



Daily Programs – January 2023



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Health in Housing ^{RR} 3-5pm Argyle Community, East Lions Community Centre</p> <p>Smart Recovery Addiction Support Group 6:30-8 Huron Site</p> <p>NELCE – Knitting Group ^{RR} 1:00 Huron site</p> <p>London Good Food Box January 30, 2023 Pickup (locations on back)</p>	<p>Community Outreach 10:30-3:30 H.O.M.E Site Victoria Park/Core</p> <p>Dental Health Promotion 1:30-3:30 Dundas Site</p> <p>London Good Food Box January 24, 2023 Order deadline 12 noon</p>	<p>Keep Me Safe – Harm Reduction Information Group 1:30-3:30- Dundas Site</p> <p>Same Day Social Work Drop-in 9:30-11:30 & 1-4 Dundas Site</p> <p>Study Space ^{RR} Begins September 21 5-7pm Huron Site</p> <p>Love Your Liver Drop-In 9:30-11:30 Dundas Site</p> <p>Seniors French Group 10:30-12 Huron Site</p> <p>NELCE Walking Group 3:00 Ed Blake Park</p>	<p>Community Outreach 10:30-3:30 H.O.M.E Site East London/Chapman’s Parking Lot</p> <p>Zen Zone 1:30-3:30 Dundas Site</p> <p>WOW – Middle Eastern Group 2nd Thursday of the month (zoom) 4th Thursday of the month- Central Library 6:30-8:30</p> <p>Chop, Eat, Learn 2nd Thursday of the month 2-4 Huron Site</p> <p>WOW-Afghan Group Sherwood Forest Library- Rm B, 2nd& 4th Thurs 5-7pm</p> <p>London Food Coalition Delivery</p>	<p>Seniors French Group 1-3 Cherryhill Library</p> <p>Digital Hub 1:30-3:30 Dundas Site</p> <p>NELCE- Euchre ^{RR} 1-2:30 Huron Site</p> <p>SATURDAY</p> <p>WOW Multicultural Group Cherryhill Library Sam Katz Room 2nd & 4th Saturday 10-12</p>

RR – Registration Required

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

Supports for residents of the Argyle community. Shelly shappy@lihc.on.ca

Smart Recovery

A no cost, drop-in, science based addiction support group. Ted ttown@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. Len lhughes@lihc.on.ca

Dental Health Promotion

Dental Hygienist students will have small displays, giveaway goodies, supplies, and teaching models to promote good oral health
shappy@lihc.on.ca

WEDNESDAYS

Keep Me Safe-Just say KNOW

Come join us for some coffee and discussion about how we can use drugs more safely and smartly.
Henry heastabrook@lihc.on.ca

Same Day Social Work

Drop-in to speak with our Social Worker.
Ted ttown@lihc.on.ca

Study Space *Registration Required*

A distraction free environment to work on homework and assignments. Connect with our Youth Outreach Worker.
Paige plogan@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

Seniors French Group

For more information: Sonia 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

THURSDAYS

Community Outreach

Find us at the H.O.M.E. Bus for supports. Len lhughes@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! Learn how to eat healthy on a limited budget. Meal provided.
Jess jwiles@lihc.on.ca

FRIDAYS

Seniors French Group

For more information : Sonia 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

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

Appointments available throughout the week:

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