

WINTER PROGRAMS | JANUARY TO MARCH 2024



Monday

Tuesday

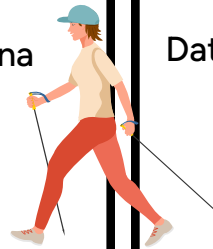
Wednesday

Thursday

Friday

Pole Walking

Dates: January 29 - March 11
Time: 9:15 - 10:15 AM
10:30-11:30 AM
Contact: Ester or Svetlana



Gentle Fitness

Dates: January 8 - March 25
Time: 12:00 - 12:45 PM
Contact: Svetlana



Next Education by Theatre

Dates: January 8 - March 25
Time: 3:00 - 5:00 PM
Contact: Salma



Prenatal

Dates: January 8 - March 25
Time: 5:00 - 6:30 PM
Contact: Ester



Health & Wellness

Dates: January 23 - March 19
Time: 2:00 - 3:00 PM
Contact: Svetlana



Female Youth Group

Dates: January 9 - March 26
Time: 2:00 - 4:00 PM
Contact: Salma



Forever Young

Dates: January 16 - March 12
Time: 2:00 - 4:00 PM
Contact: Svetlana



Youth Lunch Drop-In

Dates: January 11 - March 28
Time: 11:45 - 12:45 PM
Contact: Salma

Low Impact Aerobic

Dates: January 24 - March 13
Time: 1:00 - 2:00 PM
Contact: Svetlana



Prenatal

Dates: January 10 - March 27
Time: 1:00 - 3:00 PM
Contact: Ester



Fun With Food

Dates: January 31 - March 27
Time: 2:30 - 3:30 PM
Contact: Ester



Gentle Yoga

Dates: January 25 - Feb 29
Time: 10:00 - 11:20 AM
Contact: Masooma



Ageless Grace

Dates: January 18 - March 14
Time: 11:00 - 12:00 PM
Contact: Svetlana



No Whisk, No Reward

Dates: January 26 - March 28
Time: 11:30 - 12:30 PM
Contact: Salma

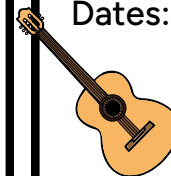


Youth Lunch Drop-In

Dates: January 11 - March 28
Time: 11:45 - 12:45 PM
Contact: Salma

VUM with Megan

Dates: January 11 - March 28
Time: 3:30 - 4:30 PM
Contact: Salma



Men's Group

Dates: January 25- March 28
Time: 6:00-7:00 PM
Contact: Ester



Women's Sewing Program

Dates: January 19 - March 22
Time: 12:30 - 1:30 PM
Contact: Salma



SPECIAL EVENTS

Ramadan Health Workshop

Location: Option of in-person at 10 Gateway or Zoom
Date: March 5
Time: 10:00 - 11:30 AM



Understanding Stress, Depression, and Trauma

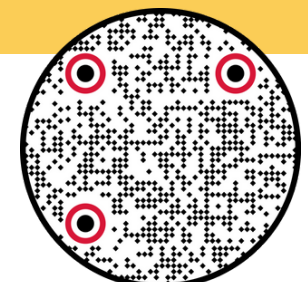
Choose the location closest to you:

Fairview Location (5 Fairview Mall Dr)
Date: March 7
Time: 10:00 - 11:30 AM

OR

Flemingdon Location, 10 Gateway Blvd
Date: March 21
Time: 10:00 - 11:30 AM

Scan OR Click
Register TODAY!



