

GROUP PROGRAMS

SEPTEMBER 2026

Mondays

Walk & Talk (YG) - Starts Sept 14th
10-12pm

160 Chalkfarm Lunch n Learn
Community RM 12 - 1pm

Harm Reduction Drop In (YG)
1-4pm

Tuesdays

55+ Wellness & Garden
10 - 12pm

Harm Reduction Drop In (SH)
1 - 3pm

Grupo de Apoyo a la Lactancia
Materna en Español - Sept 29
1 - 3pm

Prenatal Wellness Group (SH)
1:30 - 3:30pm

Wellness Program (YG)
2 - 4pm

Tobermory Youth Group (TB)
4 - 8pm

Wednesdays

General Exercise (Virtual)
10am

Fit for Life (YG)
11:30am (No Class Sept 2nd or 9th)

Diabetes Support Group (FH) - Sept 17
1:30 - 3:30pm

Insulin & You (FH) - Sept 30
1:30 - 3:30pm

Gentle Fit (Virtual)
2pm

Well(nest) Program (YG)
2 - 4pm

Thursdays

Gentle Fit (YG)
11:30am

General Exercise (YG)
12:30pm

Golden Years Seniors (SRA)
(Sept 10 & 24)
1:30 - 3:00pm

Suicide Awareness Workshop (YG)
(Sept 10)
2:00 - 4:00pm

Well(nest) Program (YG)
2 - 4pm

Fridays

Walk with Us (SH)
10 - 11:30am

Massage Program - Chronic Pain (YG) 10:30 - 12pm

Diabetes Support Group (KH) - Sept 18
12:30 - 3:00pm

Harm Reduction Drop In (SH)
1 - 3pm

Knitting Neighbours (YG)
1:30 - 3pm

Gentle Fit (Virtual)
3pm

Saturdays

Shower Program (SH) - Sept 26th
10 - 2pm

Sickle Cell Support Group (YG) - Sept 26th
11 - 1pm

Wellness Screenings (YG)
12 - 4pm

Community Mingle (YG) - Sept 19th
12 - 3pm

Monthly Highlights

Sickle Cell Awareness Month
Prostate & Ovarian Cancer Awareness Month

Awareness Day:
Suicide Prevention - Sept 10
National Day for Truth & Reconciliation - Sept 30th

Centre Closed:
Saturday Sept 5th
Monday Sept 7th

How to Register

SH: 416 - 249-8000

YG: 416 - 246-2388



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
Keele Street Hub (KH) - 3680 Keele St

PROGRAM DESCRIPTIONS:

55+ Wellness & Gardening: A fun and engaging program that combines gardening, healthy living, and social connection to support the physical, mental, and emotional well-being of older adults

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

Diabetes Support Group: 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

Grupo de Apoyo a la Lactancia Materna en Español: For more information contact Paola 416 249 8000 ext 2231

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

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

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

Sickle Cell Anemia Support Group: A support group for individuals affected by sickle cell disease and their families, focused on connection, 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

Insulin & You: Learn about Insulin Essentials. To register 416 246 2388 x 3249

Shower Program: For individuals experiencing homelessness by providing access to shower facilities and promoting health, hygiene, dignity, and overall well-being

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 Bisola @ 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

Exercise Group program: Call 416 246 2388 or register online

Postnatal 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. Workshops lead by lactation consultant, dietitian and more. For more information contact 416 924 1164 x 8719

Community Mingle: Enjoy an afternoon of games, crafts and wellness activities from 12pm - 3pm at Black Creek CHC inside Yorkgate Mall.

Please register to attend the event*