



# Daily Programs – March 2025



London  
InterCommunity  
Health Centre

www.lihc.on.ca

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>NELCE – Knitting Group</b> RR Huron site 1:00 to 3:00 p.m.</p> <p><b>Youth ID Clinic</b> Central Library, 2<sup>nd</sup> Floor 1:00 p.m. to 4:00 p.m.</p> <p><b>London Good Food Box</b> March 31<sup>st</sup>, 2025 <i>Pickup day</i></p> <p><b>Health in Housing Initiative</b> East Lions Community Centre 2:00 p.m. to 4:00 p.m.</p> <p>RR – Registration Required</p> <p style="text-align: right;"><b>Dundas Site</b> 659 Dundas St London, ON N5W 2Z1 519-660-0874</p>	<p><b>London Good Food Box</b> March 25<sup>th</sup>, 2025 <i>Orders due</i></p> <p style="text-align: right;"><b>Huron Site</b> Unit 7 – 1355 Huron St London, ON N5V 1R9 519-659-9930</p>	<p><b>Love Your Liver</b> Drop-In 9:30 to 11:30 a.m.</p> <p><b>Seniors French Group</b> Huron Site 10:30 a.m. to Noon</p> <p><b>STI Testing - OPTIONS</b> Dundas Site 4:00 p.m. to 6:00 p.m. <b>Bi-weekly</b></p> <p><b>Youth Drop-In</b> Central Library, 2<sup>nd</sup> Floor 2:00 p.m. to 4:00 p.m.</p> <p style="text-align: right;"><b>Argyle Site</b> Unit 1 - 1700 Dundas St London, ON N5W</p>	<p><b>Trans &amp; Non Binary Health Connect</b> Dundas Site Every other Thursday of the month 2:30 p.m. to 4:30 p.m.</p> <p><b>Chop. Eat. Learn. Diabetes Group</b> Huron Site February 20<sup>th</sup> 2:00 p.m. to 4:00 p.m.</p> <p><b>Meal Prep Masters</b> RR Edgar and Joe's café in Indwell Embassy Commons March 27<sup>th</sup> 3:00 p.m. to 4:30 p.m.</p> <p><b>Women of the World</b> Afghan / Farsi or Dari Speaking Medway Community Centre 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month 5:00 p.m. to 7:00 p.m.</p> <p><b>OEV Seniors Exercise</b> Every Thursday Dundas Flamingo Room 11:00 a.m. – 12:00 p.m.</p>	<p><b>PAP and Pre Natal Clinic</b> Argyle Site 9:30 a.m. to 12:00 p.m. Bi-weekly</p> <p><b>Senior's French Group</b> Cherryhill Library 1:00 to 3:00 p.m..</p> <p><b>NELCE- Drop in Cards Games and Knitting</b> Huron Site 12:30 p.m. to 2:30 p.m.</p> <p><b>Women of the World</b> Yazidi/Kurmanji WOW Louise Arbour French Immersion Public School 1<sup>st</sup> and 3<sup>rd</sup> Friday of the month 6:30 p.m. to 8:30 p.m.</p>	<p><b>Women of the World</b> Multicultural WOW Central Public Library 2<sup>nd</sup> and 4<sup>th</sup> 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](mailto:stobah@lihc.on.ca)

### Health in Housing – Argyle Community

Supports for residents of the Argyle community.

Yasmin [yhussain@lihc.on.ca](mailto:yhussain@lihc.on.ca)

### Youth ID Clinic

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

Central Library, 2<sup>nd</sup> Floor

Tyler [tschlosser@lihc.on.ca](mailto:tschlosser@lihc.on.ca) or [YOW@lihc.on.ca](mailto: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](mailto: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](mailto:yow@lihc.on.ca)

## 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](mailto: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](mailto:kgillan@lihc.on.ca)

### Women of the World (Afghan)

Medway Community Centre

Join us on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month from 5:00 – 7:00 p.m.

Selma [stobah@lihc.on.ca](mailto: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](tel:519-660-0874)

### OEV Seniors Exercise

Socialize and engage in some gentle exercise with seniors in your community.

Yasmin [yhussain@lihc.on.ca](mailto:yhussain@lihc.on.ca)

## FRIDAYS

### Seniors French Group

For more information : Sonia [smuhimpundu@lihc.on.ca](mailto:smuhimpundu@lihc.on.ca) or 226.235.3506

### Women of the World (Yazidi)

Louise Arbour French Immersion Public School. Join us on the 1<sup>st</sup> and 3<sup>rd</sup> Friday of the month 6:30 p.m. – 8:30 p.m.

Selma [stobah@lihc.on.ca](mailto:stobah@lihc.on.ca)

### NELCE – Card Games and Knitting

Join us over card games and knitting.

Selma [stobah@lihc.on.ca](mailto:stobah@lihc.on.ca)

## SATURDAYS

### Women of the World (Multicultural)

2<sup>nd</sup> and 4<sup>th</sup> Saturday of every month at Cherryhill Library. Join us from 10:00 a.m. to Noon.

Selma [stobah@lihc.on.ca](mailto: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 Alistair 519 709 5903

### OPTIONS: Sexual Health STI Testing & Advice

Call or text Alistair 519 709 5903 for an appointment. Every other Wednesday, 4:00 p.m. to 6:00 p.m. Last appointment begins at 5:15 p.m.

### 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](mailto:mmilliken@lihc.on.ca) or 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)