Flip this page



WINTER PROGRAMS | JANUARY TO MARCH 2024



Contact Information

Ana:
(437) 882 4623
AAbbasi@fhc-chc.com

Ester:
(416) 640 5298 Ext 425
EAraskhanyan@fhc-chc.com

Gordon:
(416) 551-2011
GWalker@fhc-chc.com

Masooma:
(437) 522-4042
MJafari@fhc-chc.com

Mussarat:
(647) 465 0567
MEjaz@fhc-chc.com

Neelam:
(437) 231 3864
NCharaniya@fhc-chc.com

Hamna:
(416) 873 6933
HMughal@fhc-chc.com

Salma:
(647) 462-9789
SSufi@fhc-chc.com

Svetlana:
(416) 554 9608
SVigor@fhc-chc.com

Tamar:
(416) 429 4991 Ext 276
TMerdkhanian@fhc-chc.com

Preventing Diabetes: The South Asian Way

Join our culturally relevant and language-specific workshops for South Asian communities to learn how to prevent Type-2 Diabetes.

Register early as space is limited!

Session 1: Diabetes Awareness Session

Session 2: Coping with Stress

Session 3: Healthy Eating

Session 4: Physical Activity and Goal Setting



For more information, please email:
SADPP@fhc-chc.com



Our primary goal is encouraging bicycle repair and refurbishment, reducing waste, and promoting cycling culture by offering **FREE** services and training.



Contact Info:

www.gatewaybikehub.org
10 Gateway Blvd. Suite 100 B
416.551.2011
info@gatewaybikehub.org

Begin Volunteering TODAY!

Youth and Adult
Volunteer opportunities
available at the health
centre!

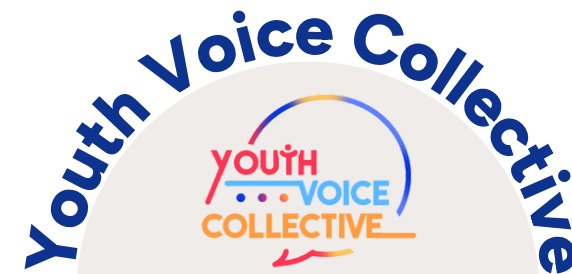


GET INVOLVED TODAY!



**CLICK
HERE**

OR



MORE INFORMATION?

Contact: Salma Sufi
Email: ssufi@fhc-chc.com

Join us! If you are interested in youth opportunities related to community safety, violence prevention, and community engagement. We offer **FREE** workshops/forums, youth events, programs, and volunteer opportunities!.

**For FHC hours, please visit
www.fhc-chc.com**





Pole Walking

🕒 WHEN

On Mondays
Jan 29 to March 11
9:15–10:15 am
or
10:30-11:30am

📍 WHERE

Parkway Forest
Community Centre
55 Forest Manor Rd
North York, ON M2J
1G3

❓ QUESTIONS

Contact Ester Araskhanyan
EARaskhanyan@fhc-chc.com
647 466 7002
or
Svetlana Vigor
SVigor@fhc-chc.com
416 554 9608

➕ MORE INFORMATION

Weekly pole walking session with a total body workout, stretching, cardio training, Balance, and muscle strengthening.

Suitable for all ages and fitness levels.

18+ please register with Ester
55+ please register with Svetlana

REGISTER NOW:

Scan the QR code
below, or [click here](#)



Gentle Fitness (55 +)

🕒 WHEN

On Mondays
Jan 8 to March 25
12:00 pm - 12:45 pm

📍 WHERE

Virtually, on Zoom

❓ QUESTIONS

Contact Svetlana Vigor
SVigor@fhc-chc.com
416-554-9608

➕ MORE INFORMATION

Join our weekly "Gentle Fitness" class for fall prevention and better mobility.

Improve your flexibility, strength and balance with this gentle exercise program.

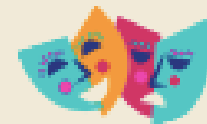
NO MAT NEEDED!

REGISTER NOW:

Scan the QR code
below, or [CLICK HERE](#)



NExT Education by Theatre



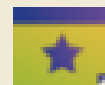
Consider becoming a peer educator for a fun, award-winning theatre-based project-led by youth. Peer educators have the unique opportunity to lead workshops on topics such as mental health, sexual health and more.

Open to youth of all genders between the ages of 14-19.

