



Daily Programs – August 2023



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>SMART Recovery Addiction Support Group Edgar + Joes at Indwell Embassy 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>London Good Food Box August 28, 2023 Pickup (locations on back)</p> <p>RR – Registration Required</p>	<p>Community Outreach H.O.M.E Bus 10:30 a.m. to 3:30 p.m.</p> <p>London Good Food Box August 22, 2023 Order deadline 12 noon</p> <p>WOW-Yazidi Group Carling Heights Comm. Ctr. August 15 & August 29 only 5:00 to 7:00 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>Community Outreach H.O.M.E Bus 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>NELCE Walking Group Ed Blake Park 6:00 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>NELCE- Euchre RR Huron Site 1:00 to 3:00 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

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.

Mark mnixon@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 hughes@lihc.on.ca

WOW – Yazedi Group

Integration support for immigrant women in their community.

Selma stobah@lihc.on.ca

WEDNESDAYS

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

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 hughes@lihc.on.ca

Zen Zone

Sit back and relax with some colouring or zentangle art.

Marsha mmilliken@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

NELCE – Walking Group

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

Selma stobah@lihc.on.ca

FRIDAYS

Seniors French Group

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

NELCE-Euchre Time

Join us over card games.

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