




June 2025 GROUP PROGRAMS—BLACK CREEK COMMUNITY HEALTH CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>2</div> <div>Chalkfarm Lunch n Learn 12-1pm @ 160 Chalkfarm Dr</div> <div>Harm Reduction Drop-In 1-4pm YG</div> <div>Diabetes Support Group 1 pm—2:30 pm @ 15 San Romanoway</div> <div>Youth Program– 6-8 pm YG</div>	<div>3</div> <div>Exercise General Class – Virtual 10 -11 am</div> <div>55+ Wellness Gardening Program 10 am –12 pm @Black Creek Community Farm</div> <div>Harm Reduction Drop-In 1-4pm SH</div> <div>WellNest Program: 2 pm—4 pm YG</div> <div>Tobermory Youth Group 4-8pm</div> <div>Evening Prenatal Program 6-7:30 pm SH</div>	<div>4</div> <div>Women’s Interaction Nest: 10am-2pm YG</div> <div>Health &amp; Nutrition after 50 years old—Virtual 11 am—12 pm</div> <div>Harm Reduction Drop-In 1-4pm YG</div> <div>Wellnest Program: 2 pm—4 pm YG</div> <div>Gentle Fit 3 pm –4 pm @ SH</div>	<div>5</div> <div>Senior’s Program 1-3pm @ 15 San Romanoway</div> <div>Wellnest Program: 2 pm—4 pm YG</div> <div>Community Prenatal Program: 6 pm -8 pm @ SH</div>	<div>6</div> <div>Walking Group 10—11:30 am @ SH</div> <div>Harm Reduction Drop-In 1-4pm SH</div> <div>Knitting Neighbours— 1:30-3pm YG</div> <div>Seniors Mindfulness Support Group 2:30-4:30 @ 35 Shoreham Dr.</div> <div>Gentle Fit—Virtual 3 pm –4 pm</div>	<div>7</div> <div>Health Coaching to Wellness Day Event 12 pm—3 pm YG</div>
<div>9</div> <div>Chalkfarm Lunch n Learn 12-1pm @ 160 Chalkfarm Dr</div> <div>Harm Reduction Drop-In 1-4pm YG</div> <div>Diabetes Support Group 1 pm—2:30 pm @ 15 San Romanoway</div> <div>Youth Program– 6-8 pm YG</div>	<div>10</div> <div>Exercise General Class – Virtual 10 -11 am</div> <div>55+ Wellness Gardening Program 10 am –12 pm @Black Creek Community Farm</div> <div>Harm Reduction Drop-In 1-4pm SH</div> <div>WellNest Program: 2 pm—4 pm YG</div> <div>Tobermory Youth Group 4-8pm</div> <div>Evening Prenatal Program 6-7:30 pm SH</div>	<div>11</div> <div>Women’s Interaction Nest: 10am-2pm YG</div> <div>Shop Smart Shop Healthy Virtual 11am– 12pm</div> <div>Harm Reduction Drop-In 1-4pm YG</div> <div>Wellnest Program: 2 pm—4 pm YG</div> <div>Gentle Fit 3 pm –4 pm @ SH</div>	<div>12</div> <div>Wellnest Program: : 2 pm—4 pm YG</div> <div>Community Prenatal Program: 6 pm -8 pm @ SH</div>	<div>13</div> <div>Walking Group 10—11:30 am @ SH</div> <div>Harm Reduction Drop-In 1-4pm SH</div> <div>Knitting Neighbours— 1:30-3pm YG</div> <div>Gentle Fit—Virtual 3 pm –4 pm</div> <div>Seniors Mindfulness Support Group 2:30-4:30 @ 35 Shoreham Dr.</div>	<div>14</div> <div>Wellness Screenings 12 pm—4 pm YG</div>
<div>16</div> <div>Chalkfarm Lunch n Learn 12-1pm @ 160 Chalkfarm Dr</div> <div>Harm Reduction Drop-In 1-4pm YG</div> <div>Youth Program– 6-8 pm YG</div>	<div>17</div> <div>Exercise General Class – Virtual 10 -11 am</div> <div>Harm Reduction Drop-In 1-4pm SH</div> <div>WellNest Program: 2 pm—4 pm YG</div> <div>Tobermory Youth Group 4-8pm</div> <div>Evening Prenatal Program 6-7:30 pm</div>	<div>18</div> <div>Wellnest Program: : 2 pm—4 pm YG</div> <div>Women’s Interaction Nest: 10am-2pm YG</div> <div>Gentle Fit 3 pm –4 pm @ SH</div>	<div>19</div> <div>Senior’s Program 1-3pm @ 15 San Romanoway</div> <div>Wellnest Program: : 2 pm—4 pm YG</div> <div>Community Prenatal Program: 6 pm -8 pm @ SH</div>	<div>20</div> <div>Walking Group 10—11:30 am @ SH</div> <div>Harm Reduction Drop-In 1-4pm SH</div> <div>Knitting Neighbours— 1:30-3pm YG</div> <div>Gentle Fit—Virtual 3 pm –4 pm</div> <div>Seniors Mindfulness Support Group 2:30-4:30 @ 35 Shoreham Dr.</div>	<div>21</div>