NO EXPERIENCE IS REQUIRED

Join us for a chance to:

- \$250 honorarium, food, TTC tokens to get home
- Community hours, leadership experience, new friends, resume-building
- Interesting discussions in a safer space
- Develop your performing and/or writing skills
- Mentoring by professional actors
- Peer educator training
- Research experience
- Potential future performance and travel opportunities



January 19th
3:30–5:30pm

March 12th
3:30–5:30pm



In Person @ Flemington Health
Centre Program Room 3



Questions?

Contact Salma Sufi
ssufi@fhc-chc.com
647- 462-9789
or shirat@yorku.ca

TO REGISTER:

Scan this QR
code, or click here.



BETTER BEGINNINGS NOW

CANADA PRENATAL NUTRITION PROGRAM (CPNP)



DATE & TIME

Wednesdays
1:00 pm 3:00 pm

Flemington Health Centre
10 Gateway Blvd, North
York, ON M3C 3A1
Second Floor, The
Charlotte Sneyd Room

Mondays

5:00 pm 6:30 pm

Fairview Community
Health
5 Fairview Mall Dr, North
York, ON M2J 2Z1
Room 359, The Penut
Room

WHO IS THE PROGRAM FOR

- Are you new to Canada and far away from your family and friends?
- Is English your second language?
- Do you need information about community programs and resources?
- Are you worried about your financial and food security?
- Do you need reassurance about becoming a parent?
- Partners are welcome to attend

WHAT IS THE PROGRAM ABOUT

- Learning about pregnancy
- Healthy Eating
- Breastfeeding
- Caring For Yourself
- Meeting other Women
- Cooking and Tasting New Foods

YOU WILL RECEIVE

- TTC Tokens
- Food Vouchers
- Healthy Snack and Free Childcare
- Translation is available if needed

FOR MORE INFORMATION & REGISTRATION, CALL 647-529-4511

OR EMAIL: ASASANI@LUMENUS.CA



Health & Wellness (55 +)

🕒 WHEN

Once a month on
Tuesdays
2:00 pm - 3:00 pm

📍 WHERE

Virtually, on Zoom
or in person

❓ QUESTIONS

Contact Svetlana Vigor
SVigor@fhc-chc.com
416-554-9608

+ MORE INFORMATION

Various workshops addressing health and life issues relevant to older adults.

Join us for social and educational programs and meet other people from the community.

REGISTER NOW:

Scan the QR code below, or [click here](#).



Flemingdon/Thorncliffe Female Youth Group

🕒 WHEN

January 9
3:15–5:15pm
March 26
3:15– 5:15pm

📍 WHERE

In Person @ MCGI
Room 103G

❓ QUESTIONS

Contact Salma Sufi
ssufi@fhc-chc.com
647-462-9789

+ MORE INFORMATION

Looking for an outlet to connect with like-minded individuals?

Sign up for our free workshops offered weekly for female-identifying folks aged 14-17.

