


MONDAY (9AM to 8PM)	TUESDAY (8AM to 12PM, 2PM to 8PM)	WEDNESDAY (8AM to 8PM)	THURSDAY (8AM to 8PM)	FRIDAY (9AM TO 5PM)	SATURDAY (9AM to 12PM, 1PM to 5PM)
<p><b>May is National Physiotherapy Month!</b></p> <p>Physiotherapists are skilled professionals that help people with injuries, illness, or disability through movement and exercise, manual therapy, education, and advice. They maintain health for people of all ages, helping patients manage pain, and prevent disease. If you are a clinical client of the Centre and feel you could benefit from seeing a physiotherapist, call reception and ask to book an appointment.</p> 			<p><b>1</b></p> <p>5:00 - 6:30 PM Finding Peace With Food Virtual*</p>	<p><b>2</b></p>	<p><b>Mental Health Week</b> <b>May 5 – 11, 2025</b></p> <p><b>Unmasking Mental Health</b></p> <p>Facing mental health or substance use challenges is already tough; having to hide them makes it even more overwhelming.</p> <p>From <b>May 5 to 11</b>, we will encourage people across Canada to look deeper and truly see the whole person.</p> 
<p><b>5</b></p> <p>12:15 - 1:15 PM DECNET Exercise Virtual*</p> <p>2:00 - 3:00 PM Gentle Fit Virtual*</p> <p>2:30 - 4:00 PM Diabetes Support (DECNET) In-Person*</p> <p>5:30 - 6:30 PM Mindful Resilience Series Hybrid*</p>	<p><b>6</b></p> <p>11:00 AM - 12:00 PM Balance Program In-Person*</p> <p>2:30 - 4:00 PM Overcoming Persistent Pain In-Person*</p>	<p><b>7</b></p> <p>11:30 AM - 12:30 PM Gentle Fit In-Person*</p> <p>1:00 - 2:00 PM Tai Chi In-Person Drop-In</p>	<p><b>8</b></p> <p>5:00 - 6:30 PM Finding Peace With Food Virtual*</p>	<p><b>9</b></p>	
<p><b>12</b></p> <p>12:15 - 1:15 PM DECNET Exercise Virtual*</p> <p>2:00 - 3:00 PM Gentle Fit Virtual*</p> <p>5:30 - 6:30 PM Mindful Resilience Series Hybrid*</p>	<p><b>13</b></p> <p>11:00 AM - 12:00 PM Balance Program In-Person*</p> <p>2:30 - 4:00 PM Overcoming Persistent Pain In-Person*</p>	<p><b>14</b></p> <p>11:30 AM - 12:30 PM Gentle Fit In-Person*</p> <p>1:00 - 2:00 PM Tai Chi In-Person Drop-In</p>	<p><b>15</b></p> <p>10:30 AM - 12:00 PM Photographic Composition In-Person*</p> <p>5:00 - 6:30 PM Finding Peace With Food Virtual*</p>	<p><b>16</b></p>	
<p><b>19</b></p> <p><b>CENTRE CLOSED</b> <b>VICTORIA DAY</b></p>	<p><b>20</b></p> <p>2:30 - 4:00 PM Overcoming Persistent Pain In-Person*</p>	<p><b>21</b></p> <p>11:30 AM - 12:30 PM Gentle Fit In-Person*</p> <p>1:00 - 2:00 PM Tai Chi In-Person Drop-In</p>	<p><b>22</b></p> <p>5:00 - 6:30 PM Finding Peace With Food Virtual*</p>	<p><b>23</b></p>	
<p><b>26</b></p> <p>12:15 - 1:15 PM DECNET Exercise Virtual*</p> <p>2:00 - 3:00 PM Gentle Fit Virtual*</p>	<p><b>27</b></p>	<p><b>28</b></p> <p>11:30 AM - 12:30 PM Gentle Fit In-Person*</p> <p>1:00 - 2:00 PM Tai Chi In-Person Drop-In</p>	<p><b>29</b></p> <p>5:00 - 6:30 PM Finding Peace With Food Virtual*</p>	<p><b>30</b></p>	<p><b>31</b></p>

\*Must Register in advance for all programs, unless it's a **drop-in**. **In-Person groups** meet at East End CHC (1619 Queen Street East). **Hybrid groups** meet on Zoom and in-person at the same time. **Virtual groups** meet on Zoom, need an electronic device (computer, phone, or tablet) and WIFI connection. Go to [www.eastendchc.on.ca/calendar](http://www.eastendchc.on.ca/calendar) to subscribe and receive East End Community Health Centre - Monthly program calendar newsletter by email!

