

What's on at Carea CHC Oshawa

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Restorative Yoga</p> <p>Calm and gentle yoga practice focused on slowing down our breathing and relaxation. Unwind and let go of stress and anxiety.</p> <p>*Drop-in*</p>	Oshawa	<p>Monday: Starting up April 2020.</p>	6:00pm-7:00pm	Ana P	1227

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Super Dads</p> <p>A 6-week program for supportive & understanding parents who encourage resilience in themselves and their children. Intended for dads to attend with their children for active engagement, a warm meal, and discussions on health and wellness.</p> <p>*MUST CALL TO REGISTER*</p>	Oshawa	<p>Monday:</p> <p>Dates for 2020: January 13, 2020 to February 24, 2020.</p> <p>Starting new group in March 2020.</p> <p>*Closed on February 17, 2020 and March 16, 2020 for holidays*</p>	5:30pm-7:00pm	James	2272

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January 2 to March 31, 2020 Programs

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Imagine Your Story</p> <p>This unique children's literacy program for youth age 6-10 years will help build children's self-esteem through fun activities that make reading and writing enjoyable.</p> <p>*MUST CALL TO REGISTER*</p>	Oshawa	Monday: January 20, 2020 – March 2, 2020.	6:00pm- 7:30pm	Amy R	2200

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Family Music</p> <p>For children up to 6 years and their caregiver. You will explore the joy of music through interactive, musical based activities, instruments, dancing, puppets and stories.</p> <p>*MUST CALL TO REGISTER*</p>	Oshawa	Monday February 3, 2020- March 9, 2020.	1:30pm- 2:30pm	Jen Braithwaite	1233

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January 2 to March 31, 2020 Programs

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Tot Talk</p> <p>Encourage language in children age 12 months to 4 years through nursery rhymes, poems, felt boards and reading. Parents will leave with tools and activities to encourage conversation and interaction between parent and child.</p> <p>*MUST CALL TO REGISTER*</p>	Oshawa	Monday January 20, 2020- March 9, 2020.	9:30am- 11:00am	Kara	2272

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Artscape</p> <p>No experience necessary, each week we will focus on a new art medium. Childcare available.</p> <p>*MUST CALL TO REGISTER*</p>	Oshawa	Tuesday: January 2020 - June 2020.	12:00pm- 2:00pm	Shantel	1241

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January 2 to March 31, 2020 Programs

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Post</p> <p>Free monthly peer support group for parents of children with a developmental diagnosis. Meet other parents, share your experience, receive new ideas and resources.</p> <p>*MUST CALL TO REGISTER*</p>	Oshawa	<p>Tuesday: September 2019 until June.2020</p> <p>January 21, 2020. February 18,2020. March 17, 2020. April 21, 2020. May 19, 2020. June 16, 2020</p>	6:00pm-7:30pm	Louisa OR Kim	1224/3205

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Sewing</p> <p>No experience necessary! All supplies provided & daycare available.</p> <p>*MUST CALL TO REGISTER*</p>	Oshawa	<p>Tuesday: January 2020 - March 10, 2020</p>	9:30am-11:30am	Shantel	1241

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January 2 to March 31, 2020 Programs

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Maawanjiidiwag</p> <p>Indigenous health and wellness. Providing a safe space to come together to learn from each other, Traditional Knowledge Keepers and Indigenous Health professionals.</p>	Oshawa	<p>Tuesday: Jan. 21- June 9, 2020</p>	<p>1:00pm-4:00pm</p>	Jen Bouma	1222

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Positive Discipline Parenting Group</p> <p>6-week group for parents and caregivers with children age 6-12 years. Weekly topics broken into Part 1 & Part 2- Discipline, Attaching and Connecting with your child, healthy family dynamics and parental self care.</p> <p>*MUST CALL TO REGISTER*</p>	Oshawa	<p>Tuesday: January 28, 2020- March 6, 2020.</p>	<p>12:30pm-2:30pm</p>	Louisa	1224

