

April - June 2025



All programs require pre-registration unless otherwise stated

Community Workshops	Date/Duration	Time	Location
Book Club	Tuesday April 22nd, May 27th, June 24th	1 pm to 2pm	CHCN - 205
Caregiver Support Group	Friday April 4th, April 18th, May 2nd, May 16th, June 6th, June 20th	9:30am to 10:30am	Virtual
Community Lunches Drop-In	Thursday April 3rd, May 1st and June 5th	12:30pm to 1:30pm	CHCN - Rm 205
Social Gatherings	Tuesday April 29th and Thursday June 26th (Spring Tea and Summer Party)	1pm to 2pm	CHCN - Rm 205
Acquired Brain Injury Support Group - NEW	Monday April 28th, May 26th and June 23rd	1:00pm to 2:30pm	CHCN - Rm 205
Powerful Tools for Caregivers To Register 1-866-971-5545	Wednesday May 21st to June 25th	1:30pm to 3:00pm	CHCN - Rm 144A/B
Youth Workshops	Date/Duration	Time	Location
Youth Drop In (Gr. 7 to 12)	Thursday Jan 9th to June 19th	2:45pm to 5pm	Port Hope High School - Wellness Rm
Exercise Workshops	Date/Duration	Time	Location
Donations for all specialty exercise classes should be completed 1 week prior to classes starting!			
Active Fit and Fun - Hybrid	Tuesday and Thursday April 1st to June 26th	10am to 11am	CHCN - Rm 205 or Virtual
Chair Yoga - Hybrid (no class Mon April 21st or May 19th)	Monday April 7th to June 23rd Suggested Donation: \$50.00 (10 weeks) Wednesday April 2nd to June 25th Suggested Donation: \$65.00 (13 weeks)	11:30am to 12:30pm 11 am to 12pm	CHCN - Rm 205 or Virtual
Movement and Motion - Hybrid	Monday April 7th to June 23rd (no class Mon April 21st or May 19th)	10am to 11am	CHCN - Rm 205 or Virtual
Strengthen, Stretch & Tone - Hybrid	Tuesday April 1st to June 24th Suggested Donation: \$65.00 (13 weeks)	5:30pm to 6:30pm	CHCN - Rm 205 or Virtual
Relax and Renew - Restorative Yoga (no class Tues April 29th)	Tuesday April 1st to June 17th Suggested Donation: \$55.00 (11 weeks)	11:15am to 12:15pm	CHCN - Rm 205
Yin Yang Yoga - Hybrid	Wednesday April 2nd to June 25th Suggested Donation: \$65.00 (13 weeks)	9:30am to 10:30am	CHCN - Rm 205 or Virtual
Yoga	Wednesday April 2nd to June 25th Thursday April 3rd to June 26th Suggested Donation: \$65.00 (13 weeks)	6pm to 7pm 9am to 10am	Virtual
Nordic Pole Walking	Monday April 14 to June 23rd (no class Mon April 21st or May 19th)	1:00pm to 2:00pm	CHCN - Meet at the South Lobby

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Diabetes Workshops	Date/Duration	Time	Location
Just the Basics	Monday May 12th Monday April 21st or June 16th	5:30pm to 7pm 1:30pm to 3pm	Virtual CHCN - Rm 144A&B
Living Well with Diabetes - Community Support Group	Thursday April 10th, May 8th and June 12th	1pm to 2:30pm	CHCN - Rm 205
Pre-Diabetes Workshop	Friday April 11th, May 16th and June 13th	9:30am to 11am	CHCN - Rm 144A&B
Diabetes Cooking	Date/Duration	Time	Location
There is a \$5.00 Food Cost for each Cooking Program Session!			
Diabetes Cooking Class	Friday April 25th	9:30am to 12pm	CHCN - Community Kitchen

Registration by Phone, Email or Drop-Off starts Wednesday March 12th, 2025 at 9:00am
905-885-2626 or 1-866-768-2626 ext 280
workshops@chcnorthumberland.ca

Location: CHCN - 99 Toronto Rd | Port Hope

Community Food Market

FRESH LOCAL PRODUCE

The Community Food Market provides an opportunity for people to purchase fresh produce, meats and other locally sourced foods at affordable prices



**Every
Thursday**

1PM TO 4PM

everyone welcome



CHCN South Entrance | 99 Toronto Rd | Port Hope



Got your period?

We've got you.

**FREE PERIOD PRODUCTS
AVAILABLE AT THE CHCN**

Take what you need, when you need it

Menstrual products are a basic necessity, yet many women and people assigned female at birth face barriers to accessing them due to financial constraints or societal stigma. To support our community, we are providing free menstrual supplies—no questions asked. Please take what you need and leave the rest for others who may need them. Everyone deserves access to essential hygiene products. Let's break the stigma and support one another!



Please call 905-885-2626 or 1-866-768-2626 ext 280 for more information
or check out our latest Program Schedule at www.chcnorthumberland.ca