CENTRE DE SANTÉ COMMUNAUTAIRE
BLACK CREEK
COMMUNITY HEALTH CENTRE

GROUP PROGRAMS

NOVEMBER 2026

Mondays

Lower Your Sodium Workshop - SH
10:30 - 12pm - NEW

160 Chalkfarm Lunch n Learn
Community RM 12 - 1pm

Harm Reduction Drop In (YG)
1 - 4pm

Diabetes Support Group (FH) (Nov 2)
1:30 - 3:30pm

Tuesdays

Gentle Fit (YG)
11:30am

General Exercise (YG)
12:30pm

Harm Reduction Drop In (SH)
1 - 3pm

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

Grupo de Apoyo a la Lactancia Materna en Español (SH) - Nov 24 1:30 - 3pm

Wellnest Program (YG)
2 - 4pm

Tobormory Youth Group (TB)
4 - 8pm

Evening Prenatal (YG)
5 -6:30pm

Wednesdays

Sickle Cell Clinic (SH) - NEW (Nov 25)
9 - 5pm

General Exercise (Virtual)
10am

Better Balance (YG)
11:30am

Diabetes Support Group (FH) (Nov 18) - 1:30 - 3:30pm

Glucometer Training (FH) - NEW (Nov 25) - 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) (Nov 5 & 19)
1:30 - 3:00pm

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) - Nov 12:30 -2:30pm

Harm Reduction Drop In (SH)
1 - 3pm

Knitting Neighbours (YG)
1:30 - 3pm

Gentle Fit (Virtual)
2pm

Saturdays

Community Mingle Shop n Swap(YG) (Nov 14)
12 - 3pm

Health Coaching Launch (YG) (Nov 21)
12 - 3pm

Sickle Cell Support Group (YG) - (Nov 28)
11 - 1pm

Wellness Screenings (YG)
12 - 4pm

Monthly Highlights

Diabetes Awareness Month
Falls Prevention Month
Lung Cancer Awareness Month

Awareness Day:

National NP Week - Nov 8-14
National Additions Awareness Nov 15-21
Respiratory Therapy Week: Oct 25 - 30th

How to Register

SH: 416 - 249-8000

YG: 416 - 246-2388

SCAN ME

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:

Community Mingle Shop n Swap: A free clothing Swap n' Shop will also be featured at the Community Mingle and you are welcome to donate warm clothing to the shop by bringing items with you.

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): 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

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

Exercise Group program: Call 416 246 2388 or register online

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

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

Sickle Cell Clinic - For more information contact Rodrigue 416 249 8000 ext 2293