

# MONDAY

# TUESDAY

# WEDNESDAY

# THURSDAY

# FRIDAY

# SATURDAY

## Group Programs October 2020



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

@BlackCreekCHC | @BlackCreek\_CHC | @BlackCreek\_CHC

[bcchc.com](http://bcchc.com)

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**Prenatal Yoga**  
 11am-12pm  
**Let's Talk about Exercise**  
 3:15 pm—4:15 pm

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**Chronic Pain Management**  
 10 am—11:30 am  
**Exercise General Class** 10 am—11 am  
**Diabetes Support Group** 11 am—12 pm  
**Healthy Eating for Diabetes** 1-2 pm  
**Gentle Fit 1** 3 pm -4 pm

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**Early Parenting** 10:30-11:30 am  
**Sugar Busters** 11 am—12 pm  
**Breastfeeding Support Group**  
 1 pm— 3 pm  
**Get Moving! Exercise Group**  
 2 pm—3 pm  
**Jane Finch Action Against Poverty (JFAAP)** 5 pm -8 pm

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**Women's Wellness** 10:30am-12pm  
**Beyond the Body:** 11 am-12 pm  
**Walking Past COVID—Wellness Group** 11 am -12 pm  
**Smoke Stoppers** 2 pm—3 pm  
**Diabetes Support Group**  
 6:30 pm—7:30 pm

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**Meet n Treat** 12 pm -2 pm  
**Gentle Fit 2** 3 pm—4pm

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**COVID Testing Clinic**  
 10:00 am—2:00 pm  
 Gord and Irene Risk  
 Community Centre  
 2650 Finch Ave W

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**Prenatal Yoga**  
 11am-12pm  
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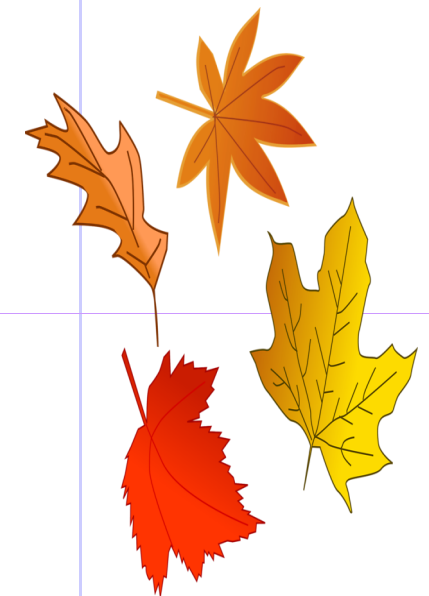
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**Women's Wellness** 10:30 am-12 pm  
**Beyond the Body:** 11 am-12 pm  
**Walking Past COVID—Wellness Group** 11 am -12 pm  
**Golden Years Senior's Program** 1pm-2 pm  
**Smoke Stoppers** 2 pm—3 pm  
**Diabetes Support Group** 6:30pm7:30

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**Meet n Treat** 12 pm -2 pm  
**Gentle Fit 2** 3 pm—4pm

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19

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**Turn over for Group Contact Information**

# Black Creek CHC Ongoing and Current Groups

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

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 groups?

- Computer or laptop
- Tablet
- Smart phone
- Telephone

You can join using your own internet, wifi or call in on your telephone. If you have video, you will be able to see the program facilitator see other group members too!

## Program Descriptions:

**Want to Quit Smoking?** Join this virtual group to create a plan to stop smoking. Learn to manage and overcome cravings. Cost Free Nicotine Replacement therapy and ongoing support to quite smoking. Register with Joyce online or phone 416-246-2388

**Healthy Eating for Diabetes Group**— Learn how food impacts your blood sugar. Learn to manage your diabetes through food and nutrition and get recipes, resources and support to meet your goals. Register with Jess online or phone 416-246-2388.

**Living a Healthy Life with Chronic Pain** is a six week workshop for anyone suffering from pain, including but is not limited to low back pain, pain for motor vehicle accidents, arthritis, fibromyalgia, etc. Join this interactive workshop which includes the Moving Easy Program, a gentle movement Topics include: pain, sleep hygiene, relaxation techniques, action plans, problem solving, dealing with difficult emotions, fatigue and treatment decisions

**Sugar Busters** – 4-week educational series on how to better manage your blood sugar levels with exercise. Topics include nutrition, heart health, and medication and COVID-19 diabetes. Register with Jean online or phone 416-246-2388

**Remote Exercise Programs** - Register with Fred or Jean online or phone 416-246-2388

- **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).
- **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.

**Diabetes Support Group** – Join our diabetes support group to share experiences, discuss challenges and learn coping strategies. Grocery gift cards provided to participants. Register online or phone 416-246-2388

**Beyond the Body** – 4-week workshop series to learn more about body image, discuss feelings in a non-judgmental space, learn to accept and appreciate your body and receive support. Register with Phoebe or Jess online or phone 416-246-2388

**Prenatal Yoga**– ongoing sessions for pregnant mums. Join us for Yoga sessions and other discussions. Register with Paola 416 249 8000 x 2291

**Walking Past Covid**– This groups runs once a week on Thursdays and will be facilitated by a community health worker and an exercise specialist. Join us for discussions and any walking can be completed at your own time. Register with Nadine 416 249 8000 x 2235

**Jane Finch Action Against Poverty (JFAAP)**- a resident-led grassroots coalition of community residents, activists, workers and organizations working to eliminate poverty in our community. JFAAP meets every Wednesday from 5-8pm. For more info contact Butterfly 416 249 8000 x 2231

**Women's Wellness**-A women's group that runs every Thursday morning. Join your fellow community members for discussions, games, and more! For more info contact Katrina 416 246 2388 x 3281

## WHAT ELSE IS GOING ON



**Community COVID Testing Clinics taking place:**

**Details:**

**Oct 3, 2020 10 am – 2 pm**

Location: Gord and Irene Risk Community Centre  
2650 Finch Ave W (east of Islington)

**October 10, 2020 10 am – 2 pm**

Location: Rhema Foundation Canada  
Downsview Parc -40 Carl Hall

No appointments are needed and there is no cost.

Community Testing clinics are open to anyone if they are experiencing symptoms, or are concerned that they may have been in contact with someone with COVID-19.

Health Cards are not required for testing, but bring one if you have one.

