



# Daily Programs – Sept 2020

Every  
One  
Matters.

We have modified our programs and services due to the COVID-19 pandemic. Our monthly calendar includes details about what we offer virtually, by phone or in-person.

## Women of the World

Virtual Group Meeting - Weekly support groups for the Middle Eastern, Bhutanese, Afghani and Multi-cultural communities.

Tutorials - Newcomer women can learn about online tools (Zoom and WhatsApp).

Information Clicks - Voice messages related to COVID-19 health information in Farsi, Hindu, Arabic, Spanish, Nepali and Kurdish.

Contact Deborah to register  
dcanales@lihc.on.ca

## Health Services

Nutrition  
Mental Health  
Diabetes Education  
Hep C Services  
Homeless Supports (housing, income and advocacy)

To book an appointment  
519-660-0874

## NELCE

Health Centre supports and opportunities to participate in virtual programs for all NELCE volunteers, members and group participants.

Contact Ian for further details  
ibailey@lihc.on.ca

## French Seniors

Parlez-vous français?  
Joignez-vous à nous  
virtuellement!

Vendredi 13h-15h

Contactez Sonia pour  
enregistrez  
smuhimpundu@lihc.on.ca

## Health in Housing

For residents of the Limberlost community, we are offering Health Centre supports and connections to community resources.

Contact Shelly to register  
shappy@lihc.on.ca

## Basic Needs Services

Food security resources  
information, community  
resources information, mail  
pick-up and personal needs  
supplies.

For more information  
519-660-0874 ex 268

## Seniors' WrapAround

Connecting seniors (ages  
55+) to health and social  
services and community  
resources.

Contact Clara to register  
cparra@lihc.on.ca

## ID Clinic

Support with obtaining  
identification. The ID clinic  
will resume on Aug 20th,  
every Thursday from  
1:30-3:30 by appointment only.

To book an appointment  
519-660-0875 ex 268

**Share with us your  
experience at the Health  
Centre since the pandemic!  
All clients and program  
participants are invited  
to send us your feedback  
through an online survey.  
[www.lihc.on.ca](http://www.lihc.on.ca)**

## London Good Food Box

Orders payable in cash \$10.  
Deadline Tues. Sept 22 at 12pm.  
Pick up fruit and vegetable box  
on Tues. Sept 29.

## Youth Outreach

Supporting youth (ages  
12-21) by connecting them  
to programs, services and  
resources in their community.

For more information  
yow@lihc.on.ca



London  
InterCommunity  
Health Centre