<div>23</div> <div>Black Creek Community Health Centre Annual General Meeting 6 PM—8 PM</div>	<div>24</div> <div>Exercise General Class —Virtual 10 -11 am</div> <div>Breastfeeding Group – Spanish/Grupo de Apoyo a la Lactancia Materna en Español:1 pm—3 pm</div> <div>Centre for Spanish Speaking Peoples/ Último Martes de cada mes en el Centro para Gente de Hapla Hispana 2141 Jane St</div> <div>Harm Reduction Drop-In 1-4pm SH</div> <div>Wellnest Program: 2 pm—4 pm YG</div> <div>Tobermory Youth Group 4-8pm</div> <div>Evening Prenatal Program 6-7:30 pm SH</div>	<div>25</div> <div>Let’s talk about Diabetes—Virtual 11am-12pm</div> <div>Diabetes Support Group 1 pm—2:30 pm @ 15 San Romanoway</div> <div>Gentle Fit 3 pm –4 pm @ SH</div> <div>Wellnest Program: : 2 pm—4 pm YG</div> <div>Women’s Interaction Nest: 10am-2pm YG</div>	<div>26</div> <div>Community Prenatal Program: 6 pm -8 pm @ SH</div>	<div>27</div> <div>Walking Group 10—11:30 am @ SH</div> <div>Knitting Neighbours— 1:30-3pm YG</div> <div>Harm Reduction Drop-In 1-4pm SH</div> <div>Gentle Fit—Virtual 3 pm –4 pm</div> <div>Seniors Mindfulness Support Group 2:30-4:30 @ 35 Shoreham Dr.</div>	<div>28</div> <div>Wellness Screenings 12 pm—4 pm YG</div>
<div>30</div> <div>Chalkfarm Lunch n Learn 12-1pm @ 160 Chalkfarm Dr</div> <div>Harm Reduction Drop-In 1-4pm YG</div> <div>Youth Program– 6-8 pm YG</div>			<div><div></div><div>Stay in Touch! Sheridan Location: 416-249-8000 Yorkgate Location 416-246-2388 info@bcchc.com</div></div>	<div><div></div><div>Call us or Register online!</div></div> <div><div></div><div>SCAN ME</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!

Call us or  
Register online!



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

## What devices can you use to join our online

- Computer or laptop
- Smart phone
- Tablet
- Telephone (audio only)

SCAN ME

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

## Program Descriptions:

**Health Coaching to Wellness Day:** Join us on June 7 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! Blood Pressure and Blood Sugar screenings. Games, refreshments and a FITBIT giveaway!

**Walking Group: Walk with Us** - Join our weekly walking group. Meet other community members and get active. The group meets Fridays from 10 am—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! Screenings are offered 2 Saturdays a month.

**55+ Wellness Garden Program:** Bring your sunhat and join our gardening group. Gentle exercise, Food and Gardening Workshops, and more. Tuesdays at Black Creek Community Farm 4929 Jane St from 10 am—12 pm. For more information and to register: Ruth 416 246 5058

**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 June 24 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 Monday and 4th Wednesday 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

**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.

**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

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

**Knitting Neighbours—** A knitting group every Friday at YG, open to all for more info contact 416 246 2388