



Daily Programs – July 2024



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>NELCE – Knitting Group RR Huron site 1:00 to 3:00 p.m.</p> <p>Youth ID Clinic Central Library, 2nd Floor 1:00 p.m. to 4:00 p.m.</p> <p>London Good Food Box July 29th <i>Pickup day</i></p> <p>RR – Registration Required</p> <p style="text-align: right;">Dundas Site 659 Dundas St London, ON N5W 2Z1 519-660-0874</p>	<p>Community Outreach H.O.M.E Bus 10:30 a.m. to 3:30 p.m.</p> <p>London Good Food Box July 23rd <i>Orders due</i></p> <p style="text-align: right;">Huron Site Unit 7 – 1355 Huron St London, ON N5V 1R9 519-659-9930</p>	<p>Love Your Liver Drop-In 9:30 to 11:30 a.m.</p> <p>Seniors French Group Huron Site 10:30 a.m. to Noon</p> <p>STI Testing - OPTIONS Dundas Site 4:00 p.m. to 6:00 p.m. <i>Bi-weekly</i></p> <p>Youth Drop-In Central Library, 2nd Floor 2:30 to 4:00 p.m.</p> <p>Beyond the Smoke Dundas Site 1:30 p.m – 2:30 p.m</p>	<p>Community Outreach H.O.M.E Bus 10:30 a.m. to 3:30 p.m.</p> <p>Trans & Non Binary Health Connect Dundas Site Every other Thursday of the month, starting May 2nd 2:00 p.m. to 4:00 p.m.</p> <p>Chop. Eat. Learn. Huron Site June 20th 2:00 p.m. to 4:00 p.m.</p> <p style="text-align: right;">Argyle Site Unit 1 - 1700 Dundas St London, ON N5W</p>	<p>PAP Clinic Argyle Site 9:30 a.m. to 12:00 p.m. Bi-weekly</p> <p>Senior’s French Group Cherryhill Library 1:00 to 3:00 p.m.</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

Youth ID Clinic

Supporting youth access to health, citizenship, immigration identification, etc. In clinic or by appointment.

Central Library, 2nd Floor

Tyler tschlosser@lihc.on.ca or 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 lhughes@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)

Seniors French Group

For more information

Sonia smuhimpundu@lihc.on.ca or 226.235.3506

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

Beyond the Smoke

Support group for Peers looking to reduce or quit smoking.

Shelley sritchie@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 lhughes@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.

Adriana amatarazzo@lihc.on.ca

Trans & Non Binary Health Connect

The drop in is available to create a space for trans, gender diverse, and questioning individuals to find community, get answers to some of their questions related to gender affirming care, receive peer support, and attain resources and connections around social and community supports available.

Kaydence kgillan@lihc.on.ca

FRIDAYS

Seniors French Group

For more information : Sonia smuhimpundu@lihc.on.ca or

226.235.3506

SATURDAYS

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 Kaydence 519 521 1418

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

Kaydence 519 521 1418

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 or call 519-660-0874

Youth Supports

Ages 12-21

yow@lihc.on.ca

Senior Supports

Ages 55+

Clara cparra@lihc.on.ca