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January 2 to March 31, 2020 Programs

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>PRIZM Ya</p> <p>LGBTQ2S+ & Allies (18-29 years). A safe space to meet new people, hang out, get community resources and talk about issues that matter to you.</p> <p>*DROP IN*</p>	Oshawa	<p>Tuesday: Ongoing starting January 7, 2020.</p>	6:30pm-8:00pm	Carmen	1201

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Aim 2 Quit</p> <p>A support group for adults who want to quit smoking.</p> <p>*MUST CALL TO REGISTER*</p>	Oshawa	Wednesday	1:00pm-2:30pm	Amy R	2200

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January 2 to March 31, 2020 Programs

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<p>Restorative Yoga</p> <p>Calm and gentle yoga practice focused on slowing down our breathing and relaxation. Unwind and let go of stress and anxiety.</p> <p>*Drop-in*</p>	Oshawa	Wednesday	9:30am-10:30am	Shantel	1241

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>VON Exercise Class</p> <p>For adult clients with Diabetes and Pre-Diabetes. This class involves gentle exercise.</p> <p>*MUST CALL TO REGISTER*</p>	Oshawa	Wednesday	9:00am-10:00am	Val	1268

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January 2 to March 31, 2020 Programs

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Community Kitchen</p> <p>6-week program for clients to eat a healthy meal along with cooking a meal to take home.</p> <p>*MUST CALL TO REGISTER*</p>	Oshawa	<p>Wednesday Ongoing starting January 15, 2020.</p>	<p>11:30am-2:30pm</p>	Carmen	1201

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Wiingushk Deywegun</p> <p>For Indigenous youth and men who would like to learn songs on the Odaywaygun.</p>	Oshawa	<p>Thursday: Ongoing, call for more information.</p>	<p>6:00pm-8:00pm</p>	Troy White	1280

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Indigenous Family Night</p> <p>Enjoy dinner and culturally appropriate activities for the whole family.</p>	Oshawa	<p>Wednesday: Ongoing, January 15, 2020 - June 10, 2020</p>	<p>5:00pm-7:00pm</p>	Jen Bouma	1222

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Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Men's Mental Health</p> <p>This group is meant to bring together people going through or have gone through experiences related to mental health. Members of this group will be given the opportunity to share personal experiences, coping strategies, and recovery stories.</p> <p>*MUST CALL TO REGISTER*</p>	Oshawa	Thursday: January 16, 2020- March 5, 2020	6:30pm- 8:00pm	James	2272

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Meal Planning for Diabetes</p> <p>Help manage diabetes by learning how to meal prep and create healthy and delicious snacks. Space for 8 participants per session. Please register for only 1 of 2 dates.</p> <p>*MUST CALL TO REGISTER*</p>	Oshawa	Thursday: January 23, 2020 & March 19, 2020	5:00pm- 8:00pm	Lindsay	1253

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Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Food Security</p> <p>A community-based program for registered clients experiencing barriers in accessing food for themselves and their families.</p> <p>*MUST CALL TO REGISTER AND FILL OUT FORM*</p>	Oshawa	Thursday: Ongoing	10:00am- 3:00pm	Danielle	1917

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Good Food Box</p> <p>A community-based program for all clients and non-clients to provide healthy food options with recipes at an amazing price of \$22 per bin. Partnered with Common Ground Foodshare to bring you the best in quality and support local farms during the in-season.</p> <p>*MUST COME IN TO PAY AND REGISTER*</p>	<p>Oshawa</p> <p>&</p> <p>Coming soon to our Ajax and Pickering locations starting March 2020!</p>	Thursday: Ongoing	1:00pm- 3:00pm	Danielle	1917

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Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Boys Can Cook Too!</p> <p>After school cooking class for boys ages 8 to 12 years. Learn how to make and take-home healthy snacks and lunches for school!</p> <p>*MUST CALL TO REGISTER*</p>	Oshawa	<p>Thursdays: Starting January 16, 2020</p>	<p>3:00pm- 5:30pm</p>	Erin	1254

