



# April 2026 GROUP PROGRAMS—BLACK CREEK COMMUNITY HEALTH CENTRE

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY   |
|--|--|--|--|--|--|
|  |  | <p><b>1</b></p> <p><b>Seniors Wellness</b> 2– 3:30pm SH<br/><b>Wellnest Program:</b> 2 - 4 pm YG</p>   | <p><b>2</b></p> <p><b>Wellnest Program</b> 2 -4 pm YG</p>  | <p><b>3</b></p> <p><b>CLOSED</b><br/><b>GOOD FRIDAY</b></p>  | <p><b>4</b></p> <p><b>CLOSED</b><br/><b>EASTER WEEKEND</b></p>   |
| <p><b>6</b></p> <p><b>Dance Movement Therapy Group -</b><br/>10:30am –12:30pm Finch HUB<br/><b>Harm Reduction Drop-In</b> 1-4pm YG<br/><b>Diabetes Support Group</b><br/>1:30– 3:30 pm @ Finch HUB<br/><b>Money Moves</b> 5:30-6:30 pm- SH/virtual<br/><b>Youth Program–</b> 6-8 pm YG</p> | <p><b>7</b></p> <p><b>Massage Therapy</b> 11-12:30 YG<br/><b>Harm Reduction Drop-In</b> 1-4pm SH<br/><b>Postnatal Wellness Support Group</b> 1-2:30pm SH<br/><b>Wellnest Program:</b> 2 pm-4 pm YG<br/><b>Tobermory Youth Group</b> 4-8pm<br/><b>Evening Prenatal Program</b> 5-6:30 pm SH<br/><b>Tax Smart</b> 5:30- 6:30PM Virtual</p>   | <p><b>8</b></p> <p><b>Seniors Wellness</b> 2– 3:30pm SH<br/><b>Wellnest Program:</b> 2 - 4 pm YG</p>   | <p><b>9</b></p> <p><b>Senior’s Program</b> 1:30-3pm @ 15 San Romano Way<br/><b>Spanish/Grupo de Apoyo a la Lactancia clase de cocina</b> 11:30-1:30 SH<br/><b>Wellnest Program</b> 2 - 4 pm YG pm SH</p> | <p><b>10</b></p> <p><b>Knitting Neighbours-</b> 1:30-3pm YG<br/><b>Harm Reduction Drop-In</b> 1-4pm SH<br/><b>Walk with Us</b> 10-11:30 pm– SH<br/><b>Gentle Fit Virtual</b> 3 -4 pm</p> | <p><b>11</b></p> <p><b>Wellness Screenings</b><br/>12 pm- 4 pm YG</p>  |
| <p><b>13</b></p> <p><b>Dance Movement Therapy Group -</b><br/>10:30am –12:30pm Finch HUB<br/><b>Harm Reduction Drop-In</b> 1-4pm YG<br/><b>Money Moves</b> 5:30-6:30 pm- SH/virtual<br/><b>Youth Program–</b> 6-8 pm YG</p>  | <p><b>14</b></p> <p><b>Massage Therapy</b> 11-12:30 YG<br/><b>Postnatal Wellness Support Group</b> 1-2:30pm SH<br/><b>Harm Reduction Drop-In</b> 1-4pm SH<br/><b>Wellnest Program:</b> 2 pm-4 pm YG<br/><b>Tobermory Youth Group</b> 4-8pm<br/><b>Evening Prenatal Program</b> 5-6:30 pm SH</p>  | <p><b>15</b></p> <p><b>Seniors Wellness</b> 2– 3:30pm SH<br/><b>Wellnest Program:</b> 2 - 4 pm YG</p>  | <p><b>16</b></p> <p><b>Wellnest Program</b> 2 - 4 pm YG pm</p>   | <p><b>17</b></p> <p><b>Knitting Neighbours-</b> 1:30-3pm YG<br/><b>Gentle Fit Virtual</b> 3 -4 pm<br/><b>Walk with Us</b> 10-11:30 pm– SH</p>  | <p><b>18</b></p>   |
| <p><b>20</b></p> <p><b>Dance Movement Therapy Group -</b><br/>10:30am –12:30pm Finch HUB<br/><b>Harm Reduction Drop-In</b> 1-4pm YG<br/><b>Money Moves</b> 5:30-6:30 pm- SH/virtual<br/><b>Youth Program–</b> 6-8 pm YG</p>  | <p><b>21</b></p> <p><b>Massage Therapy</b> 11-12:30 YG<br/><b>Postnatal Wellness Support Group</b> 1-2:30pm SH<br/><b>Materna en Español:</b>1 pm—3 pm<br/><b>Harm Reduction Drop-In</b> 1-4pm SH<br/><b>Wellnest Program</b> 2 - 4 pm YG<br/><b>Tobermory Youth Group</b> 4-8pm<br/><b>Evening Prenatal Program</b> 5-6:30 pm SH<br/><b>Tax Smart</b> 5:30- 6:30PM Virtual</p>          | <p><b>22</b></p> <p><b>Wellnest Program:</b> : 2 -4 pm YG<br/><b>Seniors Wellness</b> 2– 3:30pm SH<br/><b>Diabetes Support Group</b><br/>1:30– 3:30 pm @ Finch HUB</p> | <p><b>23</b></p> <p><b>Wellnest Program</b> 2 - 4 pm YG pm</p>   | <p><b>24</b></p> <p><b>Knitting Neighbours-</b> 1:30-3pm YG<br/><b>Gentle Fit Virtual</b> 3 -4 pm<br/><b>Walk with Us</b> 10-11:30 pm– SH</p>  | <p><b>25</b></p> <p><b>Wellness Screenings</b><br/>12 pm- 4 pm YG<br/><b>Sickle Cell Anemia Support Group/ Groupe de Soutien Pour la Drepanocytose</b><br/>11am- 1pm - Virtual</p>   |
| <p><b>27</b></p> <p><b>Dance Movement Therapy Group -</b><br/>10:30am –12:30pm Finch HUB<br/><b>Harm Reduction Drop-In</b> 1-4pm YG<br/><b>Money Moves</b> 5:30-6:30 pm- SH/virtual<br/><b>Youth Program–</b> 6-8 pm YG<br/><b>Smoke Stoppers</b> 3:30-4:30 YG</p>                         | <p><b>28</b></p> <p><b>Spanish/Grupo de Apoyo a la Lactancia</b><br/><b>Massage Therapy</b> 11-12:30 YG<br/><b>Postnatal Wellness Support Group</b> 1-2:30pm SH<br/><b>Harm Reduction Drop-In</b> 1-4pm SH<br/><b>Wellnest Program</b> 2 - 4 pm YG<br/><b>Tobermory Youth Group</b> 4-8pm<br/><b>Evening Prenatal Program</b> 5-6:30 pm SH<br/><b>Tax Smart</b> 5:30- 6:30PM Virtual</p> | <p><b>29</b></p> <p><b>Wellnest Program:</b> : 2 -4 pm YG<br/><b>Seniors Wellness</b> 2– 3:30pm SH</p>   | <p><b>30</b></p> <p><b>Wellnest Program</b> 2 - 4 pm YG pm</p>   |   | <div style="border: 2px solid black; padding: 5px; display: inline-block;"> <p>Call us or Register online!</p> </div> <p><b>Stay in Touch!</b><br/>Sheridan Location: 416-249-8000<br/>Yorkgate Location 416-246-2388<br/>info@bcchc.com</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



