

SUMMER PROGRAMS | JULY TO SEPTEMBER 2025



Monday

Pole Walking

Dates: Sept 8 - Dec 8
Time: 9:15 AM - 10:15 AM
OR
Time: 10:30 - 11:30 AM
Contact: Ester & Svetlana



Girls Summer Camp

Dates: July 21 - July 31
Time: 12:00 PM - 2:00 PM
Contact: Salma



Prenatal

Dates: July 7 - Sept 29
Time: 5:00 PM - 6:30 PM
Contact: Ester



Tuesday

Gentle Fitness

Dates: July 8 - Sept 23
Time: 11:00 AM - 11:45 AM
Contact: Svetlana



Wellness Group for Spanish Speaking People

Dates: Sept 2 - Sept 30
Time: 6:00 PM - 7:30 PM
Contact: Ester



Bridging Generations Through Art

Dates: TBD
Time: 2:00 PM - 3:30 PM
Contact: Salma & Svetlana



Wednesday

Prenatal

Dates: July 2 - Sept 24
Time: 1:00 PM - 3:00 PM
Contact: Ester



Fun With Food

Dates: Aug 28 - Sept 24
Time: 2:30 PM - 3:30 PM
Contact: Ester



Low Impact Aerobic

Dates: July 16 - July 30
Sept TBD
Time: 10:30 AM - 11:30 AM
Contact: Svetlana



Thursday

Youth Summer Field Trip Series

Dates: TBD
Time: TBD
Contact: Salma



Girls Summer Camp

Dates: July 21 - July 31
Time: 12:00 PM - 2:00 PM
Contact: Salma



Women's Health

Dates: Sept 4 - Dec 4
Time: 5:00 PM - 7:00 PM
Contact: Ester



Health & Wellness

Dates: July 3 - August 28
Time: 2:00 PM - 3:00 PM
Contact: Svetlana



The Coffee & Tea Social Circle

Dates: July 17 - Aug 14
Time: 2:00 PM - 3:30 PM
Contact: Svetlana



Friday

No Whisk, No Reward

Dates: July 4 - Sept 5
Time: 3:00 PM - 5:00 PM
Contact: Salma



Stretch Your Mind: Yoga Series

Dates: July 25 - August 15
Time: 1:00 PM - 2:00 PM
Contact: Salma



Special Event Series

Visita a Flemo Farm y al Grupo Flemo Market
Dates: July 21
Time: 2:00 PM - 4:00 PM
Contact: Ester

Youth Voice Collective Training
Dates: Tuesdays
Time: 3:30 - 5:30 PM
Contact: Jose

SUMMER PROGRAMS | JULY TO SEPTEMBER 2025



Contact Information

Ester:

(647) 466 7002
EAraskhanyan@fhc-chc.com

Salma:

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

Svetlana:

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

Hamna:

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

Jose:

(437) 331-0163
JOrtega@fhc-chc.com

Mussarat:

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

Join us!

Are you a youth at risk or impacted by violence?
Looking for opportunities to get involved in your community?

We offer FREE programs, workshops, forums, youth-led events, and volunteer opportunities focused on community safety, violence prevention, and youth empowerment.

Youth Voice Collective



MORE INFORMATION?

Contact: Jose Garcia
Email: jortega@fhc-chc.com

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





Women's Health Skincare



Grupo de Bienestar para Hispanohablantes, Manejo del Estrés

La sesión será desarrollada en inglés y en español

WHEN
Monthly on **Thursday**
September 4, 2025
October 2, 2025
November 6, 2025
December 4, 2025
5:00–7:00 pm

WHERE
In person at
5 Fairview Mall
Drive, Suite 359,
M2J 2Z1

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

CUANDO
Cada martes desde
el 2 de septiembre
hasta el 30 de
septiembre
6:00 - 7:30PM

DONDE
En persona en
5 Fairview Mall Drive, Suite
359, M2J 2Z1

PREGUNTAS
Ester Araskhanyan
earaskhanyan@fhc-chc.com
647 466 7002

REGISTER NOW:

Scan the QR code below, or click here.

Registration for FHC Programs:
July-September 2025, Q2 (Ester Araskhanyan)

MORE INFORMATION

This quarter, our Women's Health Program is all about skincare, celebrating the skin as the body's largest organ and understanding its essential role in overall health. Join us for an interactive, hands-on workshop where we'll explore:

- Common skin concerns like dryness, pigmentation, sensitivities, and aging
- Tips for proper hydration and protection
- Simple, natural recipes to make your own skincare products at home

Don't miss this opportunity to nurture your skin's health and glow!

