


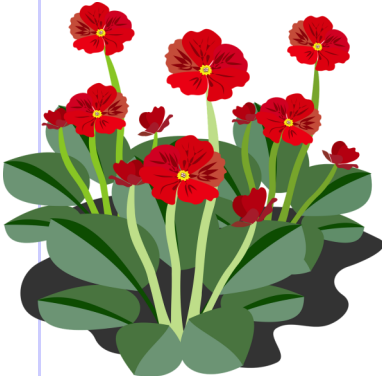


May 2025 GROUP PROGRAMS—BLACK CREEK COMMUNITY HEALTH CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div>Stay in Touch! Sheridan Location: 416-249-8000 Yorkgate Location 416-246-2388 info@bcdhc.com</div></div> <div></div> <div><div>SCAN ME</div></div>			<div>1</div> <div>Wellnest Program: 2 pm—4 pm YG Gentle Fit—3:15 pm –4:15 pm SH</div>	<div>2</div> <div>Harm Reduction Drop-In 1-4pm SH Knitting Neighbours— 1:30-3pm YG Gentle Fit—Virtual 3 pm –4 pm Seniors Mindfulness Support Group 2:30-4:30 @ 35 Shoreham Dr.</div>	<div>3</div>
<div>5</div> <div>Harm Reduction Drop-In 1-4pm YG Youth Program– 6-8 pm YG</div>	<div>6</div> <div>Exercise General Class – Virtual 10 -11 am Tobermory Youth Group 4-8pm Harm Reduction Drop-In 1-4pm SH WellNest Program: 2 pm—4 pm YG Evening Prenatal Program 6-7:30 @ SH Site</div>	<div>7</div> <div>Women's Interaction Nest: 10am-2pm YG Let's talk about Diabetes—Virtual 11am-12pm Harm Reduction Drop-In 1-4pm YG Wellnest Program: 2 pm—4 pm YG Gentle Fit 3 pm –4 pm @ SH</div>	<div>8</div> <div>Wellnest Program: : 2 pm—4 pm YG Gentle Fit—3:15 pm –4:15 pm SH Senior's Program 1-3pm @ 15 San Romanoway</div>	<div>9</div> <div>Harm Reduction Drop-In 1-4pm SH Gentle Fit—Virtual 3 pm –4 pm</div>	<div>10</div> <div>Wellness Day Event 12 pm—4 pm @YG  Wellness Screenings 12 pm—4 pm @ YG</div>
<div>12</div> <div>Diabetes Support Group 1 pm—2:30 pm @ 15 San Romanoway Harm Reduction Drop-In 1-4pm YG Youth Program– 6-8 pm YG</div>	<div>13</div> <div>Community Garden Workshop 10 am—12 pm @ SH site back parking lot, behind Walmart Exercise General Class – Virtual 10 -11 am Harm Reduction Drop-In 1-4pm SH WellNest Program: 2 pm—4 pm YG Tobermory Youth Group 4-8pm Evening Prenatal Program 6-7:30 @ SH Site</div>	<div>14</div> <div>Bone Health—Virtual - 11 am—12 pm Wellnest Program: : 2 pm—4 pm YG Women's Interaction Nest: 10am-2pm YG</div>	<div>15</div> <div>Gentle Fit—3:15 pm –4:15 pm SH Wellnest Program: : 2 pm—4 pm YG Community Prenatal Program: 6-7 pm @ SH</div>	<div>16</div> <div>Walking Group 10—11:30 am @ SH Harm Reduction Drop-In 1-4pm SH Gentle Fit—Virtual 3 pm –4 pm Seniors Mindfulness Support Group 2:30-4:30 @ 35 Shoreham Dr.</div>	<div>17</div> <div>CLOSED</div>
<div>19</div> <div>CLOSED Victoria Day</div>	<div>20</div> <div>Exercise General Class —Virtual 10 -11 am Breastfeeding Group – Spanish/Grupo de Apoyo a la Lactancia Materna en Español:1 pm—3 pm Harm Reduction Drop-In 1-4pm SH Wellnest Program: 2 pm—4 pm YG Tobermory Youth Group 4-8pm Evening Prenatal Program 6-7:30 @ SH Site</div>	<div>21</div> <div>Bone Health—Virtual - 11 am—12 pm Gentle Fit 3 pm –4 pm @ SH Wellnest Program: : 2 pm—4 pm YG Women's Interaction Nest: 10am-2pm YG</div>	<div>22</div> <div>Gentle Fit—3:15 pm –4:15 pm SH Senior's Program 1-3pm @ 15 San Romanoway Community Prenatal Program: 6-7 pm @ SH</div>	<div>23</div> <div>Walking Group 10—11:30 am @ SH Harm Reduction Drop-In 1-4pm SH Gentle Fit—Virtual 3 pm –4 pm</div>	<div>24</div> <div>Wellness Screenings 12 pm—4 pm @ YG</div>
<div>26</div> <div>Harm Reduction Drop-In 1-4pm YG Youth Program– 6-8 pm YG</div>	<div>27</div> <div>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 Harm Reduction Drop-In 1-4pm SH Wellnest Program: 2 pm—4 pm YG Tobermory Youth Group 4-8pm Evening Prenatal Program 6-7:30 @ SH Site</div>	<div>28</div> <div>Food safety at home—Virtual 11am-12pm Gentle Fit 3 pm –4 pm @ SH Wellnest Program: : 2 pm—4 pm YG Women's Interaction Nest: 10am-2pm YG</div>	<div>29</div> <div>Gentle Fit—3:15 pm –4:15 pm SH Community Prenatal Program: 6-7 pm @ SH</div>	<div>30</div> <div>Walking Group 10—11:30 am @ SH Harm Reduction Drop-In 1-4pm SH Gentle Fit—Virtual 3 pm –4 pm Seniors Mindfulness Support Group 2:30-4:30 @ 35 Shoreham Dr.</div>	<div>31</div> <div></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!



