

FALL PROGRAMS | OCTOBER TO DECEMBER 2025

Monday

Pole Walking

Dates: Oct 6 - Dec 8
Time: 9:15 AM - 10:15 AM
OR
10:30 AM - 11:30 AM
Contact: Ester & Svetlana



NExT Education by

Theatre

Dates: Oct 6 - Dec 15
Time: 4:00 PM - 6:00 PM
Contact: Salma



Prenatal

Dates: Oct 6 - Dec 29
Time: 5:00 PM - 6:30 PM
Contact: Ester



Tuesday

Gentle Fitness

Dates: Sept 2 - Dec 23
Time: 11:00 AM - 11:45 AM
Contact: Svetlana



Wellness Group for Spanish

Speaking People

Dates: Oct 7 - Oct 21
Time: 6:00 PM - 8:00 PM
Contact: Ester



Art Program - "A New Book A New Project"

Dates: Oct 21 - Dec 9
Time: 10:00 AM - 12:00 PM
Contact: Svetlana



Female Youth Group

Dates: Sept 23 - Dec 16
Time: 3:15 PM - 5:00 PM
Contact: Salma



Health & Wellness

Dates: Oct 21 - Dec 2
Time: 2:00 PM - 3:30 PM
Contact: Svetlana



Wednesday

Prenatal

Dates: Oct 1 - Dec 17
Time: 1:00 PM - 3:00 PM
Contact: Ester



Fun With Food

Dates: Oct 29 - Dec 17
Time: 2:30 PM - 3:30 PM
Contact: Ester



Low Impact Aerobic

Dates: Oct 15 - Dec 10
Time: 10:30 AM - 11:30 AM
Contact: Svetlana

Thursday

Forever Young/Art & Craft

Dates: Nov 6 - Dec 4
Time: 2:00 PM - 4:00 PM
Contact: Svetlana



Women's Health

Dates: Oct 2 - Dec 4
Time: 5:00 PM - 7:00 PM
Contact: Ester



The Coffee & Tea Social Circle

Dates: Oct 23 - Dec 11
Time: 2:00 PM - 3:30 PM
Contact: Svetlana



Youth Asset Mapping Series

Dates: Oct 23 - Nov 27
Time: 3:30 PM - 5:30 PM
Contact: Salma



Friday

Youth Lunch Drop-In

Dates: Oct 2 - Dec 18
Time: 11:30 AM - 12:30 PM
Contact: Salma

No Whisk, No Reward

Dates: Oct 7 - Dec 15
Time: 3:00 PM - 5:00 PM
Contact: Salma



FALL PROGRAMS | OCTOBER TO DECEMBER 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

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



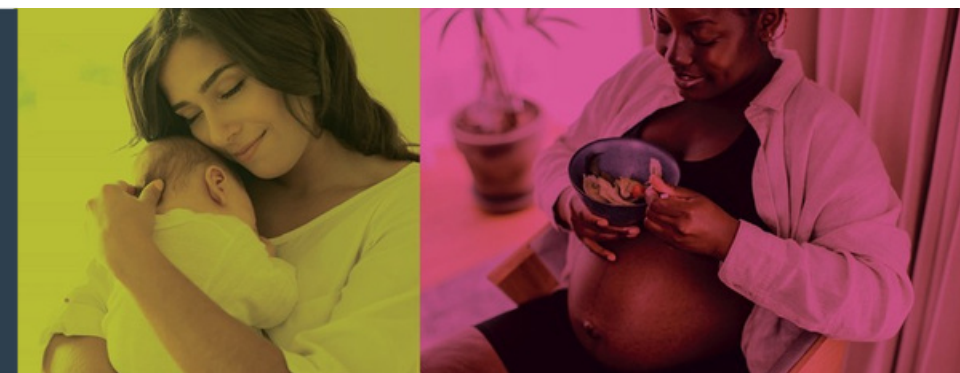
MORE INFORMATION?

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

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



**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.

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

WHEN

Monthly on **Thursday**
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

+ 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!

Dates & Times:



WEDNESDAYS - 1:00pm to 3:00pm

Flemingdon 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

fhc FLEMINGDON
HEALTH CENTRE

lumenus.ca

REGISTER NOW:

Scan the QR code
below, or click here.

Registration for FHC Programs:
October-December 2025, Q3 (Ester
Araskhanyan)



Child minding available on request!



