

SPRING PROGRAMS | APRIL TO JUNE 2026

Monday

Pole Walking

Dates: April 27 - June 22
Time: 9:15 AM - 10:15 AM
OR
10:30 AM - 11:30 AM
Contact: Ester & Svetlana



Prenatal

Dates: April 6 - June 29
Time: 5:00 PM - 6:30 PM
Contact: Ester



Youth Sewing Program

Dates: May 4 - June 8
Time: 3:30 PM - 5:30 PM
Contact: Salma



Youth Lunch Drop In

Dates: April 6 - June 26
Time: 11:45 AM - 12:45 PM
Contact: Salma



Tuesday

Gentle Fitness

Dates: April 7 - June 30
Time: 11:00 AM - 11:45 AM
Contact: Svetlana



Foot Care

Dates: May 12 - June 23
Time: 2:00 PM - 4:00 PM
Contact: Svetlana & Ester



Forever Young/Art & Craft

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



Senior Connections:

Health & Life

Dates: April 28 - June 23
Time: 2:00 PM - 3:30 PM
Contact: Svetlana



Female Youth Group

Dates: April 7 - June 23
Time: 3:15 PM - 5:00 PM
Contact: Salma



Wednesday

Prenatal

Dates: April 1 - June 24
Time: 1:00 PM - 3:00 PM
Contact: Ester



Fun With Food

Dates: April 29 - June 24
Time: 2:30 PM - 3:30 PM
Contact: Ester



Low Impact Aerobic

Dates: April 22 - June 10
Time: 10:30 AM - 11:30 AM
Contact: Svetlana



Art Therapy For Stress

Relief & Relaxation

Dates: April 8 - May 27
Time: 11:00 AM - 12:30 PM
Contact: Ester



Coffee, Tea & Conversations

Dates: April 29 - June 25
Time: 2:00 PM - 3:30 PM
Contact: Svetlana



Thursday

Youth Book Club

Dates: April 23 - June 11
Time: 2:00 PM - 3:30 PM
Contact: Salma



Youth Lunch Drop In

Dates: April 6 - June 26
Time: 11:45 AM - 12:45 PM
Contact: Salma



Health & Wellness @ ACC

Dates: April 23 - June 18
Time: 11:00 AM - 11:45 AM
Contact: Ester & Svetlana



MAMC Art Program

Dates: April 23 - June 11
Time: 10:00 AM - 12:00 PM
OR
1:00 PM - 3:00 PM
Contact: Svetlana



Friday

Youth Creative Arts Program

Dates: April 24 - May 22
Time: 3:30 PM - 5:30 PM
Contact: Salma



LUNIK - Healthy Taste of Home Zdravá Chuť Domova (Roma Community)

Dates: TBD
Time: 9:30 AM - 11:30 AM
Contact: Svetlana & Ester



Special Event Series

Earth Day Community Clean Up

Dates: April 24th 2026
Time: 3:30 PM - 5:30 PM
Contact: Salma & Ester

Seniors Month Celebration

Dates: May 29th
Time: 10:00 AM - 12:00 PM
Contact: Svetlana

SPRING PROGRAMS | APRIL TO JUNE 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?

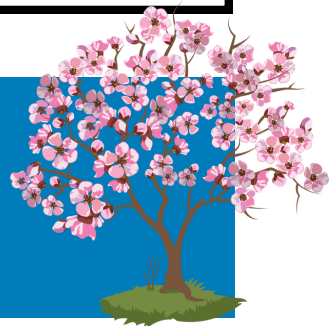
We offer FREE programs, workshops, forums, youth-led events, and volunteer opportunities focused on community safety, violence prevention, and youth empowerment.



MORE INFORMATION?

