

## About the London InterCommunity Health Centre

London InterCommunity Health Centre has been a part of your community for more than 30 years. We provide health and social services in a welcoming setting to individuals and families living across the city of London.

Our team includes doctors, nurse practitioners, nurses, social workers, dietitians, mental health specialists, health promoters and community health workers. We also offer the services of a foot care specialist, physiotherapist, diabetes educator, and respiratory therapist. Services available vary at each location.

The Health Centre also offers many programs that address the factors in our personal lives that affect our health. These include income, education, housing, food security, recreation, and social supports.

Our vision is building opportunities for healthy and inclusive communities. Our values reflect our commitment to:

**Social Justice. Equity. Caring.  
Respect. Inclusion.**



### Dundas Site

659 Dundas Street  
London, Ontario N5W 2Z1  
Tel: 519-660-0874  
Fax: 519-642-1532

### Huron Site

Unit 7 - 1355 Huron Street  
London, Ontario N5V 1R9  
Tel: 519-659-6399  
Fax: 519-659-9930

### Argyle Site

Unit 1 - 1700 Dundas Street  
London, Ontario N5W 3C9  
Tel: 519-660-5853  
Fax: 519-642-1532



[www.lihc.on.ca](http://www.lihc.on.ca)

Disponible en français



Welcome to *your* Health Centre



## Our unique approach to care

At the Health Centre we provide inclusive and equitable health and social services to those who experience barriers to care, and we foster the active participation of individuals and the communities we serve.

Our team members know that health is more than physical well-being. Health is about the food you eat, the neighbourhood you live in, your home, your social connections, and your opportunities to learn, grow, and be a part of your community.

We are committed to work within the guiding principles and the attributes of the Model of Health and Wellbeing.



## Who can use our services?

Our services are open to all residents of the City of London and surrounding areas who are experiencing barriers to accessing health and social services, such as newcomers (immigrants and refugees), people with complex and chronic health conditions (including mental health and substance use disorders), and people who live on a limited income.

## How to connect?

If you are interested in our programs or services, or if you want to learn more about the Health Centre, please call 519-660-0875 and ask to speak to a Systems Navigator.

Our list of programs is ALWAYS growing. Please visit our website at [www.lihc.on.ca](http://www.lihc.on.ca), like us on Facebook (London InterCommunity Health Centre) or follow us on Twitter (@HealthCentre) to stay in touch.

## What do we offer?

- Anonymous HIV Testing (Options Clinic)
- Community Food Programs
- Diabetes Education
- Trans Health Care
- Mental Health Counselling
- Physiotherapy
- Respiratory Therapy
- Footcare
- Medical Services
- Seniors' WrapAround Program
- Services for people deprived of housing (experiencing homelessness)
- Immigrant and Newcomer Clinics
- Youth Outreach Workers
- Daily Health Promotion Programs
- Hepatitis C Care
- Francophone Programs

Some programs are offered in several languages. Interpretation services are available upon request for appointments.