



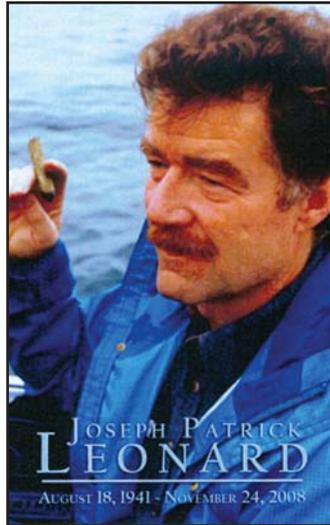
LAMP

Spring Edition 2009

YOUR COMMUNITY
HEALTH CENTRE

Message From the Executive Director

On November 24, Joe Leonard passed away after a long and courageous battle with complications associated with leukemia. Joe was 66 years of age and leaves his wife Susan as well as an army of people whose lives he touched.



Joe was LAMP's first Executive Director, a position that he held for almost 25 years. After leaving LAMP, Joe went to the Association of Ontario Health Centres where he provided management consulting services to the more than 50 other community health centres in Ontario.

To say that Joe was an executive director of LAMP is inadequate. While others including myself may assume the role, Joe will always be THE executive director of LAMP. LAMP is his legacy. We are here today because of his leadership, his vision and his commitment to this community and to social justice.

Joe started off as a Roman Catholic priest and did parish work in the London area and was a padre with the Canadian Air Force.

He left the priesthood and was hired by the Addiction Research Foundation which had an opening

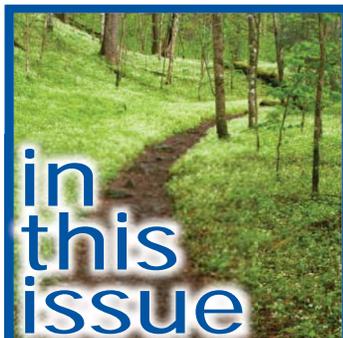


for a community worker in South Etobicoke. That is when the life-long bond between Joe and the Lakeshore started.

The City of Etobicoke was then considering the future of the New Toronto City Hall at 185 Fifth St with the possibility that it could be either demolished or sold. Coincidentally, the Government of Ontario was experimenting with a new model of health care delivery called the Community Health Centre model. It was a model that focused on the integration of services, was rooted in the determinants of health and saw the individual as being an active rather than passive participant in their own care.

We got the building and LAMP was born. Joe took on the role of Executive Director in an organization that was far from secure. It had a small budget and the promise of only one year of

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Joseph Patrick Leonard 1941-2008

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funding. That's why the "P" in LAMP stands for "project".

LAMP faced a number of challenges in the early days. Funding remained inadequate and there was a constant fear of closure. Joe navigated through all of this



and in 1982 the Government of Ontario announced that Community Health Centres were to receive permanent funding.

Joe was a consensus builder who never wavered in his commitments to this community and to social justice. He believed passionately in a non profit, public



health care system in which everyone, regardless of their ability to pay would receive the highest quality of care available.

In 1992 Joe received a commemorative medal from the Governor-General for his work in this community and in 2005 he was awarded a lifetime achievement award by the Association of Ontario Health Centres.

Joe was however never one to seek the praise of others. A man of great humility he saw his role as a support to others so that they could achieve their goals.

Joe's last public appearance was at the 2007 LAMP annual general meeting.

While ill at the time, he identified his own experience as an example of how great our publicly funded health care system is.

We always look for meaning in death and most times it is very difficult to find. I am not sure why Joe left us so soon but he certainly left a legacy. The best way to honour Joe is to ensure that his legacy continues. The best way to remember him is to continue his fight to ensure the public health system is strong and accessible to all.

- Russ Ford, Executive Director



LAMP's Team Santa Project: A Testament to the Spirit of the Season

Christmas was a little cheerier this year for more than 250 local children. Client families in need were able to select brand new toys for their children to make the holidays a little more special.

A dozen very industrious elves (LAMP staff) volunteered their time to organize and run the Team Santa Project, to share the spirit of the holiday season. Their acts of kindness were met with gratefulness from many families.

Here is a small sampling of some of the comments:

"I was not going to buy gifts this year at all and this has really been a huge help. I am still the amazing mommy to my kids. Thank you so much!"

