

WINTER PROGRAMS | JANUARY TO MARCH 2026

Monday

Pole Walking

Dates: Feb 2 - Mar 9
Time: 9:15 AM - 10:15 AM
OR
10:30 AM - 11:30 AM
Contact: Ester & Svetlana



Prenatal

Dates: Jan 5 - Mar 30
Time: 5:00 PM - 6:30 PM
Contact: Ester



Youth Sewing Program

Dates: Feb 2 - Mar 30
Time: 3:15 PM - 5:15 PM
Contact: Salma



Tuesday

Gentle Fitness

Dates: Jan 6 - Mar 31
Time: 11:00 AM - 11:45 AM
Contact: Svetlana



Youth Lunch Drop-In

Dates: Jan 20 - Mar 31
Time: 11:30 AM - 12:30 PM
Contact: Salma



Female Youth Group

Dates: Jan 13 - Mar 31
Time: 3:15 PM - 5:00 PM
Contact: Salma



Wednesday

Prenatal

Dates: Jan 7 - Mar 25
Time: 1:00 PM - 3:00 PM
Contact: Ester



Fun With Food

Dates: Jan 28 - Mar 25
Time: 2:30 PM - 3:30 PM
Contact: Ester



Low Impact Aerobic

Dates: Jan 21 - Feb 18
Time: 10:30 AM - 11:30 AM
Contact: Svetlana



The Place To Be -

"Kruzok"

Dates: Jan 21 - Mar 4
Time: 4:00 PM - 6:00 PM
Contact: Svetlana & Ester



Thursday

The Coffee & Tea Social Circle

Dates: Jan 29 - Mar 26
Time: 2:00 PM - 3:30 PM
Contact: Svetlana



Youth Asset Mapping Series

Dates: Mar 5 - Mar 26
Time: 3:30 PM - 5:30 PM
Contact: Salma



Friday

Youth Lunch Drop-In

Dates: Jan 15 - Mar 26
Time: 11:30 AM - 12:30 PM
Contact: Salma



No Whisk, No Reward

Dates: Jan 23 - Mar 20
Time: 3:00 PM - 5:00 PM
Contact: Salma



Special Event Series

Youth Iftar Night

Dates: March 5th
Time: 5:00 PM - 7:00 PM
Contact: Salma & Omar



WINTER PROGRAMS | JANUARY TO MARCH 2026

Contact Information

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

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

Omar:
(437) 869- 7069
OKhan@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

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.



MORE INFORMATION?

Contact: Omar Khan
Email: okhan@fhc-chc.com

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





The Place to Be - "Kružok"

Concurrent program for moms and children from Roma Community



WHEN

On Wednesdays
4 PM to 6 PM
Jan 21 to March 4

WHERE

Dennis R Timbrell
Resource and
Community Centre

QUESTIONS

Svetlana Vigor
SVigor@fhc-chc.com

416-554-9608

Ester Araskhanyan

earaskhanyan@fhc-chc.com

647-466-7002

MORE INFORMATION

Kružok:

A concurrent program for moms from the Roma community and children (ages 4–12) in Flemingdon Park, supporting learning, creativity, healthy living, and family connection in a welcoming space.

Kružok:

Súbežný program pre mamičky z rómskej komunity a deti (vo veku 4–12 rokov) v Flemingdon Park, ktorý podporuje učenie, tvorivosť, zdravý životný štýl a rodinné spojenie v priateľskom prostredí.

ZAREGISTRUJTE SA

Naskenujte QR kód
nižšie alebo kliknite sem



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

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.



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



Low Impact Aerobic (55 +)

WHEN

On Wednesdays
Jan 21 to Feb 18
10:30 AM - 11:30 AM

WHERE

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.

REGISTER NOW:
Scan the QR code
below, or CLICK HERE



NO MAT NEEDED!

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
- strength training
- cool down



FUN WITH FOOD

WHEN

January 28, 2026
February 25, 2026
March 25, 2026
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.

REGISTER NOW:

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



Pole Walking

WHEN

On Mondays
February 2–March 9, 2026
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](#).





Youth Lunch Drop-In

WHEN

January 15th
11:30–12:30 PM

March 26th
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!

REGISTER NOW:

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



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

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



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





Flemingdon/Thorncliffe Female Youth Group

WHEN

January 13th
3:15–5:15pm
March 31st
3:15– 5:15pm

WHERE

In Person @ MCGI
Room 103G

QUESTIONS

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

MORE INFORMATION

REGISTER NOW:

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



Youth Sewing Program

WHEN

February 2nd
3:30 – 5:30pm
March 30th
3:30 – 5:30pm

WHERE

In Person - 10
Gateway Blvd -
Program Room 3

QUESTIONS

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

MORE INFORMATION

REGISTER NOW:

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



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.





Fairview Youth Asset & Needs Mapping Project

WHEN
March 5th
3:30 - 5:30 pm
March 26th
3:30– 5:30pm

WHERE
5 Fairview Mall
Drive, Suite 359
Peanut Room

QUESTIONS
Contact Salma Sufi
ssufi@fhc-chc.com

REGISTER NOW:

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



MORE INFORMATION

Join a 4-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 Flemingdon Health Centre. Open to youth aged 13–17.



No Whisk, No Reward Youth Baking Workshop

WHEN
January 23rd
3:15–5:15pm
March 20th
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](#).





Youth Iftar Night



WHEN

March 5th, 2026
5:00 PM-7:00PM



WHERE

RAC ROOM
10 GATEWAY BLVD



QUESTIONS

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



MORE INFORMATION

Join us for the Youth Iftar Night 
This is a special Ramadan Iftar celebration featuring a potluck-style dinner, shared prayer time, and a chance to break fast together in community. The evening will include games, interactive activities, and space to connect, reflect, and celebrate the spirit of Ramadan in a welcoming and inclusive environment. Come together for food, connection, and good vibes.

REGISTER NOW:

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



We can't wait to celebrate with you!



Youth Job Skills Series



WHEN

March 12th
3:30 PM-5:30 PM

March 26th

3:30 PM - 5:30 PM



WHERE

RAC ROOM
10 GATEWAY BLVD



QUESTIONS

Contact: Omar Khan
Okhan@fhc-chc.com
437-869-7069



MORE INFORMATION

Join us for a 4-week program designed to support youth interested in employment.

This program will cover:

- **Resume and cover letter building**
- **Job search strategies and applications**
- **Interview tips and practice**
- **Building confidence and workplace readiness**

Learn, ask questions, and gain practical skills in a supportive and welcoming space.

REGISTER NOW:

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



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



Omar Khan
Community Health Worker,
Youth Violence Prevention Worker

Population Health and Wellness Team