








JANUARY 2024 GROUP PROGRAMS—BLACK CREEK COMMUNITY HEALTH CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 CENTRE CLOSED	2 Day/Evening Treatment: 2 pm—4 pm Gentle Fit—Virtual — 3 pm –4 pm SRRA Youth Cooking Program– 3-5pm @15 San Romanoway	3 Women’s Interaction Nest– 10am-12pm YG Women’s Grief Support Group—11:30-1:30 @ 180 Chalkfarm Dr., (Community Centre) Breastfeeding Support Group—Virtual 1 pm— 3 pm Day/Evening Treatment: 2 pm—4 pm	4 Senior’s Group 1-3pm @ 15 San Romanoway Day/Evening Treatment: 2 pm—4 pm Cooking W Friends 3-5pm Westview C.I Harm Reduction Drop-in (SH) 5 pm—8 pm	5 Massage Program 10am-2pm SH Healthy & Active Seniors 2-4pm @ 35 Shoreham Harm Reduction Drop-In 1-4pm SH	6 Your Health in Your Hands Wellness Clinic: 12 pm—4 pm YG
8 Diabetes Support Group 1 pm— 2:30 pm @ 15 San Romanoway	9 Exercise General Class –Virtual 10 -11 am Day/Evening Treatment: 2 pm—4 pm Gentle Fit—Virtual — 3 pm –4 pm SRRA Youth Cooking Program– 3-5pm @15 San Romanoway	10 Women’s Interaction Nest– 10am-12pm YG Women’s Grief Support Group—11:30-1:30 @ 180 Chalkfarm Dr., (Community Centre) Breastfeeding Support Group—Virtual 1 pm— 3 pm Day/Evening Treatment: 2 pm—4 pm	11 Exercise General Class –Virtual 10 -11 am Senior’s Group 1-3pm @ 15 San Romanoway Day/Evening Treatment: 2 pm—4 pm Cooking W Friends 3-5pm Westview C.I Harm Reduction Drop-in (SH) 5 pm—8 pm	12 Massage Program 10am-2pm SH Harm Reduction Drop-In 1-4pm SH Mindfulness Virtual Program 2:30 pm -4 pm Gentle Fit—Virtual — 3 pm –4 pm	13 Your Health in Your Hands Wellness Clinic: 12 pm—4 pm YG
15 Powerful tools for caregivers (Virtual) 2-4 pm	16 Exercise General Class –Virtual 10 -11 am Day/Evening Treatment: 2 pm—4 pm Gentle Fit—Virtual — 3 pm –4 pm SRRA Youth Cooking Program– 3-5pm @15 San Romanoway	17 Women’s Interaction Nest– 10am-12pm YG Breastfeeding Support Group 10:30– am 12:30pm @ Jane / Finch Early ON Centre Day/Evening Treatment: 2 pm—4 pm	18 Exercise General Class –Virtual 10 -11 am Day/Evening Treatment: 2 pm—4 pm Cooking W Friends 3-5pm Westview C.I Harm Reduction Drop-in (SH) 5 pm—8 pm	19 Massage Program 10am-2pm SH Healthy & Active Seniors 2-4pm @ 35 Shoreham Mindfulness Virtual Program 2:30 pm -4 pm Harm Reduction Drop-In 1-4pm SH Gentle Fit –Virtual — 3 pm –4 pm	20 Your Health in Your Hands Wellness Clinic: 12 pm—4 pm YG
22 Diabetes Support Group 1 pm— 2:30 pm @ 15 San Romanoway Powerful tools for caregivers (Virtual) 2-4 pm	23 Exercise General Class –Virtual 10 -11 am Day/Evening Treatment: 2 pm—4 pm SRRA Youth Cooking Program– 3-5pm @15 San Romanoway Gentle Fit—Virtual — 3 pm –4 pm	24 Women’s Interaction Nest– 10am-12pm YG Day/Evening Treatment: 2 pm—4 pm	25 Exercise General Class –Virtual 10 -11 am Senior’s Group 1-3pm @ 15 San Romanoway Day/Evening Treatment: 2 pm—4 pm Cooking W Friends 3-5pm Westview C.I Harm Reduction Drop-in (SH) 5 pm—8 pm	26 Massage Program 10am-2pm SH Harm Reduction Drop-In 1-4pm SH Overdose Recognition and Response Training 2-4 pm @SH Mindfulness Virtual Program 2:30 pm -4 pm Gentle Fit—Virtual — 3 pm –4 pm	27 Your Health in Your Hands Wellness Clinic: 12 pm—4 pm YG
29 Powerful tools for caregivers (Virtual) 2-4 pm	30 Exercise General Class –Virtual 10 -11 am 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 Day/Evening Treatment: 2 pm—4 pm Gentle Fit—Virtual — 3 pm –4 pm SRRA Youth Cooking Program– 3-5pm @15	31 Women’s Interaction Nest– 10am-12pm YG Day/Evening Treatment: 2 pm—4 pm	<div><div><div>Keep in Touch !</div><div></div><div>www.bcchc.com</div><div>Email: info@bcchc.com</div></div><div><div>Sheridan Mall Location 416 246 8000 Yorkgate Mall Location 416 246 2388</div></div></div> <div><div>Call us or Register online!</div><div><div>SCAN ME</div></div></div> <div>www.bcchc.com/register-group-programs/</div>		