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Women's Wellness</p> <p>Educational, support group to help women increase control in their own lives through support, education discussions/sharing and hands on activities.</p> <p>*MUST CALL TO REGISTER*</p>	Oshawa	<p>Thursday: January 9,2020- March 26, 2020.</p>	<p>9:30am- 11:30am</p>	Louisa	1224

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Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Mindfulness for Stressed Adults</p> <p>In this 7 session group clients will learn how stress impacts mind-body health; how to pay attention to thoughts and feelings; meditation practices; coping skills.</p> <p>*MUST CALL TO REGISTER!*</p>	Oshawa	<p>Friday: January 17, 2020- March 6, 2020</p>	<p>9:30am- 11:30am</p>	Danielle G.	1216

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Nisidotaadiwag Dibaajimowin</p> <p>Indigenous Book Club</p>	Oshawa	<p>Friday: January 17th- June 12th</p>	<p>1:00pm- 4:00pm</p>	Angela	1240

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January 2 to March 31, 2020 Programs

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Youth League!</p> <p>Monday-Friday</p> <p>This drop-in, after school program offers children from grades 1-8 a chance to socialize, have a healthy snack and participate in FUN daily activities. Monthly details printed on flyers available on site.</p> <p>*DROP-IN*</p>	Oshawa	September 2019 to June 25, 2020	3:00pm-5:30pm	James	2272

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Journey to Wellness</p> <p>This class is for adult clients with Diabetes and Pre-Diabetes. Learn about risk & complications, healthy eating, physical activity, medications, blood glucose and self management.</p> <p>*MUST CALL TO REGISTER*</p>	Oshawa, Ajax & Pickering	Please call	Please call	Val	1268

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What's on at Carea CHC Whitby Mall

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Courage Club</p> <p>A therapeutic workshop for preschool children age 3-5 years who are demonstrating symptoms of anxiety and their caregivers.</p> <p>*MUST CALL TO REGISTER*</p>	<p>Whitby Mall</p>	<p>Tuesday: January 28, 2020- February 25, 2020</p>	<p>4:30pm- 6:30pm</p>	<p>Iris</p>	<p>3206</p>

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What's on at Carea CHC Ajax

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Spa Spectacular</p> <p>A workshop for girls age 13-18 years. Participate in activities including home spa treatments, crafts and learn about various stress management and relaxation techniques.</p> <p>*MUST CALL TO REGISTER*</p>	Ajax	<p>Monday: March 16, 2020</p>	<p>1:00pm-3:30pm</p>	Amy	2200

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Family TRANSformations</p> <p>An 8-week group for families/caregivers of youth (29 and under) who identify as trans or gender expansive. Light refreshments provided.</p> <p>*CALL FOR MORE INFORMATION*</p>	Ajax	<p>Tuesday: January 21, 2020 to March 10, 2020.</p>	<p>5:45pm-7:45pm</p>	Jennifer	2229

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Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>4 Real</p> <p>Weekly informal support program for young moms 29 and under, children are welcome.</p> <p>*CAN REGISTER ON SITE*</p>	Ajax	Thursday	5:30pm-7:00pm	Kelly J	2284

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Tree of Life</p> <p>A 6-week program for adults who would like to rediscover the story of their lives. Retell stories of life and reconnect with forgotten values, hopes and skills for getting through tough times in life.</p> <p>*MUST CALL TO REGISTER*</p>	Ajax	Wednesday: Jan.15 th -Feb.19 th	9:30am-11:30am	Cheryl	1223

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January 2 to March 31, 2020 Programs

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
Connections A 10-week group for adults who would like to explore the impact that shame has had on their lives and relationships.	Ajax	Wednesday: October 16, 2019 - December.18,2020	9:30am- 11:30am	Cheryl	1223

