

# MAY 2024 GROUP PROGRAMS—BLACK CREEK COMMUNITY HEALTH CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Keep in Touch! www.bcchc.com Email: info@bcchc.com</p>	 <p><b>Sheridan Mall Location</b> 416 246 8000 <b>Yorkgate Mall Location</b> 416 246 2388</p>	<p>1 <b>Women's Interaction Nest</b>— 1 PM— 5 PM YG <b>Day/Evening Treatment:</b> 2 pm—4 pm</p>	<p>2 <b>Day/Evening Treatment:</b> 2 pm—4 pm <b>Cooking W Friends</b> 3-5pm Westview C.I <b>Men's Health and Wellness Hours</b> 4—8 pm (YG) <b>Community Prenatal Program</b>—6 pm—8 pm—SH <b>Harm Reduction Drop-in (SH)</b> 5 pm—8 pm</p>	<p>3 <b>Exercise General Class –Virtual</b> 10 -11 am <b>Knitting Neighbours</b>— 11 am—12 pm YG <b>Healthy &amp; Active Seniors</b> 2-4pm @ 35 Shoreham <b>Harm Reduction Drop-In</b> 1-4pm SH <b>Gentle Fit—Virtual</b> — 3 pm -4 pm</p>	<p>4 <b>Drop-In Forms Clinic</b> 12 pm—4 pm YG</p>
<p>6</p>	<p>7 <b>Exercise General Class –Virtual</b> 10 -11 am <b>Day/Evening Treatment:</b> 2 pm—4 pm <b>Gentle Fit—Virtual</b> — 3 pm -4 pm <b>SRRA Youth Cooking Program</b>— 3-5pm @15 San Romanoway</p>	<p>8 <b>Women's Interaction Nest</b>— 1 PM— 5 PM YG <b>Day/Evening Treatment:</b> 2 pm—4 pm</p>	<p>9 <b>Day/Evening Treatment:</b> 2 pm—4 pm <b>Cooking W Friends</b> 3-5pm Westview C.I <b>Men's Health and Wellness Hours</b> 4—8 pm (YG) <b>Harm Reduction Drop-in (SH)</b> 5 pm—8 pm <b>Community Prenatal Program</b>—6 pm—8 pm—SH</p>	<p>10 <b>Exercise General Class –Virtual</b> 10 -11 am <b>Harm Reduction Drop-In</b> 1-4pm SH <b>Knitting Neighbours</b>— 11 am—12 pm YG <b>Gentle Fit—IN PERSON</b>— 3 pm -4 pm - YG</p>	<p>11 <b>Drop-In Forms Clinic</b> 12 pm—4 pm YG</p>
<p>13 <b>Diabetes Support Group</b> 1 pm—2:30 pm @ 15 San Romanoway</p>	<p>14 <b>Exercise General Class –Virtual</b> 10 -11 am <b>Shop smart, shop healthy—Virtual</b> 11am-12pm <b>Day/Evening Treatment:</b> 2 pm—4 pm <b>Gentle Fit—Virtual</b> — 3 pm -4 pm <b>SRRA Youth Cooking Program</b>— 3-5pm @15 San Romanoway</p>	<p>15 <b>Women's Interaction Nest</b>— 1 PM— 5 PM YG <b>Day/Evening Treatment:</b> 2 pm—4 pm</p>	<p>16 <b>Smoke Stoppers—Virtual</b> 1:30-2:30 <b>Day/Evening Treatment:</b> 2 pm—4 pm <b>Cooking W Friends</b> 3-5pm Westview C.I <b>Men's Health and Wellness Hours</b> 4—8 pm (YG) <b>Harm Reduction Drop-in (SH)</b> 5 pm—8 pm <b>Community Prenatal Program</b>—6 pm—8 pm—SH</p>	<p>17 <b>Exercise General Class –Virtual</b> 10 -11 am <b>Knitting Neighbours</b>— 11 am—12 pm YG <b>Healthy &amp; Active Seniors</b> 2-4pm @ 35 Shoreham <b>Harm Reduction Drop-In</b> 1-4pm SH <b>Gentle Fit –IN PERSON</b>— 3 pm -4 pm - YG</p>	<p>18 <b>CENTRE CLOSED LONG WEEKEND</b></p> 
<p>20 <b>CENTRE CLOSED LONG WEEKEND</b></p> 	<p>21 <b>Exercise General Class –Virtual</b> 10 -11 am <b>Day/Evening Treatment:</b> 2 pm—4 pm <b>SRRA Youth Cooking Program</b>— 3-5pm @15 San Romanoway <b>Gentle Fit—Virtual</b> — 3 pm -4 pm</p>	<p>22 <b>Community Garden Opening and Workshop:</b> 10 AM—12 PM SH <b>Women's Interaction Nest</b>— 1 PM— 5 PM YG <b>Day/Evening Treatment:</b> 2 pm—4 pm</p>	<p>23 <b>Smoke Stoppers—Virtual</b> 1:30-2:30 <b>Day/Evening Treatment:</b> 2 pm—4 pm <b>Cooking W Friends</b> 3-5pm Westview C.I <b>Men's Health and Wellness Hours</b> 4—8 pm (YG) <b>Harm Reduction Drop-in (SH)</b> 5 pm—8 pm <b>Community Prenatal Program</b>—6 pm—8 pm—SH</p>	<p>24 <b>Harm Reduction Drop-In</b> 1-4pm SH <b>Knitting Neighbours</b>— 11 am—12 pm YG <b>Gentle Fit—IN PERSON</b>— 3 pm -4 pm - YG</p>	<p>25 <b>Drop-In Forms Clinic</b> 12 pm—4 pm YG</p>
<p>27 <b>Diabetes Support Group</b> 1 pm—2:30 pm @ 15 San Romanoway</p>	<p>28 <b>Exercise General Class –Virtual</b> 10 -11 am <b>55+ Wellness Group:</b> 10 am—12 pm—Black Creek Community Farm <b>Health &amp; Nutrition after 50 years old—Virtual</b> 11 am—12 pm <b>Breastfeeding Group – Spanish/Grupo de Apoyo a la Lactancia Materna en Español:</b>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 <b>Day/Evening Treatment:</b> 2 pm—4 pm <b>Gentle Fit—Virtual</b> — 3 pm -4 pm</p>	<p>29 <b>Women's Interaction Nest</b>— 1 PM— 5 PM YG <b>Day/Evening Treatment:</b> 2 pm—4 pm</p>	<p>30 <b>Smoke Stoppers—Virtual</b> 1:30-2:30 <b>Day/Evening Treatment:</b> 2 pm—4 pm <b>Cooking W Friends</b> 3-5pm Westview C.I <b>Men's Health and Wellness Hours</b> 4—8 pm (YG) <b>Harm Reduction Drop-in (SH)</b> 5 pm—8 pm <b>Community Prenatal Program</b>—6 pm—8 pm—SH</p>	<p>31 <b>Food safety at home—Virtual</b> 11am-12pm <b>Exercise General Class –Virtual</b> 10 -11 am <b>Knitting Neighbours</b>— 11 am—12 pm YG <b>Overdose Recognition and Response Training</b> 2-4 pm @ SH <b>Harm Reduction Drop-In</b> 1-4pm SH <b>Gentle Fit—IN PERSON</b>— 3 pm -4 pm - YG</p>	<p>Call us or Register online!</p>  <p>SCAN ME</p>