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



Sheridan Mall Location
416 246 8000
Yorkgate Mall Location
416 246 2388

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Program Descriptions:

Well(Nest) Program: Addictions Support Group on Tuesdays, Wednesdays and Thursdays. Day program and online evening sessions. Contact Laura Voisin 647 876 8606 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 Thursday and Friday at Sheridan. Drop by for some snacks, and harm reduction resources. For more info contact Laura 647 876 8606

Breastfeeding Support Group -Virtual: Support group for expectant or breastfeeding moms. This group meets virtually first Wednesday of the month. For more information, call 416-249-8000

Breastfeeding Support Group @ Jane / Finch Early ON Centre: Support group for expectant or breastfeeding moms. This group meets in person third Wednesday of the month at Jane / Finch Early ON Centre. For more information, call 416-249-8000

Spanish Breastfeeding Group: Únase a nosotros el último martes de cada mes para compartir charlas acerca de la crianza de los hijos, preguntas sobre la lactancia materna, disfrutar una merienda, conocer nuevas personas y sentirse parte de la comunidad. Bebés y niños pequeños son bienvenidos. Comparta con nosotros si alguna temática le interesa. Algunos de las charlas informativas van a cubrir temáticas como tum-my time o posición boca abajo, porta bebés, consejos de salud mental e información sobre soporte en la comunidad. Para registrarse Paola Morales 416 249 8000 x 2231

Virtual Group 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.

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 and 4th Monday of the month at 15 San Romanoway. Grocery gift cards provided to participants. Register online or phone 416-246-2388 x 3281

Massage Program- Humber College students providing massage for community dealing with chronic pain every Friday at Sheridan. For more info, please contact Paola @ 416 249 8000 ext. 2231

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/>

Mindfulness (Virtual)—4 weeks virtual program is designed to help individuals cultivate mindfulness skills to manage stress and improve overall well-being. Throughout the program, participants may be encouraged to engage in daily mindfulness practices, keep a journal, and participate in group discussions to share experiences and insights. For more info, please contact Antara or Manjusha @ 416 246 2388 or register online <https://www.bcchc.com/register-group-programs/>

Women's Grief Support Group: 8 week program provides emotional support and psychoeducation for women who are affected by grief from loss, including loss of loved one, job loss, health and relationship. This group meets every Wednesdays at Chalkfarm Community Centre (180 Chalkfarm Dr.,). Register with Grace online or phone 416-249-8000