

March 2025 GROUP PROGRAMS—BLACK CREEK COMMUNITY HEALTH CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4 Exercise General Class – Virtual 10-11 am Massage Therapy 10:30 am—2pm YG Powerful tools for Caregivers—Virtual 10:30-12:30 Tobermory Youth Group 4-8pm Harm Reduction Drop-In 1-4pm SH WellNest Program: 2 pm—4 pm YG Evening Prenatal Program 6-7:30 @ SH Site	5 Women’s Interaction Nest: 10am-2pm YG Health & Nutrition after 50 years old—Virtual 11 am—12 pm Wellnest Program: 2 pm—4 pm YG Gentle Fit—Virtual 3 pm –4 pm	6 Wellnest Program: 2 pm—4 pm YG Cooking with Friends 3-6pm Gentle Fit— 3:15 pm –4:15 pm SH Boys youth Program 6-8pm MHEN’s Health: 4 PM—8 PM @ YG	7 Harm Reduction Drop-In 1-4pm SH Knitting Neighbours— 1:30-3pm YG Gentle Fit—Virtual 3 pm –4 pm	8 Focus Group/ Community Discussion 4 PM—5PM @YG
10 Community Connection Program 1:30-3:30pm YG	11 Exercise General Class – Virtual 10-11 am Massage Therapy 10:30 am—2pm YG Powerful tools for Caregivers—Virtual 10:30-12:30 Tobermory Youth Group 4-8pm Harm Reduction Drop-In 1-4pm SH WellNest Program: 2 pm—4 pm YG Evening Prenatal Program 6-7:30 @ SH Site	12 Women’s Interaction Nest: 10am-2pm YG Shop Smart Shop Healthy Virtual 11am– 12pm Wellnest Program: 2 pm—4 pm YG Gentle Fit—Virtual 3 pm –4 pm	13 Wellnest Program: : 2 pm—4 pm YG Cooking with Friends 3-6pm Gentle Fit— 3:15 pm –4:15 pm SH Boys youth Program 6-8pm Senior’s Program 1-3pm @ 15 San Romanoway MHEN’s Health: 4 PM—8 PM @ YG	14 Harm Reduction Drop-In 1-4pm SH Gentle Fit—Virtual 3 pm –4 pm	15
17	18 Exercise General Class – Virtual 10-11 am Massage Therapy 10:30 am—2pm YG Harm Reduction Drop-In 1-4pm SH WellNest Program: 2 pm—4 pm YG Tobermory Youth Group 4-8pm Evening Prenatal Program 6-7:30 @ SH Site	19 Bone Health—Virtual - 11 am—12 pm Wellnest Program: : 2 pm—4 pm YG Women’s Interaction Nest: 10am-2pm YG Gentle Fit—Virtual 3 pm –4 pm	20 Cooking with Friends 3-6pm Gentle Fit— 3:15 pm –4:15 pm SH Boys youth Program 6-8pm MHEN’s Health: 4 PM—8 PM @ YG Wellnest Program: : 2 pm—4 pm YG	21 Healthy & Active Seniors 2-4pm @ 35 Shoreham Harm Reduction Drop-In 1-4pm SH Gentle Fit—Virtual 3 pm –4 pm	22
24 Diabetes Support Group 1 pm—2:30 pm @ 15 San Romanoway	25 Exercise General Class —Virtual 10-11 am Massage Therapy 10:30 am—12 pm YG Breastfeeding Group – Spanish/Grupo de Apoyo a la 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 Harm Reduction Drop-In 1-4pm SH Wellnest Program: 2 pm—4 pm YG Tobermory Youth Group 4-8pm Evening Prenatal Program 6-7:30 @ SH Site	26 Bone Health—Virtual - 11 am—12 pm Gentle Fit—Virtual 3 pm –4 pm Wellnest Program: : 2 pm—4 pm YG Women’s Interaction Nest: 10am-2pm YG	27 Cooking with Friends 3-6pm Gentle Fit— 3:15 pm –4:15 pm SH Boys youth Program 6-8pm MHEN’s Health: 4 PM—8 PM @ YG Senior’s Program 1-3pm @ 15 San Romanoway Wellnest Program: : 2 pm—4 pm YG Evening Prenatal Program—Virtual : 6 –8:30 pm	28 Harm Reduction Drop-In 1-4pm SH Gentle Fit—Virtual 3 pm –4 pm	29

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



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



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www.bcchc.com/register-group-programs/

Program Descriptions:

Insights to Impact: Join us for a community discussion at Yorkgate Mall to learn more about our CANRISK research project findings and share your thoughts on what research priorities are important to YOU! Saturday Feb 1 from 1 pm—3 pm. For more information, contact 416 249 8000 or email Victor.Adarquah@bcchc.com

Tuesday Evening Prenatal Program—IN PERSON: 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.

Thursday Evening Prenatal Program—VIRTUAL : Join us for a 4-week prenatal class, to help you prepare for a happy and healthy labour and delivery. For more information, or to register, call Paola or Nadine at 416 249 8000.

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

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).
- **VIRTUAL Gentle Fit Class** – Low intensity physical movements in seated positions. Includes range of motion, body weight and or dumbbells (or alternative weights) exercises.
- **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

Prenatal/Postnatal Massage Therapy— Massage Therapy for pregnant mothers, infants 0—6 months, and postnatal women (up to 6 months) Offered weekly at our YG location from 10:30 am-12pm on Tuesdays at our Yorkgate Mall location, in partnership with Humber College. Appointment only. To register please contact Paola or Nadine @ 416 249 8000 ext. 2235/2231

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

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.

Knitting Neighbours: A space for knitters of all levels to knit, socialize and share. Fridays, starting the third week of January from 1:30 PM—3:30 PM at Yorkgate Mall location. To register or for more information, call 416 246 5058.

Smoke Stoppers Drop-In Session— Get help for quitting smoking. Create a plan to stop or reduce smoking. Learn to manage and overcome cravings. Access cost-free Nicotine Replacement Therapy. Receive ongoing support to quit for good. Register online or call 416-246-2388.

Powerful Tools for Caregivers (Virtual)—6 weeks virtual program for caregivers to learn about emotion management, stress reduction, self care, community resources, communicating feelings, self confidence, managing time, setting goals and problem solving. For more info, please contact Antara @ 416 246 2388 or register online <https://www.bcchc.com/register-group-programs>.

Diabetes Support Group – Support group for individuals living with and affected by diabetes. Share experiences, discuss challenges and learn coping strategies. Meets the 2nd and 4th Monday of the month at 15 San Romanoway. To register, call 416 246 2388 or online.

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.

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 3 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