

April - June 2026



All programs require pre-registration unless otherwise stated.

Community Workshops	Date/Duration	Time	Location
Acquired Brain Injury Support Group	Monday Apr 27, May 25, June 22	1:00pm to 2:30pm	CHCN – Rm 205
Book Club	Tuesday Apr 28, May 26, June 23	1:00pm to 2:00pm	CHCN – Rm 205
Caregiver Support Group	Fridays Apr 10, Apr 24, May 8, May 22, June 12, June 26	9:30am to 10:30am	Virtual via Zoom
Community Lunches – Drop In	Thursday Apr 2, May 7, June 4	12:30pm to 1:30pm	CHCN – Rm 205
Social Gatherings	Tuesday Apr 7 and Thurs June 25	1:00pm to 2:00pm	CHCN – Rm 205
Forest Bathing Part One	Wednesday May 6, 2026 To register call: 1-866-971-5545 or visit www.ceselfmanagement.ca	2:30pm to 4:00pm	CHCN - Rm 144 A
Forest Bathing Part Two <i>*Must attend part one*</i>	Wed May 20, 2026 To register call 905-885-2626 ext. 238	10:20am to 11:30am OR 1:20pm – 2:30pm	TBD
Communication Skills & Positive Thinking: Aging & Life Transitions	Thursday June 18, 2026 To register call: 1-866-971-5545 or visit www.ceselfmanagement.ca	1:30pm to 3:00pm	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	Friday April 17 (KPRDSB PA Day)	9:30am to 12:00pm	CHCN - Rm 205
Home Alone Course	Friday June 5 (KPRDSB PA Day)	9:30am to 12:00pm	CHCN - Rm 205
Exercise Workshops	Date/Duration	Time	Location
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 donate by cash or cheque at our front desk or on our website via credit card at https://chcnorthumberland.ca/donate/			
Movement and Motion - Hybrid (no class May 18 – Victoria Day)	Mondays Apr 13 to June 22	10:00am to 11:00am	CHCN - Rm 205 or Virtual via Zoom
Chair Yoga - Hybrid (no class May 18 – Victoria Day)	Mondays Apr 13 to June 22 Suggested Donation: \$50.00 (10 weeks)	11:30am to 12:30pm	CHCN - Rm 205 or Virtual via Zoom
Nordic Pole Walking (no class May 18 – Victoria Day)	Mondays Apr 13 to June 22	1:00pm to 2:00pm	Meet in CHCN South Lobby
Active Fit and Fun - Hybrid	Tuesdays and Thursdays Apr 2 to June 25	10:00am to 11:00am	CHCN - Rm 205 or Virtual via Zoom
Relax and Renew Restorative Yoga - Hybrid	Tuesdays Apr 14 to June 23 Suggested Donation: \$55.00 (11 weeks)	11:15am to 12:15pm	CHCN - Rm 205 or Virtual via Zoom
Strengthen, Stretch & Tone - Hybrid	Tuesdays Apr 7 to June 23 Suggested Donation: \$60.00 (12 weeks)	5:00pm to 6:00pm	CHCN - Rm 205 or Virtual via Zoom
Yin Yang Yoga - Hybrid	Wednesdays Apr 1 to June 24 Suggested Donation: \$65.00 (13 weeks)	9:30am to 10:30am	CHCN - Rm 205 or Virtual via Zoom
Chair Yoga - Hybrid	Wednesdays Apr 1 to June 24 Suggested Donation: \$65.00 (13 weeks)	11:00am to 12:00pm	CHCN - Rm 205 or Virtual via Zoom
Morning Gentle Yoga - Virtual	Thursdays Apr 2 to June 25 Suggested Donation: \$65.00 (13 weeks)	9:00am to 10:00am	Virtual via Zoom

April - June 2026



All programs require pre-registration unless otherwise stated.

Diabetes Programs	Date/Duration	Time	Location
Just the Basics	Monday April 20 or Monday June 15	1:30pm to 3:00pm	CHCN - Rm 144 A&B
	Monday May 11	5:30pm to 7:00pm	Virtual via Zoom
Living Well with Diabetes - Community Support Group	Thursday Apr 9, May 14 and June 11	1:00pm to 2:30pm	CHCN - Rm 205
Pre-Diabetes Workshop	Friday Apr 10, May 8, June 12	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 June 19	9:30am to 12:00pm	CHCN - Community Kitchen
------------------------	----------------	-------------------	--------------------------

Registration starts Wednesday March 11, 2026 at 9:00am

Register by Telephone, In Person or Online

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.	