

MON	TUE	WED	THU	FRI	SAT/SUN
23	24	25	26	27	28
<p><b>Harm Reduction Drop-In</b> 5pm - 8pm @ Among Friends</p> <p><b>ASK! 8:30am-4:30pm</b></p> <p><b>Social Work Drop-In</b> 1-3:30pm</p> <p><b>EO Feeding With Love</b> 1:00pm -2:30pm</p> <p>↔ <b>EV "Craving Change"</b> 2pm- 4pm</p> <p><b>SLY Island Food Cook-Off</b> 12:00-5:00p.m.</p>	<p><b>Harm Reduction Drop-In</b> 7:30am-11:30am</p> <p><b>EO Family Centre Drop-In</b> 9:00am- 12:00pm</p> <p>↔ <b>EV Creative Arts</b> 12pm - 2:30pm</p> <p><b>ASK! 1-7:30pm</b></p> <p>↔ <b>EV "Creative Arts"</b> 12pm - 2:30pm</p> <p><b>SLY Creating Streetbana Merchandise / Event Prep</b> 12:00-5:00p.m.</p>	<p><b>ASK! 8:30am-4:30pm</b></p> <p><b>Good Food Market "Lakeshore Village Park - Garnett James Road"</b> 4-6:30pm</p> <p><b>EO Young Parents Drop-In</b> 1:00pm -4:00pm</p> <p>↔ <b>AAC "Pre-diabetes workshop"</b> 1pm - 3pm</p> <p>↔ <b>4VD "Diabetes Bingo"</b> 1pm - 3pm</p> <p>↔ <b>EV "Intro.to Diabetes &amp; Healthy Eating"</b> 1:30pm - 4pm</p> <p>↔ <b>AF "Colour it up 50+</b> 5:30pm - 7:30pm</p> <p><b>SLY Movie/Streetbana Prep</b> 12:00-5:00p.m.</p>	<p><b>ASK! 8:30am-4:30pm</b></p> <p><b>Harm Reduction</b> 8am-12:00pm</p> <p><b>SLY Streetbana Event</b> 12:00-5:00p.m</p>	<p><b>EO Family Centre " Baby Time"</b> 10:30am - 2:30pm</p> <p>↔ <b>EM "Nordic Pole Walking"</b> 10am- 11am</p> <p>↔ <b>AA "Walking Group"</b> 10am- 11am</p> <p>↔ <b>EM "Diabetes Living Part 2"</b> 1pm- 4pm</p> <p><b>SLY Unplugged</b> 12:00 - 5:00p.m.</p>	28
30	31				29
<p><b>EO Feeding With Love</b> 1:00pm -2:30pm</p> <p>↔ <b>EV "Craving Change"</b> 2pm- 4pm</p> <p><b>Harm Reduction Drop-In</b> 5pm - 8pm @ Among Friends</p> <p><b>ASK! 8:30am-4:30pm</b></p>	<p><b>Harm Reduction Drop-In</b> 7:30am-11:30am</p> <p><b>EO Family Centre Drop-In</b> 9:00am- 12:00pm</p> <p>↔ <b>EV "Creative Arts"</b> 12pm - 2:30pm</p> <p><b>ASK! 1-7:30pm</b></p>				<p><b>Harm Reduction</b> supplies are available outside of program times. Please call Jacquie at 416-252-6471 Ext. 299 for details.</p> <p><b>Newcomers to Canada</b> Call or Drop-In to ASK! (Russian, Spanish, &amp; Ukrainian)</p>

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

July 2018

Summer

"Let's have fun in the sun"

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**

"Building a Healthy Community"



**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.

MON	TUE	WED	THU	FRI	SAT/SUN
					1
2	3	4	5	6	7
	<p><b>Harm Reduction Drop-In</b> 7:30am-11:30pm</p> <p><b>EO Family Centre Drop-In</b> 9:00am-12:00pm</p> <p>↔ <b>EV "Creative Arts"</b> 12pm - 2:30pm</p> <p><b>ASK! 1-7:30pm</b></p> <p><b>EO Young Parents Supper Club</b> 4:30pm -7:00pm</p> <p>↔ <b>4VD "Expressive Arts &amp; Stress Management"</b> 1-3pm</p> <p>↔ <b>Loblaws "Grocery Store Tour"</b> 5:30pm—7pm</p>	<p><b>EO Family Centre Drop-In "Healthy Bodies, Healthy Minds"</b> 9am-12pm</p> <p><b>ASK! 8:30am-4:30pm</b></p> <p><b>EO Young Parents Drop-in</b> 1:00pm -4:00pm</p> <p><b>SLY "Registration/ Drop-in"</b> 12:00-5:00pm</p> <p><b>Good Food Market "Lakeshore Village Park - Garnett James Road"</b> 4-6:30pm</p>	<p><b>ASK! 8:30am-4:30pm</b></p> <p><b>Harm Reduction Drop-in</b> 7:30am-11:30am 10-11:30am</p> <p><b>SLY New Friends/ Team Building</b> 12:00-5:00pm</p>	<p><b>ASK! 8:30am-4:30pm</b> 9:30am - 12pm</p> <p><b>EO Family Centre "Baby Time"</b> 10:30am - 12:00pm</p> <p>↔ <b>EM "Nordic Pole Walking"</b> 10am - 11am</p> <p><b>SLY New Friends/ Team Building Day 3</b> 12:00-5:00pm</p> <p>↔ <b>AA "Walking Group"</b> 10am - 11am</p>	<p><b>Harm Reduction Drop-In</b> 8am-1:00pm</p>

