

Community Health Centres of Northumberland

Program Calendar

Building a healthier community together

September to December 2026



Registration Opens August 12, 2026 at 9:00am

To Register Online, email workshops@chcnorthumberland.ca

To Register by Telephone, call 905-885-2626 ext. 280

To Register in Person, visit 99 Toronto Rd, Port Hope

**Please specify virtual or in person programming*



Diabetes Workshops

Diabetes Cooking Workshops

Diabetes Cooking Workshops are hands-on cooking classes which are offered to those living with prediabetes, type 1 or type 2 diabetes. Each workshop will be conducted by a Registered Dietitian. Fee \$5.00 per class (please call if cost is a concern).

Just the Basics: Diabetes - Virtual/In-Person

Have you been recently diagnosed with diabetes? This workshop, now being offered virtually and in-person, includes a discussion of the basic facts about managing diabetes, healthy eating, and physical activity.

Living Well with Diabetes - Community Support Group

Join peers, a Registered Nurse and a Registered Dietitian for chats and education on building knowledge, self-management skills, and support from each other on various topics related to your diabetes care. Topics include healthy eating, exercise, stress management, medication and more.

Pre-Diabetes Workshop

Have you recently been diagnosed with prediabetes? This workshop includes a discussion of the basic facts about managing prediabetes, healthy eating, and physical activity. We also encourage you to set a goal to improve your health during the class.

Exercise Workshops

Our Heart Wise Exercise Programs

All of these programs meet the following criteria:

1. **Encourage regular, daily aerobic exercise**
2. **Incorporate warm-up, cool-down and self-monitoring with all exercise sessions**
3. **Encourage exercise at a safe level and offer options to modify intensity**
4. **Suitable for those living with chronic condition and cardiovascular disease**
5. **Have a documented emergency plan.**

Movement and Motion - Hybrid

Designed for community members age 55+, who are wishing to improve their balance and range of motion regardless of their current ability level. The program will be led by trained volunteers who ensure the program is run in a safe manner. Classes can be done seated or standing.

Chair Yoga - Hybrid

Using the aid of a chair, our yoga instructor will guide you through a series of movements. Poses are done seated or a chair is used for support during standing poses and bends.

Exercise Workshops

Nordic Pole Walking (seasonal)

Come out and join our trained Nordic Pole Walking instructors as they take you on a 30-45 minute walk around the neighbourhood (seasonal from April to November).

Active, Fit & Fun - Hybrid

Designed for community members ages 55+ who are wishing to improve their cardio, strength, balance and flexibility regardless of their current ability level. The program will be led by trained volunteers, who ensure the program is run in a safe manner. Classes can be done seated or standing.

Restorative Yin Yoga - Hybrid

Restorative yin yoga combines two distinct styles of yoga; the deeper Yin stretching of myofascia connective tissue and ligaments to increase flexibility and mobility. It includes more passive restorative poses that calm the nervous system, improve digestion, immune function and sleep. It focuses on relaxation of the mind and body. Bolsters, straps and other props will be used to support the body in various postures which allows one to move towards a state of balance. Equipment is provided.

Strengthen, Stretch and Tone - Hybrid

A class involving standing and mat based exercises to increase flexibility and mobility; improve the strength and tone of muscles; and help align posture for better balance and breathing. Our practice will make use of a variety of tools from yoga mats and blocks to light hand weights, resistance bands, and exercise balls as required. Equipment is provided

Yin Yang Yoga - Hybrid

A Yin Yang Yoga class blends two styles of yoga in one practice. It brings together the benefits of longer stretch poses with traditional hatha sequences to work on strength, flexibility and stamina. By balancing your Yin and Yang your energy flow will increase, giving you a peaceful balanced mind and body.

Gentle Yoga - Virtual

Yoga has many benefits such as increasing flexibility, improving breathing, helping with balance and helping one to live a healthy and stress free lifestyle. Gentle yoga is a floor based program.

Falls Prevention

Community Care Northumberland runs a falls prevention class out of CHCN. These group sessions focus on specific targeted interventions to reduce falls in seniors. It is a combination of education and exercise. You **must** register with Community Care Northumberland and complete an assessment to attend classes.

