul style="list-style-type: none"> EY Drop-In "Play and Learn" 9am-3pm ASK! 1-7:30pm EY Young Parent Supper Club 4:30-7pm ↔ EV Creative Arts 12pm-2:30pm ↔ AVD Living Well with Diabetes 1:30pm-3:30pm SLY Leadership/Youth Council 3pm-9pm ↔ AF Coffee & Chat 1pm-4pm | 2 <ul style="list-style-type: none"> Adult Drop-In 7:30am-1:30pm EY Drop-In "Story Time Fun" 9am-12pm ASK! 8:30am-4:30pm EY Young Parent (under 25) Drop-In 1pm-4pm Good Food Market 2:30-6:00pm <i>LM</i> EY Drop-In 5pm-7pm SLY Sister Sister Ball Humber 6pm-9pm ↔ AF Gus Ryder Gym 12pm-1:30pm | 3 <ul style="list-style-type: none"> ASK! 8:30am-4:30pm Harm Reduction 8am-12:00pm Toddler Time Registered Program Exploring Hands <i>Registered Program</i> 10-11:30am SLY Teen Culinary Arts 6pm-9pm ↔ AF Preventing Diabetes - Fitness 1:30pm Healthy Life style 3pm-5pm | 4 <ul style="list-style-type: none"> ASK! 8:30am-4:30pm School Readiness <i>Registered Program</i> 9:30am-12pm EY Baby Club 0-6 months 1-2:30pm ↔ AAC Nordic Pole Walking 10am-12pm EM Diabetes Living Part 1 1pm-4pm SLY Unplugged 5:30pm-9pm ↔ AF Writing with Ellen 1pm-4pm | 5 <ul style="list-style-type: none"> Adult Drop-In 8am-1:00pm EY Drop-In 9am-1pm ↔ AF Cemetery Clean Up 1pm-4pm (<i>Rain date: Sun, May 6</i>) |
| 7 <ul style="list-style-type: none"> Adult Drop-In 7:30am-1:30pm EY Drop-In "Baby time 6-18 months" 9am-3pm ASK! 8:30am-4:30pm Feeding With Love 1-2:30pm Social Work Drop-In 1-3:30pm ↔ Prevention of Type 2 Diabetes - Physical Activity 11am-12:30pm <i>Toronto Public Library</i> 430 Burnhamthorpe Rd. ASK! Legal Information & Advice Clinic 3:30pm-5pm by appointment SLY Teens Man Cave 6pm-9pm ↔ AF Wellness Toolbox Hike - Cherry Blossom in High Park 12pm-4pm | 8 <ul style="list-style-type: none"> EY Drop-In "Play & Learn" 9am-3pm ↔ EV Creative Arts 12pm-2:30pm ASK! 1-7:30pm EY Dad's Time 5:30-7:30pm ASK! Legal Immigration Advice Clinic 5-6:30pm ☎ SLY Leadership/Youth Council 3pm-9pm ↔ AF Art with Dana 2pm-5pm | 9 <ul style="list-style-type: none"> Adult Drop-In 7:30am-1:30pm EY Drop-In "Story Time Fun" 9am-12pm ASK! 8:30am-4:30pm EY Young Parents (under 25) Drop-In 1-4pm Good Food Market 2:30-6:00pm <i>LM</i> EY Drop-In 5-7pm SLY Sister Sister Ball Humber 6pm-9pm ↔ AF Gus Ryder Gym 12pm-1:30pm | 10 <ul style="list-style-type: none"> ASK! 8:30am-4:30pm Harm Reduction 8am-12:00pm Toddler Time Registered Program Exploring Hands <i>Registered Program</i> 10-11:30am Community Relations Meeting 6:30-8:30pm ↔ Prevention of Type 2 Diabetes - Physical Activity 11am-12:30pm <i>Toronto Public Library</i> SLY Teen Culinary Arts 6pm-9pm | 11 <ul style="list-style-type: none"> ASK! 8:30am-4:30pm School Readiness <i>Registered Program</i> 9:30am-12pm EY Baby Club 0-6 months 1-2:30pm ↔ AAC Nordic Pole Walking 10am-12pm SLY Unplugged 5:30pm-9pm ↔ AF Soul Sisters 1pm-4pm | 12 <ul style="list-style-type: none"> Adult Drop-In 8am-1:00pm EY Drop-In 9am-1pm |
| | | | | | 6 <ul style="list-style-type: none"> |
| | | | | | 13 <ul style="list-style-type: none"> |

**CLOSED
VICTORIA DAY**

| MON | TUE | WED | THU | FRI | SAT/SUN |
|--|--|--|---|---|---|
