



Daily Programs – August 2025



London
InterCommunity
Health Centre

www.lihc.on.ca

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NELCE – Knitting Group RR Huron site 1:00 to 3:00 p.m. Youth ID Clinic Central Library, 2nd Floor 1:00 p.m. to 4:00 p.m. Health in Housing Initiative East Lions Community Centre 2:00 p.m. to 4:00 p.m. London Good Food Box August 25th, 2025 <i>Pickup day</i> RR – Registration Required	London Good Food Box August 19th, 2025 <i>Orders due</i> STI Testing - OPTIONS Dundas Site 9:00 a.m. – 12:00 p.m.	Love Your Liver Drop-In 9:30 to 11:30 a.m. Seniors French Group Huron Site 10:30 a.m. to Noon Youth Drop-In Central Library, 2nd Floor 2:00 p.m. to 4:00 p.m.	Trans & Non Binary Health Connect Dundas Site Every other Thursday of the month 2:30 p.m. to 4:30 p.m. Chop. Eat. Learn. Diabetes Group Huron Site August 21st, 2025 2:00 p.m. to 4:00 p.m. OEV Seniors Exercise Every Thursday Dundas Flamingo Room 11:00 a.m. – 12:00 p.m.	PAP and Pre Natal Clinic Argyle Site 9:30 a.m. to 12:00 p.m. Bi-weekly Senior's French Group Cherryhill Library 1:00 to 3:00 p.m. NELCE- Drop in Cards Games and Knitting Huron Site 11:00 a.m. – 1:00 p.m.	
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			

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

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

OEV Seniors Exercise

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

Yasmin yhussain@lihc.on.ca

FRIDAYS

Seniors French Group

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

NELCE – Card Games and Knitting

Join us over card games and knitting.

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 Alistair 519 709 5903

OPTIONS: Sexual Health STI Testing & Advice

To book an appointment, or should you have questions about testing, please text or call the Options Cell Phone at 519 709 5903.

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