




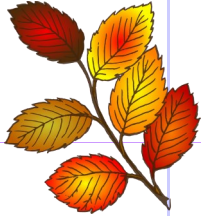


# NOVEMBER 2024 GROUP PROGRAMS—BLACK CREEK COMMUNITY HEALTH CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 <p><b>Stay in Touch!</b>  <b>Sheridan Location: 416-249-8000</b>  <b>Yorkgate Location 416-246-2388</b>  <b>info@bcchc.com</b></p>	 <p><b>SCAN ME</b></p>	 	<p><b>1</b></p> <p><b>Harm Reduction Drop-In</b>            1-4pm SH  <b>Gentle Fit—IN PERSON &amp; Virtual—</b> 3 pm –4 pm - YG</p>	<p><b>2</b></p>
<p><b>4</b></p> <p><b>Immunization Clinic for Students</b>            2 pm—7 pm @ YG</p> <p><b>Community Connection Program</b> 1:30-3:30pm YG</p>	<p><b>5</b></p> <p><b>Exercise General Class – In person &amp; Virtual</b> 10-11 am  <b>Bone Health—Virtual</b> 11 am—12 pm  <b>Harm Reduction Drop-In</b> 1-4pm SH  <b>Wellnest Program:</b> 2 pm—4 pm YG  <b>Gentle Fit—Virtual —</b> 3 pm –4 pm  <b>Evening Prenatal Program</b> 6-7:30 @ SH Site</p>	<p><b>6</b></p> <p><b>Wellnest Program:</b> 2 pm—4 pm YG  <b>Women’s Interaction Nest:</b> 10am-2pm YG  <b>Smoke Stoppers—Virtual</b> 2-3 pm</p>	<p><b>7</b></p> <p><b>Resourced and Resilient Virtual Trauma Therapy Group</b> 11 am—1 pm  <b>Senior’s Program</b> 1-3pm @ 15 San Romanoway  <b>Wellnest Program:</b> 2 pm—4 pm YG  <b>Community Prenatal Program—</b>6 pm—8</p>	<p><b>8</b></p> <p>CENTRE CLOSED</p> 	<p><b>9</b></p>
<p><b>11</b></p> <p><b>Diabetes Support Group</b>            1 pm—2:30 pm @ Finch HUB            2115 Finch Ave. W., #204</p> <p><b>Community Connection Program</b> 1:30-3:30pm YG</p>	<p><b>12</b></p> <p><b>Exercise General Class – In person &amp; Virtual</b> 10-11 am  <b>Bone Health—Virtual -</b> 11 am—12 pm  <b>Harm Reduction Drop-In</b> 1-4pm SH  <b>Wellnest Program:</b> 2 pm—4 pm YG  <b>Gentle Fit—Virtual —</b> 3 pm –4 pm  <b>Evening Prenatal Program</b> 6-7:30 @ SH Site</p>	<p><b>13</b></p> <p><b>Wellnest Program:</b> : 2 pm—4 pm YG  <b>Women’s Interaction Nest:</b> 10am-2pm YG  <b>Smoke Stoppers—Virtual</b> 2-3 pm  <b>Wednesday Social Drop-In:</b> 6 pm—8 pm YG</p>	<p><b>14</b></p> <p><b>Resourced and Resilient Virtual Trauma Therapy Group</b> 11 am—1 pm  <b>Wellnest Program:</b> : 2 pm—4 pm YG  <b>Community Prenatal Program—</b>6 pm—8 pm—SH  <b>MHEN’s Health:</b> 4 PM—8 PM @ YG</p>	<p><b>15</b></p> <p><b>Exercise General Class –Virtual</b> 10-11 am  <b>Massage program—</b> 10:30am-1:30pm YG  <b>Knitting Neighbours—</b> 1:30-3pm YG  <b>Healthy &amp; Active Seniors</b> 2-4pm @ 35 Shoreham  <b>Harm Reduction Drop-In</b>            1-4pm SH</p>	<p><b>16</b></p> <p><b>Immunization Clinic for Students</b> 10 am—3 pm @ YG</p>
<p><b>18</b></p> <p><b>Eating to support your mental health &amp; well being—Virtual</b>            11am-12pm  <b>Community Connection Program</b> 1:30-3:30pm YG</p>	<p><b>19</b></p> <p><b>Exercise General Class – In person &amp; Virtual</b> 10-11 am  <b>Let’s talk about Diabetes—Virtual</b> 11am-12pm  <b>Harm Reduction Drop-In</b> 1-4pm SH  <b>Wellnest Program:</b> 2 pm—4 pm YG  <b>Gentle Fit—Virtual —</b> 3 pm –4 pm  <b>Evening Prenatal Program</b> 6-7:30 @ SH Site</p>	<p><b>20</b></p> <p><b>Women’s Interaction Nest:</b> 10am-2pm YG  <b>Shop Smart Shop Healthy Virtual</b>            11am– 12pm  <b>Wellnest Program:</b> 2 pm—4 pm YG  <b>Smoke Stoppers—Virtual</b> 2-3 pm  <b>Wednesday Social Drop-In:</b> 6 pm—8 pm YG</p>	<p><b>21</b></p> <p><b>Resourced and Resilient Virtual Trauma Therapy Group</b> 11 am—1 pm  <b>Senior’s Program</b> 1-3pm @ 15 San Romanoway  <b>Wellnest Program:</b> 2 pm—4 pm YG  <b>MHEN’s Health:</b> 4 PM—8 PM @ YG</p>	<p><b>22</b></p> <p><b>Exercise General Class –Virtual</b> 10-11 am  <b>Shop Smart Shop Healthy - Virtual</b> 11am–12pm  <b>Massage program—</b> 10:30am-1:30pm YG  <b>Knitting Neighbours—</b> 1:30-3pm YG  <b>Harm Reduction Drop-In</b> 1-4pm SH  <b>Smoke Stoppers—Virtual</b> 2-3 pm  <b>Gentle Fit—IN PERSON &amp; Virtual—</b> 3 pm –4 pm - YG</p>	<p><b>23</b></p>
<p><b>25</b></p> <p><b>Diabetes Support Group</b>            1 pm—2:30 pm @ 15 San Romanoway</p> <p><b>Community Connection Program</b> 1:30-3:30pm YG</p>	<p><b>26</b></p> <p><b>Exercise General Class – In person &amp; Virtual</b> 10-11 am  <b>Harm Reduction Drop-In</b> 1-4pm SH  <b>Wellnest Program:</b> 2 pm—4 pm YG  <b>Gentle Fit—Virtual —</b> 3 pm –4 pm  <b>Evening Prenatal Program</b> 6-7:30 @ SH Site            Centre for Spanish Speaking Peoples/ Último Martes de cada mes en el Centro para Gente de Hapla Hispana            2141 Jane St</p>	<p><b>27</b></p> <p><b>Health &amp; Nutrition after 50 years old (Virtual)</b> 11 am—12 pm  <b>Wellnest Program:</b> 2 pm—4 pm YG  <b>Women’s Interaction Nest:</b> 10am-2pm YG  <b>Smoke Stoppers—Virtual</b> 2-3 pm  <b>Wednesday Social Drop-In:</b> 6 pm—8 pm YG</p>	<p><b>28</b></p> <p><b>Resourced and Resilient Virtual Trauma Therapy Group</b> 11 am—1 pm  <b>Wellnest Program:</b> 2 pm—4 pm YG  <b>MHEN’s Health:</b> 4 PM—8 PM @ YG</p>	<p><b>29</b></p> <p><b>Exercise General Class –Virtual</b> 10-11 am  <b>Massage program—</b> 10:30am-1:30pm YG  <b>Knitting Neighbours—</b> 1:30-3pm YG  <b>Harm Reduction Drop-In</b> 1-4pm SH  <b>Smoke Stoppers—Virtual</b> 2-3 pm  <b>Gentle Fit—IN PERSON &amp; Virtual—</b> 3 pm –4 pm - YG</p>	<p><b>30</b></p>