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

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





Foot Series Program

Facilitated by PHW and Chiropody Teams



FUN WITH FOOD

🕒 WHEN

May 12, 2026
June 23, 2026
Time: 1:30pm-2:30pm

📍 WHERE

359 - 5 Fairview Mall
Drive - Peanut Room

❓ QUESTIONS

Contact: Ester Araskhanyan
Email: earaskhanyan@fhc-chc.com
Cell: 647-466-7002
OR
Contact: Svetlana Vigor
Email: svigor@fhc-chc.com

🕒 WHEN

April 29, 2026
May 27, 2026
June 24, 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

REGISTER NOW:
Scan QR code or
click [here](#)



Join us for a free monthly Foot Health Series, where we'll cover essential topics like **foot health and falls prevention. Learn valuable tips to enhance your daily walks and reduce the risk of falls, all while discovering the benefits of staying active.**

- All are welcome!
- Childminding available on request!



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



+ MORE INFORMATION

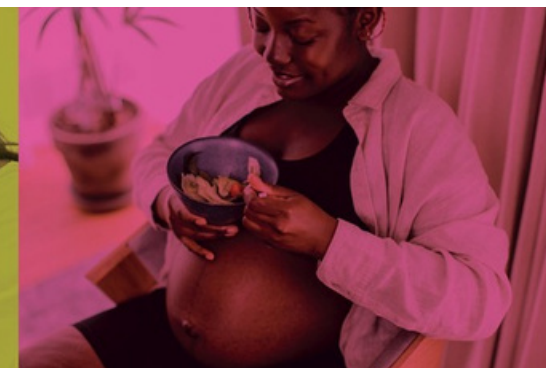
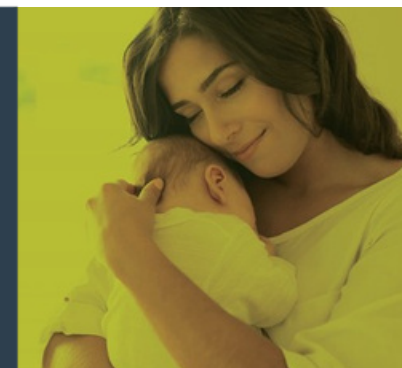
Fun with Food is a monthly program that promotes food literacy, community engagement and reduces social isolation. Each session includes an interactive talk with a dietitian, offering valuable nutrition insights and a welcoming space for participants to connect.

All individuals, families and youth are welcome!



Pole Walking

CANADA PRENATAL NUTRITION PROGRAM (CPNP)



🕒 WHEN

On Mondays
April 27-June 22, 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!

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

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

📧

- 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

🎟️

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

REGISTER NOW:

Scan the QR code below, or click here





Art Therapy for Relaxation and Stress Relief

Gentle Fitness (55 +)



WHEN
Every Wednesday
April 8-May 27, 2026
11:00 am-12:30 pm

WHERE
Flemingdon Health Centre
Charlotte Sneyd room
10 Gateway Blvd,
Toronto, ON, M3C3A1

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

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 us for a eight-week Art Therapy program designed to promote relaxation and stress relief. Through individual and collaborative art activities, participants will explore various themes such as self-awareness, flow, grounding, inner child voice, and radical acceptance. Experiment with techniques, share your art, and discuss group concepts as we collectively grow into the spring season.

Art materials will be provided!
No art skills are required!
Child minding available on request!

REGISTER NOW:

Scan the QR code below, or click here.



Registration for FHC Programs:
April-June 2026, Q1 (Ester Araskhanyan)

+ 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 +)



Coffee, Tea & Conversations (55 +)



🕒 WHEN

On Wednesdays
April 22 to June 10
10:30 AM - 11:30 AM

📍 WHERE

Zoom

❓ QUESTIONS

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

🕒 WHEN

Once a month
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

- 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

“Coffee, Tea & Conversations” is a casual, welcoming gathering where people come together to enjoy a cup of coffee or tea, chat, and spend time with others. There’s no set agenda - join the conversation, play games, or simply relax with friends in a friendly atmosphere.
It’s a great opportunity to connect with friends and others from the community, share stories, and make new connections.



