



# Daily Programs – January 2023



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

### Health in Housing

Supports for residents of the Argyle community. Shelly [shappy@lihc.on.ca](mailto:shappy@lihc.on.ca)

### Smart Recovery

A no cost, drop-in, science based addiction support group. Ted [ttown@lihc.on.ca](mailto: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](mailto: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](mailto: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](mailto:heastabrook@lihc.on.ca)

### Same Day Social Work

Drop-in to speak with our Social Worker.  
Ted [ttown@lihc.on.ca](mailto: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](mailto: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](mailto: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](mailto:stobah@lihc.on.ca)

## THURSDAYS

### Community Outreach

Find us at the H.O.M.E. Bus for supports. Len [lhughes@lihc.on.ca](mailto:lhughes@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)

### WOW – Middle Eastern/Afghan Group

Integration support for immigrant women in their community. Selma [stobah@lihc.on.ca](mailto: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](mailto:jwiles@lihc.on.ca)

## FRIDAYS

### Seniors French Group

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

### NELCE-Euchre Time

Join us over card games. Selma [stobah@lihc.on.ca](mailto:stobah@lihc.on.ca)

### Saturday

#### WOW – Multicultural Group

Integration support for immigrant women in their community. Selma [stobah@lihc.on.ca](mailto: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](mailto:yow@lihc.on.ca)

### Senior Supports

Ages 55+  
Clara [cparra@lihc.on.ca](mailto:cparra@lihc.on.ca)