


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
2 LAMP CLOSED	3 EY Drop-In 9am-3pm EY Young Parents Supper Club 4:30-7pm ASK! Russian Spkg Seniors 10am-1pm at LM	4 Adult Drop-In 8am-2:30pm EY Drop-In 9am-12noon EY Young Parents Drop-In 1-4pm SL Teens E-Zone Field Trip 12noon-4pm SL Teens Basketball 6-9pm at HG	5 Naturopath Clinic 1-8pm Social Work Drop-In 4-7pm SL Tweens Nathan Philips Square Skating Field Trip 11:30am-4:30pm	6 EY Baby Club 7-12 months 10-11:30am EY Baby Club 0-6 months 1-2:30pm	7 EY Drop-In 9am-12noon
					8
9 Adult Drop-In 8am-2:30pm EY Drop-In 9am-3pm EY Eating for Two 9:30-11am EY Eating for Two (Under 25) 4-5:30pm Social Work Drop-In 1-4pm Healthy Sex Clinic by appt. 2-8pm SL Tweens Drop-In 3-5:10pm SL Teens Cooking Club 6:30-9:30pm	10 EY Drop-In 9am-3pm EY Dad's Time 5:00-7:30pm ASK! Russian Spkg Seniors 10am-1pm at LM SL Tweens Recreation 3-5:10pm at ST SL Teens Volunteer Orientation 5-6pm	11 Adult Drop-In 8am-2:30pm EY Drop-In 9am-12noon EY Young Parents Drop-In 1-4pm ASK! - Toronto Employment & Social Services Caseworker - Info Only - Call for Appt, 9am-1pm SL Tweens Drop-In 3-3:30pm SL Teens Drop-In 3:30-5pm SL Teens Basketball 6-9pm at HG	12 Naturopath Clinic 1-8pm Social Work Drop-In 4-7pm Community Relations Committee Meeting 6:30-8pm SL Tweens Cooking Club 3-5:10pm SL Teens Basketball 6-9pm at LCI	13 EY Baby Club 7-12 months 10-11:30am EY Baby Club 0-6 months 1-2:30pm SEYA Older Youth Basketball 8-10pm at KC SL Tweens Drop-In 3-5:10pm	14 EY Drop-In 9am-12noon
					15
16 Adult Drop-In 8am-2:30pm EY Drop-In 9am-3pm EY Eating for Two 9:30-11am EY Eating for Two (Under 25) 4-5:30pm Social Work Drop-In 1-4pm Healthy Sex Clinic by appt. 2-8pm SL Tweens Drop-In 3-5:10pm SL Teens Cooking Club 6:30-9:30pm	17 EY Drop-In 9am-3pm EY Young Parents Supper Club 4:30-7pm ASK! Russian Spkg Seniors 10am-1pm at LM SL Tweens Recreation 3-5:10pm at ST	18 Adult Drop-In 8am-2:30pm EY Drop-In 9am-12noon EY Young Parents Drop-In 1-4pm SEYA Leads 5-7pm SL Tweens Drop-In 3-3:30pm SL Teens Drop-In 3:30-5pm SL Teens Basketball 6-9pm at HG	19 Naturopath Clinic 1-8pm Social Work Drop-In 4-7pm Volunteer Information Session 6:30-8pm SL Tweens Cooking Club 3-5:10pm SL Teens Basketball 6-9pm at LCI	20 EY Baby Club 7-12 months 10-11:30am EY Baby Club 0-6 months 1-2:30pm SEYA Older Youth Basketball 8-10pm at KC SL Tweens Drop-In 3-5:10pm	21 EY Drop-In 9am-12noon
					22
23 Adult Drop-In 8am-2:30pm EY Drop-In 9am-3pm EY Eating for Two 9:30-11am EY Eating for Two (Under 25) 4-5:30pm Social Work Drop-In 1-4pm Healthy Sex Clinic by appt. 2-8pm SL Tweens Drop-In 3-5:10pm SL Teens Cooking Club 6:30-9:30pm	24 EY Drop-In 9am-3pm EY Dad's Time 5:00-7:30pm ASK! Russian Spkg Seniors 10am-1pm at LM SL Tweens Recreation 3-5:10pm at ST	25 Adult Drop-In 8am-2:30pm EY Drop-In 9am-12noon EY Young Parents Drop-In 1-4pm ASK! - Toronto Employment & Social Services Caseworker - Info Only - Call for Appt, 9am-1pm SEYA General Meeting 5-7pm SL Tweens Drop-In 3-3:30pm SL Teens Drop-In 3:30-5pm SL Teens Basketball 6-9pm at HG	26 Naturopath Clinic 1-8pm ASK! Spanish Spkg Women 1-3pm at ML Social Work Drop-In 4-7pm SL Tweens Cooking Club 3-5:10pm SL Teens Basketball 6-9pm at LCI	27 EY Baby Club 7-12 months 10-11:30am EY Baby Club 0-6 months 1-2:30pm SEYA Older Youth Basketball 8-10pm at KC	28 EY Drop-In 9am-12noon
					29
30 Adult Drop-In 8am-2:30pm EY Drop-In 9am-3pm EY Eating for Two 9:30-11am EY Eating for Two (Under 25) 4-5:30pm Social Work Drop-In 1-4pm Healthy Sex Clinic by appt. 2-8pm SL Tweens Drop-In 3-5:10pm SL Teens Cooking Club 6:30-9:30pm	31 EY Drop-In 9am-3pm ASK! Russian Spkg Seniors 10am-1pm at LM SL Tweens Recreation 3-5:10pm at ST	<p>Newcomers to Canada Call or Drop-In Monday - Friday - See Back Page for ASK! Hours - (Albanian, French, Portuguese, Russian, Spanish, & Ukrainian Spoken)</p> <p>ASK! Immigrant Settlement Programs Funded By:</p>  Citizenship and Immigration Canada Citoyenneté et Immigration Canada			

