



If registering by phone, please leave your name and contact information on the facilitator's voicemail and the facilitator will call you back. Calls from facilitators are made from a BLOCKED/PRIVATE number.

Monday	Tuesday	Wednesday	Thursday	Friday
Mar 2 <ul style="list-style-type: none"> Watercolour Wellness: Crafting Calmness 10:00am-12:00pm ext. 2601 Traing Your Brain 2:00pm-3:00pm ext. 2601 	Mar 3 <ul style="list-style-type: none"> Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2653 	Mar 4 <ul style="list-style-type: none"> Go With Your Gut 10:00am-11:30am ext. 2642 International Women's Day 11:30am-1:30pm ext. 2687 Ready for Success Tutoring 4:45pm-5:45pm ext. 2653 Taking Care of You: Even More 5:00pm-6:00pm ext. 2642 Brain, Logic and Tricks 6:00pm-7:00pm ext. 2653 	Mar 5 <ul style="list-style-type: none"> Infant Massage 9:30am-11:30am ext. 2687 Weight. Diet. Health 10:00am-11:00am ext. 2642 Expressive Art 10:00am-11:30am ext. 2653 Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601 Restful Sleep 2:30pm-4:00pm ext. 2601 	Mar 6
Mar 9 <ul style="list-style-type: none"> Watercolour Wellness: Crafting Calmness 10:00am-12:00pm ext. 2601 Traing Your Brain 2:00pm-3:00pm ext. 2601 	Mar 10 <ul style="list-style-type: none"> Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2653 	Mar 11 <ul style="list-style-type: none"> Go With Your Gut 10:00am-11:30am ext. 2642 Ready for Success Tutoring 4:45pm-5:45pm ext. 2653 Taking Care of You: Even More 5:00pm-6:00pm ext. 2642 Brain, Logic and Tricks 6:00pm-7:00pm ext. 2653 	Mar 12 <ul style="list-style-type: none"> Infant Massage 9:30am-11:30am ext. 2687 Weight. Diet. Health 10:00am-11:00am ext. 2642 Expressive Art 10:00am-11:30am ext. 2653 Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601 Restful Sleep 2:30pm-4:00pm ext. 2601 Palentine's Day 3:30pm-5:30pm ext. 2687 Empowered Minds: Building Life Skills Together 4:30pm-5:30pm ext. 2601 	Mar 13
Mar 16	Mar 17 <ul style="list-style-type: none"> Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2653 March Break Arts & Crafts 1:00pm-2:30pm ext. 2653 	Mar 18	Mar 19 <ul style="list-style-type: none"> Infant Massage 9:30am-11:30am ext. 2687 March Break Arts & Crafts 1:00pm-2:30pm ext. 2687 Empowered Minds: Building Life Skills Together 4:30pm-5:30pm ext. 2601 	Mar 20
Mar 23	Mar 24 <ul style="list-style-type: none"> Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2653 	Mar 25 <ul style="list-style-type: none"> Ready for Success Tutoring 4:45pm-5:45pm ext. 2653 Brain, Logic and Tricks 6:00pm-7:00pm ext. 2653 	Mar 26 <ul style="list-style-type: none"> Infant Massage 9:30am-11:30am ext. 2687 	Mar 27
Mar 30	Mar 31 <ul style="list-style-type: none"> Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2653 			

MARCH 2026 HEALTH PROMOTION PROGRAM DESCRIPTIONS

If registering by phone, please leave your name and contact information on the facilitator's voicemail and the facilitator will call you back. Calls from facilitators are made from a BLOCKED/PRIVATE number.

ADULT WELLNESS (19+)/MATURE ADULT (55+)/OLDER ADULT (65+):

