

March 2026 GROUP PROGRAMS—BLACK CREEK COMMUNITY HEALTH CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> <p>Dance Movement Therapy Group - 10:30am –12:30pm Finch HUB</p> <p>160 Chalkfarm Drive Lunch & Learn -Community Room 12 - 1pm</p> <p>Harm Reduction Drop-In 1-4pm YG</p>	<p>3</p> <p>Harm Reduction Drop-In 1-4pm SH</p> <p>Postnatal Wellness Support Group 1-2:30pm SH</p> <p>Wellnest Program: 2 pm-4 pm YG</p> <p>Tobermory Youth Group 4-8pm</p> <p>Evening Prenatal Program 5-6:30 pm SH</p>	<p>4</p> <p>Bone Health—Virtual - 11 am—12 pm</p> <p>Seniors Wellness 2– 3:30pm SH</p> <p>Women’s Interaction Nest:10-2pm YG</p> <p>Harm Reduction Drop-In 1-4pm YG</p> <p>Wellnest Program: 2 -4 pm YG</p>	<p>5</p> <p>Lunge n’ Lunch 12:30 @ SH</p> <p>Wellnest Program 2 -4 pm YG</p> <p>Community Prenatal Program: 6 -8 pm SH</p>	<p>6</p> <p>Harm Reduction Drop-In 1-4pm SH</p> <p>Gentle Fit Virtual 3 -4 pm</p>	<p>7</p>
<p>9</p> <p>Dance Movement Therapy Group - 10:30am –12:30pm Finch HUB</p> <p>Harm Reduction Drop-In 1-4pm YG</p> <p>Money Moves 5:30-6:30 pm- SH/virtual</p> <p>Youth Program— 6-8 pm YG</p>	<p>10</p> <p>Massage Therapy 11-12:30 YG</p> <p>Harm Reduction Drop-In 1-4pm SH</p> <p>Postnatal Wellness Support Group 1-2:30pm SH</p> <p>Wellnest Program: 2 pm-4 pm YG</p> <p>Tobermory Youth Group 4-8pm</p> <p>Evening Prenatal Program 5-6:30 pm SH</p> <p>Tax Smart 5:30- 6:30PM Virtual</p>	<p>11</p> <p>Bone Health—Virtual - 11 am—12 pm</p> <p>Women’s Interaction Nest:10-2pm YG</p> <p>Seniors Wellness 2– 3:30pm SH</p> <p>Wellnest Program: 2 - 4 pm YG</p> <p>Vision Board Workshop—5-7:30 pm YG</p>	<p>12</p> <p>Senior’s Program 1:30-3pm @ 15 San Romano Way</p> <p>Wellnest Program 2 - 4 pm YG</p> <p>Community Prenatal Program: 6 -8 pm SH</p>	<p>13</p> <p>Knitting Neighbours- 1:30-3pm YG</p> <p>Harm Reduction Drop-In 1-4pm SH</p> <p>Walk with Us 10-11:30 pm– SH</p>	<p>14</p> <p>Wellness Screenings 12 pm- 4 pm YG</p>
<p>16</p> <p>Dance Movement Therapy Group - 10:30am –12:30pm Finch HUB</p> <p>Harm Reduction Drop-In 1-4pm YG</p> <p>Money Moves 5:30-6:30 pm- SH/virtual</p> <p>Youth Program— 6-8 pm YG</p>	<p>17</p> <p>Massage Therapy 11-12:30 YG</p> <p>Postnatal Wellness Support Group 1-2:30pm SH</p> <p>Harm Reduction Drop-In 1-4pm SH</p> <p>Wellnest Program: 2 pm-4 pm YG</p> <p>Tobermory Youth Group 4-8pm</p> <p>Evening Prenatal Program 5-6:30 pm SH</p>	<p>18</p> <p>Women’s Interaction Nest:10-2pm YG</p> <p>Seniors Wellness 2– 3:30pm SH</p> <p>Diabetes Support Group 1:30– 3:30 pm @ Finch HUB</p> <p>Wellnest Program: 2 - 4 pm YG</p>	<p>19</p> <p>Spanish Speaking Prenatal-5-7pm SH</p>	<p>20</p> <p>Knitting Neighbours- 1:30-3pm YG</p> <p>Gentle Fit Virtual 3 -4 pm</p> <p>Walk with Us 10-11:30 pm– SH</p> <p>Community Cooking Workshop 11—3:30 pm—St Stephens Church</p>	<p>21</p>
