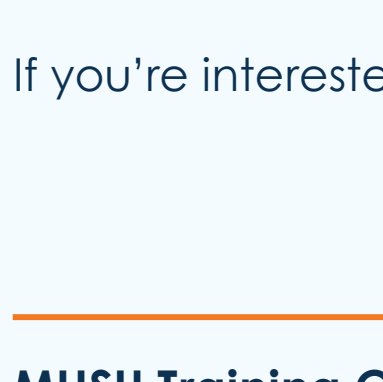


In this Newsletter Issue:

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NWT OHT Updates

We are recruiting Client, Caregiver, and Community Members!



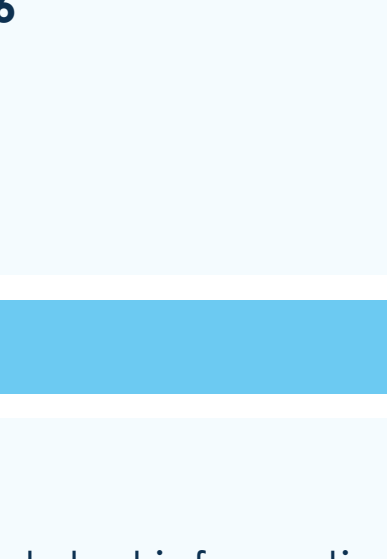
Want to help shape health and social care in North West Toronto (NWT)? The NWT Forum is looking for clients, caregivers, and community members to share feedback through surveys, focus groups, and participate in committees and working groups. Your input helps support various NWT Ontario Health Team projects!

If you're interested, please complete our onboarding form.

[Click here to access the CCC onboarding form](#)

MHSU Training Opportunity: Provider Wellness & Vicarious Trauma

The NWT OHT is hosting a Provider Wellness & Vicarious Trauma Training opportunity. This session introduces the foundations of mindfulness and how it supports stress reduction and resilience.



Thursday, June 18 9:00 AM - 12:00 PM



The HUB@2115 – 2115 Finch Ave. W, Toronto ON M3N 2V6

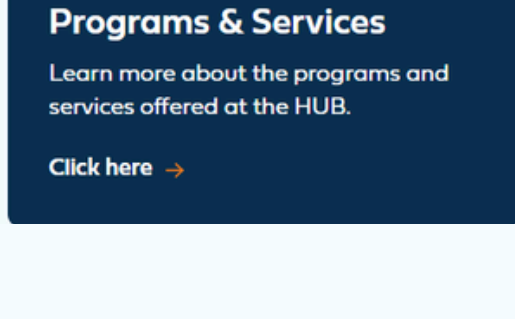
[Click here for more information](#)

The HUB@2115 Updates

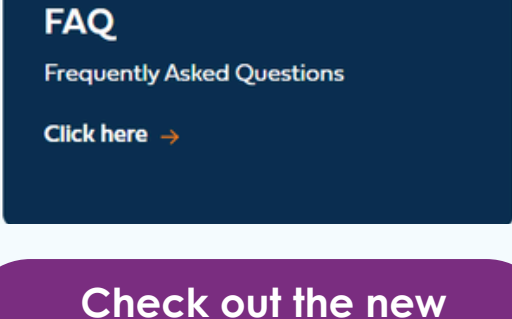


The HUB@2115 Webpage Update

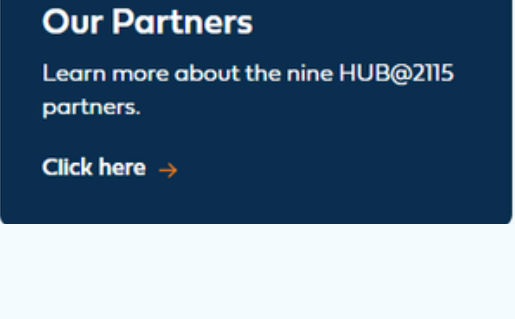
The HUB@2115 webpage has been refreshed with updated information to better support partners, providers, and the community. Explore programs and services, learn about the current HUB partners, and get informed on frequently asked questions.



Programs & Services
Learn more about the programs and services offered at the HUB.
[Click here](#)



FAQ
Frequently Asked Questions
[Click here](#)



Our Partners
Learn more about the nine HUB@2115 partners.
[Click here](#)

[Check out the new webpage here](#)

ENN Job Recruitment Fair

Ebeano Newcomer Network invites you to the **On-the-Spot Job Recruitment Fair 2.0** on Friday, May 29 from 12:00-3:00pm at the HUB@2115. Connect directly with top employers who are actively hiring!

- ✓ Full-time, part-time & contract roles
- ✓ Industries include Banking, Healthcare, Security, Manufacturing & Insurance

Room 102, 2115 Finch Ave W, North York

The OHT will also be onsite to help community members find a family doctor and connect with other supports. Share your thoughts to help shape local services. Complete our survey to receive a \$5 gift card. *Your feedback is valuable and anonymous.*

[Click here to register](#)

CONNECT WITH TOP EMPLOYERS
ON-THE-SPOT JOB RECRUITMENT FAIR 2.0

DATE: May 29, 2026
TIME: 12PM - 3PM
LOCATION: 2115 Finch Avenue West North York, ON

MEET EMPLOYERS IN: BANKING, HEALTHCARE, SECURITY, MANUFACTURING, INSURANCE

MEET TOP EMPLOYERS: Connect with leading companies actively hiring.

EXPLORE CAREER OPPORTUNITIES: Discover full-time, part-time, and contract roles.

ON-THE-SPOT INTERVIEWS: Get interviewed and fast-track your career.

BUILD YOUR FUTURE: Take the next step toward a better tomorrow.

FREE ENTRY!

