



# Daily Programs - Aug 2020

Every  
One  
Matters.

We have modified our programs and services due to the COVID-19 pandemic. Our monthly calendar includes details about what we offer virtually, by phone or in-person.

## Women of the World

Virtual Group Meeting - Weekly support groups for the Middle Eastern, Bhutanese, Afghani and Multi-cultural communities.

Tutorials - Newcomer women can learn about online tools (Zoom and WhatsApp).

Information Clicks - Voice messages related to COVID-19 health information in Farsi, Hindu, Arabic, Spanish, Nepali and Kurdish.

Contact Deborah to register  
dcanales@lihc.on.ca

## Health Services

Nutrition  
Mental Health  
Diabetes Education  
Hep C Services  
Homeless Supports (housing, income and advocacy)

To book an appointment  
519-660-0874

## French Seniors

Parlez-vous français?  
Joignez-vous à nous  
virtuellement!

Vendredi 13h-15h

Contactez Sonia pour  
enregistrez  
smuhimpundu@lihc.on.ca

## Youth Outreach

Supporting youth (ages 12-21) by connecting them to programs, services and resources in their community.

For more information  
yow@lihc.on.ca

## Ageless Grace

Virtual gentle exercise for seniors.

Wed. and Fri. 11:30am

Contact Sarah to register  
spatterson@lihc.on.ca

## Basic Needs Services

Food security resources information, community resources information, mail pick-up and personal needs supplies.

For more information  
519-660-0874 ex 268

## Seniors' WrapAround

Connecting seniors (ages 55+) to health and social services and community resources.

Contact Clara to register  
cparra@lihc.on.ca

## NELCE

Health Centre supports and opportunities to participate in virtual programs for all NELCE volunteers, members and group participants.

Contact Ian for further details  
ibailey@lihc.on.ca

**For COVID-19 related questions, please call 519-657-4873**



London  
InterCommunity  
Health Centre

## ID Clinic

Support with obtaining identification. The ID clinic will resume on Aug 20th, every Thursday from 1:30-3:30 by appointment only.

To book an appointment  
519-660-0875 ex 268

## Health in Housing

For residents of the Limberlost community, we are offering Health Centre supports and connections to community resources.

Contact Shelly to register  
shappy@lihc.on.ca