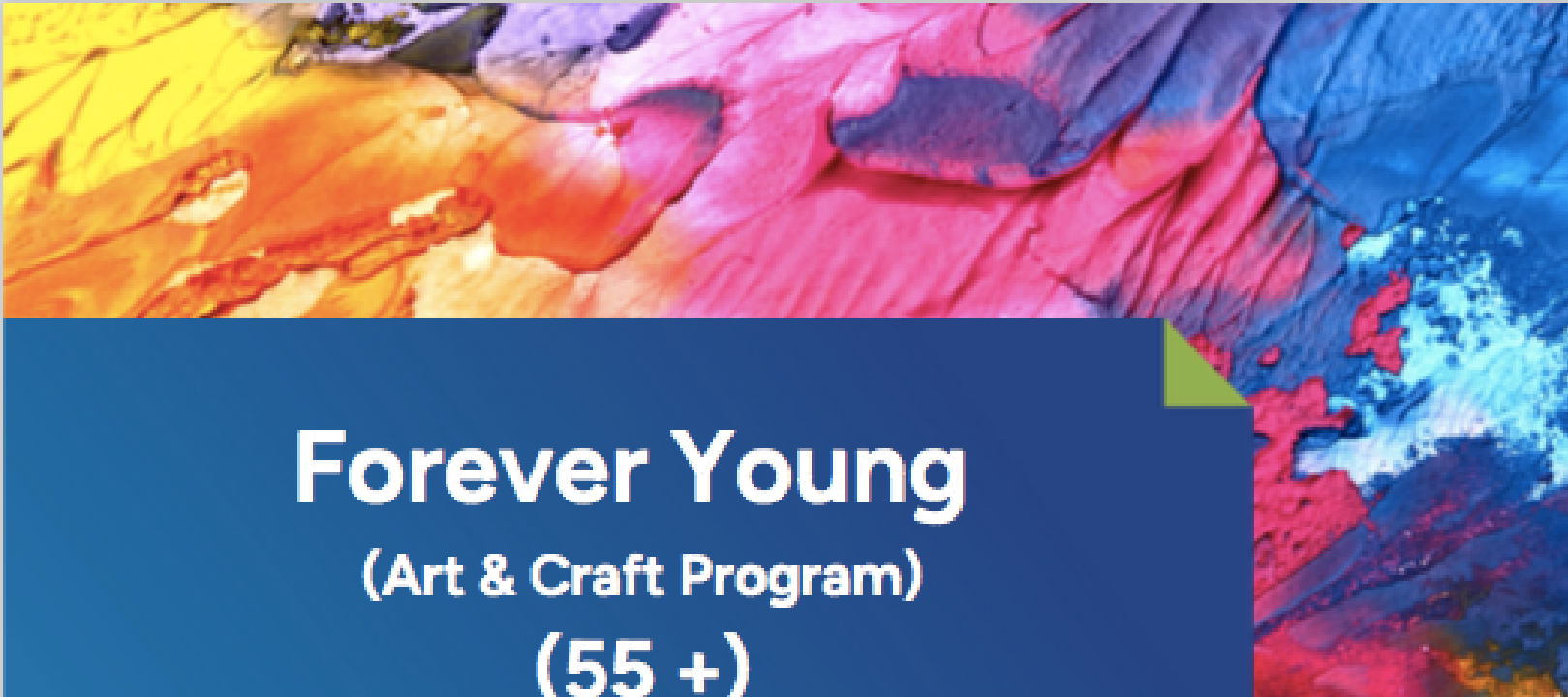
Join us to learn more about:

- A series of workshops on Teen Dating Violence
- Open engaging discussions
- Arts and crafts
- Yoga, kickboxing, and more!
- Dinner will be provided.

REGISTER NOW:

Scan the QR code below, or [click here](#).





Forever Young

(Art & Craft Program)
(55 +)



Youth Lunch Drop-In

@ THE RAC ROOM

🕒 WHEN

On Tuesdays
Monthly sessions
2:00 pm - 4:00 pm

📍 WHERE

FHC - Fairview site

❓ QUESTIONS

Contact Svetlana Vigor
SVigor@fhc-chc.com
416-554-9608

➕ MORE INFORMATION

Join us for art and craft sessions to explore your creativity, learn new techniques and connect with other people from the community.

TTC tokens & art material will be provided.

- *Art washes away from the soul the dust of everyday life. — Pablo Picasso*
- *Painting is poetry that is seen rather than felt, and poetry is painting that is felt rather than seen. — Leonardo da Vinci*
- *Creativity takes courage. — Henri Matisse*

REGISTER NOW:

Scan the QR code below, or [click here](#).



🕒 WHEN

January 11
11:40 – 12:40pm

March 28
11:40 – 12:40pm

📍 WHERE

RAC ROOM
10 GATEWAY BLVD

❓ QUESTIONS

Contact Salma Sufi
ssufi@fhc-chc.com
647-462-9789

➕ MORE INFORMATION

Good news! The Flemington Health Centre's "RAC Room" is now OPEN for our awesome weekly Youth Lunch Drop-In on Wednesdays and Thursdays!

