







OCTOBER 2024 GROUP PROGRAMS—BLACK CREEK COMMUNITY HEALTH CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <p>Exercise General Class – In person & Virtual 10-11 am Harm Reduction Drop-In 1-4pm SH Wellnest Program: 2 pm—4 pm YG Gentle Fit—Virtual — 3 pm –4 pm Evening Prenatal Program 6-7:30 @ SH Site</p>	<p>2</p> <p>Wellnest Program: 2 pm—4 pm YG Women’s Interaction Nest: 10am-2pm YG</p> 	<p>3</p> <p>Wellnest Program: 2 pm—4 pm YG Community Prenatal Program—6 pm—8 pm—SH MHEN’s Health: 4 PM—8 PM @ YG</p>	<p>4</p> <p>Massage program– 10:30am-1:30pm YG Harm Reduction Drop-In 1-4pm SH Gentle Fit—IN PERSON & Virtual— 3 pm –4 pm - YG</p>	<p>5</p>
<p>7</p> <p>Immunization Clinic for Students 2 pm—7 pm @ YG</p>	<p>8</p> <p>Exercise General Class – In person & Virtual 10-11 am Harm Reduction Drop-In 1-4pm SH Wellnest Program: 2 pm—4 pm YG Gentle Fit—Virtual — 3 pm –4 pm Evening Prenatal Program 6-7:30 @ SH Site</p>	<p>9</p> <p>Wellnest Program: 2 pm—4 pm YG Women’s Interaction Nest: 10am-2pm YG</p>	<p>10</p> <p>Resourced and Resilient Virtual Trauma Therapy Group 11 am—1 pm Senior’s Program 1-3pm @ 15 San Romanoway Wellnest Program: 2 pm—4 pm YG Community Prenatal Program—6 pm—8</p>	<p>11</p> <p>Massage program– 10:30am-1:30pm YG Harm Reduction Drop-In 1-4pm SH</p> 	<p>12</p> <p>CLOSED LONG WEEKEND</p>
<p>14</p> <p>CENTRE CLOSED</p> 	<p>15</p> <p>Exercise General Class – In person & Virtual 10-11 am Harm Reduction Drop-In 1-4pm SH Wellnest Program: 2 pm—4 pm YG Gentle Fit—Virtual — 3 pm –4 pm Evening Prenatal Program 6-7:30 @ SH Site</p>	<p>16</p> <p>Wellnest Program: : 2 pm—4 pm YG Women’s Interaction Nest: 10am-2pm YG Smoke Stoppers—Virtual 2-3 pm Wednesday Social Drop-In: 6 pm—8 pm YG</p>	<p>17</p> <p>Resourced and Resilient Virtual Trauma Therapy Group 11 am—1 pm Wellnest Program: : 2 pm—4 pm YG Community Prenatal Program—6 pm—8 pm—SH MHEN’s Health: 4 PM—8 PM @ YG</p>	<p>18</p> <p>Exercise General Class –Virtual 10-11 am Massage program– 10:30am-1:30pm YG Knitting Neighbours— 1:30-3pm YG Healthy & Active Seniors 2-4pm @ 35 Shoreham Harm Reduction Drop-In 1-4pm SH</p>	<p>19</p> <p>Immunization Clinic for Students 10 am—3 pm @ YG Programs & Services Fair 12-3pm YG</p>
<p>21</p> <p>Community Connection Program 1:30-3:30pm YG</p>	<p>22</p> <p>Exercise General Class – In person & Virtual 10-11 am 55+ Wellness Group 10am-12pm @ Black Creek Community Farm Harm Reduction Drop-In 1-4pm SH Wellnest Program: 2 pm—4 pm YG Gentle Fit—Virtual — 3 pm –4 pm Evening Prenatal Program 6-7:30 @ SH Site</p>	<p>23</p> <p>Let’s talk about Diabetes 11am-12pm Women’s Interaction Nest: 10am-2pm YG Wellnest Program: 2 pm—4 pm YG Smoke Stoppers—Virtual 2-3 pm Wednesday Social Drop-In: 6 pm—8 pm YG</p>	<p>24</p> <p>Resourced and Resilient Virtual Trauma Therapy Group 11 am—1 pm Senior’s Program 1-3pm @ 15 San Romanoway Wellnest Program: 2 pm—4 pm YG MHEN’s Health: 4 PM—8 PM @ YG</p>	<p>25</p> <p>Exercise General Class –Virtual 10-11 am Massage program– 10:30am-1:30pm YG Knitting Neighbours— 1:30-3pm YG Harm Reduction Drop-In 1-4pm SH Smoke Stoppers—Virtual 2-3 pm Gentle Fit—IN PERSON & Virtual— 3 pm –4 pm - YG</p>	<p>26</p>
<p>28</p> <p>Diabetes Support Group 1 pm—2:30 pm @ 15 San Romanoway Community Connection Program 1:30-3:30pm YG</p>	<p>29</p> <p>Exercise General Class – In person & Virtual 10-11 am Harm Reduction Drop-In 1-4pm SH Wellnest Program: 2 pm—4 pm YG Gentle Fit—Virtual — 3 pm –4 pm Evening Prenatal Program 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>30</p> <p>Wellnest Program: 2 pm—4 pm YG Women’s Interaction Nest: 10am-2pm YG Smoke Stoppers—Virtual 2-3 pm Wednesday Social Drop-In: 6 pm—8 pm YG</p>	<p>31</p> <p>Resourced and Resilient Virtual Trauma Therapy Group 11 am—1 pm Wellnest Program: 2 pm—4 pm YG MHEN’s Health: 4 PM—8 PM @ YG</p>	<p>Call us or Register online!</p>  <p>Stay in Touch! Sheridan Location: 416-249-8000 Yorkgate Location 416-246-2388 info@bcchc.com</p>	 <p>SCAN ME</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/

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.

Resourced and Resilient: Virtual Trauma Therapy Group. Join this 8-week program to learn strategies for addressing and coping with trauma. Facilitators are trained with Women's College Hospital. For more information, call Antara at 416 246 2388 or register online.

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 Black-CAP. 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— 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

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. 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.