

MARCH 2024 GROUP PROGRAMS—BLACK CREEK COMMUNITY HEALTH CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div>Keep in Touch !</div><div></div><div>www.bcchc.com</div><div>Email: info@bcchc.com</div></div>	<div><div></div><div><div>Sheridan Mall Location</div><div>416 246 8000</div><div>Yorkgate Mall Location</div><div>416 246 2388</div></div></div>	<div><div>Call us or Register online!</div></div> <div>www.bcchc.com/register-group-programs/</div>	<div><div></div><div>SCAN ME</div></div>	<div>1</div> <div>Healthy & Active Seniors 2-4pm @ 35 Shoreham Harm Reduction Drop-In 1-4pm SH Gentle Fit—Virtual — 3 pm –4 pm</div>	<div>2</div> <div>Your Health in Your Hands Wellness Clinic: 12 pm—4 pm YG</div>
<div>4</div>	<div>5</div> <div>Exercise General Class –Virtual 10 -11 am Massage Program 10am-12pm SH Powerful tools for caregiving mothers 10am-12pm Let's talk about Diabetes 11am-12pm Day/Evening Treatment: 2 pm—4 pm Gentle Fit—Virtual — 3 pm –4 pm SRRA Youth Cooking Program– 3-5pm @15 San</div>	<div>6</div> <div>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</div>	<div>7</div> <div>Exercise General Class –Virtual 10 -11 am Protecting your Bones 11-12 Smoke Stoppers—Virtual 12-1 pm Day/Evening Treatment: 2 pm—4 pm Cooking W Friends 3-5pm Westview C.I Men's Health and Wellness Hours 4—8 pm (YG) Harm Reduction Drop-in (SH) 5 pm—8 pm</div>	<div>8</div> <div>Harm Reduction Drop-In 1-4pm SH Gentle Fit—Virtual — 3 pm –4 pm</div>	<div>9</div> <div>Your Health in Your Hands Wellness Clinic: 12 pm—4 pm YG</div>
<div>11</div> <div>Diabetes Support Group 1 pm—2:30 pm @ 15 San Romanoway</div>	<div>12</div> <div>Exercise General Class –Virtual 10 -11 am Massage Program 10am-12pm SH Powerful tools for caregiving mothers 10am-12pm Food Safety at home 11am—12 pm Day/Evening Treatment: 2 pm—4 pm Gentle Fit—Virtual — 3 pm –4 pm SRRA Youth Cooking Program– 3-5pm @15 San Romanoway</div>	<div>13</div> <div>Women's Interaction Nest– 10am-12pm YG Day/Evening Treatment: 2 pm—4 pm</div>	<div>14</div> <div>Exercise General Class –Virtual 10 -11 am Shop Smart Shop Healthy 11am—12pm Smoke Stoppers—Virtual 12-1 pm Day/Evening Treatment: 2 pm—4 pm Nutrition, Fitness & Weight– Virtual 2-3:30 Cooking W Friends 3-5pm Westview C.I Men's Health and Wellness Hours 4—8 pm (YG) Harm Reduction Drop-in (SH) 5 pm—8 pm</div>	<div>15</div> <div>Healthy & Active Seniors 2-4pm @ 35 Shoreham Harm Reduction Drop-In 1-4pm SH Gentle Fit –Virtual — 3 pm –4 pm</div>	<div>16</div> <div>Your Health in Your Hands Wellness Clinic: 12 pm—4 pm YG</div>
<div>18</div>	<div>19</div> <div>Exercise General Class –Virtual 10 -11 am Powerful tools for caregiving mothers 10am-12pm Massage Program 10am-12pm SH Shop Smart Shop Healthy-Virtual 11am—1 2pm Day/Evening Treatment: 2 pm—4 pm SRRA Youth Cooking Program– 3-5pm @15 San Romanoway</div>	<div>20</div> <div>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</div>	<div>21</div> <div>Exercise General Class –Virtual 10 -11 am Smoke Stoppers—Virtual 12-1 pm Day/Evening Treatment: 2 pm—4 pm Nutrition, Fitness & Weight– Virtual 2-3:30 Cooking W Friends 3-5pm Westview C.I Men's Health and Wellness Hours 4—8 pm (YG)</div>	<div>22</div> <div>Harm Reduction Drop-In 1-4pm SH Overdose Recognition and Response Training 2-4 pm @SH Gentle Fit—Virtual — 3 pm –4 pm</div>	<div>23</div> <div>Your Health in Your Hands Wellness Clinic: 12 pm—4 pm YG</div>
<div>25</div> <div>Diabetes Support Group 1 pm—2:30 pm @ 15 San Romanoway</div>	<div>26</div> <div>Exercise General Class –Virtual 10 -11 am Massage Program 10am-12pm SH Health & Nutrition after 50 11am -12 pm 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</div>	<div>27</div> <div>Women's Interaction Nest– 10am-12pm YG Day/Evening Treatment: 2 pm—4 pm</div>	<div>28</div> <div>Exercise General Class –Virtual 10 -11 am Smoke Stoppers—Virtual 12-1 pm Day/Evening Treatment: 2 pm—4 pm Nutrition, Fitness & Weight– Virtual 2-3:30 Cooking W Friends 3-5pm Westview C.I Men's Health and Wellness Hours 4—8 pm (YG) Harm Reduction Drop-in (SH) 5 pm—8 pm</div>	<div>29</div> <div>Clinic Closed</div> <div></div>	<div>30</div> <div>Clinic Closed</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!



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

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

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

Men's Health and Wellness Hours: Yorkgate 4 pm—8 pm Men's wellness activities, food, music, dominoes, and conversation

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. Bebes y niños pequeños son bienvenidos. Comparta con nosotros si alguna temática le interesa. Algunos de las charlas informativas van a cubrir temáticas como tummy time o posición boca abajo, porta bebes, consejos de salud mental e informacion sobre supeste 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.
- **Nutrition, Fitness & Weight**—4 week series where we myth bust common beliefs about weight loss, fitness & nutrition.

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

Health & Nutrition Focus on Age 50+ (Virtual): Join the registered dietitian on ZOOM to learn hoe to eat healthy and stay healthy after 50+. Register online or phone 416-246-2388

Food Safety at Home— Virtual: —Join our Registered Dietitian on Zoom for a conversation on how to safely handle food from grocery store to table. To register, call 416 246 2388 or online.

Let's Talk About Diabetes— Join the registered dietitian on ZOOM for a conversation on Diabetes. Learn more about types of diabetes, healthy eating, exercise and more. Register online or phone 416-246-2388

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.

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 Caregiving Mothers (In person) - Dealing with caregiver burnout? Join us for a 6 week workshop focused on tools for mothers experiencing stress in caregiving for children. For more info, please contact Ruth @ 416 246 2388 ext. 3223 or register online <https://www.bcchc.com/register-group-programs/>.

Resourced & Resilient trauma therapy group (Virtual) - 8 week program. Topics covered are stages of trauma therapy, PTSD, self care, neurobiology of trauma, patterns of behaviour and introduction to CBT. For more info, please contact Susan @ 416 249 8000 ext. 2258 or register online <https://www.bcchc.com/register-group-programs/>

Want to Quit Smoking? Join Smoke Stoppers 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