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
Food 4 Thought A prenatal nutrition support program for parents 26 and under. *CLIENTS CAN REGISTER ON SITE*	Ajax	Wednesday	2:00pm- 4:15pm	Kelly J	2284

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
Colours Youth Group LGBTQ2S+ Youth ages 14-18 are invited to a weekly safe and inclusive hangout. *REGISTER IN PROGRAM*	Ajax	Thursday	6:30pm- 7:45pm	Alyssa	3204

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January 2 to March 31, 2020 Programs

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
Okichitaw	Oshawa	Wednesdays Saturday	7-8pm 11am -12 pm	Stephan	

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
Journey to Wellness For adult clients with Diabetes and Pre-Diabetes. *MUST CALL TO REGISTER*	Ajax	Call for dates and times.		Val	1268

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What's on at Carea CHC Pickering

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Senior's Wellness</p> <p>For 55 + seniors for wellness topics and some social time with healthy snacks and tea.</p> <p>*MUST CALL TO REGISTER*</p>	Pickering	Monday Starting January 13, 2020.	2:00pm-4:00pm	Carmen	1201

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Twilight Yoga</p> <p>Beginner-friendly yoga for adults 18+ incorporating breathing practice, gentle stretching and relaxation. Mats can be supplied or bring your own.</p> <p>*MUST CALL TO REGISTER*</p>	Pickering	Tuesday: January 7, 2020 - February 11, 2020.	6:30pm-7:30pm	Amy N	2239

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January 2 to March 31, 2020 Programs

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
Journey to Wellness For adult clients with Diabetes and Pre-Diabetes. *MUST CALL TO REGISTER*	Pickering	Call for dates and times.		Val	1268

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
BabySteps 8-week registered support program for parents and their babies 0-10 months. *MUST CALL TO REGISTER*	Pickering	Wednesday: January 8, 2020 - February 26, 2020.	10:00am-11:45am	Kelly J	2284

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Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Housing Outreach</p> <p>This program connects community members to supports with housing services with a CDCD worker to prevent homelessness and access to food security.</p> <p>*DROP IN*</p>	Pickering	Wednesday: Ongoing	1:00pm-3:00pm	Alisha	2271

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Cooking Up Some Fun!</p> <p>A 6-week cooking & nutrition education program for adults 55+. Learn to cook simple and delicious meals with a Dietitian, read nutrition labels, and tour a local grocery store! Connect with friends in the kitchen.</p> <p>*MUST CALL TO REGISTER*</p>	Pickering	Thursday: January 16, 2020 - February 20, 2020.	1:30pm-4:00pm	Amy N	2239

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January 2 to March 31, 2020 Programs

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Community Leadership Crew</p> <p>For high school students! Earn a leadership certificate and community volunteer hours.</p> <p>*MUST CALL TO REGISTER*</p>	Pickering	<p>Thursday: March 19, 2020 March 20, 2020</p>	1:00pm-3:30pm	Amy	2200

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Get Cooking</p> <p>6-week session on basic cooking skills. Learn to make a fast and healthy meal to take home.</p> <p>*MUST CALL TO REGISTER*</p>	Pickering	<p>Friday: Starting January 17, 2020.</p>	11:00am-2:30pm	Carmen	1201

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Coming soon to a Carea CHC near you....

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Nordic Pole Walking</p> <p>A low impact walk through the neighbourhood to get healthy one step at a time.</p> <p>*MUST CALL TO REGISTER*</p>	Oshawa	<p>Tuesday: Time and dates TBD. (Spring, Summer & Fall Only)</p>	9:30am-11:00am	Carmen	1201

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Good Food Box</p> <p>A community-based program for all clients and non-clients to provide healthy food options with recipes at an amazing price of \$22 per bin. Our partner, Common Ground Foodshare offers the best in quality and supports local farms during the in-season.</p> <p>*MUST COME IN TO PAY AND REGISTER*</p>	<p>Coming soon to our Ajax and Pickering locations starting March 2020!</p>	<p>Thursday: Ongoing</p>	1:00pm-3:00pm	Danielle	1917

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Carea in the community...

