

Brock Community Health Centre Program/Activity Schedule



720 Simcoe Street, Beaverton L0K 1A0

705.432.3322 | www.brockchc.ca | info@brockchc.ca

January 2018 Dec 27-17

Program/Activity	Date/Duration	Time	Location	Registration
Ask A Dietitian	Monday, January 15 Topic: Meat and Meat Alternatives	9:30 am	Fisher's Independent, Beaverton	705.432.3322
Community Based Exercise	Tuesdays and Fridays January 9, 12, 16, 19, 23, 26, 30	10:00 am – 11:00 am	Cannington Legion 72 Peace Street	705.432.3322
Community Based Exercise – High Intensity	Tuesdays and Fridays January 9, 12, 16, 19, 23, 26, 30	11:15 am – 12:15 pm	Cannington Legion 72 Peace Street	705.432.3322
Country Line Dancing	Mondays, January 8, 15, 22, 29	10:00 am – 12:00 noon	Cannington Legion 72 Peace Street	705.432.3322
Drumming for Health Beaverton	Tuesdays, January 9, 16, 23, 30	11:00 am – 12:00 noon	St. Paul's Anglican Church 383 Osborne Street, Beaverton (back)	705.432.3322
Falls Prevention Maintenance Beaverton	Mondays and Thursdays January 8, 11, 15, 18, 22, 25, 29	1:00 pm – 2:00 pm	Beaverton Legion 517 Mara Road	705.432.3322
Falls Prevention Maintenance Cannington	Mondays and Thursdays January 8, 11, 15, 18, 22, 25, 29	11:15 am – 12:15 pm	Cannington Baptist Church 60 Cameron St. W.	705.432.3322
Falls Prevention Maintenance Sunderland	Mondays and Thursdays January 8, 11, 15, 18, 22, 25, 29	9:45 am – 10:45 am	Sunderland Legion 104 River Street	705.432.3322
Guided Meditation Sunderland	Fridays, January 5, 12, 19, 26 (Program runs to Feb. 9)	10:00 am – 11:00 am	Sunderland Town Hall 120 River Street	705.432.3322
Holiday Community Skates Sponsored by Brock CHC	Tuesday, January 2 Thursday, January 4 Friday, January 5	1:00 pm – 3:00 pm 1:00 pm – 3:00 pm 1:00 pm – 3:00 pm	Sunderland Arena Cannington Arena Beaverton Arena	
Indoor Walking Program	Mondays, Wednesdays, Fridays	9:00 am	Fisher's Independent, Beaverton	705.432.3322
Rejuvenating Yoga Manilla	Wednesdays, January 10, 17, 24, 31 (Program runs Jan. 10 – March 14)	10:00 am – 11:00 am	Manilla Hall	705.432.3322

Tai Chi Practice Sessions (Community-Led)	Tuesdays and Fridays January 2, 5, 9, 12, 16, 19, 23, 26, 30 Instruction Day: January 2	1:30 pm – 2:30 pm	St. Paul's Anglican Church 383 Osborne Street, Beaverton (back)	705.432.3322
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YOUTH Program/Activity	Date/Duration	Time	Location	Registration
Kids in the Kitchen* (Ages 8-18) + Beaverton + Sunderland + Cannington	Tues.: Jan. 9 Thurs.: Jan. 11 Tues.: Jan. 16 Tues.: Jan. 23 Thurs.: Jan. 25	3:30 pm – 5:00 pm 3:30 pm – 5:00 pm 3:30 pm – 5:00 pm	BEACAN Presbyterian Church Sunderland Town Hall Nourish Community Hub	705.432.3322

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

Additional Offerings through Partnered Organizations:

Alzheimer Society Durham Region

A 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, January 17th 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 – 1st Friday of every month from 8:30 am - 4:30 pm. Beaverton Town Hall – 3rd Wednesday of every month from 1-4:30 pm. Call 1.888.301.1106 for more 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

Join a peer led stroke survivor and caregiver group to connect with a network of support that can help you through this time. For more information, 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 1 – March 8, 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.

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.