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Project Updates

Building Provider Capacity Training Opportunities - Spring 2026

The Mental Health and Substance Use Steering Committee has identified opportunities to build Provider Capacity among service providers. Learn more about the opportunities available this Spring season below!

REGISTRATION FULL

SERVICE PROVIDERS ASSIST TRAINING

Applied Suicide Intervention Skills Training (ASIST) is a **two-day** interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. This opportunity is available for **front-line staff**. Interested in future training opportunities? Contact MMunoz@hrh.ca.

HEALTH EQUITY TRAINING SERIES – CULTURAL HUMILITY

The NWT OHT hosted a Health Equity Training series in partnership with Evenings & Weekends Consulting. The training sessions aim to increase organizational capacity for Health Equity and Cultural Humility.

[Click here to access the recordings on our website.](#)

ADDICTION AND SUBSTANCE USE TRAINING VIDEO SERIES

The NWT OHT, in collaboration with the RNAO, implemented the *Best Practice Guideline: Engaging Clients Who Use Substances*. As part of this work, a video series was created to key concepts related to addiction and substance use.

[Click here to access the recordings on our website.](#)

NALOXONE & OVERDOSE PREVENTION TRAINING

Is your organization interested in hosting a Naloxone or Overdose Prevention training for your staff? **Unison Health and Community Services** offers virtual or in-person training opportunities related to harm reduction. For more information, contact erin.shaw@unisonhcs.org.

SELF PACED TRAINING MODULES

Across Boundaries recently launched online training modules rooted in the lived realities of African, Caribbean, and Black communities. With Canada-wide access, these trainings are built for health care providers, community members, frontline workers, allied organizations, and anyone who wants to show up for the communities around them.

[Click here to learn more and to request training.](#)

NWT OHT Partner Programs & Events

Calabrian Benevolent Seniors Day Program

For seniors living with early-stage dementia, Alzheimer's disease or related conditions in the Greater Toronto Area

COSTI Seniors Day Program

COSTI's Calabrian Benevolent Seniors Day Program provides a welcoming and supportive space for Italian-speaking seniors living with early to moderate stages of dementia. The program offers culturally relevant therapeutic activities such as baking, cooking, gardening, and drawing. These activities help Persons Living with Dementia maintain functional abilities, preserve daily living skills, and enhance their overall quality of life.

The program operates Monday to Friday, from 8:30 a.m. to 4:30 p.m.

Medical Referral required. For more information, please call 289-843-3212 or 437-239-5619, or email seniorsdaycentre@costi.org.

Click here to learn more about the program

Keele Community Hub Programs

The Humber River Family Health Team is offering two free community education programs at the Keele Community Hub (1652 Keele Street) to support community members with health education and newcomer support.

The **Support for Newcomers** sessions are led by a Nurse Practitioner and a Social Worker.

- Friday, April 24 | 1:30 PM – 3:30 PM
- Friday, May 15 | 1:30 PM – 3:30 PM
- Friday, June 19 | 1:30 PM – 3:30 PM

The **Women's Health Education Series** is led by a Registered Nurse and a Social Worker.

- Monday, April 20 | 2:00 PM – 4:00 PM
- Monday, May 11 | 2:00 PM – 4:00 PM
- Monday, June 15 | 2:00 PM – 4:00 PM

Community members who are interested in participating can register by calling 416-740-2810.

Humber River

Family Health Team

Free Community Education Programs at the Keele Community Hub 1652 Keele Street

Support for Newcomers

- Friday, April 24 | 1:30 PM – 3:30 PM
- Friday, May 15 | 1:30 PM – 3:30 PM
- Friday, June 19 | 1:30 PM – 3:30 PM

Led by our Nurse Practitioner and Social Worker.

Women's Health Education Series

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- Monday, June 15 | 2:00 PM – 4:00 PM

Led by our Registered Nurse and Social Worker.

Black Creek Community Health Centre - April Group Programs

Black Creek CHC has a number of group programs available for clients in the community. Check out the calendar of the April Group Programs on their website. **To register for any of the sessions, please contact the group facilitator or register online.**

[Click here for the BCCHC Group Programs page](#)

Unison Health & Community Services - Programs & Events

Check out the programs and upcoming events hosted by Unison:

Diabetes Education Programs at a glance: April-June 2026

To Register

Call: 416-787-1661 Ext. 3303

OR

Email: info.DEP@unisonhcs.org

What groups are available?	For Whom?	Date and Time
JANE & TRETHERWEY – 1541 Jane Street, Toronto M9N 2R3		
Physical Activity for Treatment and Prevention of Diabetes	Adults with Type 2 diabetes or prediabetes who want to learn about the importance physical activity when living with diabetes.	Fri. April 10, 2026 9:30 – 10:30 am
Blood Pressure and Diabetes	This group is for adults with Type 2 diabetes or prediabetes who want to learn about the importance of managing blood pressure levels when living with diabetes.	Fri. May 8, 2026 9:30 – 10:30 am
Understanding Nutrition Labelling to Make Informed Food Choices	This group is for adults with Type 2 diabetes or prediabetes who want to learn about how to read food labels to make healthier decisions when planning meals	Fri. June 5, 2026 9:30 – 10:30 am
Blood Pressure Monitoring	Free blood pressure assessments done by a Registered Nurse for individuals living with Prediabetes and Type 2 Diabetes	On-Going • Speak with receptionist to book appointment (same day may be available). • New clients must call to pre-register in advance.
VIRTUAL		
Pillars of Weight Management	Adults with Type 2 or pre-diabetes. A weight education journey that empowers you to take control of your health through a holistic approach, cultivating sustainable habits and building social connections. This is a 6 week virtual program.	Tues. May 12 – June 16, 2026 5:30 pm – 7:30 pm