"I truly appreciate the great gifts that you have given me for my children. And hopefully in the future it will be my turn where I will return this great favour and donate something to other families."

"I would really like to thank you all. The ladies were great and I feel very



fortunate to receive the help LAMP has offered to myself and my children."

More than 177 local families used the toy room this year.

And finally a heartfelt thank you to all the community members, schools, businesses and organizations who donated

new toys to our toy room. We could not have done it without you. It's the kindness and generosity of spirit that lead the way. Kudos to all involved, the Team Santa Project staff volunteers, the donors and the helpers who stocked and picked up the toys. You make us all very proud!

Looking For Nominations for LAMP CHC's Tenth Annual Awards of Merit

Do you know someone who deserves to be recognized and appreciated for their small acts of kindness or making a difference in our community? Someone who helps people beyond the call of duty? LAMP Community Health Centre is looking for people, businesses or organizations that have gone the extra mile to make a difference. The purpose of this distinction is to honour the unsung heroes who deserve our recognition and to celebrate their contributions to build a healthy Lakeshore.

We are looking for people or groups outside of the LAMP CHC family to pay

tribute to.

Recipients must live, work, volunteer or own a business in the Lakeshore. To nominate someone simply fill out a nomination form and drop it off by April 30, 2009. Or you can simply write us and tell us why the person you are submitting should be recognized for an Award of Merit. We will need your contact information as well as the contact information of the person selected. Nominees can be neighbours, volunteers, youth, students, teachers, schools, local community leaders, health and social service agencies, community

groups, service clubs, businesses, artists, coaches, multi-cultural leaders, or historical groups. Make someone's day and honour them by letting us know what makes them so special. For more information call Jasmin Dooh at 416 252-6471 ext. 308.

Winners will be recognized in June at the Annual Awards of Merit Barbecue, **Tuesday evening, June 9, 2009**, at LAMP Community Health Centre, 185 Fifth Street.

Mark your calendars now and join us on the lawn!

Looking Back Photos in Our Community



LAMP's Management team helps to raise money for the 2008 United Way employee campaign. Their efforts were just one of the many where LAMP staff raised the bar to donate over 17 thousand dollars, a new LAMP record to the United Way.

ASK! Information Centre's "A Taste of ASK" raised 550 dollars to help boost LAMP's United Way employee campaign.



SEYA volunteers lend a helping hand and join in the spirit of the season at the Campbell's holiday party.



What LAMP Means to Me

A Contest to Celebrate Community

Enter a contest to help us recognize the importance of LAMP Community Health Centre in this community. All you have to do is write your thoughts on 'What LAMP Means to Me' and submit your work to the Community Relations Committee c/o LAMP Community Health Centre 185 Fifth Street, Etobicoke ON M8V 2Z5. It can be a slogan, a poem, a short essay, a thought, an experience, or a catchy phrase. It has to be a least three

words in length and can be no longer than 250 words in total. That's the maximum. This contest is open to children, youth, teens, adults and seniors.

The winners will be recognized at the Tenth Annual Awards of Merit Barbecue June 9th, 2009 at LAMP. Winners will be posted on our website and published in our newsletter.

We will need your name, age, address, phone number and if you have one, an email address.

Limit one entry per person. Other prizes to be announced.

Entries will be received starting March 1, 2009 and the contest will close April 30, 2009.

Good News!

- SEYA's (South Etobicoke Youth Assembly) new project **Youth Implementing Change** is off and running thanks to a 50 thousand dollar grant from the Laidlaw Foundation. The grant will help to develop SEYA's growth and development and help the youth-led organization to implement important community programs and special events.
- Speech welcomes Kate Adams, a new speech pathologist, to the team. Kate Adams graduated with her masters in speech pathology almost a year ago and has been working as part of the Toronto preschool speech and language team out of Macaulay Child development Centre. Prior to that, Kate worked out of the north quadrant of tpsls as a CDA. She brings a lot of speech experience and great enthusiasm to this position, we look forward to working with her!
- Congratulations to SEYA's Christian Bortey for getting early acceptance into Sheridan College's photography program. Christian found his passion through LAMP's photography program several years ago.

