



Building a Healthy Community

A multi-service centre offering health and community programs for individuals, families, children, youth, seniors, and newcomers to Canada



Over 35 years of service to the community

LAMP Community Health Centre

is a multi-service, non-profit, charitable organization that provides primary health care, illness prevention programs, health promotion, and a wide range of community services that reflect the needs of our residents. LAMP is governed by a community-elected board of directors.

Our programs specifically address the priorities of our local communities. We offer an integrated approach to health and well-being. Health professionals work as a team to focus on the needs of every client and link them to the services they require.

Our staff delivers social, community, and recreational programs to improve the well-being of individuals, children, youth, and families, especially those who face barriers in accessing services.

We partner with a wide range of other non-profit agencies and charitable organizations to ensure that specific needs of our community are addressed.

In July 2008, LAMP opened the first community health centre in the Peel Region - the East Mississauga Community Health Centre. Please refer to separate information for details on its programs and services.

We are committed to helping everyone in our community get access to the resources and support that they need.



Caring for those who need it most

As part of Ontario's public health care system, LAMP provides a range of services that promote health and well-being.

Medical Services

Doctors and nurse practitioners are available for all of our clients' medical needs. After-hours advice is available by phone. Health services are available in several languages.

Diabetes Education, Support, and Counselling

Teams of dietitians and nurse educators facilitate individual and group sessions to improve overall health. Service is available in many languages and offered throughout the west end of Toronto.

Dental Clinic

Toronto Public Health provides free dental care for children and teenagers below 18 years of age, and seniors aged 65 and up (income qualifications apply to both). Dental services include examinations, fillings, extractions, dentures, fluoride treatment, and cleaning.

Naturopathic Clinic

Professional, low-cost alternative medical treatments are provided by the Canadian College of Naturopathic Medicine.



Occupational Health

LAMP's Occupational Health Centre provides specialized medical assessments and information regarding workplace injuries/diseases to workers and workplaces.

Healthy Sex Clinic

All services related to birth control, healthy sexuality, and safe sex.

Foot Clinic

Full range of treatments for people of all ages, including foot care for children, seniors, people with diabetes, and adults with foot ailments related to active lifestyles. Also provides orthotics and orthopedic shoes.

(Call or visit LAMP for information on cost)

Nutrition Counselling and Services

Guidelines provided for healthy diets and assistance in planning meals for special dietary needs.

We believe that everyone has the right to live in a healthy community.

Strengthening the community

LAMP supports families in our diverse neighbourhoods with Early Years Services.

Etobicoke-Lakeshore Ontario Early Years Centre

Programs, information, and resources for parents and caregivers with children up to 6 years old.

Free drop-in and scheduled activities including specialized programs for dads and young parents.

Prenatal classes, prenatal and postnatal nutrition support, and parenting programs for families.

Programs for pregnant and parenting teenagers are also available.

We are committed to fighting oppression in our community.



Providing a safe, supportive, and fun environment

Specially designed activities provide for the needs of young people in our community.

Pre-School Speech and Language Program

Our speech team helps families with children (until senior kindergarten) who have communication difficulties. A doctor's referral is not required so parents/guardians may call LAMP directly to be placed on the wait list.

Equally Healthy Kids Program

Breakfast Clubs in local elementary schools.

Street Level Youth Centre

Free drop-in centre for 'tweens' (ages 10-13) and teens (ages 14-19). Programs include: sports, cooking club, homework help, leadership development, youth council, special events, trips, and volunteer opportunities.

South Etobicoke Youth Assembly (SEYA)

A wide range of events and workshops spearheaded by youth volunteers to foster community involvement, leadership development, creativity, and personal growth for youths aged 14-24.

Rathburn Area Youth

Free drop-in centre for youth aged 13 to 24 in the Central Etobicoke area. Programs include: youth council, basketball, young men's/women's programs, youth support, youth leadership, special events, trips, and tutoring.

Connecting People

Diverse services available for adults affirm LAMP's integral role in the community.

ASK! Community Information Centre

Provides individuals and families with a range of support and services. Russian, Ukrainian, Spanish, Albanian, and Polish spoken.

Community Information Referral and Support

Immigrant Settlement and Refugee Support

Services for Newcomers to Canada

Free Legal Information and Advice Clinic

Commissioner for Taking Affidavits

True Copy/Affidavit Clinic

Government Form Filling and Income Tax Clinics

Help for low-income individuals and families in completing tax returns and other government forms.

Bette's Babies Infant Emergency Food Bank. Call for information.

