
















WINTER PROGRAMS | JANUARY TO MARCH 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Pole Walking</u> Dates: Feb 2 - Mar 9 Time: 9:15 AM - 10:15 AM OR 10:30 AM - 11:30 AM Contact: Ester & Svetlana</p> 	<p><u>Gentle Fitness</u> Dates: Jan 6 - Mar 31 Time: 11:00 AM - 11:45 AM Contact: Svetlana</p> 	<p><u>Prenatal</u> Dates: Jan 7 - Mar 25 Time: 1:00 PM - 3:00 PM Contact: Ester</p> 	<p><u>The Coffee & Tea Social Circle</u> Dates: Jan 29 - Mar 26 Time: 2:00 PM - 3:30 PM Contact: Svetlana</p> 	<p><u>Youth Lunch Drop-In</u> Dates: Jan 15 - Mar 26 Time: 11:30 AM - 12:30 PM Contact: Salma</p> 
<p><u>Prenatal</u> Dates: Jan 5 - Mar 30 Time: 5:00 PM - 6:30 PM Contact: Ester</p> 	<p><u>Youth Lunch Drop-In</u> Dates: Jan 20 - Mar 31 Time: 11:30 AM - 12:30 PM Contact: Salma</p> 	<p><u>Fun With Food</u> Dates: Jan 28 - Mar 25 Time: 2:30 PM - 3:30 PM Contact: Ester</p> 	<p><u>Youth Asset Mapping Series</u> Dates: Mar 5 - Mar 26 Time: 3:30 PM - 5:30 PM Contact: Salma</p> 	<p><u>No Whisk, No Reward</u> Dates: Jan 23 - Mar 20 Time: 3:00 PM - 5:00 PM Contact: Salma</p> 
<p><u>Youth Sewing Program</u> Dates: Feb 2 - Mar 30 Time: 3:15 PM - 5:15 PM Contact: Salma</p> 	<p><u>Female Youth Group</u> Dates: Jan 13 - Mar 31 Time: 3:15 PM - 5:00 PM Contact: Salma</p> 	<p><u>Low Impact Aerobic</u> Dates: Jan 21 - Feb 18 Time: 10:30 AM - 11:30 AM Contact: Svetlana</p> 	<p><u>Special Event Series</u></p> <p><u>Youth Iftar Night</u> Dates: March 5th Time: 5:00 PM - 7:00 PM Contact: Salma & Omar</p>	
		<p><u>The Place To Be - "Kruzok"</u> Dates: Jan 21 - Mar 4 Time: 4:00 PM - 6:00 PM Contact: Svetlana & Ester</p> 		

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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

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(416) 554 9608

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(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 - "Kruzok"

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 Flemington 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 Flemington Park, ktorý podporuje učenie, tvorivosť, zdravý životný štýl a rodinné spojenie v priateľskom prostredí.

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~~



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

- 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.





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.

All individuals, families and youth are welcome!



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

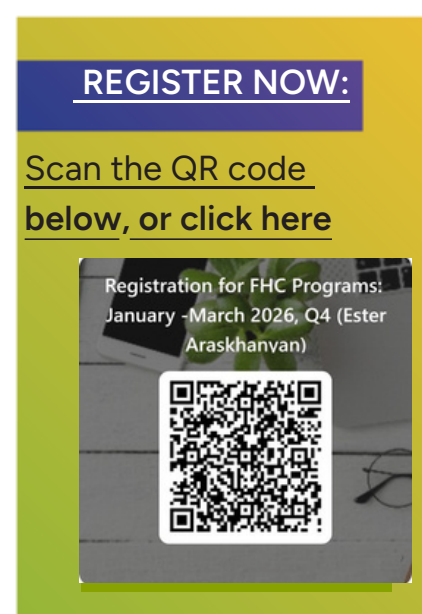
❓ QUESTIONS

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!**





Youth Lunch Drop-In

@ THE RAC ROOM

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!

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

How to reach 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 FLEMINGTON HEALTH CENTRE



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

REGISTER NOW:

Scan the QR code below, or click here.





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

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.

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

Join our 10-session Youth Sewing Program!
Whether you're new to sewing or want to level up your skills, this is your chance to get creative, make new friends, and have fun in a safe space. Let's learn, chat, and sew together!

REGISTER NOW:

Scan the QR code
below, or click here.





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

- + 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 Flemington Health Centre. Open to youth aged 13–17.

REGISTER NOW:

Scan the QR code below, or click here.



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 P M-7:00PM



WHERE

RAC ROOM
10 GATEWAY BLVD

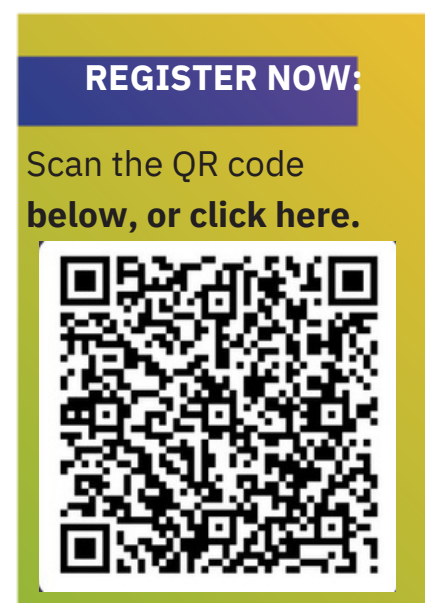


QUESTIONS

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.

We can't wait to celebrate with you!



Youth Job Skills Series



WHEN

March 12th
3:30 P M-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

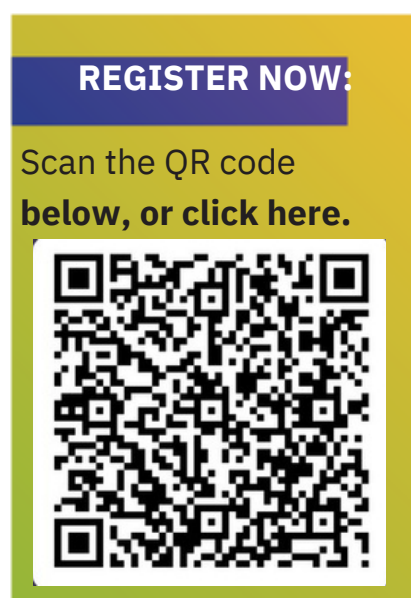


MORE INFORMATION

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.



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