Volunteers Needed at ASK! Income Tax Clinic

The Income Tax Clinic serves low-income families and individuals living in South Etobicoke. It operates on Tuesdays and Thursdays from 9:00 am to 4:00 pm by appointment only during March and April 2009. Call LAMP to make an appointment. Last year we prepared over 1000 income tax returns, this was possible with the help of 18 volunteers who went above the call of duty to help community members in need.

In addition, we were able to provide service in 11 languages. Some volunteers, who were new to the country

themselves, were able to gain Canadian work experience.

We are looking for volunteers to join the 2009 Income Tax Clinic team. Knowledge of a second language and post secondary education are an asset. Volunteers will need to commit a minimum 4 hours per week. Training will be provided.

If you would like to volunteer as an ASK! Income Tax Clinic Preparer please contact Domenica Dileo at 416-252-6471 ext. 245.

Join LAMP Community Health Centre Today And Brighten Many Lives!

Get involved in your community by becoming a member of LAMP today. When times are tough LAMP is always there to light the way. Your contribution helps to support your neighbours:

- children and teens
- single parent families
- people with health issues
- seniors
- newcomers
- homeless people
- persons with disabilities
- and others struggling with mental health issues.

LAMP offers a wide range of vital services and programs that promote health and well being. Become a member and invest in your community. Together we can create hope and a better life for everyone. LAMP members build a strong, healthy community. Membership forms are available at our reception desk or on our website - www.lampchc.org. A membership costs 3 dollars.

Brighten many lives by joining LAMP today!

Brendan Ford Memorial Scholarship

Three years ago my son, Brendan, passed away after going into cardiac arrest. He was in his second year at York University and his plan was to become a teacher. Knowledge and learning was important to him, as was social justice. He was involved in a number of initiatives all aimed at reducing barriers for people and making this a better world to live in.

As a parent it is difficult to make sense out of something like this because there is really no sense to it. About a year ago however, I got the idea of creating the

Brendan Ford Memorial Scholarship which would not only honour Brendan's life but incorporate two of the things that he was most passionate about - education and social justice.

So last year we started a scholarship in his name. To be eligible you had to be in financial need and through your volunteer work at either your school or in the community had to have demonstrated a commitment to others and a commitment to social justice. Last year we gave out two scholarships each of \$2,000 to two individuals who we believe best exemplified the spirit and the intent of the scholarship.

Christopher McLean was a grade 12 student at Lakeshore Collegiate who is now enrolled in the police studies program at Humber College. He has six siblings and is the first member of his family to attend a post secondary school. By his own admission Christopher's academic career was not a straight line forward. He faced a number of challenges along the way but through commitment and hard work he graduated from LCI. Christopher has done a lot of volunteer work at LAMP and has become a role model for many. His goal is to become a police officer and then work to improve



Christopher McLean, scholarship winner and active Street Level member and alumni, with Street Level supervisor, Deniese.

race relations between the police and the black community.

Kala DeMedeiros is now in her first year at Wilfred Laurier University where she is planning to major in education and become a primary school teacher. Last year she graduated from Father John Redmond with first class honours. In addition to her success as a student Kala was very active in her school community organizing a number of campaigns and events all designed to help others in the world. For example, Kala organized a successful fund raiser to help with the construction of a school in Ecuador. Her commitment to social justice and her leadership at Redmond make her a very worthy recipient of this scholarship.

This year we will again be awarding scholarships to deserving individuals in grade 12 who are going on to post secondary education. When I was in university we often complained about the cost of tuition. The reality however, is that we had it good compared with the students of today. In the late 1990s it was not unusual to see annual increases in tuition of over 10% per year.

I recently read a study done by a professor at the University of British

Columbia on the impact of tuition fee increases. The report came to two conclusions. First, that youth from low income families are less likely to go to university and secondly the grades of low income youth have declined in high school.

It is hard to say exactly why that is but I suspect it has to do with hope or lack of hope. Since there is little hope of going to university because of economic barriers, why try in high school?

We can't solve all the problems but it is my hope that this scholarship will bring hope to some youth. There is at least a chance they can pursue their dreams. Last year it was two scholarships. This year we hope to make it more.

