

MON	TUE	WED	THU	FRI	SAT/SUN
27	28	29	30	21	
<p>Harm Reduction Drop-In 5pm - 8pm @ Among Friends</p> <p>Social Work Drop-In 1-3:30pm</p> <p>EO Feeding With Love 1:00pm - 2:30pm</p> <p>EV "Craving Change" 2pm- 4pm</p>	<p>Harm Reduction Drop-In 7:30am-11:30am</p> <p>EO Family Centre Drop-In 9:00am- 12:00pm</p> <p>EV Creative Arts 12pm - 2:30pm</p> <p>ASK! Legal Immigration Advice Clinic By Appointment Only 8:30am-4:30pm</p> <p>Affordable Housing 7:00pm</p>	<p>EO Young Parents Drop-In for parents 29 and under 1:00pm -4:00pm</p> <p>Good Food Market "Lakeshore Village Park - Garnett James Road" 4-6:30pm</p> <p>EV "Intro.to Diabetes & Healthy Eating" 9:30am - 12pm</p> <p>AF "Colour it up 50+" 5:30-7:30pm</p>	<p>Harm Reduction 8am-12:00pm</p> <p>4VD "Diabetes Cooking Workshop" 3:30 - 5:30pm</p>	<p>EO Family Centre " Baby Time" 10:30am-2:30pm</p>	<p>Harm Reduction Drop-In 8:00am-11:30am</p>
					<p>Harm Reduction supplies are available outside of program times. Please call Jacquie at 416-252-6471 Ext. 299 for details.</p> <p>Newcomers to Canada Call or Drop-In to ASK! (Russian,</p>

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

August 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**



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 EO Family Centre Drop-In "Healthy Bodies, Healthy Minds" Registered Program 9am-12pm SLY Amazing Race 12:00 - 5:00 pm EO Young Parents Drop-in For parents 29 and under 11:00 - 4:00pm AF "Colour it up 50+" 5:30-7:30pm	2 SLY Swimming at Tenth Street Pool 12:00 - 5:00 pm	3 SLY Woodbine Beach 12:00 - 5:00 pm EO Family Centre "Baby Time" 10:30am - 12:00pm	4
					5
6	7 Harm Reduction Drop-In 7:30am-11:30pm EO Family Centre Drop-In 9:00am-12:00pm EV "Creative Arts" 12pm - 2:30pm SLY Sports at Second Street 12:00 - 5:00 pm EO Young Parents Supper Club 4:30pm -7:00pm 4VD "Living well with Diabetes" 1-3pm Loblaws " Grocery Store Tour" 5:30pm-7pm ASK! Legal Immigration Advice Clinic By Appointment Only 8:30am-4:30pm	8 EO Family Centre Drop-In "Healthy Bodies, Healthy Minds" Registered Program 9am-12pm SLY Capture the Flag/Manhunt/ Cricket 12:00 - 5:00 pm EO Young Parents Drop-in For parents 29 and under 11:00 - 4:00pm Good Food Market "Lakeshore Village Park - Garnett James Road" 4-6:30pm AF "Colour it up 50+" 5:30-7:30pm Poverty Reduction Community Café 7:00pm	9 Harm Reduction Drop-in 7:30am-11:30am 10-11:30am SLY Youth-Led BBQ/Car wash 12:00 - 5:00 pm EV Mindfulness 1:30- 3:00pm	10 EO Family Centre "Baby Time" 10:30am - 12:00pm AAC "Nordic Pole Walking" 10am - 11am SLY Sports Day at Street Level 12:00 - 5:00 pm	11
					12

CLOSED
(CIVIC HOLIDAY)

MON	TUE	WED	THU	FRI	SAT/SUN
13 Harm Reduction Drop-In 5pm- 8pm @ Among friends EO Feeding With Love 1:00pm -2:30 pm Social Work Drop-In 1-3:30pm SLY Ty Dye/ Culinary Arts 12:00-5:00pm	14 Harm Reduction Drop-In 7:30am-11:30am EO Family Centre Drop-In 9:00am-12:00pm EV "Creative Arts" 12pm - 2:30pm SLY Movie Day 12:00-5:00pm EV "Creative Arts" 12pm - 2:30pm	15 EO Family Drop-in "Healthy Bodies, Healthy Minds" Registered Program 9am - 12pm SLY Sunny Side 12:00 - 5:00pm EO Young Parents Drop-in for parents 29 and under 11:00pm -4:00pm Good Food Market "Lakeshore Village Park - Garnett James Road" 4-6:30pm AF "Colour it up 50+" 5:30-7:30pm	16 Harm Reduction Drop-in 7:30am - 11:30am SLY Games Day 12:00-5:00pm EV Mindfulness 1:30pm- 3pm	17 EO Family Centre "Baby Time" 10:30am - 12:00pm SLY End of Summer Party 12:00-5:00pm AAC "Nordic Pole Walking" 10am-11am	18 Harm Reduction Drop-In 8am- 1:00pm Peaches & Cream and Garage Sale 10:00am- 2:00pm
					19
20 Harm Reduction Drop-In 5pm - 8pm @ Among Friends EO Feeding With Love 1:00pm -2:30 pm Social Work Drop-In 1-3:30pm	21 Harm Reduction Drop-In 7:30am-11:30am EO Family Centre Drop-In 9:00am - 12:00pm EV Creative Arts 12pm - 2:30pm	22 EO Family Drop-in "Healthy Bodies, Healthy Mind" Registered Program 9am - 12pm EO Young Parents Drop-in for parents 29 and under 1:00pm -4:00pm Good Food Market "Lakeshore Village Park - Garnett James Road" 4-6:30pm AF "Colour it up 50+" 5:30-7:30pm	23 Harm Reduction Drop-in 7:30am-11:30am EV Mindfulness 1:30pm- 3pm	24 EO Family Centre "Baby Time" 10:30am - 12:00pm	25 Harm Reduction Drop-In 8am- 1:00pm
					26