

BLACK CREEK CHC GROUP PROGRAMS JANUARY 2021

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT



@BlackCreekCHC



@BlackCreek_CHC

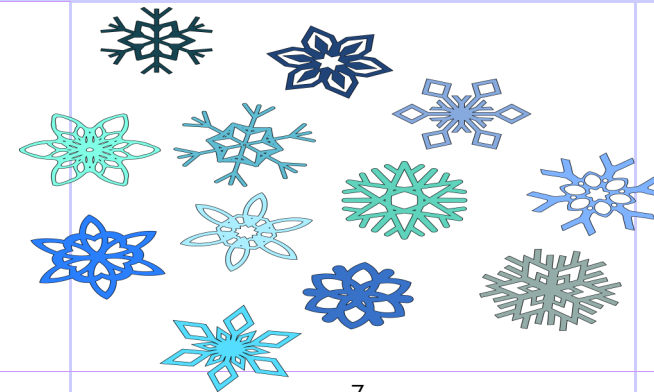


@BlackCreek_CHC



bcchc.com

Stay in Touch!
 Sheridan Location: 416-249-8000
 Yorkgate Location 416-246-2388
 info@bcchc.com
COVID Support Line: 416-830-3229



4
Community Drop-In
 2:30-4:30pm

11
Community Drop-In
 2:30-4:30pm
Jane Finch Economics & Opportunities Action Group 6 pm -8pm

18
Chronic Pain Self Management
 10 am—11:30 am
Community Drop-In
 2:30-4:30pm
Jane Finch Education Action Group 6 pm -8pm

25
Chronic Pain Self Management
 10 am—11:30 am
Community Drop-In
 2:30-4:30pm
Black Creek Food Justice Network 6 pm -8pm

5
Exercise General Class 10 am -11 am
Community Drop-In
 2:30-4:30pm
Diabetes Information Session 6:30-7:30 pm
Gentle Fit 1 3 pm -4 pm

12
Exercise General Class 10 -11 am
Community Drop-In
 2:30-4:30pm
Gentle Fit 1 3 pm -4 pm

19
Prenatal Program 11am-12pm
School Readiness 3-5pm
Community Drop-In
 2:30-4:30pm
Gentle Fit 1 3 pm -4 pm

26
Prenatal Program 11am-12pm
School Readiness 3-5pm
Community Drop-In
 2:30-4:30pm
Gentle Fit 1 3 pm -4 pm

6
Early Parenting 10:30 am -11:30 am
Community Drop-In
 2:30-4:30pm
Breastfeeding Support Group
 1 pm— 3 pm
Jane Finch Action Against Poverty (JFAAP) 6 pm -9pm

13
Circle of Security 10-11am
Early Parenting 10:30 am -11:30 am
Breastfeeding Support Group 1-3pm
Community Drop-In 2:30-4:30pm
Jane Finch Action Against Poverty (JFAAP) 6 pm -9pm

20
Circle of Security 10-11am
Early Parenting 10:30-11:30 am
Community Drop-In 2:30-4:30pm
Shop Smart, Shop Healthy 2-3 pm
Jane Finch Action Against Poverty (JFAAP) 6 pm -9pm

27
Circle of Security 10-11am
Early Parenting 10:30-11:30 am
Community Drop-In 2:30-4:30pm
Jane-Finch HealthCare Action Table 2pm
Jane Finch Action Against Poverty (JFAAP) 6 pm -9pm

7
Community Drop-In
 2:30-4:30pm
Women's Wellness 10:30am-12pm

14
Community Drop-In
 2:30-4:30pm

21
Beyond the Body 11 am-1 pm
Community Drop-In
 2:30-4:30pm
Smoke Stoppers 2-3 pm

28
Beyond the Body 11 am-1 pm
Building Better Bones 11-12:30 pm
Community Drop-In
 2:30-4:30pm
Smoke Stoppers 2-3 pm

8
Community Drop-In
 2:30-4:30pm
Gentle Fit 2 3 pm—4pm

15
Community Drop-In
 2:30-4:30pm
Gentle Fit 2 3 pm—4pm

22
Community Drop-In
 2:30-4:30pm

29
Community Drop-In
 2:30-4:30pm
Gentle Fit 2 3 pm—4pm

9

23

30

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 • 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. Other dates and times in community to be announced. For more information, call Tamanah 416-249-8000 x 2291

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

Chronic Pain Self Management: 6 week workshop for people with primary or secondary diagnosis of chronic pain. Topics include strategies to help you manage day to day challenges of living with chronic pain. To register: call Bindu at 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 Information Session – Join our diabetes information session to learn how to manage diabetes, share experiences, discuss challenges and learn coping strategies. Grocery gift cards provided to participants. Register online or phone 416-246-2388

Prenatal Yoga– Will be restarting in January. Join us for Yoga sessions and other discussions. Register with Paola 416 249 8000 x 2291

Circle of Security– 8 week Parenting support group starting January 13th. Register: Sylvia 416-894-8186 or sylvia.delgado@bcchc.com

School Readiness Program– A new group starting January 19 for parents and their children! 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 on Thursdays. Join your community members for discussions, games+ more! Contact Katrina 416 246 2388 x 3299

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

Shop Smart, Shop Healthy—Join our Registered Dietitian for a conversation on making smart choices at the grocery store to help you eat healthier and save money. \$10 grocery gift cards will be awarded to participants. For more information or to register, call 416-246-2388

Building Better Bones—Do you have osteoporosis or osteopenia? Join this 4 week online educational series focused on bone health and helping you fit exercise into your everyday life! For more information or to register, please call 416-778-5808 ext 237

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

Beyond the Body – 7-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 online or phone 416-249-8000.

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/ hot meal
- 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!

