

Brock Community Health Centre Program/Activity Schedule

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



March 2018 Mar 14-18

Program/Activity	Date/Duration	Time	Location	Registration
Community Based Exercise	Tuesdays and Fridays March 9, 13, 16, 20, 23, 27	10:00 am – 11:00 am	Cannington Legion 72 Peace Street	705.432.3322
Community Based Exercise – High Intensity	Tuesdays and Fridays March 9, 13, 16, 20, 23, 27	11:15 am – 12:15 pm	Cannington Legion 72 Peace Street	705.432.3322
Country Line Dancing	Mondays, March 5, 12, 26 (No class March 19 th)	10:00 am – 12:00 noon	Cannington Legion 72 Peace Street	705.432.3322
Drumming for Health Beaverton	Tuesdays, March 6, 13, 20, 27	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 March 5, 8, 12, 15, 26, 29	1:00 pm – 2:00 pm	Beaverton Legion 517 Mara Road	705.432.3322
Falls Prevention Maintenance Cannington*	Mondays and Thursdays March 5, 8, 12, 15, 19, 22, 26, 29	11:15 am – 12:15 pm	Cannington Baptist Church 60 Cameron St. W.	705.432.3322
Falls Prevention Maintenance Sunderland*	Mondays and Thursdays March 5, 8, 12, 15, 19, 22, 26, 29	9:45 am – 10:45 am	Sunderland Legion 104 River Street	705.432.3322
* No class March 1st. Foot Care Presentation following all Falls Prevention Classes on Monday, March 12, 2018.				
Guided Meditation Manilla	Fridays, March 2, 9, 16, 23 (Program runs Feb. 16 – Apr. 27) (No class March 30)	10:00 am – 11:00 am	Manilla Hall Simcoe Street, south of Hwy. 7	705.432.3322
Indoor Walking Program	Mondays, Wednesdays, Fridays	9:00 am	Fisher's Independent, Beaverton	705.432.3322
March Break Community Skates sponsored by Brock CHC	Wednesday, March 14 Thursday, March 15 Friday, March 16	1:00 pm – 3:00 pm 1:00 pm – 3:00 pm 1:00 pm – 3:00 pm	Beaverton Arena Cannington Arena Sunderland Arena	Free. Everyone welcome.
Rejuvenating Yoga Manilla	Wednesdays, March 7, 14 (Program runs Jan. 10 – March 21)	10:00 am – 11:00 am	Manilla Hall	705.432.3322
Rejuvenating Yoga Beaverton	Wednesdays, beginning April 4 (Program runs April 4 – June 6)	10:00 am – 11:00 am	Beaverton Legion 517 Mara Road	705.432.3322
Tai Chi Practice Sessions (Community-Led)	Tuesdays and Fridays March 6, 9, 13, 16, 20, 23, 27 Instruction Day: March 6 (No class March 2 and 30)	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)				
+ Beaverton	Tues.: Mar. 6 Thurs.: Mar. 8	3:30 pm – 5:00 pm	BEACAN Presbyterian Church	705.432.3322
+ Sunderland	Tues.: Mar. 13	3:30 pm – 5:00 pm	Sunderland Town Hall	
+ Cannington	Tues.: Mar. 20 Thurs.: Mar. 22	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, February 21st 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) – 1st Friday of every month from 8:30 am - 4:30 pm. Brock Community Health Centre (720 Simcoe St., Beaverton) – 3rd 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

Mental Health and Lack of Interest – What's Going On? Dr. Andrew Morgan, Forensic Psychologist, Ontario Shores for Mental Health Services. Presentation and Answering YOUR Questions. Thursday, March 29, 2018 from 6:30 – 8:30 pm via teleconference at Brock CHC, 720 Simcoe Street, Beaverton. All welcome. Call 705.432.3322 to confirm attendance.

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. April 12 – May 17, 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.