<p>23</p> <p>Dance Movement Therapy Group - 10:30am –12:30pm Finch HUB</p> <p>Harm Reduction Drop-In 1-4pm YG</p> <p>Money Moves 5:30-6:30 pm- SH/virtual</p> <p>Youth Program— 6-8 pm YG</p>	<p>24</p> <p>Massage Therapy 11-12:30 YG</p> <p>Postnatal Wellness Support Group 1-2:30pm SH</p> <p>Materna en Español:1 pm—3 pm</p> <p>Harm Reduction Drop-In 1-4pm SH</p> <p>Wellnest Program 2 - 4 pm YG</p> <p>Tobermory Youth Group 4-8pm</p> <p>Evening Prenatal Program 5-6:30 pm SH</p> <p>Tax Smart 5:30- 6:30PM Virtual</p>	<p>25</p> <p>Health & Nutrition after 50 years old— Virtual 11 am—12 pm</p> <p>Women’s Interaction Nest:10-2pm YG</p> <p>Breastfeeding Group – Wellnest Program: : 2 -4 pm YG</p> <p>Seniors Wellness 2– 3:30pm SH</p> <p>Movie Night—Coming 2 America 5-7:30 YG</p>	<p>26</p> <p>Spanish Speaking Prenatal-5-7pm SH</p>	<p>27</p> <p>Knitting Neighbours- 1:30-3pm YG</p> <p>Gentle Fit Virtual 3 -4 pm</p> <p>Walk with Us 10-11:30 pm– SH</p>	<p>28</p> <p>Wellness Screenings 12 pm- 4 pm YG</p> <p>Sickle Cell Anemia Support Group/ Groupe de Soutien Pour la Drepanocytose 11am- 1pm - Virtual</p>
<p>30</p> <p>Dance Movement Therapy Group - 10:30am –12:30pm Finch HUB</p> <p>Harm Reduction Drop-In 1-4pm YG</p> <p>Money Moves 5:30-6:30 pm- SH/virtual</p>	<p>31</p> <p>Spanish/Grupo de Apoyo a la Lactancia</p> <p>Massage Therapy 11-12:30 YG</p> <p>Postnatal Wellness Support Group 1-2:30pm SH</p> <p>Materna en Español:1 pm—3 pm</p> <p>Harm Reduction Drop-In 1-4pm SH</p> <p>Wellnest Program 2 - 4 pm YG</p> <p>Tobermory Youth Group 4-8pm</p>		<p> Stay in Touch! Sheridan Location: 416-249-8000 Yorkgate Location 416-246-2388 info@bcchc.com</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



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

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

Program Descriptions:

Vision Board Workshop: Celebrating Black History and cultures, join us for an evening of connection creating vision boards: To register: contact Renika at 416 529 0534

Community Cooking Workshop: Let's get together to cook Caribbean style cuisine and prepare meals to take home. To register: contact Renika at 416 529 0534

Movie Night: Coming 2 America: Join us for a night of laughter and fun as we watch "Coming 2 America". For more information, contact Renika at 416 529 0534

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.

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.

Thursday Evening Prenatal Group—IN PERSON: Join us for a 5 week program Support for a Healthy Pregnancy, Birth and Beyond. Support persons are encouraged to attend. Register [online](#) or call Nadine or Paola at 416 249 8000. Sessions are at our Sheridan Mall location.

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. Cal

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.
- **Lunge N' Lunch**—Join the Kinesiologist and Dietitian for an in person exercise and cooking group at SH. Call or register online 416-246-2388.

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.

Senior's Group— A program for seniors to come together every other Thursday at 15 San Romano Way. For more info call Hamda @ 416 246 2388 x 3281

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

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

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

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