

January – March 2026



All programs require pre-registration unless otherwise stated.

Community Workshops	Date/Duration	Time	Location
Book Club	Tuesday Jan 27, Feb 24, Mar 24	1:00pm to 2:00pm	CHCN – Rm 205
Caregiver Support Group	Fridays Jan 9, 23, Feb 6, Feb 20, Mar 6, Mar 20, 2026	9:30am to 10:30am	Virtual via Zoom
Powerful Tools for Caregivers	Wednesday Feb 25, Mar 4, 11, 18, 25, Apr 1	2:30pm to 4:00pm	CHCN – Rm 205
Community Lunches – Drop In	Thursday Jan 8, Feb 5, Mar 5	12:30pm to 1:30pm	CHCN – Rm 205
Social Gatherings	Tuesday Feb 10	1:00pm to 2:00pm	CHCN – Rm 205
Acquired Brain Injury Support Group	Monday Jan 26, Feb 23, Mar 23	1:00pm to 2:30pm	CHCN – Rm 205
Youth Workshops	Date/Duration	Time	Location
Youth Group Drop In <i>*open to all youth grades 7 to 12</i>	Thursdays Sept 18 to June 11	2:30pm to 5:00pm	Port Hope High School
Home Alone Course	Saturday January 17, 2026	1:00pm to 3:30pm	Brighton Public Library
Home Alone Course	Friday January 30 (KPRDSB PA Day)	9:30am to 12:00pm	CHCN - Rm 205
Exercise Workshops	Date/Duration	Time	Location
<i>To reduce financial barriers, all classes are free. However, as a non-profit organization we do accept donations that go back into the exercise programs. If you are in a position to help support the sustainability of our programs, you can make a donation by cash or cheque at our front desk or on our website via credit card at https://chcnorthumberland.ca/donate/</i>			
Movement and Motion - Hybrid (no class Mon Feb 16 - Family Day)	Mondays Jan 12 to Mar 30, 2026	10:00am to 11:00am	CHCN - Rm 205 or Virtual via Zoom
Chair Yoga - Hybrid (no class Mon Feb 16 - Family Day)	Mondays Jan 12 to Mar 30, 2026 Suggested Donation: \$55.00 (11 weeks)	11:30am to 12:30pm	CHCN - Rm 205 or Virtual via Zoom
Active Fit and Fun - Hybrid	Tuesdays and Thursdays Jan 13 to Mar 31	10:00am to 11:00am	CHCN - Rm 205 or Virtual via Zoom
Relax and Renew Restorative Yoga (no class Feb 10)	Tuesdays Jan 13 to Mar 31 Suggested Donation: \$55.00 (11 weeks)	11:15am to 12:15pm	CHCN - Rm 205 or Virtual via Zoom
Strengthen, Stretch & Tone - Hybrid	Tuesdays Jan 13 to Mar 31 Suggested Donation: \$60.00 (12 weeks)	5:00pm to 6:00pm	CHCN - Rm 205 or Virtual via Zoom
Yin Yang Yoga - Hybrid	Wednesdays Jan 14 to Mar 25 Suggested Donation: \$55.00 (11 weeks)	9:30am to 10:30am	CHCN - Rm 205 or Virtual via Zoom
Chair Yoga - Hybrid	Wednesdays Jan 14 to Mar 25 Suggested Donation: \$55.00 (11 weeks)	11:00am to 12:00pm	CHCN - Rm 205 or Virtual via Zoom
Morning Gentle Yoga - Virtual	Thursdays Jan 15 to Mar 26 Suggested Donation: \$55.00 (11 weeks)	9:00am to 10:00am	Virtual via Zoom
Dancing with Parkinson's – NEW *virtual instructor	Fridays January 16 to Mar 27	11:00am to 11:30am	CHCN – Rm 205 or Virtual via Zoom



January 21, 2026



February 25, 2026



March 31

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Diabetes Programs	Date/Duration	Time	Location
Just the Basics	Monday Jan 19 or Mar 16 Monday Feb 9	5:30pm to 7:00pm 1:30pm to 3:00pm	Virtual via Zoom CHCN - Rm 144 A&B
Living Well with Diabetes - Community Support Group	Thursday Jan 8, Feb 12, Mar 12	1:00pm to 2:30pm	CHCN - Rm 205
Pre-Diabetes Workshop	Friday Jan 9, Feb 13, Mar 13	9:30am to 11:00am	CHCN - Rm 144 A&B
Diabetes Cooking	Date/Duration	Time	Location
There is a \$5.00 food cost for each cooking program session.			
Diabetes Cooking Class	Friday Mar 20	9:30am to 12:00pm	CHCN - Community Kitchen
Registration by Phone, Email or Drop-Off starts Wednesday December 10, 2025 at 9:00am Call 905-885-2626 ext. 280 or email workshops@chcnorthumberland.ca			

Other Programs & Partnerships	Program Description	For More Information
The Weekly Health Beat Radio Show	Each week, our resident expert, Adam, hosts guests from the community to dive into a variety of topics, events and services, engaging in discussions around important health topics that impact our physiological, social, and mental health.	Join our Community Dietitian, Adam Hudson, every Tuesday at 12:00pm on Northumberland 89.7 FM or stream online . Can't listen live? No problem! Listen to past episodes here: https://northumberland897.ca/the-weekly-health-beat
Smoking Cessation Treatment	In partnership with CAMH, the CHCN is pleased to offer a smoking cessation program that includes free Nicotine Replacement Therapy and counselling support for those who want to quit smoking.	To find out more, please call the CHCN to make an appointment at 905-885-2626.
Durham CHC Hepatitis C Outreach Team	The Hep C Outreach Team will be at the CHCN at 99 Toronto Rd, Port Hope, every three (3) months - on the third Thursday of the month from 9:30am to 12:30pm.	If you have any questions or would like to self-refer, please contact 1-855-808-6242.
Northumberland Community Legal Centre	A member from the Northumberland Community Legal Centre will be on site at the CHCN every third Tuesday from 2:00pm-3:00pm for free, confidential legal advice.	For more information, please contact the Legal Centre directly at 905-373-4464 or toll free 1 800-850-7882
Arthritis Society	The Arthritis Society of Peterborough offers an arthritis clinic on the second Thursday of each month at the CHCN. A referral from your primary care provider is required.	For more information, please contact the Arthritis Society directly at 1-800-321-1433, ext. 3307 or arep@arthritis.ca
Harm Reduction Supplies	The Centre provides access to harm reduction supplies (needle kits, inhalation kits, crystal meth kits, naloxone kits) through partnerships with HKPR District health Unit and PARN, to support safer practices and reduce the risks of infections, overdoses and other harms. Our site can only accept used equipment in safe disposal bins. Let the front desk know that you would like to access supplies and they will assist you directly or connect with a staff member to help get you what you need.	