# Black Creek Community Health Centre Group Programs

## Our groups are now virtual! What does that mean?

Some of our groups are now online and you can join them from where you are using your own devices!

## What devices can you use to join our online

- Computer or laptop
- Smart phone
- Tablet
- Telephone (audio only)

Call us or  
Register online!



SCAN ME



Stay in Touch!  
Sheridan Location: 416-249-8000  
Yorkgate Location 416-246-2388  
info@bcchc.com

[www.bcchc.com/register-group-programs/](http://www.bcchc.com/register-group-programs/)

## Program Descriptions:

**Wednesday Social Drop-In:** Join us Wednesdays at Yorkgate for weekly events focused on mental and social wellbeing. Wednesdays 6 pm—8 pm at Black Creek CHC Yorkgate. For more information, call 46 246 2388.

**Knitting Neighbours:** A space for knitters of all levels to knit, socialize and share. Fridays from 11 am—12 pm at Black Creek CHC Yorkgate Mall location., For more information or to register, call 416 246 5058.

**Community Prenatal Program:** Join us Tuesdays at Sheridan in partnership with the Canadian Prenatal Nutrition Program (CPNP) - learn about ways to have a healthy and active pregnancy. For more information, call Sick Kids Centre for Community Mental Health at 416 924 1164 x 8719 or register online.