# PROGRAM DESCRIPTIONS

*All programs are free. For more information, or to register, please call the contacts listed below.*

## Balance Program (In-Person)

Improve stability and build your strength to reduce fall risks. Be with us on Tuesdays (Mar. 25 – May 13, 2025) from 11:00 AM – 12:00 PM and get weekly home exercises. We're here to support you every step of the way. **\*Register in advance\***

**Contact: Sarah at 416-778-5805 x237**

## DECNET Exercise (Virtual)

Join DECNET (Diabetes Education Community Network of East Toronto) for exercise! Explore different types of exercises with a Kinesiologist. Learn the basics about fitness with a complete body workout. Increase your physical activity level. Focus on building and maintaining strength, flexibility and balance. Mondays (May. 5, 12, and 26, 2025) from 12:15 – 1:15 PM. **\*Register in advance\***

**Contact: Asmita at 416-461-9043 x2362**

## Diabetes Support (DECNET) (In-Person)

Living with pre-diabetes, diabetes or type 2 diabetes? Be a part of DECNET – Diabetes Education Community Network of East Toronto. Learn about diabetes, mental health, and well-being. Meet us on Mondays (May 5, June 2, and July 7, 2025) from 2:30 – 4:00 PM. **\*Register in advance\***

**Contact: Asmita at 416-461-9043 x2362**

## Finding Peace with Food (Virtual)

Chat with a dietitian in a 10-week program (Apr. 3 – Jun. 5, 2025) on Thursdays from 5:00 – 6:30 PM. Learn to eat in a balanced way without dieting. Break free from a diet mindset and develop a healthy relationship with food and your body! **\*Register in advance\***

**Contact: Yulia at 416-778-5805 x208**

## Gentle Fit (In-Person or Virtual)

Empower yourself and get fit in a program designed for beginners. Get a complete body workout, decrease joint pain, and reduce the risk of falls. Let's meet Virtually on Mondays from 2:00 – 3:00 PM and In-Person on Wednesdays from 11:30 AM – 12:30 PM. **\*Register in advance\***

**Contact: Sarah at 416-778-5805 x237**

## Intuitive Eating Support (Virtual)

Did you attend our Intuitive Eating groups? Talk with the dietitian on Saturday, May 24, 2025 from 11:00 AM – 12:00 PM. Connect in a judgement-free space to share and support each other's journey to a balanced, guilt-free relationship with food. **\*Register in advance\***

**Contact: Yulia at 416-778-5805 x208**

## Mindful-Resilience Series (Hybrid: In-Person & Virtual)

Boost your positivity, regulate emotions and foster self-compassion. Mondays from 5:30 – 6:30 PM for 8-weeks (Mar. 17 – May 12, 2025). Learn how to keep perspective through mindfulness-based practice, enhance your coping strategies and welcome change. Connect with like-minded folks in a safe-space. The facilitator will lead the group on Zoom. We will set-up a room at the Centre.

**\*Register in advance by phone or [book online](#)\***

**Contact: Martin at 416-778-5805 x222**

## Overcoming Persistent Pain (In-Person)

Be a part of this 6-week program (Apr. 15 – May 20, 2025) on Tuesdays from 2:30 – 4:00 PM Sessions involve light exercise and a strong mindfulness approach to overcoming pain. Learn about why pain develops and at times persists. Gain insight into your pain and how to better self manage through physical activity and other strategies. **\*Register in advance\***

**Contact: Jodie at 416-778-5805 x207**

## Photographic Composition (In-Person)

Come on Thursday, May 15, 2025 from 10:30 AM – 12:00 PM to learn to take better photos and feel proud of your pictures. You will learn how to frame a scene and place things in a photo to help tell a story with your images. Practice your skills, have fun and see the world in a new way. **\*Register in advance by phone or [book online](#)\***

**Contact: Matin at 416-778-5805 x222**

## Tai Chi (In-Person Drop-In)

Improve strength, flexibility, and balance. Relieve pain, enhance sleep, and boost mood. Tai Chi involves slow, gentle movements, postures, meditation, and controlled breathing. **Drop-in** Wednesdays from 1:00 – 2:00 PM.

**Contact: Sudha at 416-778-5805 x218**



# PROGRAM CALENDAR

## MAY 2025



Programs are free and are open to people living in our catchment community.

For more information, visit [www.eastendchc.on.ca](http://www.eastendchc.on.ca)

*\*We may cancel groups with low registration\**

**1619 Queen Street East  
General Inquiries: 416-778-5858**