MON	TUE	WED	THU	FRI	SAT/SUN
9	10	11	12	13	14
<p><b>Harm Reduction Drop-In</b> 5pm- 8pm @ Among friends</p> <p><b>ASK! 8:30am-4:30pm</b></p> <p><b>EO Feeding With Love</b> 1:00pm -2:30 pm</p> <p><b>Social Work Drop-In</b> 1-3:30pm</p> <p><b>SLY Volcano Project Day 1/STEM</b> 12:00-5:00pm</p> <p>↔ <b>EV "Craving Change"</b> 2pm- 4pm</p>	<p><b>Harm Reduction Drop-In</b> 7:30am-11:30am</p> <p><b>EO Family Centre Drop-In</b> 9:00am-12:00pm</p> <p>↔ <b>EV "Creative Arts"</b> 12pm - 2:30pm</p> <p><b>ASK! 1pm-7:30pm</b></p> <p><b>SLY Tuesday- Science Centre Trip</b> 12:00-5:00pm</p>	<p><b>EO Family Drop-in "Healthy Bodies, Healthy Minds"</b></p> <p><b>ASK! 8:30am-4:30pm</b></p> <p><b>EO Young Parents Drop-in</b> 1:00pm -4:00pm</p> <p><b>SLY Teens Sister Sister Ball @Humber</b> 6pm-9pm</p> <p>↔ <b>4VD "Diabetes Expressive Arts &amp; Stress Management"</b> 1pm- 3pm</p> <p><b>Good Food Market "Lakeshore Village Park - Garnett James Road"</b> 4-6:30pm</p>	<p><b>ASK! 8:30am-4:30pm</b></p> <p><b>Harm Reduction Drop-in</b> 7:30am - 11:30am</p> <p><b>SLY Volcano Project Day 3</b> 12:00-5:00pm</p> <p><b>Community Relations Meeting</b> 6:30pm</p>	<p><b>ASK! 8:30am-4:30pm</b> 9:30am - 12pm</p> <p><b>EO Family Centre "Baby Time"</b> 10:30am - 12:00pm</p> <p><b>SLY Volcano Eruptions</b> 12:00-5:00pm</p> <p>↔ <b>EM "Nordic Pole Walking"</b> 10am-11am</p> <p>↔ <b>AA "Cooking Class"</b> 10am - 12pm</p> <p>↔ <b>EM "Diabetes Living Part 1"</b> 1pm - 4pm</p>	<p><b>Harm Reduction Drop-In</b> 8am-1:00pm</p>
16	17	18	19	20	21
<p><b>Harm Reduction Drop-In</b> 5pm - 8pm @ Among Friends</p> <p><b>ASK! 8:30am-4:30pm</b></p> <p>↔ <b>EV "Craving Change"</b> 2pm - 4pm</p> <p><b>EO Feeding With Love</b> 1:00pm -2:30 pm</p> <p><b>Social Work Drop-In</b> 1-3:30pm</p> <p><b>SLY Hustle Challenge Day 1)</b> 12:00-5:00pm</p>	<p><b>Harm Reduction Drop-In</b> 7:30am-11:30am</p> <p><b>EO Family Centre Drop-In</b> 9:00am - 12:00pm</p> <p>↔ <b>EV Creative Arts</b> 12pm - 2:30pm</p> <p><b>ASK! 1-7:30pm</b></p> <p><b>SLY Hustle Challenge Day 2/Shopping)</b> 12:00-5:00pm</p>	<p><b>EO Family Drop-in "Healthy Bodies, Healthy Minds"</b></p> <p><b>ASK! 8:30am-4:30pm</b></p> <p><b>EO Young Parents Drop-in</b> 1:00pm -4:00pm</p> <p><b>Good Food Market "Lakeshore Village Park - Garnett James Road"</b> 4-6:30pm</p> <p>↔ <b>AF "Colour it up 50+</b> 5:30pm - 7:30pm</p> <p><b>SLY Hustle Challenge Day 3</b> 12:00-5:00pm</p>	<p><b>ASK! 8:30am-4:30pm</b></p> <p><b>Harm Reduction Drop-in</b> 7:30am-11:30am</p> <p><b>SLY Hustle Challenge Day 4</b> 12:00-5:00pm</p>	<p><b>ASK! 8:30am-4:30pm</b> 9:30am - 12pm</p> <p><b>EO Family Centre "Baby Time"</b> 10:30am - 12:00pm</p> <p>↔ <b>EM "Diabetes Living part 2"</b> 1-4pm</p> <p>↔ <b>EM "Nordic Pole Walking"</b> 10am - 11am</p> <p>↔ <b>AA "Walking Group"</b> 10am - 11am</p> <p><b>SLY Kensington Market Trip</b> 12:00-5:00pm</p>	<p><b>Harm Reduction Drop-In</b> 8am-1:00pm</p>
					22