Ontario Works Advice Clinic

A worker from our local Ontario Works office is available every other week to answer questions, provide information, and assist in basic problem-solving. Call for information and dates.

Community Access Program Provides a small computer lab with access to computers and the internet during scheduled times.

Other services are also available – Please call or visit LAMP for more details.

Social Work Program/Counselling Services

Provides information, referral, and short-term counselling services to the community. Scheduled appointments and drop-in hours are available.

Lakeshore Adult Learning Program

Volunteer tutors help adults improve their reading, writing, and other life skills in a relaxed, supportive environment. Small group, one-to-one, and computer assisted learning is available. Staff provide support, training, and instruction.

Among Friends

Assists people with mental health challenges through social and recreational opportunities, as well as health and wellness education.

Adult Drop-in and Out of the Cold Program

Welcomes all homeless clients and people with inadequate housing. LAMP offers hot lunches, shower facilities, and computer access.





Building a strong and healthy community includes other activities that provide residents with information on issues that affect them, and allow them to voice their opinions freely. LAMP assists groups that endeavour to take action on community issues. It is currently spearheading discussions on affordable housing, recreation, transportation, and tenant rights issues in the community.

Health Promotion

Health promotion is based on preventing illness and helping people have greater control over their own health and the health of their community.

We understand that health is more than the absence of disease. Other factors affect our health like stress, poverty, income and employment, education, housing, as well as friends and family (social support). By addressing these needs, we improve our health and opportunities for the future.

To achieve this goal, LAMP is involved in a number of activities such as advocacy, community development, education, and personal skills development.

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.

Onsite Community Partners

LAMP partners with other community agencies that provide services and support for residents in our area.

Etobicoke Housing Help Centre – Information, referrals, and support for community and subsidized housing, and landlord-tenant support.

Family Services Association – Family, marital, and individual counselling, and parenting support groups.

YMCA – LAMP Junior “Y” Daycare

Our Funding

LAMP appreciates the valuable contributions provided by the Federal, Provincial, and City of Toronto governments, the United Way of Greater Toronto, foundations, service clubs, community groups, schools, businesses, churches, and community members.

You can make a difference!

You can help build a stronger community by becoming a volunteer, a member, or making a donation by mail or through our website at www.lampchc.org. LAMP is a registered charity.

Be a member and let your voice be heard!

You can be involved in groups that address issues such as poverty, affordable housing, tenants' rights, and environmental concerns in the community. You can also vote for (or even be part of) the LAMP Board of Directors every year.

Volunteer your time and skills!

Join a committee or community action group. Volunteering is the best way to participate in community development, as well as to expand your skills and training, build your network, and get references.

For information, please contact the Volunteer Coordinator at [416-252-6471](tel:416-252-6471) x234.

We believe that everyone has strengths, and that each person has the right to both contribute to, and to be helped by their community.

Send a donation!

LAMP needs you to continue to build a healthy and vibrant community. With your donation, we can continue the programs for our community residents who need support and assistance.





Yes! I want to be involved!

Volunteer | Membership | Donation Form

Name: _____

Street: _____

Apt.: _____ City: _____ Postal Code: _____

Phone (h): _____

Phone (w): _____

Email Address: _____

Would you like to receive newsletters and other mailing from LAMP? Yes No

Would you like to make a donation to LAMP or to a specific program in LAMP? Yes No

Membership fee: \$3.00

Donation: \$ _____

Total: \$ _____

Cash Cheque Visa

I would like my donation to support:

 I would like my donation to be used where the need is the greatest.

Would you like your donation to be recognized publicly? Yes No

Please send me information on including LAMP in my Will or Estate Plan.

| Inclusiveness is a core value at LAMP

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.

YES, I WANT TO BE INVOLVED

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We believe that health is more than the absence of disease. It is influenced by social and economic factors.

**LAMP Community
Health Centre**

185 Fifth Street
Etobicoke, Ontario M8V 2Z5
Tel 416.252.6471
TTY 416.252.1322
Fax 416.252.4474
lampchc.org
(Lake Shore Blvd. W / Islington Ave.)

**East Mississauga
Community Health Centre**

2555 Dixie Road, Unit #7
Mississauga, Ontario L4Y 4C4
Tel 905.602.4082
eastmississaugachc.org
(Dundas St. E / Dixie Rd.)

Rathburn Area Youth

500 The East Mall, Room 124
Etobicoke, Ontario M9B 2C4
Tel 416.626.6068
Fax 416.626.0233
(Burnhamthorpe Rd / East Mall
at Burnhamthorpe C.I.)

LAMP is a scent-free environment.
We are also wheelchair-accessible.