Join us for academic support, socializing with friends, free lunch, and exciting games in a safe, inclusive space!

Don't miss out on the fun - come be a part of our awesome Youth Lunch Drop-In and let's make unforgettable memories together!

REGISTER NOW:

Scan the QR code below, or [click here](#).





Low Impact Aerobic (55 +)



FUN WITH FOOD

🕒 WHEN

On Wednesdays
Jan 24 to March 13
1:00 - 2:00 pm

📍 WHERE

Zoom

❓ QUESTIONS

Contact Svetlana Vigor
SVigor@fhc-chc.com
416-554-9608

🕒 WHEN

Monthly on Wednesdays
Jan 31, 2024
Feb 28, 2024
Mar 27, 2024
2:30–3:30 pm

📍 WHERE

Virtually, on Zoom
Link shared upon
registration

❓ QUESTIONS

Contact Ester Araskhanyan
earaskhanyan@fhc-chc.com
416 640 5298 ext 425

REGISTER NOW:

Scan the QR code
below, or [click here.](#)



+ MORE INFORMATION

- This class will make your heart rate up by keeping you moving!
- This program is intended for those who can sit/stand without assistance.

Every session includes:

- warm up
- cardio exercise
- strenght training
- cool down

REGISTER NOW:

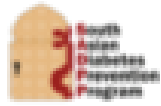
Scan the QR code
below, or [click here.](#)



+ MORE INFORMATION

Join us on last Wednesday of each month for our monthly session of fun with food. Meet our Dietitian and get answers to nutrition related questions over good food and talk.

All individuals, families and youth are welcome!



Gentle Yoga

beginners welcome!



Join us for yoga followed by education on positive mental health from registered social worker and case worker

Yoga mats available for use

WHEN

Every Thursday
Jan 25 - Feb 29, 2024
10:00 am - 11:30 am

WHERE

Flemingdon Health Centre
10 Gateway Blvd
Charlotte Snyed Room

QUESTIONS

Masooma
MJafari@fhc-chc.com
437-522-4042

Register Now

Scan the QR Code
or [Click Here](#)



Ageless Grace (55 +)

WHEN

On Thursdays
Weekly
11:00 am - 12:00 pm
Jan 18 to March 14

WHERE

Virtually, on Zoom
Link shared upon
registration

QUESTIONS

Contact Svetlana Vigor or
Shabnam Meraj
SVigor@fhc-chc.com
416-554-9608
smeraj@healthaccesst.org
437-771-3726

MORE INFORMATION

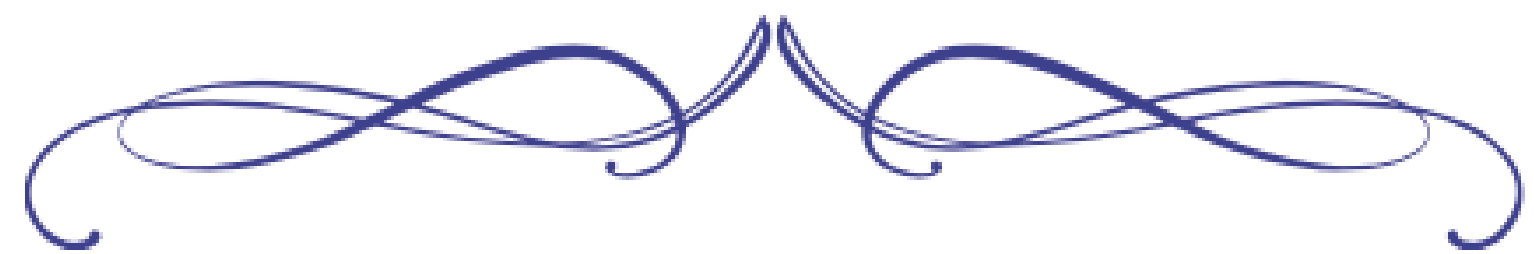
Ageless Grace is a revolutionary brain fitness program consisting of 21 simple exercise tools designed for all ages and abilities. These seated exercises, based on everyday movements that are natural and organic, focus on the healthy longevity of the body and brain.