Stay in Touch!  
Sheridan Location: 416-249-8000  
Yorkgate Location 416-246-2388  
info@bcchc.com

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

SCAN ME

## Program Descriptions:

**Wellness Day:** Join us on May 10 at Yorkgate from 12 pm—4 pm for a day of fun and interactive wellness activities. Meet our Community Health Coaches, learn more about our Health Coaching Program, take part in a food demo! Games, refreshments and a special Mothers Day basket giveaway!

**Walking Group:** We're walking this Spring! Join our weekly walking group. Meet other community members and get active. The group meets Fridays—starting May 16, from 10—11:30 am at our Sheridan Mall location. Dress comfortably and bring a water bottle. To register, contact Nadine or Peter at 416 249 8000 x 2235 or sign up online.

**Wellness Screenings @YG:** Blood Sugar and Blood Pressure wellness checks at Yorkgate offered by our Health Outreach Team. Your Health — Our Priority! Saturday May 10 and May 24 from 12 PM—4 PM

**Tuesday Evening Prenatal Program—IN PERSON:** Join us Tuesdays at Sheridan in partnership with the Canadian Prenatal Nutrition Program (CPNP) - learn about ways to have a healthy and active pregnancy. For more information, call Sick Kids Centre for Community Mental Health at 416 924 1164 x 8719 or register online.

**Thursday Evening Prenatal Program—IN PERSON :** Join us for a 7-week prenatal class, to help you prepare for a happy and healthy labour and delivery. For more information, or to register, call Paola or Nadine at 416 249 8000. In partnership with Humber River Family Health Team

**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

**Well(Nest) Program:** Addictions Support Group on Tuesdays, Wednesdays and Thursdays. Day program 2-4pm at Yorkgate site and online evening sessions 5:30-7:30pm. Contact Jess 416 246 2388 for more information

**Harm Reduction Drop-In–** Every Tuesday and Friday at Sheridan and every Monday and Wednesday at YG. Drop by for some snacks, and harm reduction resources. For more info contact Jennivea @ 416 249 8000

**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).
- **VIRTUAL 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

**Senior's Mindfulness Support Group—** at 35 Shoreham Dr., 11th floor Rec Room. Addressing aging related challenges such as mindfulness, grief / loss, loneliness, health, trauma and more. To register call 416-249-8000

**Women's Interaction Nest (WIN):** A women's cooking group for newcomers. Come shop, cook and eat with us on Wednesdays at Yorkgate. For more info please contact Sonia 647 883 0316

**Diabetes Support Group** – Support group for individuals living with and affected by diabetes. Share experiences, discuss challenges and learn coping strategies. Meets the 2nd and 4th Monday of the month at 15 San Romanoway. 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

**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.

**Protecting Your Bones—Virtual:** Join our Registered Dietitian for a series of 3 presentations to learn how diet, physical activity and other lifestyle factors can affect your bone mass. \$20 grocery gift cards will be rewarded to participants. Register with Mahnaz online or phone 416-246-2388

**Community Garden Workshop—** at SH site back parking lot, behind Walmart. Enjoy learning about gardening and enjoy some social time at this free community event. Don't forget your gardening gloves. To register, call Madison at 416-249-8000.

**Youth Program–** BCCHC Boy's Youth group every Monday evening at YG from 6-8pm. For more info please call 416 249 8000