



SUMMER PROGRAMS | JULY TO SEPT 2026



Monday

Pole Walking

Dates: Sept 14 - Dec 7
Time: 9:15 AM - 10:15 AM
OR
10:30 AM - 11:30 AM
Contact: Ester & Svetlana



Prenatal

Dates: July 6 - Sept 28
Time: 5:00 PM - 6:30 PM
Contact: Ester



Girls Group - Summer Sessions

Dates: Aug 10 - Aug 24
Time: 12:00 PM - 2:00 PM
Contact: Salma



Tuesday

Gentle Fitness

Dates: July 7 - Sept 29
Time: 11:00 AM - 11:45 AM
Contact: Svetlana



Forever Young/Art & Craft

Dates: July 14 - Sept 15
Time: 2:00 PM - 4:00 PM
Contact: Svetlana



Health & Wellness

Dates: July 7 - Sept 22
Time: 2:00 PM - 3:30 PM
Contact: Svetlana



Health & Wellness @ ACC

Dates: July 7 - Sept 17
Time: 11:30 AM - 1:30 PM
Contact: Ester & Svetlana



Wednesday

Prenatal

Dates: July 8 - Sept 30
Time: 1:00 PM - 3:00 PM
Contact: Ester



Fun With Food

Dates: Aug 26 - Sept 30
Time: 2:30 PM - 3:30 PM
Contact: Ester



Low Impact Aerobic

Dates: July 8 - Sept 23
Time: 10:30 AM - 11:30 AM
Contact: Svetlana



Thursday

Youth Book Club @ Fairview

Dates: July 2 - August 27
Time: 3:30 PM - 5:30 PM
Contact: Salma & Ester



Coffee, Tea & Conversations

Dates: July 30 - Sept 24
Time: 2:00 PM - 3:30 PM
Contact: Svetlana



Friday

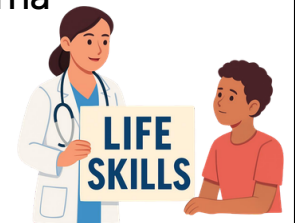
Youth Cooking Program

Dates: August 7 - August 28
Time: 2:00 PM - 4:00 PM
Contact: Salma



Life Skills Sessions with Dr. Gupta

Dates: July 3 - August 21
Time: 12:30 PM - 1:30 PM
Contact: Salma





SUMMER PROGRAMS | JULY TO SEPT 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





Pole Walking

🕒 WHEN

On Mondays
Sep 14-Dec 7, 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

REGISTER NOW:

Scan the QR code
below, or click here



+ 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!**



FUN WITH FOOD

🕒 WHEN

Aug 26, 2026
Sep 30, 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 the QR code
below, or click here.

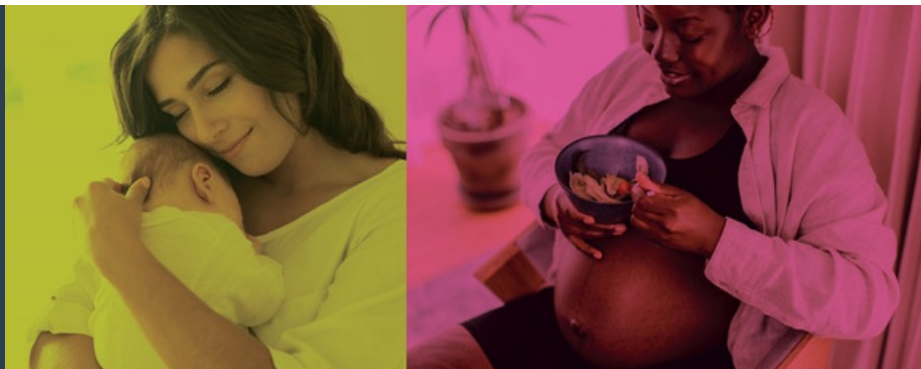


+ MORE INFORMATION

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!

COMMUNITY ACTION FOR PRENATAL AND CHILD HEALTH PROGRAM (CAPCHP) PRENATAL



The **Community Action for Prenatal and Child Health Program (CAPCHP) Prenatal** 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

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
H•ealthy Eating
B•reastfeeding
C•aring For Yourself
M•eeting Other Women
C•ooking and Tasting New Foods

What you will receive:

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

Forever Young (Art & Craft Program) (55 +)

WHEN

On Tuesdays
2 PM to 4 PM
July 14 to Sept 15
Once a month

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.