| 14 <ul style="list-style-type: none"> Adult Drop-In 7:30am-1:30pm EY Drop-In "Baby time 6-18 months" 9am-3pm ASK! 8:30am-4:30pm ↔ EV Prevention of Type 2 Diabetes - Physical Activity 11am-12:30pm <i>Toronto Public Library</i> 430 Burnhamthorpe Feeding With Love 1-2:30pm Social Work Drop-In 1-3:30pm ASK! Legal Information & Advice Clinic 3:30-5pm ☎ SLY Teens Man Cave 5:30-9pm ↔ AF Tai Chi 3:30pm-5pm AF Coffee House 5:30p-8pm | 15 <ul style="list-style-type: none"> EY Drop-In "Play & Learn" 9am-3pm ↔ EV Creative Arts 12pm-2:30pm ASK! 1pm-7:30pm EY dad's Time 5:30-7:30pm SLY Leadership/Youth Council 3pm-9pm ↔ AF Coffee & Chat 1pm-4pm ↔ AF Drop-in Support 1pm-4pm | 16 <ul style="list-style-type: none"> Adult Drop-In 7:30am-1:30pm EY Drop-In "Story Time Fun" 9am-12pm ASK! 8:30am-4:30pm EY Young Parents (under 25) Drop-In 1-4pm Good Food Market 2:30-6:00pm <i>LM</i> EY Drop-In 5-7pm ↔ EV Intro. to Diabetes and healthy eating 5:30pm-8pm SLY Sister Sister Ball Humber 6pm-9pm ↔ AF Gus Ryder Gym 12pm-1:30pm ↔ AF Yoga 2:20pm-4pm | 17 <ul style="list-style-type: none"> ASK! 8:30am-4:30pm Harm Reduction 8am-12:00pm Toddler Time Registered Program Exploring Hands <i>Registered Program</i> 10-11:30am ↔ Prevention of Type 2 Diabetes - Physical Activity 11am-12:30pm <i>Toronto Public Library</i> 430 Burnhamthorpe SLY Teen Culinary Arts 6pm-9pm ↔ HG Storefront Humber 11:30am-1pm AF Preventing Diabetes - Fitness 1:30pm- ↔ AF Healthy Life Style 3pm-4pm | 18 <ul style="list-style-type: none"> ASK! 8:30am-4:30pm School Readiness <i>Registered Program</i> 9:30am-12pm EY Baby Club 0-6 months 1-2:30pm ↔ AAC Nordic Pole Walking 10am-12pm EM Diabetes Living Part 2 1pm-4pm SLY Unplugged 5:30pm-9pm ↔ AF Birthday Bash & Planning Meeting 1pm-4pm ↔ AF St. Margaret's Dinner 5pm | 19 <ul style="list-style-type: none"> Adult Drop-In 8am-1:00pm EY Drop-In 9am-1pm |
| | | | | | 20 <ul style="list-style-type: none"> |
| | | | | | 21 <ul style="list-style-type: none"> |
| | | | | | 22 <ul style="list-style-type: none"> EY Drop-In "Play & Learn" 9am-3pm EV Creative Arts 12pm-2:30pm ASK! 1-7:30pm EY Young Parent Super club 4:30-7:00pm ASK! Legal Immigration Advice Clinic 5-6:30pm ☎ SLY Leadership/Youth Council 3pm-9pm ↔ AF Coffee & Chat 1pm-4pm ↔ AF Drop in Support 1pm-4pm |
| | | | | | 23 <ul style="list-style-type: none"> Adult Drop-In 7:30am-1:30pm EY Drop-In "Story Time Fun" 9am-12pm ASK! 8:30am-4:30pm EY Young Parents (under 25) Drop-In 1-4pm Good Food Market 2:30-6pm <i>LM</i> EY Drop-In 5-7pm SLY Sister Sister Ball Humber 6pm-9pm ↔ AF Gus Ryder Gym 12:30pm-1:30pm ↔ AF Yoga 2:20pm-4pm |
| | | | | | 24 <ul style="list-style-type: none"> ASK! 8:30am-4:30pm Harm Reduction 8am-12:00pm Toddler Time Registered Program Exploring Hands <i>Registered Program</i> 10-11:30am ↔ Prevention of Type 2 Diabetes - Physical Activity 11am-12:30pm <i>Toronto Public Library</i> 430 Burnhamthorpe Rd SLY Teen Culinary Arts 6pm-9pm ↔ AF Preventing Diabetes - Fitness 1:30pm- ↔ AF Healthy Life Style 3pm-4pm |
| | | | | | 25 <ul style="list-style-type: none"> ASK! 8:30am-4:30pm School Readiness <i>Registered Program</i> 9:30am-12pm EY Baby Club 0-6 months 1-2:30pm ↔ AAC Nordic Pole Walking 10am-12pm ↔ AAC Pre-diabetes workshop 1pm-3pm SLY Unplugged 5:30pm-9pm ↔ AF Photo Journalism 1pm-4pm |
| | | | | | 26 <ul style="list-style-type: none"> Adult Drop-In 8am-1:00pm Doors Open 10am-5pm. |
| | | | | | 27 <ul style="list-style-type: none"> Doors Open At LAMP 12pm-4pm |