All programs are located at LAMP, unless otherwise noted.

OFF-SITE LOCATIONS:

HG - Humber Gym	LM - Lerette Manor
KC - Ken Cox CC	ML - Mimico Library
LCI - Lakeshore Collegiate Institute	ST - St. Teresa

**Diabetes (WTDEP) Now Located at:
 365 Evans Ave., Ste 201*

PROGRAM OUTLINE

Adult Drop-In is a program for adults in the community living in difficult housing conditions or are homeless. Meals served 8:00 - 9:30 & 12:00 - 12:30.

Adult Learning Program provides one-to-one and small group sessions for adults 19 years old and over who are out of the school system. Call Johanna at ext. 243.

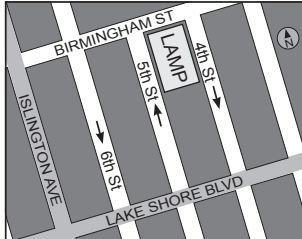
Among Friends is an off-site program that provides support, social and recreational opportunities, as well as, health and wellness education for people with mental health problems. 2970 Lake Shore Blvd. W. (at 8th St.). Call 416-251-8666.

ASK! provides community information, income tax preparation clinic, legal clinic, Ontario Works information, form filling and true copies/affidavit clinic, and immigrant settlement and refugee support services in French, Spanish, Ukranian, Russian, and Albanian. ASK! Hours: Mon, Wed, & Fri 9 - 5; Tues 1 - 8; Thurs 1 - 5. For more info call ext. 280.

ASK! CAP Computer Program: Free computer and internet access: Mon 9:30-4:30; Tue 2-7:30; Wed 9:30-12:30; Thu 1-4:30; Fri 12-4:30.

More Services

- Chiropody (Foot) Clinic
- Dental Care Clinic (416-252-8576)
- Eating For Two (416-744-6312)
- Etobicoke Housing Helpline (416-252-5990)
- Equally Healthy Kids Breakfast Programs
- Family Services Association
- Preschool Speech & Language
- Primary Health Care (416-252-6475)



LAMP CHC Hours
Mon-Thu 8:30am - 8:00pm
Fri 8:30am - 5:00pm

LAMP Early Years Services has a wide range of programs for parents and children under 6. Services include early learning, parent education programs, workshops, drop-ins and much more. Call 416-252-8293.

Occupational Health offers specialized medical assessments and information regarding workplace injuries/diseases to workers and workplaces.

Social Work Drop-In Program can help you in a variety of ways - by helping you find resources, helping with specific problems or just listening if you want to talk.

Street Level is a youth centre for tweens (10-13) and teens (14-19) to meet friends, socialize, enjoy recreational activities, learn, cook, and develop new skills. Call Ext. 316.

West Toronto Diabetes Education Program (WTDEP) is an off-site program that offers free individual counselling and group sessions with a registered dietitian and nurse educator to learn how to better manage and/or prevent diabetes. Interpretation available. 365 Evans Ave. (at Kipling Ave.), Suite 201. Call 416-252-1928.

Feedback Line

We encourage clients and community members to contact us with any comments, complaints, or suggestions about any aspect of LAMP CHC. You can leave a message at Ext. 815 (be sure to leave your name and number if you want someone to call you back) or leave a written message in any of our several "Comment Boxes" located throughout the building. We'd love to hear from you!

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.



Ontario's Community
Health Centres

LAMP Community Health Centre

185 Fifth Street, Etobicoke ON M8V 2Z5
Phone: 416.252.6471 Fax: 416.252.4474
www.lampchc.org



United Way
Greater Toronto

Events Calendar

JANUARY 2012



LAMP Community Health Centre