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](#)



Coffee, Tea & Conversations (55 +)



🕒 WHEN

Once a month
Thursday
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

"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.

REGISTER NOW:

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





Low Impact Aerobic (55 +)

WHEN

On Wednesdays
July 8 to July 22
Sept 9 to Sept 23
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.



Health & Wellness (55 +)

WHEN

On Tuesdays
2:00 pm - 3:00 pm
July 7 - Sept 22
Once a month

WHERE

In person at FHC:
Fairview Site
(5 Fairview Mall Dr)
OR
Flemingdon Site

(10 Gateway Blvd)

QUESTIONS

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

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.

REGISTER NOW:

Scan the QR code below, or click here.





Girls Summer Wellness Sessions



Youth Cooking Workshop

🕒 WHEN

Monday's
August 3 - August 17
12:00 PM – 2:00 PM

📍 WHERE

10 Gateway Blvd
Charlotte Snyed Room

❓ QUESTIONS

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

+ MORE INFORMATION

Looking to connect with like-minded peers?
Join us for a fun 3-session program where girls can build confidence, make new friends, and explore topics like healthy relationships through activities such as yoga, self-defence, creative projects, and group discussions.

Dinner and volunteer hours included.

REGISTER NOW:

Scan the QR code below, or click here.



🕒 WHEN

August 7th
2:00–4:00pm
August 28th
2:00–4:00pm

📍 WHERE

10 Gateway Blvd
FHC's Community Kitchen

❓ QUESTIONS

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

+ MORE INFORMATION

Join us for a fun 4-session cooking program led by a youth facilitator.

Participants will learn new recipes, develop kitchen skills, and build confidence through hands-on meal preparation while developing teamwork, creativity, leadership, and healthy eating habits.

REGISTER NOW:

Scan the QR code below, or click here.





Fairview Youth Book Club

🕒 WHEN

Thursday's
July 2 – July 16
12:00 PM – 2:00 PM

📍 WHERE

5 Fairview Mall Drive
Peanut Room

❓ QUESTIONS

Contact:
Ester [Araskhanyan](mailto:Araskhanyan@fhc-chc.com)
EARaskhanyan@fhc-chc.com
OR
Salma Sufi/ssufi@fhc-chc.com

+ MORE INFORMATION

Youth Book Club (Ages 13–17)

Join us for a fun 3-session book club where youth will read and discuss a selected book, share their perspectives, and connect with peers through engaging conversations, activities, and a movie based on the book.

Snacks, coffee, and tea provided.

Volunteer Hours Provided!

REGISTER NOW:

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



Fairview Children's Book Club

🕒 WHEN

Thursday's
August 13 – August 27
12:00 PM – 2:00 PM

📍 WHERE

5 Fairview Mall Drive
Peanut Room

❓ QUESTIONS

Contact:
Ester [Araskhanyan](mailto:Araskhanyan@fhc-chc.com)
EARaskhanyan@fhc-chc.com
OR
Salma Sufi/ssufi@fhc-chc.com

+ MORE INFORMATION

Children's Book Club (Ages 7–12)

Join us for a fun 3-session Children's Book Club!

Explore exciting stories, take part in creative activities, and build a love of reading through hands-on projects, discussions, and a special outing.

Snacks, coffee, and tea provided.

REGISTER NOW:

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





WHEN

Friday's
July 3rd – August 21st
12:30 PM – 1:30 PM

WHERE

10 Gateway Blvd
Charlotte Snyed
Room

QUESTIONS

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

MORE INFORMATION

Youth Wellness Series with Dr. Gupta (Ages 12–17)

Join us for an engaging 5-session series where youth will explore topics such as stress, sleep, confidence, relationships, and decision-making through interactive activities, discussions, and team challenges.

Participants will gain practical skills and tools to support their overall well-being and personal growth.

REGISTER NOW:

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



MY NOTES

A notepad template featuring a light gray rectangular area enclosed by a thick, blue, wavy border. Inside the gray area, there are eight horizontal, slightly wavy black lines, providing a guide for writing notes. The overall design is simple and child-friendly.



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