Pole Walking



🕒 WHEN

On Mondays
Oct 6- 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

+ 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!**

REGISTER NOW:

Scan the QR code
below, or click here

Registration for FHC Programs:
October-December 2025, Q3 (Ester
Araskhanyan)



FUN WITH FOOD

🕒 WHEN

October 29, 2025
November 26, 2025
December 17, 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

+ 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:
October-December 2025, Q3 (Ester
Araskhanyan)





Grupo de Bienestar para Hispanohablantes, Manejo del Estrés

La sesión será desarrollada en inglés y en español



**A NEW BOOK.
A NEW ART PROJECT**

Making Art Making Change



CUANDO

Cada martes desde el 7 de octubre hasta el 21 de octubre
6:00 - 7:30 PM

DONDE

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

PREGUNTAS

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

WHEN

Every Tuesday from
October 21st until
December 9th, 2025
(8 weeks)
10:00 a.m. to 12:00 noon

WHERE

In person at FHC -
Fairview
5 Fairview Mall Dr.
#359

QUESTIONS

Contact SvetlanaVigor@fhc-chc.com
OR
Becky Lam
blam@fhc-chc.com

+ 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.

REGISTRATE AHORA:
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abajo, o ~~has clic~~ [aquí.](#)

Registration for FHC Programs:
October-December 2025, Q3 (Ester
Araskhanyan)



LIMITED SPOTS AVAILABLE

REGISTER NOW:

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



+ MORE INFORMATION

This foundational program invites participants new to MAMC to explore personal narratives through the creation of accordion books - a unique and signature format developed by the organization. Participants learn techniques in painting, embroidery, drawing, and collage to transform their stories into vibrant, tactile art. Guided by artistic prompts, participants craft self-portraits and meaningful images while sharing their creative journeys. This collaborative process sparks deep conversations, fosters mutual support, and builds a community where everyone feels seen. Ultimately, our workshops blend artistic exploration with personal storytelling to build individual confidence and forge strong, interconnected bonds.



The Coffee & Tea Social Circle (55 +)

🕒 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

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.



Gentle Fitness (55 +)

🕒 WHEN

On Tuesdays
11 AM to 11:45 AM

Ongoing program

📍 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





Forever Young

(Art & Craft Program)

(55 +)

WHEN
On Thursdays
3 sessions
2 PM to 4 PM
Nov 6 to Dec 4

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.
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.



Health & Wellnes Series

(55 +)



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

WHERE
In person at FHC -
Fairview Site
or virtual - Zoom

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.





Fairview Youth Asset & Needs Mapping Project

- WHEN**
October 23rd
3:30 - 5:30 pm
November 27th
3:30– 5:30pm
- WHERE**
5 Fairview Mall
Drive, Suite 359
Peanut Room
- QUESTIONS**
Contact Salma Sufi
ssufi@fhc-chc.com

- + MORE INFORMATION**
Join a 5-week after-school program where you'll explore the strengths and needs of your community, identify what supports exist and what's missing, and capture important spaces through photography. Work with peers to create a youth-led map that will guide future programs and supports. Earn volunteer hours and receive a letter of recommendation at Flemington Health Centre. Open to youth aged 13–18.

REGISTER NOW:

Scan the QR code
below, or click here.



Low Impact Aerobic (55 +)

- WHEN**
On Wednesdays Oct
15 to Dec 10 10:30
AM - 11:30 AM
- WHERE**
Zoom
- QUESTIONS**
Contact Svetlana Vigor
SVigor@fhc-chc.com
416-554-9608

+ 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.





Flemingdon/Thorncliffe Female Youth Group



WHEN

September 23rd
3:15–5:15pm

December 16th
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 healthy relationships
- Open engaging discussions
- Arts and crafts
- Yoga, kickboxing, swimming
- Field Trips, and more!

Dinner will be provided.



Youth Lunch Drop-In



WHEN

October 2
11:30–12:30 PM

December 18
11:30 – 12:30 PM



WHERE

RAC ROOM
10 GATEWAY BLVD



QUESTIONS

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



MORE INFORMATION

Are you a youth looking for a fun, supportive space to hang out during lunch?

Join us at the RAC Room for:

- Free Refreshments – Stay energized with snacks and drinks.
- Academic Support – Get help with homework, assignments, and school projects.
- Games & Activities – Play games, join fun activities, and relax in a supportive environment.
- Safe & Inclusive Space – Meet new people, build friendships, and be part of a welcoming community.

Come for the vibes, stay for the fun! See you there!

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

 **October 6th**
4:30–6:30pm

December 15
4:30–6:30pm

 In Person @ Flemington Health Centre Program Room 3

Questions?

Contact Shira Taylor
@ shirat@yorku.ca
OR Salma Sufi
ssufi@fhc-chc.com



TO REGISTER:
Scan this QR code,
or click here.



No Whisk, No Reward Youth Baking Workshop



WHEN

October 7
3:15–5:15pm

December 15
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.





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

Population Health and Wellness Team