YOUR FUTURE. OUR MISSION.

SCAN TO REGISTER!

Partners: BLACK CREEK, VDI Employment Services, THE HUB@2115 COMMUNITY CARE, NATIONAL BANK OF CANADA, SUCCESS, YMCCA, Shine On

[ebeanonetwork.ca](#) | +1 (647) 471 1851 | **LET'S BUILD YOUR FUTURE TOGETHER!**

NWT OHT Partner Programs and Events

FAME Family and Caregiver Support Services

Provides families and caregivers with the education and resources to help them care for themselves and their loved ones.

FAME Family and Caregiver Support Services

Reconnect's FAME Family and Caregiver Support Services offer a range of supports to individuals who are acting as caregivers to someone who is experiencing mental health concerns and to those who are providing care for someone who is aging. Services include peer support groups and one-on-one counselling, as well as specialized programming for children and youth.

All services are offered free of charge and are available in the Greater Toronto Area.

To learn more about this service, contact the intake department at 416-653-3100 or visit the website at www.reconnect.on.ca.

Employment-Related Services Workshops

COSTI is pleased to share the launch of its Employment Related Services program, featuring a series of one-day workshops designed to support Permanent Residents and Convention Refugees in building the skills needed to succeed in today's job market.

Workshop topics include Resume Writing, Interview Skills, Networking, Mentorship, and Digital Job Search Support.

Participants also benefit from one-on-one employment counselling and resume screening with our Job Developers apart from networking and mentorship opportunities.

[Click here to view this month's calendar](#)

For more information, call 905-459-6700 or email peelskillstraining@costi.org.

COSTI

Employment Workshops 2026

Get answers to your biggest questions. Hidden job market, AI tools, networking strategies and more.

Adult English as a Second Language Program

COSTI's English as a Second Language (ESL) program helps learners build English language skills to participate in Canadian society and succeed in the labour market. We offer CLB 1-4 and CLB 5-7 classes, with employment-related content integrated throughout to support job readiness and community integration. Clients also benefit from workshops and information sessions delivered with community partners and are connected to Employment Ontario service providers for additional job search and training support.

Classes are available in-person, online, and hybrid across Toronto, Peel, and York Region, with continuous intake based on availability.

[Click here to learn more about the program](#)

COSTI

Get ready for work

Write a resume, practice interviews and apply for jobs with confidence. Get job-ready with COSTI's English classes.

For more information, contact LearnESL@costi.org or call 647-725-1718.

COSTI is an award-winning settlement organization where meaningful work leads to meaningful careers. For more than 70 years, we have supported newcomers as they build successful lives in Canada.

Working at COSTI means being part of a dedicated team committed to strengthening communities and creating opportunities for newcomers and their families. Our employees play a vital role in delivering programs and services that help people settle, grow and thrive.

If you are looking for a career where your work makes a real difference, **join us!**

[View current opportunities](#)

Unison Health & Community Services - Programs & Events

Check out the programs and upcoming events hosted by Unison:

Diabetes Education Programs at a glance: May-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
LAWRENCE HEIGHTS – 12 Flemington Road, Toronto M6A 2N4		
Stress Management (Facilitated by Social Work Team and the Diabetes Education Program)	Adults with Type 2 diabetes or prediabetes. Topics include: symptoms of stress, stress response stages, types of stress, journaling, mindfulness, healthy habits and many more.	Wed. May 27, 2026 1:00 pm - 3:00 pm
KEELE & ROGERS – 1651 Keele Street, Toronto M3M 3W2		
Heart-Healthy Eating and the Mediterranean Diet	Adults with Type 2 diabetes or prediabetes who want to learn about good fats v/s bad fats, Mediterranean diet, and label reading for heart-healthy eating. Participants will also participate in a fitness session.	Wed. May 6, 2026 9:30 am - 11:30 am
Eating Healthy On a Budget with Food Demo	Adults with Type 2 diabetes or prediabetes who want to learn how to eat healthily without overspending. Discover practical tips for budget-friendly grocery shopping, meal planning, and simple cooking.	Wed. June 3, 2026 9:30 am - 11:30 am
JANE & TRETHEWEY – 1541 Jane Street, Toronto M9N 2R3		
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 am - 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 am - 10:30 am
Diabetes Friendly Cooking Demo	Adults with Type 2 diabetes or prediabetes who want to learn about how to use food bank and pantry foods in a healthy way.	Fri. June 19, 2026 9:30 am - 11:00 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 Providers Training - Lawrence Heights & Jane Street Hub	People who are looking 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.

Wellness Programs at a glance: April-October 2026



For more information, call 416-787-1661 x1020

[Click here for Group Program Sign Up Form](#)

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/FRN, 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 their 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.

PICNIC IN THE PARK

Unison Health and Community Services Mental Health Program

Celebrating gender diverse, expressive, non-conforming, and gender exploring individuals. A joyful celebration for 2SLGBTQ+ folks - kids, youth, and adults!

EVERYONE IS WELCOME

Saturday, June 6th
12:00pm - 2:00pm
Perth Square Park
350 Perth Ave.

BRING A BLANKET AND LAWN CHAIRS! EVERYONE IS WELCOME.

Register Email or call Isolda at Isolda.Gallego@unisonhcs.org 416-645-7575 ext. 2028

HRH Name Change: Introducing Hennick Humber Hospital

Humber Health's Wilson site is now officially named **Hennick Humber Hospital**, following a landmark \$50 million transformational donation from Jay and Barbara Hennick through The Hennick Family Foundation.

One of the largest philanthropic gifts ever made to a community hospital in Canada, this investment will accelerate innovation, research, advanced technology, and specialized clinical programs.

[Click here to learn more](#)