# 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

[www.bcchc.com/register-group-programs/](http://www.bcchc.com/register-group-programs/)

## Program Descriptions:

**Knitting Neighbours:** A space for knitters of all levels to knit, socialize and share. Fridays from 11 am—12 pm at Black Creek CHC Yorkgate Mall location, starting May 3. For more information or to register, call 416 246 5058.

**55+ Wellness Group:** Bring your sunhats and water and join us at Black Creek Community Farm for some gardening, gentle exercises and refreshments. Join us on Tuesdays 10 am—12 pm, starting May 28 at Black Creek Community Farm—4929 Jane St. For more information, call 416 249 000.

**Community Garden Opening and Workshop:** Join us on May 22 as we open our community garden behind Sheridan Mall 10 am—12 pm and hosting a workshop presented by the Bowery Place. For more information call 416 249 8000.

**Community Prenatal Program:** Join this 7 week in-person Prenatal Group for support for a healthy pregnancy and beyond! Group will take place on Thursdays at Black Creek CHC Sheridan Mall location from 6 pm—8 pm. Birth partners welcome. Registration is required. To register: call Paola or Nadine at 416 249 8000

**Drop-in Forms Clinic:** Need more information about childhood school immunizations? Have you received a letter about school suspensions? Come by Saturdays from 12– 4 pm at Yorkgate to get help with your forms. We can also help with ODSP and OW Forms. For more information, call Sonia at 416 246 2388.

**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](mailto: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

**Men's Health and Wellness Hours:** Thursdays at 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. Bebés 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 bebés, consejos de salud mental e información sobre soporte en la comunidad. Para registrarse Paola Morales 416 249 8000 x 2231

**IN PERSON and Virtual Group Exercise Programs** - Register with Fred or Jean online or phone 416-246-2388

- **VIRTUAL—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).
- **IN PERSON and VIRTUAL Gentle Fit Class** – Low intensity physical movements in seated positions. Includes range of motion, body weight and or dumbbells (or alternative weights) exercises.  
Tuesdays classes are VIRTUAL. Friday classes are IN PERSON.
- **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. Register online or phone 416-246-2388 x 3281

**Health & Nutrition Focus on Age 50+ -Virtual:** Join the registered dietitian on ZOOM to learn how 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.

**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.