 Coffee and Chats (19+) (Vaughan)	Dates: Jan 6-Mar 31, 2026	Day: TUE	Time: 10:00am-12:00pm
Program Contact: Kelly Lo Email: klo@vaughanchc.com Phone: 905-303-8490 ext. 2653		Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7	
In-person program. Meet new friends, discuss topics related to healthy living and wellness, and learn from guest speakers on topics of your choice and more!			
 Taking Care of You: Even More	Dates: Jan 21-Mar 11, 2026	Day: WED	Time: 5:00pm-6:00pm
Program Contact: Cindy Sabolic Email: csabolic@vaughanchc.com Phone: 905-303-8490 ext. 2642		Location: Online Platform Program will be offered on Zoom. Access to internet and working video/ microphone on phone, tablet, or computer device	
"Taking Care of You - Self-Care Program" is an 8-week program for participants (19+) who seek to have wellness and self-care in their life. This program will provide activities, practices and healthy habits to bare against stress, unhappiness, illness, depression, and many more negative emotions. Topics include learning about the different forms of self-care, while also participants being able to share their own experiences, personal stories and reflections.			
  Expressive Art	Dates: Jan 15-Mar 12, 2026	Day: THUR	Time: 10:00am-11:30am
Program Contact: Kelly Lo Email: klo@vaughanchc.com Phone: 905-303-8490 ext. 2653		Location: Hybrid, In person and virtual. Online Platform Program will be offered on Zoom. Access to internet and working video/microphone on phone, tablet, or computer device	
In a relaxed environment, facilitators will lead instructions in art-based activities and share strategies to enhance participants' mental wellbeing.			
 Go With Your Gut	Dates: Jan 21-Mar 11, 2026	Day: WED	Time: 10:00am-11:30am
Program Contact: Cindy Sabolic Email: csabolic@vaughanchc.com Phone: 905-303-8490 ext. 2642		Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7	
Join our program and learn about how to prevent and manage digestive issues such as gastroesophageal reflux disease, heartburn, irritable bowel syndrome/small intestinal bacterial overgrowth, constipation and diarrhea, diverticulosis and diverticulitis, gut microbiome and probiotics. This program will be facilitated by a Community Dietitian and Community Healthy Worker.			
 March Break Arts & Crafts	Dates: Mar 17 & Mar 19, 2026	Day: Tue & Thur	Time: 1:00pm-2:30am
Program Contact: Kelly (Tue session)/Zaynah (Thur session) Email: klo@vaughanchc.com / zcadogan@vaughanchc.com Phone: 905-303-8490 ext. 2653 (Kelly)/ ext. 2687 (Zaynah)		Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7	
March Break In-person craft sessions for children ages 6-12.			
 EarlyON Program: Infant Massage	Dates: Feb 19-Mar 26, 2026	Day: THUR	Time: 9:30am-11:30am
Program Contact: Zaynah Cadogan Email: zcadogan@vaughanchc.com Phone: 905-303-8490 ext. 2687		Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7	
This program promotes nurturing touch and communication. It teaches parents how to massage their baby, read their baby's cues, and helps with bonding and attachment. Certified instructors will support and encourage parents to trust their ability and intuition as part of the process. It's a great way to connect with other families and educators.			

This calendar can be provided in an alternative format.

MARCH 2026 HEALTH PROMOTION PROGRAM DESCRIPTIONS

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ADULT WELLNESS (19+)/MATURE ADULT (55+)/OLDER ADULT (65+):

 Ready for Success Tutoring	Dates: Jan 7-Apr 1, 2026	Day: WED	Time: 4:45pm-5:45pm
Program Contact: Kelly Lo Email: klo@vaughanchc.com Phone: 905-303-8490 ext. 2653		Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7	
Free Math and English group tutoring program for students in grades 1 to 6. (No program on Feb 18 & Mar 18, 2026)			
 Brain, Logic and Tricks	Dates: Jan 7-Apr 1, 2026	Day: WED	Time: 6:00pm-7:00pm
Program Contact: Kelly Lo Email: klo@vaughanchc.com Phone: 905-303-8490 ext. 2653		Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7	
Help your child boost their brain power! In this fun and engaging program, children will explore the importance of brain health through hands-on activities, games, and challenges. Participants will practice problem-solving skills, strengthen memory, and discover simple habits that keep their brains active and healthy. (No program on Feb 18 & Mar 18, 2026)			
 Watercolour Wellness: Crafting Calmness	Dates: Jan 12-Mar 9, 2026	Day: MON	Time: 10:00am-12:00pm
Program Contact: Jennyvie Email: jaromin@vaughanchc.com Phone: 905-476-5621 ext. 2601		Location: Hybrid, In person and virtual. Online Platform Program will be offered on Zoom. Access to internet and working video/microphone on phone, tablet, or computer device	
"Watercolour Wellness: Crafting Calmness" is a stress relief program that provides an opportunity for participants to come together connect and engage in art and reflection-based activities. The Watercolour Wellness program will incorporate both water colour and neurographic art activities to support participants to reach a mindful, meditative and calm state. Location for in-person is 716 The Queensway S., Keswick, ON, L4P 4C9. Limited spots are available.			
 Train Your Brain	Dates: Jan 12-Mar 9, 2026	Day: MON	Time: 2:00pm-3:00pm
Program Contact: Jennyvie Email: jaromin@vaughanchc.com Phone: 905-476-5621 ext. 2601		Location: Online Platform Program will be offered on Zoom. Access to internet and working video/ microphone on phone, tablet, or computer device	
A fun, activity-based program to engage your mind.			
 Coffee and Chats (Keswick)	Dates: Jan 8-Mar 12, 2026	Day: THUR	Time: 10:30am-12:00pm
Program Contact: Jennyvie Email: jaromin@vaughanchc.com Phone: 905-476-5621 ext. 2601		Location: In-person at VCHC Keswick Site - (In Georgina Health Centre) 716 The Queensway South, Keswick, ON, L4P 4C9	
In-person program. Meet new friends, discuss topics related to healthy living and wellness, and learn from guest speakers on topics of your choice and more!			
 Weight. Diet. Health	Dates: Feb 5-Mar 12, 2026	Day: THUR	Time: 10:00am-11:00am
Program Contact: Cindy Sabolic Email: csabolic@vaughanchc.com Phone: 905-303-8490 ext. 2642		Location: Virtual. Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
Free community program facilitated by a Community Dietitian to learn about the role of healthy eating and its impact on your overall health; proper weight management; healthy weight.			

