

Brock Community Health Centre Program/Activity Schedule



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

December 2019 Nov 28 19

Program/Activity	Date/Duration	Time	Location	Registration
*** Happy Holidays from Brock Community Health Centre! All programs resume the week of January 6, 2020 ***				
Brock CHC and Community Care Durham Holiday Open House	Friday, December 13	1:00 pm – 3:00 pm	Brock Township Municipal Office 1 Cameron St., Cannington	Everyone welcome
Community Based Strength and Balance Exercise Classes				
+ Mondays	December 2, 9	9:30 am – 10:30 am	Sunderland Legion	705.432.3322
		11:15 am – 12:15 pm	Cannington Baptist Church	
		1:15 pm – 2:15 pm	Beaverton Legion	
+ Tuesdays	December 3, 10	10:00 am – 11:00 am	Cannington Baptist Church	CLASS FULL.
+ Thursdays	December 5, 12	9:30 am – 10:30 am	Sunderland Legion	705.432.3322
		11:15 am – 12:15 pm	Cannington Baptist Church	
		1:15 pm – 2:15 pm	Beaverton Legion	
+ Fridays	December 6, 13	10:00 am – 11:00 am	Cannington Baptist Church	CLASS FULL.
Community Based Strength and Balance Exercise Classes – High Intensity				
+ Tuesdays	December 3, 10	11:15 am – 12:15 pm	Cannington Baptist Church	705.432.3322
+ Fridays	December 6, 13	11:15 am – 12:15 pm	Cannington Baptist Church	705.432.3322
Country Line Dancing	Mondays, December 2, 9, 16	10:00 am – 12:00 noon	Cannington Legion 72 Peace Street	705.432.3322
Drumming for Health Beaverton	Tuesdays, December 3, 10	11:00 am – 12:00 noon	St. Paul's Anglican Church 383 Osborne Street, Beaverton	705.432.3322
Guided Meditation Cannington	Fridays, December 6	10:00 – 11:00 am	Trinity United Church 50 Laidlaw Street N.	705.432.3322
Guided Meditation Manilla	Fridays, January 10, 17, 24, 31	10:00 – 11:00 am	Manilla Hall	705.432.3322
Holiday Skates Sponsored by Brock CHC	Monday, December 23	1:00 pm – 3:00 pm	Sunderland Arena	705.432.3322
	Friday, December 27	1:00 pm – 3:00 pm	Cannington Arena	
	Monday, December 30	1:00 pm – 3:00 pm	Beaverton Arena	

Indoor Walking Program	Mondays, Wednesdays, Fridays	9:00 am	Fisher's Independent, Beaverton	705.432.3322
Move, Groove and Improve	Wednesdays, December 4, 11	10:00 am – 12:00 noon	St. Paul's Anglican Church 383 Osborne Street, Beaverton (back)	705.432.3322
Rejuvenating Yoga Sunderland	Wednesdays, December 4, 11 (Program runs November 13 – Jan. 29)	10:00 am – 11:00 am	Sunderland Legion 104 River Street	705.432.3322
Tai Chi Practice Sessions (Community-Led)	Tuesdays and Fridays Dec. 3, 6, 10, 13	1:30 pm – 2:30 pm	St. Paul's Anglican Church 383 Osborne Street, Beaverton (back)	705.432.3322

YOUTH Program/Activity	Date/Duration	Time	Location	Registration	
Kids in the Kitchen* (Ages 8-18)				705.432.3322	
+ Beaverton	Tues: Dec. 3	Wed.: Dec. 4	3:30 pm – 5:00 pm		BEACAN Presbyterian Church
+ Sunderland	Tues: Dec. 10	Wed.: Dec. 11	3:30 pm – 5:00 pm		Sunderland Arena
+ Cannington	Tues: Dec. 17	Wed.: Dec. 18	3:30 pm – 5:00 pm		Nourish Community Hub

** High school students (ages 14-18) are welcome to volunteer to earn community hours.*

Additional Offerings through Partnered Organizations:

Alzheimer Society Durham Region

An open support group for care partners of individuals living with Alzheimer's disease or a related dementia. Kindly contact the Alzheimer's Society at 1.888.301.1106 if you are attending for the first time. Next Group: Wednesday, December 18th from 9:30 – 11:30 am at the Sunderland Town Hall (120 River Street, Sunderland). Arrange to meet family support staff at Brock Community Health Centre (720 Simcoe Street, Beaverton) on the 3rd Wednesday of every month from 1-4:30 pm. Call 1.888.301.1106 for more information.

Canadian Mental Health Association (CMHA Durham)

Services for those seeking assistance with mental health and/or physical health concerns. CMHA Durham strives to meet the immediate needs of those looking for help, whether it be system navigation, case management, caregiver and family centered care and/or linkage to other programs and services within Durham Region. Call 905-436-8760 or 1-884-436-8760 for more information or support.

DRIVEN

Local support is available for women experiencing abuse and all forms of gender-based violence, including sexual violence. Transportation support is available. Please call 1.877.SAFE.905 (1.877.723.3905).

East Lake Simcoe Quilters

Meet at St. Andrew's United Church, Beaverton on the last Monday of the month from 1:30 p.m. – 3:30 p.m. Make new quilting friends, learn something new and use your skills as a way to reach out into your community. Please contact Donna at 705.437.1561 for more information.

North House – Income Tax Service

FREE year-round income tax services available. Eligibility is based on maximum income levels: Single-up to \$30,000; Family-up to \$40,000. Please call 705.432.8654 or 1-877-406-8723 ext. 104 to make an appointment to meet with North House staff in Beaverton or Cannington, and to ensure you are aware of the required documents.

Pinewood Centre of Lakeridge Health – Substance Use Counselling

Youth, adults and families can access a range of services to support their alcohol, drug use and gambling concerns. Local appointments available in Beaverton. Contact Pinewood Centre at 905-985-4721 to schedule an appointment. Pinewood's 24/7 crisis/telephone support line: 1-888-881-8878 to speak to a counsellor.