

GROUP PROGRAMS NOVEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
2 Prenatal Yoga 11am-12pm	3 Exercise General Class 10am—11 am Diabetes Support Group 11am—12 pm Healthy Eating for Diabetes 1pm -2 pm Gentle Fit 1 3 pm -4 pm	4 Early Parenting 10:30 am -11:30 am Breastfeeding Support Group 1 pm— 3 pm Jane Finch Action Against Poverty (JFAAP) 6 pm -9pm	5 Beyond the Body: 11 am-12 pm Smoke Stoppers 2 pm—3 pm Diabetes Support Group 6:30 pm—7:30 pm	6 Lunge and Lunch: 11 am—1 pm Meet n Treat Drop-In 2:30-4:30pm Gentle Fit 2 3 pm—4pm	7
9 Prenatal Yoga 11am-12pm Jane Finch Economics & Opportunities Action Group 6 pm -8pm	10 Exercise General Class 10 am -11 am Diabetes Support Group 11am - 12 pm Healthy Eating for Diabetes 1 pm -2 pm Community COVID Testing 3 pm—7 pm @ Northwood Community Centre	11 Early Parenting 10:30 am -11:30 am Fall into Health 11:30 am—12:15 pm Breastfeeding Support Group 1 pm— 3 pm Jane Finch Action Against Poverty (JFAAP) 6 pm -9pm	12 Women's Wellness 10:30am-12pm Smoke Stoppers 2 pm—3 pm Diabetes Support Group 6:30 pm—7:30 pm	13 Lunge and Lunch: 11 am—1 pm Meet n Treat Drop-In 2:30-4:30pm Gentle Fit 2 3 pm—4pm	14
16 Powerful Tool for Caregivers 10 am—11:30 am Prenatal Yoga 11am-12pm Jane Finch Education Action Group 6 pm -8pm	17 Exercise General Class 10 am —11 am Diabetes Support Group 11am—12 pm Healthy Eating for Diabetes 1pm -2 pm Gentle Fit 1 3 pm -4 pm	18 Early Parenting 10:30 am -11:30 am Fall into Health 11:30 am—12:15 pm Breastfeeding Support Group 1 pm— 3 pm Jane Finch Action Against Poverty (JFAAP) 6 pm -9pm	19 Smoke Stoppers 2 pm—3 pm Diabetes Support Group 6:30pm- 7:30 pm Community COVID Testing 3pm—7pm @ Gord and Irene Risk Community Centre	20 Lunge and Lunch: 11 am—1 pm Meet n Treat Drop-In 2:30-4:30pm Gentle Fit 2 3 pm—4pm Community COVID Testing 3 pm—7 pm @ Chalkfarm CC	21
23 Powerful Tool for Caregivers 10 am—11:30 am Prenatal Yoga 11am-12pm Black Creek Food Justice Network 6 pm -8pm	24 Exercise General Class 10 am—11 am Diabetes Support Group 11am—12 pm Healthy Eating for Diabetes 1-2 pm Gentle Fit 1 3 pm -4 pm Community Prenatal Program Session #1 6pm -8 pm	25 Early Parenting 10:30-11:30 am Fall into Health 11:30 am—12:15 pm Breastfeeding Support Group 1 pm— 3 pm Jane-Finch Healthcare Action Table 2pm Jane Finch Action Against Poverty (JFAAP) 6 pm -9pm	26 Behaviour Management Group 10am-12pm Smoke Stoppers 2 pm—3 pm Diabetes Support Group 6:30 pm -7:30 pm Community Prenatal Program Session #2 6 pm -8	27 Lunge and Lunch: 11 am—1 pm Meet n Treat Drop-In 2:30-4:30pm Gentle Fit 2 3 pm—4pm	28
30 Powerful Tool for Caregivers 10 am—11:30 am Prenatal Yoga 11am-12pm	31 Stay in Touch! Sheridan Location: 416-249-8000 Yorkgate Location 416-246-2388 info@bcchc.com	 @BlackCreekCHC  @BlackCreek_CHC  @BlackCreek_CHC  bcchc.com			
					

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 • Smart phone • Tablet • Telephone (audio only)

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

Program Descriptions:

COVID-19 Community Testing Clinics: No appointments needed. COVID-19 testing and information about health and social supports. Saturdays at our Yorkgate Mall location. Other dates and times in community to be announced. For more information, call Tamanah 416-249-8000 x 2291

Want to Quit Smoking? Join Smoke Stoppers with 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. For more information, call 416-246-2388

Breastfeeding Support Group: Weekly virtual support group for expectant or breastfeeding moms. For more information, call Shannon at 416-249-8000 x 2242

Powerful Tools for Caregivers: 6-week workshop for caregivers. Topics include building a “selfcare toolbox”, stress reduction, communication, mastering caregiver decisions, managing emotions. Register with sdias@southlakeregional.org or with call Bindu at 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.

Fall into Health: 5-week education series on health topics including: busting breathing myths, eye care, sleep & nutrition, stress management. Register with Jean at 416-246-2388

Lunge ‘n Lunch: Let’s move and cook together. Join a 8-week exercise demonstration and cooking program. To register, call 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

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

Behaviour Management Group– A new parenting group starting November 26th. For more info please contact Adele @ 416 246 2388 x 3292

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

Jane Finch TSNS Task Force and Tables: resident and agency working tables focused on addressing issues. Black Creek Food Justice Network, Jane Finch Economics and Opportunities Action Group, Health Care Action Table, Jane Finch Education Action Group. For more info contact Butterfly 416 249 8000 x 2231

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

Early Parenting– A group for new mums and their babies, join in on discussions, learn about resources, and engage with other community members. For more info contact Adele at 416 246 2388 x 3292

WHAT ELSE IS GOING ON ?

NEW Community Drop-In!

Details:

Drop by every weekday between 2:30 pm -4:30pm at our Sheridan site:

- Get snacks
- A hot cup of coffee/tea
- Harm Reduction supplies
- Information on BCCHC programs and services
- Chat with one of our Health promotion team members
- Say Hi!

Just follow the signs!

