

# Brock Community Health Centre Program/Activity Schedule



720 Simcoe Street, Beaverton L0K 1A0

705.432.3322 | [www.brockchc.ca](http://www.brockchc.ca) | [info@brockchc.ca](mailto:info@brockchc.ca)

## September 2017

Aug 28-17

Program/Activity	Date/Duration	Time	Location	Registration
<b>Community Based Exercise</b>	Tuesdays and Fridays Sept. 1, 5, 8, 12, 15, 19, 22, 26, 29	10:00 am – 11:00 am	Cannington Legion 72 Peace Street.	705.432.3322
<b>Community Based Exercise – High Intensity</b>	Tuesdays and Fridays Sept. 1, 5, 8, 12, 15, 19, 22, 26, 29	11:15 am – 12:15 pm	Cannington Legion 72 Peace Street	705.432.3322
<b>Country Line Dancing</b>	Mondays, September 18, 25	10:00 am – 12:00 noon	Cannington Legion 72 Peace Street	705.432.3322
<b>Drumming for Health Beaverton</b>	Tuesdays, September 12, 19, 26	11:00 am – 12:00 noon	St. Paul's Anglican Church 383 Osborne Street, Beaverton (back)	705.432.3322
<b>Falls Prevention Maintenance Beaverton</b>	Mondays and Thursdays September 7, 11, 14, 18, 21, 25, 28 (No class September 4)	1:00 pm – 2:00 pm	Beaverton Legion 517 Mara Road	705.432.3322
<b>Falls Prevention Maintenance Cannington</b>	Mondays and Thursdays September 7, 11, 14, 18, 21, 25, 28 (No class September 4)	11:15 am – 12:15 pm	Cannington Baptist Church 60 Cameron St. W.	705.432.3322
<b>Falls Prevention Maintenance Sunderland</b>	Mondays and Thursdays September 7, 11, 14, 18, 21, 25, 28 (No class September 4)	9:45 am – 10:45 am	Sunderland Legion 104 River Street	705.432.3322
<b>Guided Meditation Cannington</b>	Fridays, September 1, 8, 15, 22, 29 (Program runs Sept. 1 – Nov. 3)	10:00 am – 11:00 am	Trinity United Church 50 Laidlaw Street N., Cannington	705.432.3322
<b>Indoor Walking Program</b>	Mondays, Wednesdays, Fridays	9:00 am	Fisher's Independent, Beaverton	705.432.3322
<b>Rejuvenating Yoga Beaverton</b>	Wednesdays, September 6, 13, 20 (Program runs July 19 – Sept. 20)	10:00 am – 11:00 am	Beaverton Legion 517 Mara Road	705.432.3322
<b>Tai Chi Practice Sessions (Community-Led)</b>	Tuesdays and Fridays Sept. 1, 5, 8, 12, 15, 19, 22, 26, 29 Instruction Day: Tuesday, Sept. 5	1:30 pm – 2:30 pm	St. Paul's Anglican Church 383 Osborne Street, Beaverton (back)	705.432.3322

YOUTH Program/Activity	Date/Duration	Time	Location	Registration
<b>Kids in the Kitchen*</b> (Ages 8-18) + Beaverton + Sunderland + Cannington	(Program runs October 2017 – June 2018) Dates to be confirmed	3:30 pm – 5:00 pm 3:30 pm – 5:00 pm 3:30 pm – 5:00 pm	BEACAN Presbyterian Church Sunderland Town Hall Nourish Community Hub	705.432.3322

*\* High school students (ages 14-18) are welcome to volunteer to earn community hours.*

### **Additional Offerings through Partnered Organizations:**

#### **Alzheimer Society Durham Region**

An open support group for caregivers of individuals living with Alzheimer's disease or a related dementia. Next Group: Wednesday, September 20<sup>th</sup> from 9:30 – 11:30 am at Lakeview Manor Long-Term Care Home, 133 Main St., Beaverton.

NEW Satellite offices coming to North Durham where you can arrange to meet family support staff. Sunderland Community Health Centre – 1<sup>st</sup> Friday of every month from 8:30 am - 4:30 pm. Beaverton Town Hall – 3<sup>rd</sup> Wednesday of every month from 1-4:30 pm. Call 1-888-301-1106 for more information.

#### **DRIVEN**

Local support is available for women experiencing abuse and all forms of gender-based violence, including sexual violence. Transportation support is available. Please call 1.877.SAFE.905 (1.877.723.3905).

#### **East Lake Simcoe Quilters**

Meet at St. Andrew's United Church, Beaverton on the last Monday of the month from 1:30 p.m. – 3:30 p.m. Make new quilting friends, learn something new and use your skills as a way to reach out into your community. Please contact Jeanette 705.426.9126 or Mary Jane 705.426.5257 for more information.

#### **March of Dimes Canada – Stroke Recovery Group**

Join a peer led stroke survivor and caregiver group to connect with a network of support that can help you through this time. Monthly meetings held the first Thursday of the month from 2-4 pm at 75 Nine Mile Road, Beaverton. Cost is \$2.00 donation for refreshments. Next Meeting: Thursday, September 7<sup>th</sup>. For more information, please contact Erica at 1-800-263-3463 ext. 7758 or email emugan@marchofdimes.ca.

#### **Moving Towards Healing – Brock Township Public Library**

A grief, loss and trauma support group. Thursday, September 21<sup>st</sup>. 6-7 pm. Beaverton Branch, 401 Simcoe St. Free. Pre-registration is not required.

#### **Multiple Sclerosis (MS) Society of Canada – Durham Northumberland Chapter**

Connect with others living with MS to share experiences and ideas. Local monthly meetings in Cannington. For more information, please call Debbie at 905-626-8654 or 1-800-268-7582, ext. 3343, or email debbie.hunter@mssociety.ca.

#### **Substance Use, Mental Health Counselling and Case Management**

Canadian Mental Health Association Durham (CMHA) & Pinewood Centre of Lakeridge Health together with community partners will provide a range of services to individuals and families who are experiencing mental health, alcohol, drug use and gambling concerns. To schedule a **local** appointment with CMHA, call 905.436.8760. To schedule a **local** appointment with Pinewood, call our Port Perry office at 905.985.4721 (collect calls will be accepted). To access Pinewood's 24/7 crisis/telephone support line, please call 1.888.881.8878 to speak to a counsellor.