



Daily Programs – October 2024



London
InterCommunity
Health Centre

www.lihc.on.ca

| 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 October 28th, 2024 <i>Pickup day</i></p> <p>Health in Housing Initiative East Lions Community Centre 2:00 p.m. to 4:00 p.m.</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>London Good Food Box October 22nd <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. Bi-weekly</p> <p>Youth Drop-In Central Library, 2nd Floor 2:30 to 4:00 p.m.</p> <p>Mental Health Matters Flamingo Room, 659 Dundas St 1:00 p.m. to 2:30 p.m.</p> <p style="text-align: right;">Argyle Site Unit 1 - 1700 Dundas St London, ON N5W</p> | <p>Trans & Non Binary Health Connect Dundas Site Every other Thursday of the month 2:00 p.m. to 4:00 p.m.</p> <p>Women of the World Afghan / Farsi or Dari Speaking Medway Community Centre 4th Thursday of the month 5:00 p.m. to 7:00 p.m.</p> <p>Chop. Eat. Learn. Diabetes Group Huron Site October 17th, 2024 2:00 p.m. to 4:00 p.m.</p> <p>Meal Prep Masters RR Edgar and Joe's café in Indwell Embassy Commons October 10th 3:00 p.m. to 4:30 p.m.</p> <p>Community Connection: Ready Set Grow RR In Partnership with Urban Roots Farm 21 NORLAN AVE, LONDON</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> <p>Women of the World Yazidi/Kurmanji WOW Louise Arbour French Immersion Public School 3rd Friday of the month <i>6:00 p.m. to 8:00 p.m.</i></p> <p>NELCE- Drop in Cards Games and Knitting Huron Site 10:30 a.m. to 12:30 p.m.</p> | <p>Women of the World Multicultural WOW Cherryhill Library 4th Saturday of the Month 10:00 a.m. to Noon</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

Health in Housing – Argyle Community

Supports for residents of the Argyle community.

Yasmin yhussain@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

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

Mental Health Matters

A drop in group featuring a variety of topics and activities each week focused on coping strategies, creating change, social connection and living a balanced lifestyle

Shelley: 519-660-0874 x 1308 or Diane: 519-660-0874 x 1327

THURSDAYS

Chop, Eat, Learn – Diabetes Group

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

Women of the World (Afghan)

Medway Community Centre

Join us on the 4th Thursday of the month from 5:00 – 7:00 p.m.

Selma stobah@lihc.on.ca

Meal Prep Masters

Join us to prepare 2 recipes and get 8 take-home meals to cook!
Edgar and Joe's Café, 740 Dundas Street East

Contact Jess 519-660-0874 x 1382

Ready Set Grow – Volunteer Group

Guided sessions on gardening, nutrition and mindfulness activity followed hands-on volunteer opportunities in collaboration with Urban Roots Farm.

Shelley: 519-660-0874 x 1308 or Yasmin 519-660-0874 x 1315

FRIDAYS

Seniors French Group

For more information : Sonia smuhimpundu@lihc.on.ca or 226.235.3506

Women of the World (Yazidi)

Louise Arbour French Immersion Public School. Join us on the 3rd Friday of the month 6:00 p.m. – 8:00 p.m.

Selma stobah@lihc.on.ca

NELCE – Card Games and Knitting

Join us over card games and knitting.

Selma stobah@lihc.on.ca

SATURDAYS

Women of the World (Multicultural)

4th Saturday of every month at Cherryhill Library. Join us from 10:00 a.m. to Noon.

Selma stobah@lihc.on.ca

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