



Daily Programs – September 2023



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>NELCE – Knitting Group RR Huron site 1:00 to 3:00 p.m.</p> <p>Youth ID Clinic Youth Action Centre 1:00 p.m. to 4:00 p.m.</p> <p>Health in Housing – Argyle RR East Lion’s Community Centre 2:00 p.m. to 4:00 p.m.</p> <p>London Good Food Box September 25, 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 September 19, 2023 Order deadline 12 noon</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>SMART Recovery Addiction Support Group Edgar + Joes at Indwell Embassy 6:30 to 8:00 p.m.</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>Youth Drop-In Central Library, 2nd Floor 2:30 to 4:00 p.m.</p> <p>STI Testing - OPTIONS Dundas Site 4:00 p.m. to 6:00 p.m. Bi-weekly</p> <p>NELCE Walking Group Ed Blake Park 6:00 p.m.</p> <p>London Food Coalition Delivery</p>	<p>PAP Clinic Argyle Site 9:30 a.m. to 12:00 p.m. Bi-weekly</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>

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

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

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

SMART Recovery

SMART is a no cost, drop-in, science based addiction support group.

Mark mnixon@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

Zen Zone

Sit back and relax with some colouring or zentangle art.

Marsha mmilliken@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

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

OPTIONS: Sexual Health STI Testing & Advice

Call 519-673-4427 or text JP at 519-709-5903 for an appointment. Every other Thursday, 4:00 p.m. to 6:00 p.m.

Last appointment begins at 5:30 p.m

J.P. jpchua@lihc.on.ca

Weekly PAP Clinic

If you are aged 49 or older, or new to Canada, or unable to access a Family Doctor for a PAP test, the Health Centre is able to provide you with this service. Please note that we are not able to provide other primary care services during the PAP clinic. The Argyle site PAP Clinic operates on Friday mornings from 9:30 a.m. to 12:00 p.m.

Call and leave a message at 519-657-4873 to make an appointment.

ID Services

Available for people deprived of housing.

For an appointment:

Marsha: mmilliken@lihc.on.ca or call 519-660-0874

Youth Supports

Ages 12-21

yow@lihc.on.ca

Senior Supports

Ages 55+

Clara cparra@lihc.on.ca