Daniel Baxter



Senior Connections: Health & Life (55 +)

FACES & CULTURES OF FLEMINGTON HEALTH CENTRE



Making Art Making Change


🕒 WHEN
Every Thursday
from
APRIL 23 TO JUNE 11, 2026
(8 weeks)
GROUP A: 10AM TO 12 PM
GROUP B: 1 PM TO 3 PM

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

❓ QUESTIONS
Contact:
• Svetlana Vigor
SVigor@fhc-chc.com
• Daniele Goldblatt
dgoldblatt@fhc-chc.com
• Kagetha Sivasambu
KSivasambu@fhc-chc.com

+ MORE INFORMATION
This spring, FHC welcomes MAMC back for a joyful community arts project. Over eight inspiring weeks, participants will explore identity, belonging, and daily life through various creative mediums, including painting, collage, storytelling, and more. From memories of quiet corners to favourite local spots, the project will become a vibrant portrait of a community rich with meaning.

REGISTER NOW:
Scan the QR code below, or click here.




LIMITED SPOTS AVAILABLE

🕒 WHEN
On Tuesdays
2:00 pm - 3:00 pm
May 12 - June 23

📍 WHERE
In person at FHC:
Fairview Site
(5 Fairview Mall Dr)
OR
Flemington Site
(10 Gateway Blvd)

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

REGISTER NOW:
Scan the QR code below, or click here.



+ MORE INFORMATION
Join a variety of workshops for older adults covering health promotion, prevention, mental well-being, and everyday life topics. Connect with others from the community through engaging social and educational programs in a welcoming, supportive environment.



Forever Young

(Art & Craft Program)

(55 +)



Youth Creative Arts Program

WHEN
On Thursdays
2 PM to 4 PM
May 5 June
16

WHERE
FHC - Fairview site

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

WHEN
Friday's
April 23 - June 11, 2026
3:30 PM – 5:30 PM

WHERE
5 Fairview Mall Drive,
Suite 359 Peanut Room

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

REGISTER NOW:

Scan the QR code below, or click here.




+ 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.



+ MORE INFORMATION
Join our weekly hands-on art program!

Youth ages 12–17 will explore painting, drawing, sketching, and creative crafts while building creativity, expressing themselves, and connecting with peers in a welcoming space.

Volunteer hours and refreshments provided.



Youth Sewing Program

Flemingdon/Thornccliffe Park Girls Youth Group

🕒 WHEN
Monday's
May 4 - June 8, 2026
3:30 PM – 5:30 PM

📍 WHERE
In Person
Flemingdon Health Centre
10 Gateway Blvd.
Program Room 3

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

🕒 WHEN
Tuesday's
April 2 - June 23, 2026
3:30 PM – 5:30 PM

📍 WHERE
In Person @ MCGI
Room 103G

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

REGISTER NOW:

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



+ MORE INFORMATION

Join our 6-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.](#)



+ MORE INFORMATION

Looking to connect with like-minded peers?

Join our free weekly workshops for female-identifying youth (14–17), offering a safe and welcoming space to build friendships, explore important topics, and take part in creative and recreational activities.

Dinner and volunteer hours included.



Youth Lunch Drop In

🕒 WHEN

**Monday's & Thursday's
April 6 - June 26, 2026
11:45 AM – 12:45 PM**

📍 WHERE

In Person @ 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 spend your lunch?

Join our RAC Room! Enjoy snacks and drinks, get support with homework and school projects, and take part in games and activities. Connect with peers, build friendships, and relax in a safe and welcoming environment.

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

REGISTER NOW:

Scan the QR code below, or click here.



Youth Book Club

🕒 WHEN

**Thursday's
April 23 - June 11, 2026
3:30 PM – 5:30 PM**

📍 WHERE

In Person @ RAC Room
10 Gateway Blvd

❓ QUESTIONS

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

+ MORE INFORMATION

Join our Youth Book Club!

A relaxed and welcoming space where youth can read and discuss trending books, along with their own favourites and classics.

Connect with peers, share ideas, and explore different perspectives in a fun, supportive environment.

Snacks, coffee, and tea provided.

REGISTER NOW:

Scan the QR code below, or click here.



MY NOTES

A decorative notepad with a purple scalloped border and ten horizontal lines on a light beige background. The notepad is centered on the page, and the lines are evenly spaced, providing a clear area for writing notes. The purple border is thick and has a consistent, wavy pattern around the entire perimeter of the notepad.



Svetlana Vigor
Community Health Worker,
Seniors and Intergenerational Populations



Ester Araskhanyan
Community Health Worker, Child 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