



# Daily Programs – November 2023



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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>NELCE – Knitting Group RR</b> Huron site 1:00 to 3:00 p.m.</p> <p><b>Youth ID Clinic</b> Central Library, 2<sup>nd</sup> Floor 1:00 p.m. to 4:00 p.m.</p> <p><b>Health in Housing – Argyle RR</b> East Lion’s Community Centre 2:00 p.m. to 4:00 p.m.</p> <p><b>London Good Food Box</b> November 27, 2023 Pickup (locations on back)</p> <p>RR – Registration Required</p> <p style="text-align: right;"><b>Dundas Site</b> 659 Dundas St London, ON N5W 2Z1 519-660-0874</p>	<p><b>Community Outreach</b> H.O.M.E Bus 10:30 a.m. to 3:30 p.m.</p> <p><b>Women of the World</b> Yazidi WOW Family Centre Carling Thames 4<sup>th</sup> Tuesday of the Month 6:00 p.m. to 8:00 p.m.</p> <p><b>London Good Food Box</b> November 2, 2023 Order deadline 12 noon</p> <p style="text-align: right;"><b>Huron Site</b> Unit 7 – 1355 Huron St London, ON N5V 1R9 519-659-9930</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>Digital Hub</b> Health Outreach 1:30 p.m. to 3:30 p.m.</p> <p><b>SMART Recovery</b> Addiction Support Group Edgar + Joes at Indwell Embassy 6:30 to 8:00 p.m.</p> <p style="text-align: right;"><b>Argyle Site</b> Unit 1 - 1700 Dundas St London, ON N5W 3C9 519-660-5853</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> 3<sup>rd</sup> Thursday of the Month November 16, 2023 Huron Site 2:00 to 4:00 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>STI Testing - OPTIONS</b> Dundas Site 4:00 p.m. to 6:00 p.m. Bi-weekly</p> <p><b>Women of the World</b> Afghan WOW Sherwood Forest Library 2<sup>nd</sup> &amp; 4<sup>th</sup> Thursday of the Month 5:00 p.m. to 7:00 p.m.</p> <p><b>NELCE Walking Group</b> Ed Blake Park 6:00 p.m.</p> <p><b>London Food Coalition Delivery</b></p>	<p><b>PAP Clinic</b> Argyle Site 9:30 a.m. to 12:00 p.m. Bi-weekly</p> <p><b>Senior’s French Group</b> Cherryhill Library 1:00 to 3:00 p.m.</p> <p><b>NELCE- Euchre RR</b> Huron Site 1:00 to 3:00 p.m.</p> <p><b>SATURDAY</b></p> <p><b>Women of the World</b> Multicultural WOW Cherryhill Library 2<sup>nd</sup> &amp; 4<sup>th</sup> Saturday of the Month 10:00 a.m. to Noon</p>

## 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.

Central Library, 2<sup>nd</sup> Floor

Tyler [tschlosser@lihc.on.ca](mailto:tschlosser@lihc.on.ca) or [YOW@lihc.on.ca](mailto: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 [hughes@lihc.on.ca](mailto:hughes@lihc.on.ca)

### **Women of the World (Yazidi)**

4<sup>th</sup> Tuesday of every month at the Family Centre Carling Thames. Join us from 6:00 p.m. to 8:00 p.m.

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

### **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)

### **SMART Recovery**

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

Mark [mnixon@lihc.on.ca](mailto: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 [hughes@lihc.on.ca](mailto:hughes@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)

### **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)

### **Women of the World (Afghan)**

2<sup>nd</sup> and 4<sup>th</sup> Thursday of every month at Sherwood Forest Library. Join us from 5:00 p.m. to 7:00 p.m.

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

## FRIDAYS

### **Seniors French Group**

For more information : Sonia [smuhimpundu@lihc.on.ca](mailto:smuhimpundu@lihc.on.ca) or 226.235.3506

### **NELCE-Euchre Time**

Join us over card games.

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

## SATURDAYS

### **Women of the World (Multicultural)**

2<sup>nd</sup> and 4<sup>th</sup> Saturday of every month at Cherryhill Library.

Join us from 10:00 a.m. to Noon.

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

### **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](mailto: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](mailto:mmilliken@lihc.on.ca) or 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)