To register: call 1-866-514-5774 or email wellness@commcare.ca

Wednesdays and Fridays | 12-week program
12:30pm to 1:30pm | 99 Toronto Rd | Rm 205 | FREE

Community Workshops

***NEW* Drop-in Coffee Social**

Looking for a chance to connect, relax, and enjoy some good company? Drop in to the CHCN for a cup of coffee, tea, or water, enjoy some snacks, and take part in fun activities while meeting new people in the community. Prefer to bring your own activity or to just come and chat? That's welcome too! Everyone is welcome at this free drop in program! Come by to sip, chat, and relax with friends old and new.

***NEW* Supporting Caregiver Awareness, Learning and Empowerment (SCALE) Together: Nurturing Mental Health & Wellness for Caregivers**

In partnership with the Ontario Caregiver Organization, CHCN is offering SCALE Together, an 8 week supportive program designed to help caregivers build practical knowledge and skills to care for their own mental health and well-being. Each week, participants will take part in in-person psychoeducational webinars that explore the emotional challenges of caregiving, followed by meaningful group discussions with other caregivers. Participants will receive workbooks filled with helpful strategies, tools, and resources to support healthier ways of coping with difficult caregiver emotions (feeling burnt-out, lonely, grief, guilt, overwhelmed, helplessness, anger, resentment, unappreciated) . Free and confidential online group and/or individual counselling through the Ontario Caregiver Organization is also available to those attending the program.

Social Gatherings

CHCN hosts themed social gatherings throughout the year where we enjoy a chat, a cuppa and some games. Everyone is welcome!

Powerful Tools for Caregivers (PTC)

The Powerful Tools for Caregivers (PTC) is a free six week workshop for caregivers of adults with chronic conditions. Caring for a family member or friend with a chronic condition can be physically, emotionally and financially draining. This educational program for family caregivers builds the skills caregivers need to take better care of themselves as they provide care for others. Pre-registration is required. To register call 1-866-971-5545 or visit www.ceselfmanagement.ca

Community Lunch

Connect with others in your community while enjoying a nutritious lunch prepared by our staff and volunteers. The lunches follow a pay-what-you-can model. The suggested contribution is \$0.50/\$2.50/\$5.

Book Club

Throughout the year we will meet to discuss the book of choice and enjoy a cup of tea in a fun and positive space.

Community Workshops

Communication Skills & Positive Thinking Skills: Aging and Life Transitions

As we age, we face changes that can affect our mental and physical health. Our own health may shift, and we may also be supporting family or friends through their changes. Good communication helps us maintain strong relationships and mutual support. It ensures that our needs are heard and understood while remaining sensitive to the needs of others. Join us for this workshop as we explore using "I" messages, practicing positive thinking, understanding different communication styles, and navigating difficult conversations with confidence.

Caregiver Support Group - Virtual

Are you a primary caregiver caring for an older adult and looking to connect with other caregivers? Please join us in a peer focused group to share your concerns, experiences, knowledge and to support each other. In addition to the regular virtual sessions, the group also meets in person four times per year for a social gathering.

Acquired Brain Injury (ABI) Support Group

On the 4th Monday of each month we invite those living with an ABI and caregivers to attend and share personal experiences of living with an ABI. This is an open group (registration not required). We look forward to you joining us to learn about acquired brain injuries, symptoms and challenges you may be experiencing. Attendees must be physically independent or attend with a care provider. Please contact Sanskriti Singh from the Brain Injury Association at 905-243-3260 for more info and to find out if the group is right for you.

Forest Bathing (Shinrin-Yoku)

Learn about the healing power of spending time in nature through the scientifically based wellness practice of forest bathing.

Part One: Free Forest Bathing Workshop provided by Central East Self-Management Program

The Forest Bathing Workshop focuses on providing science-based information on the theory and practice of Forest Bathing. The physical, mental and emotional benefits of Forest Bathing will also be discussed.

Part Two: Guided Forest Bathing Walk provided by Community Health Centres of Northumberland

The Forest Bathing Walks provide the opportunity to practice Forest Bathing skills in a local forest- to achieve emotional, mental and physical benefits. Location will be shared after clients attend part one.