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Zen at School</p> <p>Helps school aged children learn how to handle stress effectively. Learning ways to identify when our bodies are feeling stressed and ways to relax and calm down.</p> <p>*Must register through Principal at participating school*</p>	<p>Outreach schools in Oshawa area.</p>	<p>Monday Ongoing program must contact school for dates and times.</p>		<p>Shantel</p>	<p>1241</p>

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Healthy Hangout</p> <p>Youth ages 11-14 are invited to come do a healthy activity and enjoy a healthy snack.</p> <p>*REGISTER IN PROGRAM*</p>	<p>Oshawa-Lakeview Harbourside Community Room. For residents of this area ONLY.</p>	<p>Tuesday: Contact for more information.</p>	<p>3:30pm-5:00pm</p>	<p>Alyssa</p>	<p>3204</p>

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Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
Youth Shelter Drop in Program Youth Outreach Worker provides community resources to youth residing in Joanne's House. Joanne's House Residents ONLY.	Joanne's House	Tuesday: Ongoing	4:00pm-5:00pm	Sharon	905-903-3512

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
Eat/Play/Love	YWCA Oshawa	Thursday: Ongoing	5:00pm-6:30pm	Kim Varlow	3205

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
Comfort, Play, Connect Parents and guardians with children 4 and under are welcome to join for lunch. *MUST CALL TO REGISTER*	Whitby: 100 White Oaks in the Community Connections Room.	Wednesday: Call for more information.	12:00pm-2:00pm	Alyssa	3204

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Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Meet and Eat</p> <p>A safe space for youth age 12-24 years to be connected to community resources, share a hot meal and socialize.</p> <p>*DROP IN*</p>	Ajax Library-Main Branch	Wednesday: Ongoing program	11:30am-1:30pm	Sharon	905-903-3512

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Hep C Support Group</p> <p>Support Group for individuals living with Hep C, At Risk or Post Treatment. We provide Education and Awareness as well as Hep C Screening.</p> <p>*Do Not Need to Register*</p>	John Howard Society. Oshawa	Thursdays: Sept.9-Nov.25	10:00am-1:00pm	Teresa	1206

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January 2 to March 31, 2020 Programs

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Dish Up Dinner</p> <p>A cooking & nutrition education program for youth aged 13-19. Practice your skills and learn new ones from the professionals! Learn how to make easy and nutritious meals and take some home to share.</p> <p>*MUST CALL TO REGISTER*</p>	<p>Ajax Audley Recreation Centre 1955 Audley Rd. N.</p>	<p>Tuesday March 17, 2020</p> <p>Wednesday March 18, 2020</p> <p>Thursday March 19, 2020</p>	<p>1:00pm-3:30pm</p>	<p>Amy N.</p>	<p>2239</p>

Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Playdough and Grow</p> <p>Children ages 2-6 years and their caregivers are invited to engage in school readiness activities through creating new playdough creations each week.</p> <p>*MUST CALL TO REGISTER*</p>	<p>Woodcrest Public School</p>	<p>Wednesday January 22, 2020- February 12, 2020.</p>	<p>1:30pm-2:30pm</p>	<p>Jen Braithwaite</p>	<p>1233</p>

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Program:	Carea Location:	Day:	Time:	Facilitator:	Extension:
<p>Kid's Can Cook Program</p> <p>4-week cooking program for children age 3-4 years. Children will learn how to make fun meals in the kitchen while learning about healthy foods and kitchen safety. Children will also learn literacy and numeracy skills.</p> <p>*MUST CALL TO REGISTER*</p>	<p>Glen St. School Hub Room</p>	<p>Tuesday: January 21, 2020- February 11, 2020.</p>	<p>9:30am-11:00am</p>	<p>Brenda</p>	<p>1228</p>

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