45 minutes of exercise followed by a short discussion related to healthy aging.

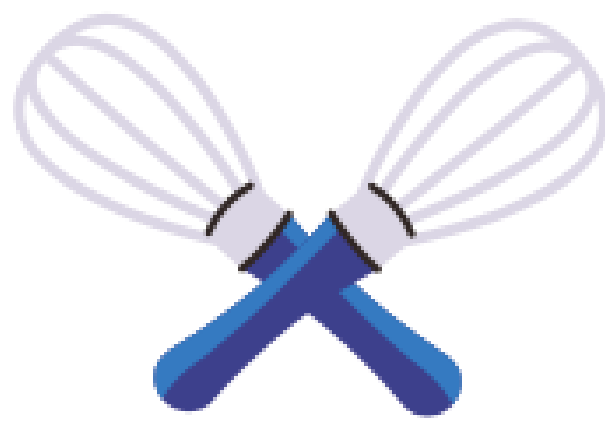
REGISTER NOW:

[Scan the QR code below, or click here](#)





No Whisk, No Reward



Youth Baking Workshops

Join us for four exciting workshops where you'll learn the basics of baking. Together, we'll tackle cookies, cakes, muffins, and homemade bread.

Don't worry, you'll even have leftovers to bring home!

Baking supplies provided.
Spaces are limited.

WHEN

Time: 11:30 a.m. to 12:30 p.m.
Dates: January 26th
February 29th
March 28th
April 25th

WHERE

10 Gateway Blvd.
Second Floor
Community Kitchen

QUESTIONS

Contact: Salma Sufi
ssufi@fhc-chc.com
OR
(647) 462 9789



WHO
Youth
Ages 14 - 18

REGISTER NOW:

Scan the QR code below, or [click here](#).



VUM with Megan

Youth Vocal & Ukulele Music for Mental Health

Have you ever wanted to learn how to play ukulele or write a song?
Now is your chance!

These free weekly group lessons teach youth

- Basic Chords
- Vocal Technique
- Songwriting
- Basic Music Theory

You will learn how to play ukulele and sing along to popular tunes. VUM explores the use of poetry and songwriting as a coping strategy and healing tool.

Spaces are limited.

WHEN

Thursdays
3:30 p.m. - 4:30 p.m.

WHERE

10 Gateway Blvd.
RAC Room
Program Room 5

QUESTIONS

Contact: Salma Sufi
(647) 462 9789



WHO
Youth
Ages 14 - 18

REGISTER NOW:

Scan the QR code below, or [click here](#).





Men's Group

Supported by FHC's Men's Advisory Committee

ALL MEN WELCOME!

🕒 WHEN

Monthly on Thursdays
Jan 25, 2024
Feb 29, 2024
Mar 28, 2024
6:00–7:00 pm

📍 WHERE

In person or
Virtually, on Zoom
Link shared upon
registration

❓ QUESTIONS

Contact Ester Araskhanyan
earaskhanyan@fhc-chc.com
416 -640-5298 ext 425

+ MORE INFORMATION

This group provides opportunities for support, challenge and growth. Join to improve programs and services relevant to men while getting the support you need to build a healthier sense of oneself and enjoy each other's company.

REGISTER NOW:

[Scan the QR code below, or click here.](#)



Women's Sewing Program

🕒 WHEN

January 19
12:30–1:30pm

March 22
12:00– 1:30pm

📍 WHERE

In Person - 10
Gateway Blvd -
Program Room 3

❓ QUESTIONS

Contact Salma Sufi
ssufi@fhc-chc.com
647-462-9789

+ MORE INFORMATION

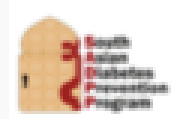
Join our weekly Women's Sewing Program! Whether you're a beginner eager to learn the art of sewing or looking to enhance your existing skills!