REGISTRATE AHORA:

Escanea el código QR abajo, o ~~has clic~~ aquí.

Registration for FHC Programs:
July-September 2025, Q2 (Ester Araskhanyan)

MÁS INFORMACIÓN

Únete a nuestras sesiones presenciales de manejo del estrés. Durante la primera sesión hablaremos sobre qué es el estrés, cómo identificarlo y su relación con haber migrado a otro país. En la segunda sesión, hablaremos sobre cómo vivir en un país extranjero afecta nuestras relaciones sociales y aumenta la soledad para muchos. Nuestras sesiones ofrecen a los participantes la oportunidad de hablar sobre el estrés en un espacio seguro, compartir experiencias propias con otros y aprender técnicas de manejo del estrés, incluyendo la meditación guiada.

Child minding available on request!

Better Beginnings Now (BBN)

CANADA PRENATAL NUTRITION PROGRAM (CPNP)



The **Canada Prenatal Nutrition Program (CPNP)** is funded by the Public Health Agency of Canada to help improve the health of pregnant women, new mothers and their babies, who face challenges that put their health at risk.

Dates & Times:



WEDNESDAYS - 1:00pm to 3:00pm

Flemington Health Centre

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

MONDAYS - 5:00pm to 6:30pm

Fairview Community Health

5 Fairview Mall Dr, North York, ON M2J 2Z1
Third Floor, The Peanut Room

Contact Us:

- E-mail our department directly at: asasani@lumenus.ca
- Call our department directly at: **1 833 (499 3377) x4333**
- This program is sponsored by The Public Health Agency of Canada in collaboration with many organizations

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

What you will receive:

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



Flemo Farm & Flemo Market Group Visit

🕒 CUANDO

Jueves 21 de agosto
2:00 - 4:00PM

📍 DONDE

En persona en
150 Grenoble Dr., Toronto



PREGUNTAS

Ester Araskhanyan

earaskhanyan@fhc-chc.com

647 466 7002

+ MÁS INFORMACIÓN

Disfruta de un recorrido divertido y educativo con guía en español por Flemo Farm y el Mercado Local de Agricultores.

REGISTRATE AHORA:

Escanea el código QR
abajo, o has clic aquí.

Registration for FHC Programs:
July-September 2025, Q2 (Ester Araskhanyan)



FLEMO FARMERS MARKET

Fresh, nutritious, vegetables, herbs, and fruits.
Parking available on-site.
Bring your own shopping bags.
Come support your local farm!



Every Thursday
From June 26- October 9



Time
3pm - 6pm



150 Grenoble Dr.,
Toronto

LEARN MORE AT:



flemofarm.ca



@flemofarm



Use this QR code to join our farmer's market email list!





FUN WITH FOOD

- 🕒 WHEN**
- August 28, 2025
2:00–4:00 pm
September 24, 2025
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



Pole Walking

- 🕒 WHEN**
- On Mondays
Sept 8- Dec 8, 2025
9:15–10:15 am
or
10:30–11:30 am
- 📍 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

REGISTER NOW:

Scan the QR code
below, or click here.

Registration for FHC Programs:
July-September 2025, Q2 (Ester
Araskhanvan)



- + MORE INFORMATION**
- Fun with Food is a monthly program that promotes food literacy, community engagement and reduces social isolation. Each session includes an interactive talk with a dietitian, offering valuable nutrition insights and a welcoming space for participants to connect.
- All individuals, families and youth are welcome!

REGISTER NOW:

Scan the QR code
below, or click here

Registration for FHC Programs:
July-September 2025, Q2 (Ester
Araskhanvan)



- + MORE INFORMATION**
- Weekly indoor pole walking session with a total body workout, stretching, cardio training, Balance, and muscle strengthening.
- Suitable for all ages and fitness levels.
Poles will be provided!



Gentle Fitness

(55 +)



The Coffee & Tea

Social Circle

(55 +)



WHEN

On Tuesdays
11 AM to 11:45 AM

Starting on July 8th



WHERE

Virtually, on Zoom



QUESTIONS

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



WHEN

Once a month
on Thursdays
2:00 pm - 3:30 pm



WHERE

In person at FHC -
Fairview Site



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



MORE INFORMATION

The Coffee & Tea Social Circle is a welcoming, relaxed gathering where people come together to enjoy a warm cup of coffee or tea, socialize, or play games, and share good conversation. It's the perfect place to connect, unwind, see your friends, and make new ones in a friendly atmosphere. Whether you're sipping coffee or enjoying a classic cup of tea, you'll find a space to relax and engage with others in a fun, casual setting.