But we can only do it with your help. Please consider making a donation to the Brendan Ford Memorial Scholarship. It is tax deductible and if you are interested, contact me at LAMP (contact info below) and I will send you all the information you need to help someone meet their dream.

To make a donation you can send a cheque to LAMP but indicate it is for the scholarship.

Brendan Ford Memorial Scholarship
c/o LAMP Community Health Centre
185 Fifth St
Toronto M8V 2Z5

Email: redpine@accglobal.net
(Re: Scholarship Fund)

Thank you,

Russ Ford

Get On the Bus: T.O. Supports Obama

Remix Staff Trip to the Obama Inauguration

On January 19th, the majority of Remix staff, some participants and some alumni all took a historic bus ride to then President Elect Barack Obama's inauguration ceremony in Washington. Organized by our very own Art of Business Program Leader Tyrone Edwards and open to the public to attend our caravan ended up stretching 3 buses long and included elders, youngsters and everyone in between. It was indeed an atmosphere and excitement and possibility. This was true even after a near 8 hour hold-up at the American border where many of our people were stopped, questioned, fingerprinted and photographed on account of no other reason than wearing hijabs or having muslim names. This was an example of the ugly and disgusting practices and fear mongering culled by the exiting regime of the W. Bush era Republican Party and our fellow journeyers went and came through the disgusting experience with great dignity. Much media attention was brought to this episode of our trip with coverage on CBC, CITY TV, MuchMusic etc. but I don't think any of us would want the trip to be solely remembered in this way.

The trip was one of inspiration, invigoration and hope for the future. Listening, alongside 1.8 million people mostly from the USA but many from distant places around the world, to the words of now President Obama was an incredible experience for so many of our young people at the Remix Project and will very likely emerge as a one of the defining moments in our collective history. It was an honour and a blessing to us all. A big thank you to Tyrone Edwards, Remix's very own Chantle Beeso for working so hard and diligently and also to Creative Arts Director Bryan Brock for coming through in the clutch to support Tyrone and Chantle and make it all happen.

**- Gavin Sheppard,
Remix Project Coordinator**



Former Toronto Maple Leaf - Alex Steen

Steen Foundation Golf Tournament at Glen Abbey Sept. 2008

A tearful so-long to Alex Steen a true LAMP supporter. This past year his golf tournament raised an impressive 30 thousand dollars for our youth programs.



Looking Back September 2008

15th Anniversary of the Lakeshore Village Housing Co-ops

LAMP joins co-op organizers to stage a day to remember. Celebrating the richness and diversity of a vibrant community.





Toronto Raptor's No. 18 Anthony Parker invites some SEYA youth to their recent game at the Air Canada Centre against the Lakers.

LAMP is Breastfeeding Friendly

Did you know that LAMP CHC is a breastfeeding friendly space?

We have a staff team dedicated to help educate and increase awareness about the issues around breastfeeding.

We acknowledge that breastfeeding is the best and most natural way to feed your child. We also recognize and support the right for women to breastfeed anytime, anywhere.

LAMP will also provide a quiet, more private space, if requested.



FREE PHOTOGRAPHY WORKSHOP youth 14-19

DIGITAL AND BLACK AND WHITE

This 8 week program will teach you how to master the art of photography!

YOUR IMAGES WILL BE SHOWN AT THE TORONTO INTERNATIONAL CONTACT FESTIVAL!!

To register contact Jasmin @416-252-6471 ext. 308

STARTS THE FIRST WEEK OF MARCH



2008 Adopt-A-Family at LAMP

Campbell employees support LAMP holiday outreach.

In collaboration with LAMP, teams from our neighbour, Campbell Canada brightened the holidays for 25 local families.

For the fourth consecutive year, LAMP partnered with Campbell Canada on the Adopt-a-Family program, collecting food, household items, and gifts to support members of the local community to ensure they'd have a festive holiday.

The program provides basic necessities and grants holiday wishes to families in need, enabling a much brighter holiday. Local families voluntarily register for the program and as many as possible are helped.

"One of Campbell Canada's corporate values is Community and support for the LAMP Adopt-a-Family program is an important part of this," said Anne Yourt, Campbell's Corporate and Brand Communications Manager. "The office and manufacturing teams, as well as the Toronto sales office, all rally behind this effort and there's a lot of heart of heart for it. We are proud to be a part of the Etobicoke-Lakeshore community and fully support the great work LAMP does at the holidays and throughout the year



to support the community."

