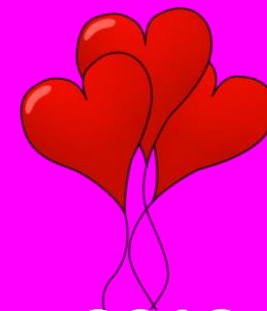


# Brock Community Health Centre Program/Activity Schedule



720 Simcoe Street, Beaverton L0K 1A0

705.432.3322 | [www.brockchc.ca](http://www.brockchc.ca) | [info@brockchc.ca](mailto:info@brockchc.ca)

February 2018

Jan 25-18

Program/Activity	Date/Duration	Time	Location	Registration
<b>Ask A Dietitian</b>	Monday, February 12 Topic: Milk and Milk Alternatives	9:30 am	Fisher's Independent, Beaverton	705.432.3322
<b>Community Based Exercise</b>	Tuesdays and Fridays February 2, 6, 9, 13, 16, 20, 23, 27	10:00 am – 11:00 am	Cannington Legion 72 Peace Street	705.432.3322
<b>Community Based Exercise – High Intensity</b>	Tuesdays and Fridays February 2, 6, 9, 13, 16, 20, 23, 27	11:15 am – 12:15 pm	Cannington Legion 72 Peace Street	705.432.3322
<b>Country Line Dancing</b>	Mondays, February 5, 12, 26	10:00 am – 12:00 noon	Cannington Legion 72 Peace Street	705.432.3322
<b>Drumming for Health Beaverton</b>	Tuesdays, February 6, 13, 20, 27	11:00 am – 12:00 noon	St. Paul's Anglican Church 383 Osborne Street, Beaverton (back)	705.432.3322
<b>Falls Prevention Maintenance Beaverton</b>	Mondays and Thursdays February 1, 5, 8, 12, 15, 22, 26	1:00 pm – 2:00 pm	Beaverton Legion 517 Mara Road	705.432.3322
<b>Falls Prevention Maintenance Cannington</b>	Mondays and Thursdays February 1, 5, 8, 12, 15, 22, 26	11:15 am – 12:15 pm	Cannington Baptist Church 60 Cameron St. W.	705.432.3322
<b>Falls Prevention Maintenance Sunderland</b>	Mondays and Thursdays February 1, 5, 8, 12, 15, 22, 26	9:45 am – 10:45 am	Sunderland Legion 104 River Street	705.432.3322
<b>Guided Meditation Sunderland</b>	Fridays, February 2, 9 (Program runs to Feb. 9)	10:00 am – 11:00 am	Sunderland Town Hall 120 River Street	705.432.3322
<b>Guided Meditation Manilla</b>	Friday, February 16, 23 (Program runs Feb. 16 – Apr. 27)	10:00 am – 11:00 am	Manilla Hall Simcoe Street, south of Hwy. 7	705.432.3322
<b>Indoor Walking Program</b>	Mondays, Wednesdays, Fridays	9:00 am	Fisher's Independent, Beaverton	705.432.3322
<b>Rejuvenating Yoga Manilla</b>	Wednesdays, February 7, 14, 21, 28 (Program runs Jan. 10 – March 14)	10:00 am – 11:00 am	Manilla Hall	705.432.3322
<b>Tai Chi Practice Sessions (Community-Led)</b>	Tuesdays and Fridays February 2, 6, 9, 13, 16, 20, 23, 27 Instruction Day: February 6	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
<b>Kids in the Kitchen*</b> (Ages 8-18)				
+ Beaverton	Tues.: Feb. 6	Thurs.: Feb. 8	3:30 pm – 5:00 pm	705.432.3322
+ Sunderland	Tues.: Feb. 13		3:30 pm – 5:00 pm	
+ Cannington	Tues.: Feb. 20	Thurs.: Feb. 22	3:30 pm – 5:00 pm	

*\* 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, February 21<sup>st</sup> from 9:30 – 11:30 am at Lakeview Manor, 133 Main St., Beaverton. NEW Satellite offices now available in Brock Township where you can arrange to meet family support staff. Sunderland Community Health Centre (26 Church St. S., Sunderland) – 1<sup>st</sup> Friday of every month from 8:30 am - 4:30 pm. Brock Community Health Centre (720 Simcoe St., Beaverton) – 3<sup>rd</sup> Wednesday of every month from 1-4:30 pm. Call 1.888.301.1106 for more information.

#### **Durham Mental Health Services – Drop In Family Education Night**

Treatment for Anxiety and OCD – What Helps? Dr. Laura Leong, Clinical and Forensic Psychologist, Ontario Shores. Presentation and Answering YOUR Questions. Thursday, February 22, 2018 from 6:30 – 8:30 pm via teleconference at Brock CHC, 720 Simcoe Street, Beaverton. All welcome. Call 705.432.3322 for information.

#### **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.

#### **March of Dimes Canada – Stroke Recovery Group Monthly Meetings**

Join a peer led stroke survivor and caregiver group to learn about available supports that can help you and your family. \$2 donation for refreshments. For meeting details, please contact Erica at 1-800-263-3463 ext. 7758 or email emugan@marchofdimes.ca.

#### **Multiple Sclerosis (MS) Society of Canada – Durham Northumberland Chapter**

Connect with others living with MS to share experiences and ideas. Local monthly meetings in Cannington. For more information, please call Debbie at debbie.hunter@mssociety.ca or 1-800.268-7582, ext. 3343.

#### **Powerful Tools for Caregivers**

A free six-week workshop for caregivers coordinated by the Central East LHIN Self-Management Program. Thursday afternoons. February 15 – March 22, 2018 from 1:30 – 3:00 pm at the Beaverton Town Hall, 397 Simcoe St., Beaverton. Pre-registration is required. For more information call 1-866-971-5545. Register online at [www.ceselfmanagement.ca](http://www.ceselfmanagement.ca).

#### **Substance Use, Mental Health Counselling and Case Management**

Canadian Mental Health Association Durham (CMHA) & Pinewood Centre of Lakeridge Health together with community partners will provide a range of services to individuals and families who are experiencing mental health, alcohol, drug use and gambling concerns. To schedule a local appointment with CMHA, call 905.436.8760. To schedule a local appointment with Pinewood, call our Port Perry office at 905.985.4721 (collect calls will be accepted). To access Pinewood's 24/7 crisis/telephone support line, please call 1.888.881.8878 to speak to a counsellor.