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/)

## Program Descriptions:

**Chalkfarm Lunch n' Learn:** Chalkfarm residents are welcome to meet for weekly discussions and Lunch, in the community room at 160 Chalkfarm Drive

**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.

**Lactancia Materna en Español:** Clase de cocina con dietista Phoebe Lee: Fecha: Abril 9, 11:30—1:30 Para registrarse llamar a Paola al 416 249 8000 x 2231 o regístrese en nuestro sitio web.

**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 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.

**Monthly Sickle Cell Support Group—**Last Saturday of the month at our Yorkgate Mall location. Join us for monthly workshops and discussions about managing Sickle Cell Disease. All are welcome. For more information or to register: Register [online](#) or call 416 249 8000 x 2293

**Dance Movement Therapy Group—**Self care through movement every Mondays at Finch HUB (2115 Finch Ave. W., #102) from 10:30 am—12:30 pm. Register online or for more information and to register contact Antara at 416-246-2388 or register online.

**Diabetes Support Group In person @ Finch HUB (2115 Finch Ave W)** – Support group for individuals living with and affected by diabetes. Share experiences, discuss challenges and learn coping strategies. Meets in person at 2115 Finch Ave W. Meets every 1st Mondays and 3rd Wednesdays

**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

**Humber College Massage Program for Chronic Pain and Mental Health:** Appointments available at our YG location from 10am-2pm on Fridays. To register contact: 416 249 8000 ext. 2235 or 2231

**Prenatal, Postnatal & Infant (0-6months) Massage Therapy:** Offered weekly at our YG location from 11:00 am-12:30pm on Tuesdays at our Yorkgate Mall location, in partnership with Humber College. Appointment only. To register please contact Paola or Nadine @ 416 249 8000 ext. 2235/2231

**Postnatal Wellness Support Group:** New parents with babies 0-6 welcome. Enjoy a relax baby friendly environment to learn, share and connect with each other also navigating the postnatal period. Weekly topics on infant care, development and caregiver self care. Workshops lead by lactation consultant, dietitian and more. For more information contact 416-924-1164 x 8719

**Seniors Wellness—** Seniors are welcome to join for social wellness group at Sheridan Mal location in room.150

**Tax Smart :** Learn how to get ready for the upcoming tax season with this 6 week tax preparation program. Starting on March 10th Virtually from 5:30- 6:30PM Contact Bisola to register @ 416-249-8000

**Walk with Us—** Community walking group that meets weekly our Sheridan Mall location contact: Peter 416 249 8000

**Smoke Stoppers In-Person Workshop—**Monthly drop-in sessions every 4th Mondays from 3:30-4:30 at YG site. Join this monthly program and receive help with creating a plan to stop smoking, cost-free Nicotine Replacement Therapy, Learning to manage and overcome cravings and ongoing support to quit successfully. For more information call 416-246-2388 or register online