This year, Campbell Adopt-a-Family teams participated in a Fundraising Fair to raise additional funds, that included an information booth staffed by Jasmin Dooh, Health Promoter, and other

staff from LAMP, to further educate the Campbell team on the broad range of programs LAMP coordinates to support the community. The fair helped to raise more than \$5,500 to purchase gifts for our LAMP families.

Welcome to Our New Community Partner, Kellogg Canada

Sharing the spirit of the holiday season to local families facing tough times.

The holiday season is about giving.

In a strong display of the holiday giving spirit, Kellogg Canada partnered with LAMP Community Health Centre to bring the magic of Christmas to families in our community who otherwise can't afford to have one.

More than 80 employees from the Kellogg Canada Creekbank head office in

Mississauga voluntarily formed teams to purchase gift items, then wrap and deliver them to local families in need. LAMP provided the teams of Kellogg volunteers with the local families along with their holiday wish lists.

The Kellogg teams purchased, wrapped and delivered gift items comprising food products, gift cards, clothes, electronics, toys and more – allowing families to

cross many items off their holiday wish lists.

Thank you to everyone involved from Kellogg Canada for bringing holiday cheer and the magic of Christmas to our community this past holiday season!

You helped to make this a holiday to remember.

Adult Drop-In

On behalf of the Adult Drop-In we would like to thank the following people for their generous gifts.

- The Village Butcher on the Lakeshore.
- Daily Bread
- Salvation Army
- Campbell Soup
- PARC
- Valu-Mart
- Anita Ashley



Your commitment to helping people who are homeless and/or working poor, in our community is sincerely appreciated.

Each year the Adult Drop-In continues to advance its mission of supporting and empowering individuals to improve the quality of their lives. Through our drop-in we have seen many lives changed for the better. People who attend the program meet other people and feel less isolated, learn about services at LAMP, find out how to use the computer, and learn about all kinds of resources in the community.



Four graduates from the Stepping Stones graduation in December, with Adult Drop-In staff.

In particular our Stepping-Stones Program has enjoyed great success in the past year. Fifteen people completed our eight-week program this year.

Congratulations to them all!!

Mindful Eating

In my practice, the most common question I get is “which diet should I use to lose weight?” As a dietitian, I never believed there is any magic diet. People usually lose weight at the beginning of using diets, but according to studies, 95% of all dieters regain the lost weight and gain more within one to five years. Instead of dieting, the most effective approach to achieve our healthy eating goal is mindful eating, which could naturally lead to lifestyle change and optimum weight control.

I came across a book called “Eating Mindfully” by Susan Albers a few years ago and I have to say this book re-shaped my practice in many ways. It helps me realize that the fundamental of healthy eating is to connect your body and mind. Mindful eating, by Susan Albers’s definition is “balancing your diet, gaining awareness of your mindless eat-

ing habits, and tailoring your approach to your body’s needs”. To do so, you have to start observing your body: try to pay attention to the cues for hunger and fullness your body gives you. Being full/hungry is a feeling hard-wired into us, but when you repetitively ignore your body’s signals, it stops giving them. Many people eat till they finish their plate other than feeling full. With the prevailing oversized food portions, you are most likely to overeat if you clean your plates all the time.

