

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

September 2018

“ Back to School”

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

“Building a Healthy Community”



MON	TUE	WED	THU	FRI	SAT/SUN
24	25	26	27	28	29
Adult Drop-In 7:30am - 1:30pm Social Work Drop-In 1-3:30pm EO Drop-in “Outdoor Fun” 9:00am –12:00 pm EV “Craving Change” 2pm- 4pm EO Feeding With Love 1:00pm –2:30pm 4VD Group Exercise 10:00am –11:30pm EM Zumba Gold 3pm– 4pm EV “ Healthy Eating & Diabetes 101” 1:30pm - 4pm BK Chair Yoga 2pm–3:30pm SLY Youth Council Man Cave 3pm - 6pm 5:30pm - 9pm SLY Cooking 101 3:30pm - 5:30pm	Adult Drop-In 7:30am-12pm EO Family Centre Drop-In 9:00am– 12:00pm EV Creative Arts 12pm - 2:30pm EV “Nordic Pole Walking” 10am - 11am EM Yoga 3pm– 4pm SLY L.I.T 6pm - 9pm SLY Moves Program 3:30pm - 5:30pm	Adult Drop-In 7:30am-1:30pm EO Drop-In “Story Time” 9am-12pm Good Food Market “Lakeshore Village Park - Garnett James Road” 4-6:30pm AAC “ Pre-diabetes Workshop” 1pm - 3pm 4VD “ Craving Change” 1pm - 3pm SLY Sister Sister 3:30pm - 5pm EV “ Smoking Cessation” 5:30pm - 8pm EV “ Mindfulness” 5:30pm - 7pm AF “ZUMBA” 10am –11am (239 College St. Lilian H. Smith Library) SLY Sister Sister 5:30pm - 9pm Ball @ Humber 6pm– 9pm	Harm Reduction 7:30am-11:30pm 4VD “Diabetes Cooking Workshop” 3:30 – 5:30pm Housing in focus workshop Café 7:00pm SLY Cooking 101 6pm - 9pm SLY Sports Zone 3:30pm - 5p:30pm	EO “Baby Club “7-12 months” 10:00am - 11:30pm EO “Baby Club “0-6 months” 10:00am - 2:30pm EM “ Pole Walking” 9:30am - 10:30am SLY Frequency Friday 6pm - 9pm SLY Frequency Friday 3:30pm - 5:30pm	Harm Reduction Drop-In 8:00am-11:30am <div style="text-align: right;">30</div>
					Harm Reduction supplies are available outside of program times. Please call Jacquie at 416-252-6471 Ext. 299 for details. Newcomers to Canada Call or Drop-In to ASK! (Russian, Spanish, & Ukrainian)

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 Lurette 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
 BK Barsa Kelly Cari Can Cooperative

ASK! COMMUNITY INFORMATION

EARLYON
 FOOD NUTRITION
 HEALTH CARE
 MISCELLANEOUS
 STREET HEALTH & HARM REDUCTION
 YOUTH

☎ By Appointment Only
 ↕ Off-Site Locations

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**

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.