You must attend part one to be able to attend part two.

Programs & Services

Dental Services

The Community Health Centre is pleased to offer a dental program to those who cannot access care due to financial hardship. We welcome clients with coverage through the Canadian Dental Care Plan; Ontario Seniors Dental Care Program; Ontario Works, Ontario Disability Insurance, Healthy Smiles and private insurance, as well as those without dental coverage. There is a cost to this program which will be determined at your first visit. Ext. 208

Diabetes Education

To support the growing group of people living with diabetes, the Community Health Centre has nurses, dietitians & social worker teams who are available to meet with individuals and groups. Our diabetes centre provides support and education to individuals who are over the age of 18 and have pre-diabetes, Type 1 or Type 2 diabetes, and Gestational diabetes. We are also a certified pump centre providing insulin pump therapy. The diabetes team welcomes the opportunity to share information at groups or local events. Locations: Port Hope, Cobourg, Colborne, Alderville and Roseneath.

Dietitian Services

Our Community Registered Dietitian is available to members of the community and provides one-on-one counselling, presentations, workshops and cooking demonstrations. Dietitians provide clients with strategies to help manage and prevent a wide range of nutritional related concerns. Clients of the CHC may be referred by their primary health care provider. For community members who are not clients of the CHC, please ask your family doctor for a referral or you can call the CHC for more info.

Gender Affirming Care Program

The Gender Care program is available to transgender and gender diverse people in Northumberland County and their families. If you or someone you know is questioning their gender identity and is looking for advice, or is looking for support with the process of their own or a loved one's transition, we are here to help. The Gender Care program provides gender-affirming health care, support groups, surgical referral and support, and peer counselling free of charge. Health care available to people 17 years of age and older. For more information, please call Ext. 293

Counselling

Providing individual counselling and therapeutic groups for clients of all ages and stages of change with a focus on helping people find and use their strengths and coping abilities. The counsellors work to promote good mental, physical, social, and spiritual health, and to help clients improve their overall sense of wellbeing.

OTN - Ontario Telemedicine Network

A telemedicine appointment is just like a regular appointment, only the specialist you will be seeing and speaking with is on a monitor. Free to residents of Ontario, OTN connects you with the right health care professional, in the right place, at the right time. Visit otnhub.ca for more information or call Tammy Kantor, RPN. Telemedicine Coordinator Ext. 214

Geriatric Assessment & Intervention Network

The Geriatric Assessment and Intervention Network (GAIN) clinic is part of a network of coordinated healthcare services that provide clinical care and education to ensure the best care for **frail** older adults and their families. Services include: comprehensive geriatric assessment; assessment of memory and thinking; assessment of balance, mobility, and falls risk; medication and supplement review; management of responsive behaviours; caregiver support and navigation. Talk to your primary care provider to discuss a referral to GAIN, or call Ext 254 for more information about to complete a GAIN referral.

Memory Clinic

The Community Health Centres of Northumberland Memory Clinic is a specialty clinic dedicated to helping patients with memory concerns. On the day of the appointment, a team of skilled health care professionals will complete a thorough medical history and conduct cognitive testing including those related to driving safety. Our team will prepare a management plan for the client / family and work with your doctor or nurse practitioner to help you connect with supports and resources, if needed. Ask your doctor or nurse practitioner to send the necessary referral today.

For more information call Ext. 264

Food Cupboard

The Food Cupboard is open every Thursday from 9:30am to 12:30pm to in person visits. Please bring your own reusable bags or boxes. Please call 905-885-2626 ext 212 and leave a message if you need more info. Donations are essential to the success of this program, cash and fresh produce on Wednesdays are always welcome.

Affordable Community Food Market

The Community Food Market provides fresh produce, meats and other locally sourced food at lowered prices. The market supports community members facing rising food costs, showcases local farmers and reduces our carbon footprint by buying local. Everyone is welcome to shop. If you are in a position to help support the sustainability of our market, you can make a donation at the till or on our website.

Every Thursday 1-4pm South Entrance of the Community Health Centres of Northumberland