



# Daily Programs – April 2023



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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Health in Housing RR</b> Argyle Community East Lions Community Centre 3:00 to 5:00 p.m.</p> <p><b>Smart Recovery</b> Addiction Support Group Huron Site 6:30 to 8:00 p.m.</p> <p><b>NELCE – Knitting Group RR</b> Huron site 1:00 to 3:00 p.m.</p> <p><b>Youth ID Clinic</b> Youth Action Centre 1:00 to 4:00 p.m.</p> <p><b>Renter’s Rights</b> Health Outreach 1:30 to 3:30 p.m. May 1, 15 &amp; 29</p> <p><b>London Good Food Box</b> May 29, 2023 Pickup (locations on back)</p> <p>RR – Registration Required</p>	<p><b>Community Outreach</b> H.O.M.E Bus 10:30 a.m. to 3:30 p.m.</p> <p><b>London Good Food Box</b> May 23, 2023 Order deadline 12 noon</p>	<p><b>Same Day Social Work</b> Drop-in Dundas Site 9:30 to 11:30 a.m. 1:00 to 4:00 p.m.</p> <p><b>Love Your Liver</b> Drop-In 9:30 to 11:30 a.m.</p> <p><b>Seniors French Group</b> Huron Site 10:30 a.m. to Noon</p> <p><b>NELCE Walking Group</b> Ed Blake Park 3:00 p.m.</p>	<p><b>Community Outreach</b> H.O.M.E Bus 10:30 a.m. to 3:30 p.m.</p> <p><b>Zen Zone</b> Dundas Site 1:00 to 3:00 p.m.</p> <p><b>Chop, Eat, Learn</b> 2<sup>nd</sup> Thursday of the Month Huron Site 2:00 to 4:00 p.m.</p> <p><b>WOW-Afghan Group</b> 2<sup>nd</sup> &amp; 4<sup>th</sup> Thursday Sherwood Forest Library, Rm. B 5:00 to 7:00 p.m.</p> <p><b>Youth Drop-In</b> Central Library, 2<sup>nd</sup> Floor 2:30 to 4:00 p.m.</p> <p><b>London Food Coalition Delivery</b></p>	<p><b>Senior’s French Group</b> Cherryhill Library 1:00 to 3:00 p.m.</p> <p><b>Digital Hub</b> Dundas Site 1:30 to 3:30 p.m.</p> <p><b>NELCE- Euchre RR</b> Huron Site 1:00 to 3:00 p.m.</p> <p><b>WOW-Yazidi Group</b> Carling Heights Comm. Ctr. March 3 &amp; March 31 only 5:00 to 7:00 p.m.</p> <p><b>SATURDAY</b></p> <p><b>WOW Multicultural Group</b> 2<sup>nd</sup> &amp; 4<sup>th</sup> 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](mailto:stobah@lihc.on.ca)

### **Health in Housing – Argyle Community**

Supports for residents of the Argyle community.

Shelly [shappy@lihc.on.ca](mailto: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](mailto:tschlosser@lihc.on.ca) or [YOW@lihc.on.ca](mailto:YOW@lihc.on.ca)

### **Smart Recovery**

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

Ted [ttown@lihc.on.ca](mailto: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](mailto: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.

9:30 a.m. to 12:00 p.m. @ The Hub, 603 Queens Ave

1:00 p.m. to 3:30 p.m. @ Ark Aid Mission, 696 Dundas St

Len [lhughes@lihc.on.ca](mailto:lhughes@lihc.on.ca)

## WEDNESDAYS

### **Same Day Social Work**

Drop-in to speak with our Social Worker.

Ted [ttown@lihc.on.ca](mailto: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](mailto: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](mailto:stobah@lihc.on.ca)

## THURSDAYS

### **Community Outreach**

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

10:30 a.m. to 3:30 p.m. @ CarePoint, 446 York St.

Len [lhughes@lihc.on.ca](mailto:lhughes@lihc.on.ca)

### **Zen Zone**

Sit back and relax with some colouring or zentangle art.

Marsha [mmilliken@lihc.on.ca](mailto:mmilliken@lihc.on.ca)

### **WOW – Middle Eastern/Afghan Group**

Integration support for immigrant women in their community.

Selma [stobah@lihc.on.ca](mailto: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](mailto: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](mailto:yow@lihc.on.ca)

## FRIDAYS

### **Seniors French Group**

For more information : Sonia [smuhimpundu@lihc.on.ca](mailto: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](mailto:shappy@lihc.on.ca)

### **NELCE-Euchre Time**

Join us over card games.

Selma [stobah@lihc.on.ca](mailto:stobah@lihc.on.ca)

### **WOW – Yazedi Group**

Integration support for immigrant women in their community.

Selma [stobah@lihc.on.ca](mailto:stobah@lihc.on.ca)

### **Saturday**

#### **WOW – Multicultural Group**

Integration support for immigrant women in their community.

Selma [stobah@lihc.on.ca](mailto: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](mailto:yow@lihc.on.ca)

### **Senior Supports**

Ages 55+

Clara [cparra@lihc.on.ca](mailto:cparra@lihc.on.ca)