REGISTER NOW:

Scan the QR code
below, or click here.





Low Impact Aerobic (55 +)

Health & Wellnes Summer Series (55 +)

🕒 WHEN

On Wednesdays
July 16, 23 & 30
Sept dates: TBD
10:30 AM - 11:30 AM

📍 WHERE

Zoom

❓ QUESTIONS

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

🕒 WHEN

on Thursdays
July 3 (at Flemington)
July 10 (at Fairview)
August 28 (Flemo Farm)
from 2 PM

📍 WHERE

In person at FHC -
Fairview or
Flemington Site

❓ QUESTIONS

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

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 for a tasty and informative series focused on healthy eating, cultural foods, and local produce!

🍷 July 3 & 10 – Healthy Eating Workshops

- Sample unique fruits and vegetables from different cultures
- Learn about their health benefits
- Watch a live demo of a wheat berry salad with fresh summer produce

🌿 August 28 – Farm & Market Visit

Explore Flemo Farm and the Flemo Farmers Market – see where your food comes from and discover fresh, local options!



Stretch Your Mind: Yoga Series

🕒 WHEN
July 25th
1:00– 2:00pm

August 15th
1:00– 2:00pm

📍 WHERE
10 Gateway Blvd
Charlotte Snyed
Program Room

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

+ MORE INFORMATION
Trauma-Informed Wellness Series
4 Sessions – For Youth Only
Come join us for a 4-part workshop series focused on healing, movement, and self-care. Learn practical tools to manage stress, build resilience, and care for your mental and physical well-being. Refreshments provided. No experience needed.

REGISTER NOW:

Scan the QR code **below**,
or click here.



No Whisk, No Reward Youth Baking Workshop

🕒 WHEN
July 4th
3:15–5:15pm

September 5th
3:15– 5:15pm

📍 WHERE
10 Gateway Blvd
FHC's Community
Kitchen

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

+ MORE INFORMATION
Join us for four exciting workshops where you'll learn essential baking skills. Together, we'll explore different techniques and create a variety of delicious treats from scratch. Whether you're just starting or want to improve, you'll leave with new skills and tasty goodies to take home!

REGISTER NOW:

Scan the QR code **below**,
or click here.





Girls Summer Camp



Youth Field Trip Series



WHEN

July 21st
12:00– 2:00pm

July 31st
12:00– 2:00pm



WHERE

10 Gateway Blvd
Charlotte Snyed
Program Room



QUESTIONS

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



MORE INFORMATION

Mondays & Thursdays | 2 Weeks | Ages 13–17
A supportive summer program just for girls
ages 13–17! Join us twice a week to build
confidence, explore identity, and connect
with peers and mentors. Each session
includes fun, creative, and wellness-based
activities — from self-care workshops to
crafts, group games, and meaningful
conversations.
Refreshments provided.
Limited spots available — register today!

REGISTER NOW:

Scan the QR code below,
or click here.



WHEN

TBD



WHERE

10 Gateway Blvd

FHC’s Community
Kitchen



QUESTIONS

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



MORE INFORMATION

Join us this summer for fun, engaging
trips across Toronto!
Youth will visit exciting places like
parks, museums, wellness spaces,
and sports events — all while
exploring life beyond their
neighbourhood. This program helps
build confidence, friendships, and a
stronger connection to the city.
Snacks and TTC tokens provided.
Spots are limited — sign up now!

REGISTER NOW:

Scan the QR code below,
or click here.





Bridging Generations Through Art

🕒 WHEN

July 22nd
2:00 - 3:30 pm

August 5th
2:00 - 3:30 pm

📍 WHERE

5 Fairview Mall
Drive, Suite 359
Peanut Room

❓ QUESTIONS

Contact:
Svetlana Vigor
SVigor@fhc-chc.com
416-554-9608 **OR**
Salma Sufi ssufi@fhc-chc.com 647-462-9789

REGISTER NOW:

Scan the QR code **below**,
or click here.



+ MORE INFORMATION

Youth and seniors come together to create art, connect, and build community across generations. This program offers a welcoming space for creative expression and meaningful social connection through hands-on art activities. All materials provided. Spots are limited – sign up now!



MY NOTES





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