

# GROUP PROGRAMS

**MAY  
2026**

## Mondays

**Lets Cook! (SH) - STARTING May 4<sup>th</sup>**

12:30 - 2:30

**160 Chalkfarm Lunch n Learn**

Community RM 12 - 1pm

**Zumba (YG)**

1 - 2pm

**Harm Reduction Drop In (YG)**

1-4pm

**Diabetes Support Group (FH)**

(May 4<sup>th</sup> & 20<sup>th</sup>)

1:30 - 3:30pm

**Walk & Talk (YG) - STARTING May 4<sup>th</sup>**

2:30 - 3:30pm

**Smoke Stoppers (YG) May 24**

3:30 - 4:30pm

## Tuesdays

**Harm Reduction Drop In (SH)**

1 - 4pm

**Postnatal Wellness Support**

**Group (SH)**

1:30 - 3:30pm

**Wellnest Program (YG)**

2 - 4pm

**Tobermory Youth Group (TB)**

4 - 8pm

**Evening Prenatal Program (SH)**

5 - 6:30pm

## Wednesdays

**General Exercise (Virtual)**

10am

**Application Clinic (SH) - May 13<sup>th</sup>**

10 - 3pm

**Glucometer Training Class (FH) -**

**May 13<sup>th</sup>**

1:30 - 3:30pm

**Seniors Wellness (SH)**

2 - 3:30pm

**Well(nest) Program (YG)**

2 - 4pm

**Gentle Fit (Virtual)**

3pm

## Thursdays

**Gentle Fit (YG)**

11:30am

**Golden Years Seniors (SRA)**

(May 7<sup>th</sup> & May 21<sup>st</sup>)

1:30 - 3:00pm

**Well(nest) Program (YG)**

2 - 4pm

**Spanish Speaking Prenatal (SH)**

5 - 7pm

**Community Prenatal Program (SH)**

5 - 7pm

## Fridays

**Walk with Us (SH)**

10 - 11:30am

**Harm Reduction Drop In (SH)**

1 - 4pm

**Knitting Neighbours (YG)**

1:30 - 3pm

**Gentle Fit (Virtual)**

3pm

## Saturdays

**Wellness Screenings (YG)**

12 - 4pm

(May 9<sup>th</sup>, 23<sup>rd</sup>, & 30<sup>th</sup>)

**Sickle Cell Support Group (YG) -**

**May 30**

11 - 1pm

## Monthly Highlights

**Mental Health Awareness Month**

**Mental Health Week:**

**May 4 - 10, 2026**

**Asian Heritage Month**

## How to Register

**SH: 416 - 249-8000**

**YG: 416 - 246-2388**



## Holiday Notice

**Centre Closed:**

**Saturday May 16<sup>th</sup>**

**&**

**Monday May 18<sup>th</sup>**

## Locations

**Sheridan Mall (SH):**

2202 Jane Street Unit 5

**Yorkgate Mall (YG):**

1 Yorkgate Blvd Suite 202

**Finch Hub (FH) -** 2115 Finch Ave W

**SRA -** 15 San Romano Way

**Tobermory (TB) -** 15 Tobermory Drive

**St. Stephens Church -** 2259 Jane St

## PROGRAM DESCRIPTIONS:

**Application Clinic (SH):** One-on-one support with completing forms, understanding eligibility and connecting to available programs and benefits. For more info or to register, contact Bisola or Peter @ 416 249 8000

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

**Community Prenatal Program (SH):** Join us Tuesdays 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.

**Diabetes Support Group:** Support group for people living and affected by Diabetes. To register, contact 416 246 2388 ext. 3249

**Healthy Plate Cooking Class:** Support group for people living and affected by Diabetes. To register, contact 416 246 2388 ext. 3249

**Golden Years Seniors Program (SRA):** A program for seniors to come together, every other Thursday at 15 San Romanoway. To register, contact Ruth @ 416 246 2388

**Glucometer Training Class:** Learn blood sugar monitoring basics, step-by-step guide and make sense of glucose data. To register, 416 246 2388 ext. 3249

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

**Knitting Neighbours (YG):** A knitting group every Friday at YG, open to all for more info contact Ruth or Richelle 416 246 2388

**Let's Cook (SH):** A hands-on cooking group where participants come together to learn new recipes, share skills, and enjoy great food in a fun, social setting. For more info or to register, contact Bisola 416 -249-8000

**Postnatal Wellness Support Group (SH):** 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. Workshops lead by lactation consultant, dietitian and more. For more information contact 416 924 1164 x 8719

**Prepárate para la Maternidad (SH):** En 4 clases discutiremos temas como El Parto, Cuidado del Recien Nacido, Cuidados PostNatales y Lactancia Materna. Para registrarse, llamar a Paola 416 249-8000 ext 2231

**Prenatal (Evening):** For more information 416 924 1164 x 8719

**Seniors Wellness (SH):** Seniors are welcome to join for social wellness group at Sheridan Mall location in Room 150. For more info, contact Bisola or Peter @ 416 249 8000

**Sickle Cell Anemia Support Group:** A support group for individuals affected by sickle cell disease and their families, focused on education, prevention, and effective management. For more information contact Rodrigue 416 249 8000 ext 2293

**Smoke Stoppers In-Person Workshop:** Monthly drop-in sessions every 4th Mondays from 3:30 - 4:30 at YG. 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

**Walk & Talk (YG):** 5 week walking group on Mondays. To register contact Ruth @ 416 246 2388

**Walk with Us (SH):** A friendly walking group that meets regularly to enjoy light exercise, fresh air, and good conversation in a supportive, social setting contact Peter @ 416 249 8000

**Well(Nest) Program:** Addictions Support Group on Tuesdays, Wednesdays and Thursdays. Day program 2 - 4pm at Yorkgate site & online evening sessions 5:30 -7:30pm. For more info, contact Jennivea @ 416 246 2388

**Youth Program:** A weekly Monday youth group where young people connect, learn, and enjoy meaningful activities in a positive, inclusive space.at YG from 5 - 7pm. For more info please call 416 246 2388

**Zumba:** High-energy weekly Zumba classes that combine fun music and dance for a full-body workout in a lively, welcoming atmosphere. for more info contact Richelle 416 246 2388