



Daily Programs – April 2023



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Health in Housing RR Argyle Community East Lions Community Centre 3:00 to 5:00 p.m.</p> <p>Smart Recovery Addiction Support Group Huron Site 6:30 to 8:00 p.m.</p> <p>NELCE – Knitting Group RR Huron site 1:00 to 3:00 p.m.</p> <p>Youth ID Clinic Youth Action Centre 1:00 to 4:00 p.m.</p> <p>Renter’s Rights Health Outreach 1:30 to 3:30 p.m. *Starts April 3 – every other Monday</p> <p>London Good Food Box April 24, 2023 Pickup (locations on back)</p> <p>RR – Registration Required</p>	<p>Community Outreach H.O.M.E Bus Victoria Park/Core 10:30 a.m. to 3:30 p.m.</p> <p>Dental Health Promotion Dundas Site 1:30 to 3:30 p.m.</p> <p>London Good Food Box April 18, 2023 Order deadline 12 noon</p>	<p>Same Day Social Work Drop-in Dundas Site 9:30 to 11:30 a.m. 1:00 to 4:00 p.m.</p> <p>Love Your Liver Drop-In 9:30 to 11:30 a.m.</p> <p>Seniors French Group Huron Site 10:30 a.m. to Noon</p> <p>NELCE Walking Group Ed Blake Park 3:00 p.m.</p>	<p>Community Outreach H.O.M.E Bus East London/Chapman’s Parking 10:30 a.m. to 3:30 p.m.</p> <p>Zen Zone Dundas Site 1:00 to 3:00 p.m.</p> <p>Chop, Eat, Learn 2nd Thursday of the Month Huron Site 2:00 to 4:00 p.m.</p> <p>WOW-Afghan Group 2nd & 4th Thursday Sherwood Forest Library, Rm. B 5:00 to 7:00 p.m.</p> <p>Youth Drop-In Central Library, 2nd Floor 2:30 to 4:00 p.m.</p> <p>London Food Coalition Delivery</p>	<p>Senior’s French Group Cherryhill Library 1:00 to 3:00 p.m.</p> <p>Digital Hub Dundas Site 1:30 to 3:30 p.m.</p> <p>NELCE- Euchre RR Huron Site 1:00 to 3:00 p.m.</p> <p>WOW-Yazidi Group Carling Heights Comm. Ctr. March 3 & March 31 only 5:00 to 7:00 p.m.</p> <p>SATURDAY</p> <p>WOW Multicultural Group 2nd & 4th Saturday Cherryhill Library, Sam Katz Rm 10:00 a.m. to Noon</p>

Dundas Site

659 Dundas St
London, ON N5W 2Z1
519-660-0874

Huron Site

Unit 7 – 1355 Huron St
London, ON N5V 1R9
519-659-9930

Argyle Site

Unit 1 - 1700 Dundas St
London, ON N5W 3C9
519-660-5853

MONDAYS

NELCE – Knitting Group - *Registration required*

Learn to knit, sew, and crochet, or help teach others! Bring your own supplies.

Selma stobah@lihc.on.ca

Health in Housing – Argyle Community

Supports for residents of the Argyle community.

Shelly shappy@lihc.on.ca

Youth ID Clinic

Supporting youth access to health, citizenship, immigration identification, etc. In clinic or by appointment.

Youth Action Centre, 332 Richmond Street, Unit 102

Tyler tschlosser@lihc.on.ca or YOW@lihc.on.ca

Smart Recovery

A no cost, drop-in, science based addiction support group.

Ted ttown@lihc.on.ca

Renters Rights

A space to ask questions regarding tenant rights and how to navigate the process of creating applications through the Landlord and Tenant Tribunal and understanding the eviction process. Every other Monday starting April 3.

Aaron aostafie@lihc.on.ca

London Good Food Box Pickup

Fresh fruits and vegetables at an affordable price.

- Dundas Site 2-4
659 Dundas St
- Huron Site 3:30-4
Unit 7 – 1355 Huron St
- Argyle Site 3-4
Unit 1 – 1700 Dundas St

TUESDAYS

Community Outreach

Find us at the H.O.M.E. Bus for supports.

Len lhughes@lihc.on.ca

Dental Health Promotion

Dental Hygienist students will have small displays, giveaway goodies, supplies, and teaching models to promote good oral health

Shelly shappy@lihc.on.ca

WEDNESDAYS

Same Day Social Work

Drop-in to speak with our Social Worker.

Ted ttown@lihc.on.ca

Love Your Liver

Learn about Hepatitis C, getting tested, harm reduction, treatment options and how we can support you
Sarah 519.660.0874 x1280 or 519.777.3420 (text or call)

Seniors French Group

For more information: Sonia smuhimpundu@lihc.on.ca or 226.235.3506

NELCE – Walking Group

Meet new people, get some exercise, and have fun by joining this community walking group.

Selma stobah@lihc.on.ca

THURSDAYS

Community Outreach

Find us at the H.O.M.E. Bus for supports.

Len lhughes@lihc.on.ca

Zen Zone

Sit back and relax with some colouring or zentangle art.

Marsha milliken@lihc.on.ca

WOW – Middle Eastern/Afghan Group

Integration support for immigrant women in their community.

Selma stobah@lihc.on.ca

Chop, Eat, Learn

Join us for free fun cooking classes with a Registered Dietician! Eat healthy on a limited budget. Meal provided.

Jess jwiles@lihc.on.ca

Youth Drop-In

Weekly at Central library, drop-in to chat one-on-one with a Youth Outreach Worker.

YOW team, yow@lihc.on.ca

FRIDAYS

Seniors French Group

For more information : Sonia smuhimpundu@lihc.on.ca or 226.235.3506

Digital Hub

Need access to a computer, printer, or cell phone? Have questions about your own device? We can help!

Shelly shappy@lihc.on.ca

NELCE-Euchre Time

Join us over card games.

Selma stobah@lihc.on.ca

WOW – Yazedi Group

Integration support for immigrant women in their community.

Selma stobah@lihc.on.ca

Saturday

WOW – Multicultural Group

Integration support for immigrant women in their community.

Selma stobah@lihc.on.ca

REGULARLY AVAILABLE APPOINTMENTS

Hepatitis C Testing

For rapid, confidential Hep C testing.
Please call or text Mike 519-719-5261

HIV Testing

For a free, fast, anonymous HIV test.
Please call or text JP at 519-709-5903

ID Services

Available for people deprived of housing.
For an appointment, please call
519-660-0874

Youth Supports

Ages 12-21
yow@lihc.on.ca

Senior Supports

Ages 55+
Clara cparra@lihc.on.ca