

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

| MON | TUE | WED | THU | FRI | SAT/SUN |
|--|---|--|---|---|---|
| 25 | 26 | 27 | 28 | 29 | 30 |
| <p> Adult Drop-In 7:30am-1:30pm</p> <p> EO Drop-In "Baby time 6-18 months" 9am-3pm</p> <p> ASK! 8:30am-4:30pm</p> <p> Social Work Drop-In 1-3:30pm</p> <p> EO Feeding With Love 1:30-3:00 pm</p> <p> ASK! Legal Information & Advice Clinic 3:30-5pm ☎</p> | <p> EO Family Centre Drop-In "Outdoor Fun" 9am-3pm</p> <p> EV Creative Arts 12pm - 2:30pm</p> <p> ASK! 1-7:30pm</p> <p> EO Drop-In "Dad's Time" 5:30pm-7:30pm</p> | <p> Adult Drop-In 7:30am-1:30pm</p> <p> EO Family Centre Drop-In "Play & Learn" 9am-12pm</p> <p> ASK! 8:30am-4:30pm</p> <p> Good Food Market "Lakeshore Village Park - Garnett James Road" 4-6:30pm</p> <p> EO Young Parents Drop-In (For parents under 29) 1-4pm</p> | <p> ASK! 8:30am-4:30pm</p> <p> Harm Reduction 8am-12:00pm</p> | <p> EO Baby Club "0-6 months" 1-2:30pm</p> | <p> Harm Reduction supplies are available outside of program times. Please call Sarah at 416-252-6471 Ext. 287 for details.</p> <p> Newcomers to Canada Call or Drop-In to ASK! (Russian, Spanish, & Ukrainian)</p> |

June 2018

Interesting, Informative & Fun Information

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** 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

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**

Among Friends (AF) - To register for sessions at Among Friends please call 416-251-8666

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

- ASK! COMMUNITY INFORMATION**
- EARLYON**
- FOOD NUTRITION**
- HEALTH CARE**
- MISCELLANEOUS**
- STREET HEALTH & HARM REDUCTION**
- YOUTH**
- By Appointment Only**
- Off-Site Locations**



| MON | TUE | WED | THU | FRI | SAT/SUN |
|--|---|---|---|--|-------------------------------|
| | | | | 1 ASK! 8:30am-4:30pm 9:30am - 12pm EO Baby Club 0-6 months 1-2:30pm SLY Tweens Unplugged 3-5pm SLY Teens Unplugged 5:30pm-9pm | 2 Adult Drop-In 8am-1:00pm |
| | | | | | 3 |
| 4 Adult Drop-In 7:30am-1:30pm EO "Baby time" Drop-In 9am-3pm ASK! 8:30am-4:30pm EO "Feeding With Love" 1:30-3:00 pm Social Work Drop-In 1-3:30pm SLY Teens Mam Cave 6pm-9pm SLY Tweens "Culinary Arts" 3-5:30pm | 5 EO Family Centre Drop-In "Outdoor Fun" 9am-3pm EV "Creative Arts" 12pm - 2:30pm ASK! 1-7:30pm EO Young Parents Supper Club 4:30-7pm LAMP Awards of Merit Starts 6:00pm | 6 Adult Drop-In 7:30am-1:30pm EO Family Centre Drop-In "Play & Learn" 9am-12pm ASK! 8:30am-4:30pm EO Young Parents Drop-in (for parent under 29) 1-4pm EO Evening Drop-In 5-7pm SLY Teens Sister Sister Ball @Humber 6pm-9pm SLY Teens S.T.E.M/Home work 3-5pm | 7 ASK! 8:30am-4:30pm Harm Reduction 8am-12:00pm 10-11:30am SLY Tweens "Sports Zone" 3-5pm SLY Teens "Culinary Arts" 6pm-9pm | 8 ASK! 8:30am-4:30pm 9:30am - 12pm EO Baby Club 0-6 months 1-2:30pm EM "Diabetes Living part 1" 1- 4pm SLY Tweens Unplugged 3-5pm SLY Teens Unplugged 5:30-9pm AF Soul Sisters 1pm- 4pm | 9 Adult Drop-In 8am-1:00pm |
| | | | | | 10 |

| MON | TUE | WED | THU | FRI | SAT/SUN |
|---|---|--|---|---|---|
| 11 Adult Drop-In 7:30am-1:30pm EO "Baby time" Drop-in 9am-3pm ASK! 8:30am-4:30pm EO Feeding With Love 1:30-3:00 pm Social Work Drop-In 1-3:30pm ASK! Legal Information & Advice Clinic 3:30-5pm SLY Tweens "Culinary Arts" 3-5pm SLY Teens "Mam Cave" 6-9pm | 12 EO Family Centre Drop-In "Outdoor Fun" 9am-3pm EV "Creative Arts" 12pm - 2:30pm ASK! 1pm-7:30pm EO Dad's Time 5:30-7:30pm SLY Teens "Leadership/Youth Council" 3pm-9pm EO Young Parent Supper club 4:30-7:00pm | 13 Adult Drop-In 7:30am-1:30pm EO Family Drop-in "Play & Learn" 9am-12pm ASK! 8:30am-4:30pm EO Young Parents Drop-in (For Parents under 29) 1-4pm EO Evening Drop-In 5-7pm SLY Teens Sister Sister Ball @Humber 6pm-9pm | 14 ASK! 8:30am-4:30pm Harm Reduction 8am-12:00pm SLY Tweens "Sports Zone" 3-5pm SLY Teens "Culinary Arts" 6pm-9pm | 15 ASK! 8:30am-4:30pm 9:30am - 12pm EO Baby Club 0-6 months 1-2:30pm SLY Tweens Unplugged 3-5pm SLY Teens Unplugged 5:30pm-9pm | 16 Adult Drop-In 8am-1:00pm EO Father's Day "Pancake Breakfast" 9-11:30pm |
| | | | | | 17 |
| 18 Adult Drop-In 7:30am-1:30pm EO "Baby time" Drop-In 9am-3pm ASK! 8:30am-4:30pm EV "Intro. to Diabetes & Healthy eating" 11am - 12:30pm EO Feeding With Love 1:30-3:00 pm Social Work Drop-In 1-3:30pm | 19 EO Family Centre Drop-In "Outdoor Fun" 9am-3pm EV Creative Arts 12pm - 2:30pm ASK! 1-7:30pm EO Young Parents Supper club 4:30-7:00pm | 20 Adult Drop-In 7:30am-1:30pm EO Family Centre Drop-in "Play & Learn" 9am-12pm ASK! 8:30am-4:30pm EO Young Parents Drop-in (For parents under 29) 1-4pm Good Food Market "Lakeshore Village Park - Garnett James Road" 4-6:30pm EO Evening Drop-In 5-7pm Affordable Housing Group Meeting 7:00pm | 21 ASK! 8:30am-4:30pm Harm Reduction 8am-12:00pm 4VD "Expressive Arts & Stress Management" 3:30-5:30pm | 22 ASK! 8:30am-4:30pm 9:30am - 12pm EO Baby Club 0-6 months 1-2:30pm EM "Diabetes Living part 2" 1-4pm | 23 Adult Drop-In 8am-1:00pm |
| | | | | | 24 |