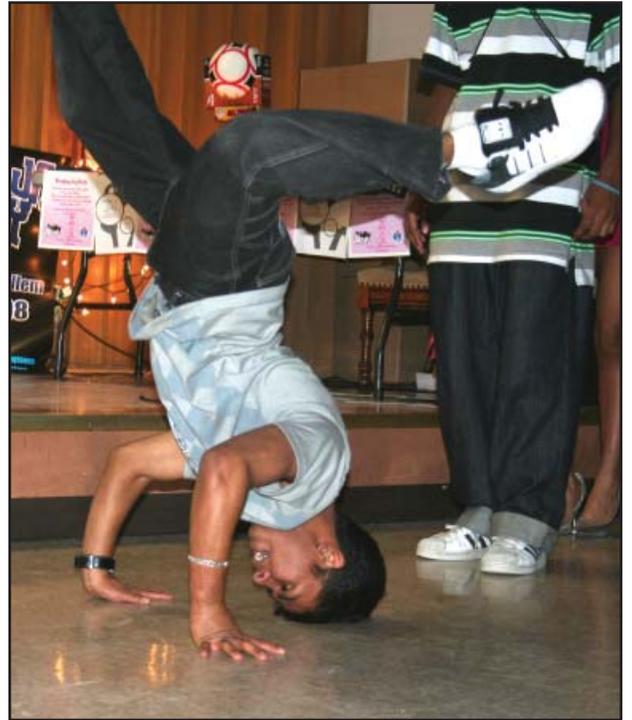
Fortunately, these things are correctable. Eating Well with Canada’s Food Guide gives guidelines on portion sizes of food and shows you the amount that would make the typical body begin to feel full. When you eat this amount for an extended period of time, your body will start to send you the correct signals again.

Same rules apply to eating fruits and vegetables. Many people find it difficult to eat 7-8 servings of fruits and veggies a day because “I don’t like the taste of vegetables”. But your body needs those vitamin and minerals to function well throughout the day and if you never feel like having vegetables, you are probably ignoring the signals of your body. Try to eat 3 fruits and at least 4 servings of vegetables (1 serving of cooked vegetable is about ½ cup and 1 serving of salad is 1 cup) a day and over the time, you will reconnect with your body and start having cravings for foods your body actually needs.

So, start your journey to healthy eating today, by being more aware of what your body needs and paying attention to the cues it sends you.

SEYA's Pretty In Pink

SEYA youth celebrate their achievements at LAMP.



Looking Back Photos In Our Community

Remix's latest graduating class will celebrate their graduation and achievements Monday, March 9th at Revival on College Street. The program has received an award for "Excellence In Urban Safety and Crime Prevention". They were one of only three youth urban arts projects honoured this way in the world by the UN Habitat Programme.



In December 2008 SEYA hosted a workshop for youth on domestic violence with Detective Mcgrade from Metro Toronto Police Services 22 division.



SEYA's Arts and Culture Workshop included visual arts, dance and vocal.



Gateway to Employment: Why Volunteer?

As we all know newcomers face many barriers to building a life in Canada. Often newcomers bring a wealth of work experience and education that is not recognized by Canadian employers. This can lead to discouragement, depression and isolation. How can you contribute to your well being when your skills and past history have no value or credibility in finding a meaningful job? It is these experiences that bring people to volunteer at LAMP's ASK! Community Information Centre.

ASK! Community Information Centre connects people in south and central Etobicoke with community, social, health and government services. ASK! services such as the Income Tax Clinic, Legal Advice Clinic, Government Form Filling and Services for Newcomers to Canada

contribute to the self-determination and well-being of residents and workers. Volunteers play an important role in the delivery of these and other ASK! programs.

ASK! has provided newcomers with meaningful work as community interpreters, administrative assistance, and income tax preparers. In these roles volunteers are able to gain Canadian work experience, better understand the Canadian workplace environment, break isolation, network and practice English skills. In return, newcomers have assisted ASK! in providing interpreting services, prepare income tax for low income individuals and families all of which improve the overall services we provide to the community.

We often think about the benefits for a volunteer but, as you see, the benefits for the organization and the community are immense. If you would like to share your skills and knowledge by contributing to building a healthy community please contact Dawn Allaby at 416-252-6471 ext. 234.

Come and find out how to get involved with LAMP!

Volunteer Information Sessions are held at 6:30 pm on the 3rd Thursday of the month at LAMP.

The upcoming spring sessions are March 19 and April 16.

West Toronto Diabetes Education Program

The West Toronto Diabetes Education Program (WTDEP) has been in operation since 2002, with its dedication and commitment towards healthy community is now partnering with seven Community Health Centers; **LAMP CHC, Access Alliance CHC, Four Villages CHC, Stonegate CHC, Queen West CHC, Davenport Perth Neighbourhood Centre, and East Mississauga CHC and Etobicoke Service for Seniors.** The main goal of the program is to help improve the quality of life of people living with type 2 Diabetes, or those at risk of developing type 2 Diabetes. Once a month, we provide service at **Reconnect Mental Health Services** for adults experiencing serious mental illness.