What program is offered?	Who is this for?
Arthritis Pain Management - All Locations	People with any arthritis pain. Facilitated by Registered Dietitian, Social Worker, Fitness Instructor and Physiotherapist.
Baby and Me - Keele Rogers	Parents or caregivers with child 0-1 year. Circle time and education sessions by social service and health providers.
Childcare Heights & Jane Street Hub	People who look after children 0-12 years or are interested in setting up home-based daycare.
Community Garden - Bathurst Finch Hub	It's gardening season! Youths and adults who would like to volunteer are welcome to help grow plants and donate produce to food bank.
Gentle Fitness (DROP IN) - Bathurst Finch & Jane Street Hubs	Anyone 18+ who would benefit from staying active and socialize.

Healthy Living (Fitness and Healthy Eating) - All Locations	People who have high blood pressure, high cholesterol and are overweight. Facilitated by Registered Dietitian, Social Worker and Fitness Instructor.
Older Adults Club - All Locations	Anyone 55+ who wants to meet new friends, share and learn new skills, and volunteer.
Perimenopause & Menopause for Women - Virtual	Learn from Certified Menopause Specialist/RN, Registered Dietitian, Social Worker on how to manage symptoms and prevent chronic diseases.
Prenatal Group - Keele Rogers	People who are pregnant. Education provided by health and social service providers.
Resident-led Produce Markets - Various locations	Unique opportunity for residents who want to build skills, earn income, and become a local food leader - while improving access to healthy food for your neighbours.
Seniors Online (Digital Equity) - All Locations	For adults 55+ who are ready to build on their existing digital skills and explore new tools, apps, and online creativity.

Wellness Programs at a glance: April-October 2026

For more information, call 416-787-1661 x1020

Click here for Group Program Sign Up Form

Upcoming Events

Unison Health and Community Services
Mental Health Team

Help Shape Our 2026/27 Programming for the Afro-Caribbean Community

Join us for an open discussion and a relaxed lunch to share your thoughts and help guide programs designed for you and by you.

Topics of discussion include:

- Self-Care
- Chronic Illness
- Mental Health
- Black Motherhood Series & Retreat
- And any other topics you'd like to share!

We encourage community members of Afro-Caribbean background to join us

Wednesday May 13, 2026
10:00 AM – 12:00 PM
Unison Jane St. Hub
1541 Jane Street

14 Spots available

Help Shape 2026/27 Programming for the Afro-Caribbean Community

Unison Health and Community Services' Mental Health Team is hosting a focus group for community members of Afro-Caribbean background to help guide programs designed for you and by you. Join an open discussion over a relaxed lunch to share your perspectives on topics such as self-care, chronic illness, mental health, Black motherhood, and more.

Date/Time: **Wednesday, May 13, 2026 10:00am - 12:00pm**
Location: **Unison Jane Street Hub (1541 Jane Street)**

👥 Limited to 14 participants

To register, contact Isolda Gallego at
✉ Isolda.Gallego@unisonhcs.org
☎ 416-645-7575 ext. 2028

Mindfulness & Art Workshop: Unlocking Creativity for Inner Peace

This workshop will focus on relaxation, creativity, and mental wellness. This hands-on session uses art making and open discussion to help reduce stress and anxiety, boost mood and self-esteem, improve cognitive function, and foster a collective sense of purpose.

Date/Time: **Monday, May 11, 2026 10:00am - 12:00pm**
Location: **Unison Jane Street Hub (1541 Jane Street)**

To register, contact Isolda Gallego at
✉ Isolda.Gallego@unisonhcs.org
☎ 416-645-7575 ext. 2028

UNISON HEALTH AND COMMUNITY SERVICES MENTAL HEALTH PROGRAM

Mindfulness & Art Workshop

Unlocking Creativity for Inner Peace

MONDAY

MAY 11, 2026

10:00 am - 12:00 pm
Unison Jane St. Hub
1541 Jane St.

Join us for a soothing spring session that uses hands on art to support relaxation, mindfulness, and mental wellness

- Reduce stress and anxiety
- Boost mood and self-esteem
- Improve cognitive function and
- Provide a collective sense of purpose through and open discussion and art making

Facilitated by RaDeana Montgomery

Unison Health & Community Services
Mental Health program

Courageous Conversations with the Young & Queer

Join us for dinner and a free 3-part workshop series focused on exploring and understanding queerness and identity.

When: April 16, 2026 May 21, 2026 June 11, 2026	Where: Unison Keele Rogers 1651 Keele St. 3rd floor	Time: 6pm-8pm
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Transportation provided Ages 16 +

Courageous Conversations with the Young & Queer

This free 3-part workshop series focuses on exploring and understanding queerness and identity. Participants are invited to join for dinner and guided discussions in a supportive, affirming space. Transportation is provided.

Date/Time: **April 16, May 21 & June 11, 2026 10:00am - 12:00pm**
Location: **Unison Jane Street Hub (1541 Jane Street)**

👥 Open to ages 16+

To register, contact Isolda Gallego at
✉ Isolda.Gallego@unisonhcs.org
☎ 416-645-7575 ext. 2028