**Lactancia Materna en Español:** 1 pm—3 pm Centre for Spanish Speaking Peoples/ Último Martes de cada mes en el Centro para Gente de Hapla Hispana 2141 Jane St

**Well(Nest) Program:** Addictions Support Group on Tuesdays, Wednesdays and Thursdays. Day program 2-4pm at Yorkgate site and online evening sessions 5:30-7:30pm. Contact Jess 416 246 2388 for more information

**Overdose Recognition and Response Training:** Learn how to recognize and prevent an overdose. Naloxone and harm reduction kits will be distributed. HIV self testing demos and kits available. Training provided in partnership with BlackCAP. For more information, or to register, contact Jennivea: Jennivea.Walker@bcchc.com / 647 797 5778

**Harm Reduction Drop-In**— Every Tuesday and Friday at Sheridan. Drop by for some snacks, and harm reduction resources. For more info contact Jennivea @ 416 249 8000

**IN PERSON and Virtual Group Exercise Programs** - Register with Fred or Jean online or phone 416-246-2388

- **VIRTUAL—General Exercise Class** – Moderate intensity physical movements in standing positions. Includes cardio, stretching and strengthening exercises using body weight and/or dumbbells (or alternative weights).
- **IN PERSON and VIRTUAL Gentle Fit Class** – Low intensity physical movements in seated positions. Includes range of motion, body weight and or dumbbells (or alternative weights) exercises. Tuesdays classes are VIRTUAL. Friday classes are IN PERSON.
- **Individual Kinesiology Appointment** – One-on-one remote or in person session. Focus on providing individuals with behaviour change support, fitness assessment. Personalized discussion about motivation and goal settings to stay healthy and manage chronic conditions.

**Senior's Group**— A program for seniors to come together every other Thursday at 15 San Romanoway. For more info call Hamda @ 416 246 2388 x 3281

**Diabetes Support Group** – Support group for individuals living with and affected by diabetes. Share experiences, discuss challenges and learn coping strategies. This group meets on the 2nd at Finch Hub (2115 Finch Ave. W., #204) and 4th Monday of the month at 15 San Romanoway. Register online or phone 416-246-2388 x 3249

**Let's Talk About Diabetes (Virtual)** — Join the registered dietitian on ZOOM for a conversation on Diabetes. Learn more about types of diabetes, healthy eating, exercise and more. Register online or phone 416-246-2388

**Health & Nutrition Focus on Age 50+ (Virtual):** Join the registered dietitian on ZOOM to learn how to eat healthy and stay healthy after 50+. Register online or phone 416-246-2388

**Protecting Your Bones (Virtual)** - Join our Registered Dietitian for a series of 2 presentations to learn how diet, physical activity and other lifestyle factors can affect your bone mass. \$20 grocery gift cards will be rewarded to participants. Register with Mahnaz online or phone 416-246-2388

**Shop Smart, Shop Healthy (Virtual)**- Do you have diabetes or prediabetes and struggling with eating healthy? Learn about managing diabetes with food and nutrition, get recipes and resources and get support and ask questions in a non-judgmental space. To register, call 416 246 2388 or online.

**Eating to support your mental health & well being (Virtual)** - Join us for a virtual workshop exploring the gut-brain connection and learn how you can eat to support your brain and mental health. Register online or phone 416-249-8000

**Massage Program**— Offered weekly at our YG location from 10am-2pm on Fridays. Appointment only— for clients dealing with chronic pain. To register please contact Paola or Nadine @ 416 249 8000 ext. 2235/2231

**Immunization Clinics for Students**—At Yorkgate Mall Clinic Ste 202 (Beside Dollarama). Make an appointment online at [tphbookings.ca](http://tphbookings.ca). Students under 14 years of age need signed parental consent. No OHIP card required.

**Community Connection Program:** Every Monday at Yorkgate starting October 21st from 1:30-3:30. For more info contact Hamda @ 416 246 2388 x 3281

**Smoke Stoppers:** Join this free 8-week virtual program to help you reduce or quit smoking, starting May 16. You will learn to make a quit plan, receive cost-free nicotine replacement therapy, learn coping strategies and get support. To register, call 416 246 2388 or sign up online.

**Women's Interaction Nest (WIN):** A women's cooking group for newcomers. Come shop, cook and eat with us on Wednesdays at Yorkgate. For more info please contact Sonia 647 883 0316

**MHEN's Health:** Mindful Health Empowerment Network (MHEN): Everyone's welcome to join us on Thursdays at Yorkgate 4 pm - 8 pm for food, big screen, trips and outings, board games, music and conversations about health.