



Brock Community Health Centre Virtual Programs

720 Simcoe Street, Beaverton L0K 1A0
705.432.3322 | www.brockchc.ca

April 2021

Program/Activity	Day/Time	Registration
Arts and Crafts for All Ages Join local artist Lori-Anne Crittenden, owner of “A Simpler Time”, who will be teaching various arts and crafts such as canvas painting, scratch art, terracotta pot painting and note pad making. All materials will be provided/delivered.	Adults/Seniors: Dates tbd Ages 9-13: Dates tbd Ages 5-8: Dates tbd	bcampbell@brockchc.ca
Brock Breakfast Club for Kids Free breakfast basket for families, children and youth needing extra help during COVID-19.	April pickup date to be determined	tdukelow@brockchc.ca
Chair Yoga A gentle form of yoga that can help reduce tension and improve mindfulness and positive movement.	Mondays 9:00 am	jjosephson@brockchc.ca
Country Line Dancing This instructor-led line dancing class welcomes new and practicing line dancers to learn some fun line dances or just come for the great exercise and laughter. Music is not limited to Country — dance to Top 40, Hip Hop, Ballroom, Blues, Funk, Latin, Irish, Swing and much more.	Mondays and Wednesdays 10:00 am	lfheaslip@brockchc.ca
Guided Meditation Learn to relax your mind and body to reduce stress, improve your breathing, help the healing process, and find calm and balance in your life. Complement your path to health and wellness.	Fridays 10:00 am No class April 23 and 30	lfheaslip@brockchc.ca
Kids in the Kitchen Tune in live to watch an engaging cooking demonstration with Travis Dukelow, Youth and Community Health Worker. All youth ages 8-14 are invited to watch by themselves or with a parent/guardian. (Younger youth are welcome but with parental supervision.) Programs run monthly for 4 weeks each.	Thursdays 5:00 pm	tdukelow@brockchc.ca
Qigong Explore the benefits of Tai Chi Qigong Shibashi Set One. This easy, all-accessible practice complements yoga and meditation, lifts our energy, improves balance, lowers stress and reconnects the mind, body and spirit.	Thursdays 2:00 pm	lfheaslip@brockchc.ca
Seniors Gentle Fit Low impact gentle fit classes created as part of the Falls Prevention programming.	Tuesdays and Thursdays 9:30 am	jjosephson@brockchc.ca

<p>Tai Chi Join these community-led tai chi practice sessions to maintain awareness of the body with gentle movements that harmonize breathing with careful coordination of arms and leg movements. All are welcome.</p>	<p>Tuesdays 1:30 pm</p>	<p>lfheaslip@brockchc.ca</p>
<p>Youth Life Skills This hands-on program will teach youth ages 8-18 valuable life skills that will increase their independence and confidence. Participants will learn skills such as using various hand tools, meal preparation, how to tie a tie, how to sew a button, using manners, budgeting, gardening, how to change a tire, and more! Programs run monthly for 4 weeks each.</p>	<p>Wednesdays 5:00 pm</p>	<p>tukelow@brockchc.ca</p>

Self-Management Programs offered by the Central East LHIN		
<p>Living a Healthy Life with Chronic Pain A free online seven-week workshop series that helps people with chronic pain to better cope with pain symptoms and activities of daily life. All participants will receive the "Living a Healthy Life with Chronic Pain" resource book and "Moving Easy Program" CD. Caregivers are welcome to register.</p>	<p>Tuesdays April 6 – May 18, 2021 10:00 am – 12:30 pm</p>	<p>1-866-971-5545</p>
<p>Powerful Tools for Caregivers Caring for a family member or friend with a chronic condition can be physically, emotionally, and financially draining. This online highly effective, evidenced-based, self-care educational program for family caregivers builds the skills caregivers need to take better care of themselves as they provide care for others.</p>	<p>Wednesdays April 28 – June 9, 2021 9:00 – 10:30 am</p>	<p>1-866-971-5545</p>