COMMUNITY HEALTH CENTRES OF NORTHUMBERLAND

Program Schedule

99 Toronto Road | Port Hope
905-885-2626 ext. 280 | www.chcnorthumberland.ca

September - December 2026

All programs are FREE and require pre-registration unless otherwise stated.			
Community Workshops	**Date/Duration**	**Time**	**Location**
Acquired Brain Injury Support Group	Monday Sept 28, Oct 26, Nov 23, Dec TBD	1:00pm to 2:30pm	CHCN – Rm 205
Book Club	Tuesday Sept 22, Oct 27, Nov 24, Dec 15	1:00pm to 2:00pm	CHCN – Rm 205
Caregiver Support Group	Fridays Sept 11, Sept 25, Oct 9, Oct 23, Nov 13, Nov 27, Dec 11	9:30am to 10:30am	Virtual via Zoom
Coffee Social – ***Drop In***	Every Tuesday	11:00am-12:00pm	CHCN - Rm 144 A
Community Lunches – ***Drop In***	Thursday Oct 1, Nov 5, Dec 3	12:30pm to 1:30pm	CHCN – Rm 205
Social Gatherings	Tuesday Oct 6 & Dec 8	1:00pm to 2:00pm	CHCN – Rm 205
Forest Bathing *Part One*	Wednesday Sept 2, 2026 ***To register call: 1-866-971-5545 or visit www.ceselfmanagement.ca***	2:30pm to 4:00pm	CHCN - Rm 205
Forest Bathing *Part Two* Guided Forest Walks **Must attend part one**	Thurs Sept 10	10:00am to 11:30am	TBD
	Tues Sept 15	10:00am – 11:30am **OR** 2:00pm – 3:30pm	
SCALE Together: Nurturing Mental Health & Wellness for Caregivers	Wednesdays Oct 7, 14, 21, 28 and Nov 4, 11, 18, 25	2:30pm – 4:00pm (please arrive 10 min early)	CHCN – Rm 205
Youth Workshops	**Date/Duration**	**Time**	**Location**
Youth Group Drop In **open to all youth grades 7 to 12*	Thursdays Sept 24 to June 10	2:30pm to 5:00pm	Port Hope High School
Home Alone Course	Saturday September 26, 2026	1:30pm-4:00pm	Cobourg Public Library
	Saturday November 14, 2026	1:00pm-3:30pm	Brighton Public Library
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 Oct 12 Thanksgiving)**	Mondays Sept 14 to Dec 14	10:00am to 11:00am	CHCN - Rm 205 or Virtual via Zoom
Chair Yoga - **Hybrid** **(no class Oct 12 Thanksgiving)**	Mondays Sept 14 to Dec 14 **Suggested Donation: $65.00 (13 weeks)**	11:30am to 12:30pm	CHCN - Rm 205 or Virtual via Zoom
Nordic Pole Walking **(no class Oct 12 Thanksgiving)**	Mondays Sept 14 to Nov 16	1:00pm to 2:00pm	Meet in CHCN South Lobby
Active Fit and Fun - **Hybrid**	Tuesdays & Thursdays Sept 15 to Dec 17	10:00am to 11:00am	CHCN - Rm 205 or Virtual via Zoom
Restorative Yin Yoga – **Hybrid** **(no class Oct 6 or Dec 8)**	Tuesdays Sept 15 to Dec 15 **Suggested Donation: $60.00 (12 weeks)**	11:15am to 12:15pm	CHCN - Rm 205 or Virtual via Zoom
Strengthen, Stretch & Tone - **Hybrid**	Tuesdays Sept 15 to Dec 15 **Suggested Donation: $70.00 (14 weeks)**	5:00pm to 6:00pm	CHCN - Rm 205 or Virtual via Zoom
Yin Yang Yoga - **Hybrid**	Wednesdays Sept 16 to Dec 16 **Suggested Donation: $70.00 (14 weeks)**	9:30am to 10:30am	CHCN - Rm 205 or Virtual via Zoom
Chair Yoga - **Hybrid**	Wednesdays Sept 16 to Dec 16 **Suggested Donation: $70.00 (14 weeks)**	11:00am to 12:00pm	CHCN - Rm 205 or Virtual via Zoom
Morning Gentle Yoga - **Virtual**	Thursdays Sept 17 to Dec 17 **Suggested Donation: $70.00 (14 weeks)**	9:00am to 10:00am	Virtual via Zoom

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Diabetes Programs	**Date/Duration**	**Time**	**Location**
Just the Basics	Friday Sept 18 ***OR*** Friday December 18	9:30am-11:00am	CHCN - Rm 144 A&B
	Monday Nov 16	5:30pm to 7:00pm	Virtual via Zoom
Living Well with Diabetes - Community Support Group	Thursdays Sept 10, Oct 8, Nov 12, Dec 10	1:00pm to 2:30pm	CHCN - Rm 205
Pre-Diabetes Workshop	Friday October 9	9:30am to 11:00am	CHCN - Rm 144 A&B
Diabetes Cooking	**Date/Duration**	**Time**	**Location**
Diabetes cooking classes currently on hold due to low registration			

Registration starts Wednesday August 12, 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
The Help Centre	A member from The Help Centre will be on site at the CHCN every third Tuesday from 2:00pm-3:00pm for free assistance.	For more information, please contact the Help Centre directly at 905 372-2646
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.	