

Brock Community Health Centre Program/Activity Schedule



720 Simcoe Street, Beaverton L0K 1A0

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

October 2017

Sept 26-17

CELEBRATING COMMUNITY HEALTH AND WELLBEING WEEK!! OCTOBER 16-22, 2017

Program/Activity	Date/Duration	Time	Location	Registration
Brock CHC Open House – Beaverton Site	Thursday, October 19	6:00 p.m. – 8:00 pm	Beaverton-Thorah Health Centre 468 Main Street E., Beaverton	705.432.3322
Community Based Exercise	Tuesdays and Fridays Oct. 3, 6, 10, 13, 17, 20, 24, 27, 31	10:00 am – 11:00 am	Cannington Legion 72 Peace Street.	705.432.3322
Community Based Exercise – High Intensity	Tuesdays and Fridays Oct. 3, 6, 10, 13, 17, 20, 24, 27, 31	11:15 am – 12:15 pm	Cannington Legion 72 Peace Street	705.432.3322
Country Line Dancing	Mondays, October 2, 16, 23, 30	10:00 am – 12:00 noon	Cannington Legion 72 Peace Street	705.432.3322
Drumming for Health Beaverton	Tuesdays, October 3, 10, 17, 24, 31	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 October 2, 5, 12, 16, 19, 23, 26, 30	1:00 pm – 2:00 pm	Beaverton Legion 517 Mara Road	705.432.3322
Falls Prevention Maintenance Cannington	Mondays and Thursdays October 2, 5, 12, 16, 19, 23, 26, 30	11:15 am – 12:15 pm	Cannington Baptist Church 60 Cameron St. W.	705.432.3322
Falls Prevention Maintenance Sunderland	Mondays and Thursdays October 2, 5, 12, 16, 19, 23, 26, 30	9:45 am – 10:45 am	Sunderland Legion 104 River Street	705.432.3322
Guided Meditation Cannington	Fridays, October 6, 13, 20, 27 (Program runs Sept. 1 – Nov. 3)	10:00 am – 11:00 am	Trinity United Church 50 Laidlaw Street N., Cannington	705.432.3322
Indoor Walking Program	Mondays, Wednesdays, Fridays	9:00 am	Fisher’s Independent, Beaverton	705.432.3322
Rejuvenating Yoga Sunderland	Wednesdays, October 11, 18, 25 (Program runs Oct. 11 – Dec. 13)	10:00 am – 11:00 am	Sunderland Town Hall 120 River Street	705.432.3322
Tai Chi Practice Sessions (Community-Led)	Tuesdays and Fridays Oct. 3, 6, 10, 13, 17, 20, 24, 27, 31 Instruction Day: Tuesday, Oct. 3	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 + Sunderland + Cannington	October 2017 – June 2018 Dates to be determined. Call 705.432.3322 to register.	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, October 18th from 9:30 – 11:30 am at Lakeview Manor, 133 Main St., Beaverton.

Upcoming Workshop: Managing Caregiver Stress Positively, Wednesday, October 4th from 9:30 – 11:45 am, Sunderland Town Hall, 120 River St.

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.

Canadian Hearing Society -- Hearing Health Care Clinic

Call 705.432.3322 to schedule your confidential half-hour appointment with a hearing care counsellor. Wednesday, October 25 from 10-4 pm. Brock Community Health Centre, 720 Simcoe Street, Beaverton.

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. Monthly meetings held the first Thursday of the month from 2-4 pm at 75 Nine Mile Road, Beaverton. Cost is \$2.00 donation for refreshments. Next Meeting: Thursday, October 5th. For more information, please contact Erica at 1-800-263-3463 ext. 7758 or email emugan@marchofdimes.ca.

Moving Towards Healing – Brock Township Public Library

A grief, loss and trauma support group. Thursday, October 26th. 6-7 pm. Beaverton Branch, 401 Simcoe St. Free. Pre-registration is not required.

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. Upcoming Session: Mindfulness Based Meditation. Wednesday, October 25 from 1-3 pm at The Nourish Hub, 16 York Street, Cannington. Register online by going to www.mssociety.ca/ontario-education or by contacting Debbie at debbie.hunter@mssociety.ca or 1-800.268-7582, ext. 3343.

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.