This program offers a creative space to cultivate your passion, build lasting friendships, and engage in meaningful conversations in a safe and supportive environment.

REGISTER NOW:

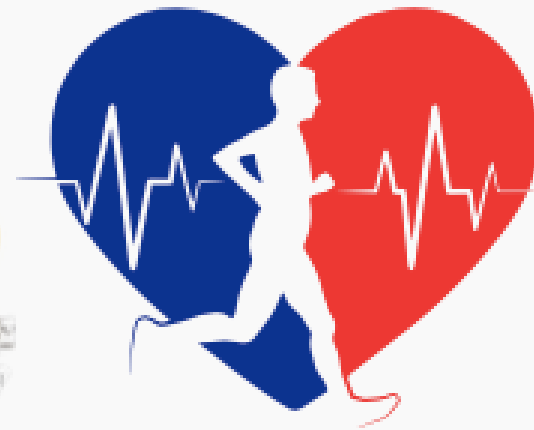
[Scan the QR code below, or click here.](#)





Ramadan Health Workshop

Come join us either online or in-person to learn about healthy eating during Ramadan and exercise recommendations



🕒 WHEN

Tuesday March 5th, 2024
10:00 am - 11:30 am

📍 WHERE

- Online via Zoom and
- In-person at Flemingdon Health Centre-10 Gateway Blvd

❓ QUESTIONS

Masooma Jafari
MJafari@fhc-chc.com
437-522-4042

To Register Scan or Click the QR Code



Understanding Stress, Depression and Trauma



Offered on two different dates at both of our Fairview and Flemingdon locations:



Thursday March 7th, 2024



Thursday March 21st, 2024



10:00 to 11:30 am



10:00 to 11:30 am



Flemingdon Health Centre
5 Fairview Mall Dr Suit 359



Flemingdon Health Centre
10 Gateway Blvd

For More Information contact:

Masooma
Phone: 437-522-4042
Email: mjafari@fhc-chc.com

To Register Scan/Click on the QR code or Contact us



MY NOTES

A vertical line is positioned on the left side of the page, intersecting 15 horizontal lines. These lines are spaced evenly down the page, creating a grid for writing notes.



Masooma Jafari
Events and Communication
Specialist,
SADPP



Neelam Charaniya
Community Health Nurse,
SADPP



Ana Abbasi
Registered Dietian,
SADPP



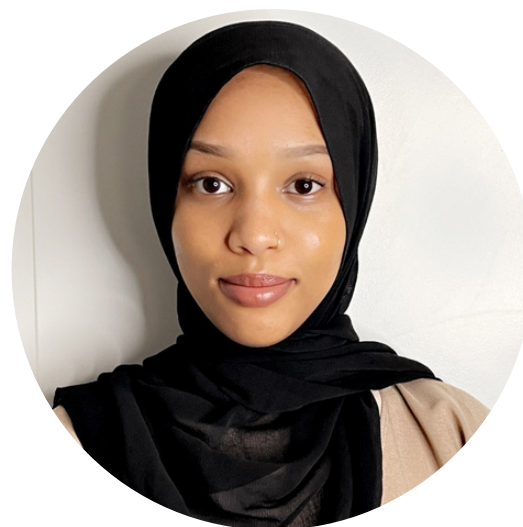
Tamar Merdkhanian
Medical Secretary



Svetlana Vigor
Community Health Worker,
Seniors and Intergenerational Populations



Ester Araskhanyan
Community Health Worker,
Intake and Emerging Needs



Salma Sufi
Community Health Worker,
Pre-Adult Engagement



Hamna Mughal
Community Health Worker Volunteer
and Community Engagement



Jose Garcia
Community Health Worker,
Youth Violence Prevention

Population Health and Wellness Team



Flemingdon Site (FL): 10 Gateway Boulevard, Toronto ON, M3C 3A1 (416) 429-4991

Fairview Site (FV): 5 Fairview Mall Drive, Suite 359, North York ON, M2J 2Z1 (416) 640-5298

Website: www.fhc-chc.com