With a physician referral, you can receive comprehensive diabetes education through individual and group counseling by the Registered Dietitian and a Nurse Educator who provide assessment, monitoring, counseling, support and

follow-up to both internal and external clients at all partner sites.

Our education sessions occur throughout the year and cover topics such as, an introduction to Type 2 diabetes, oral medications and insulin, meal planning, shopping and food labels as well as social eating and dining out. Our clients at LAMP are invited to attend the weekly Tai Chi and Yoga programs, the Gus Ryder Fitness Center and a 10 week exercise program at Griggs Manor that will start in February 2009.

With the cold and flu season still upon us, we would like to advise diabetics to take extra care during this season. Always consult with your Doctor and Diabetes Team to help develop a sick day management plan.

During illness, the body stimulates the production of certain hormones that may raise the blood sugar levels. As a result hyperglycemia (high blood sugar) may

occur. You would probably feel thirsty; have dry mouth, frequent need to urinate, tired, drowsy, and possibly blurred vision.

What to do?

- Monitor your blood sugars more frequently - every four hours or more frequently
- Let your doctor know if blood sugars continue to rise.
- Continue to take your medications as prescribed.
- Notify your doctor or go to the nearest hospital if you have any of the following symptoms: Nausea and vomiting, Stomach pain, deep breathing, fruity smelling breath and confusion.

All our programs are free, interpreters and transportation allowances are provided and EVERYONE is welcome!



LAMP Community Health Centre strives to improve quality of life by supporting people to reach their full potential. We do this by working in partnership with our community to address new and emerging community needs, and by supporting a wide-range of health care services, community programs, and advocacy initiatives that promote the physical, emotional, social, and economic well-being of our community.

What We Believe:

<p>We believe that everyone has the right to live in a healthy community.</p>	<p>We value and respect people of diverse backgrounds and perspectives, and are committed to providing meaningful opportunities for our community to determine its own needs.</p>	<p>We believe that everyone has strengths, and that each person has the right to both contribute to, and to be helped by their community.</p>	<p>We are committed to fighting oppression in our community.</p>
<p>Inclusiveness is a core value at LAMP.</p>	<p>We believe that health is more than the absence of disease. It is influenced by social and economic factors.</p>	<p>We are committed to helping everyone in our community get access to the resources and supports that they need.</p>	<p>We believe that some members of the community have greater needs and fewer choices and therefore require more of our services, advocacy, and support. Empowering people strengthens the whole community.</p>

We Want You to find out more about volunteering at LAMP CHC. Volunteer Information Sessions are held on the third Thursday of each month from 6:30 - 8:00 p.m. For more information please contact our Volunteer Coordinator at 416.252.6471 ext. 234. Explore how you can get involved!

LAMP has a scent-free policy. Fragrances, perfumes and other synthetic aromas (body lotion, strong-smelling soap, etc.) can create an allergic reaction or other type of severe discomfort. Please do not wear these products when coming to LAMP. Your help in maintaining a safe and comfortable environment for everyone is appreciated.

Donate to LAMP online!

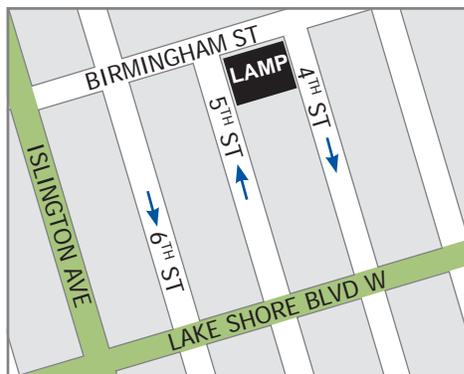
CanadaHelps.org simplifies the donating process, making it easy, quick and secure.

DONATE TODAY!

Receipts for donations over \$10 can be issued for income tax purposes.

Charitable registration number:

11900 2996 RR0001



Ontario's Community Health Centres

LAMP Community Health Centre

185 Fifth Street, Etobicoke ON M8V 2Z5

Tel: 416.252.6471 Fax: 416.252.4474

TTY: 416.252.1322

www.lampchc.org



United Way
Greater Toronto