This calendar can be provided in an alternative format.

MARCH 2026 HEALTH PROMOTION PROGRAM DESCRIPTIONS

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ADULT WELLNESS (19+)/MATURE ADULT (55+)/OLDER ADULT (65+):

 Empowered Minds: Building Life Skills Together (Youth, Ages 14-18)	Dates: Feb 12-Mar 19, 2026	Day: THUR	Time: 4:30pm-5:30pm
Program Contact: Jennyvie Email: jaromin@vaughanchc.com Phone: 905-476-5621 ext. 2601		Location: Virtual. Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
A psychoeducational program designed to support youth from ages 14 to 18. In this program, participants will gain a deeper understanding about the connection between their thoughts, feelings, emotions, and behaviours. Through weekly interactive activities, participants will learn how to identify and challenge unhelpful thinking and behaviours as well as develop skills to deal with difficult situations. This program will cover grounding techniques, relaxation, balanced thoughts, and effective communication skills.			
 Restful Sleep (Ages: 16+)	Dates: Feb 5-Mar 12, 2026	Day: THUR	Time: 2:30pm-4:00pm
Program Contact: Jennyvie Email: jaromin@vaughanchc.com Phone: 905-476-5621 ext. 2601		Location: Virtual. Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
A 6-week comprehensive virtual program designed to enhance your sleep quality. In the sessions, participants will learn the science of sleep, better sleep techniques, and learn how to manage their mood and over-thinking.			
 International Women's Day	Dates: Mar 4, 2026	Day: WED	Time: 11:30am-1:30pm
Program Contact: Zaynah Email: zcadogan@vaughanchc.com Phone: 905-303-8490 ext. 2687		Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7	
Join us for table discussions, group activities, and a light lunch.			

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Monday	Tuesday	Wednesday	Thursday	Friday
Mar 2 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	Mar 3 <ul style="list-style-type: none"> Diabetes Group Session (virtual) 1:00pm-3:00pm ext. 2637 	Mar 4 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	Mar 5	Mar 6
Mar 9 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	Mar 10	Mar 11 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	Mar 12	Mar 13
Mar 16 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	Mar 17	Mar 18 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	Mar 19	Mar 20
Mar 23 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	Mar 24	Mar 25 <ul style="list-style-type: none"> Diabetes Group Session (virtual) 9:30am-11:30am ext. 2637 COPD Virtual Care 10:30am-11:30am ext. 2671 	Mar 26	Mar 27
Mar 30 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	Mar 31 <ul style="list-style-type: none"> COPD Virtual Support Group 1:30pm-3:00pm ext. 2671 			

MARCH 2026 CHRONIC DISEASE PROGRAMS

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 COPD Virtual Care Program	Dates: Ongoing	Day: MON & WED	Time: 10:30am-11:30am
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671		Location: Online Platform Program will be offered on Zoom. Access to internet and working video/microphone on phone, tablet, or computer device	
Join us for COPD education and exercise in the comfort of your own home!			
 COPD Virtual Support Group	Dates: Mar 31, 2026	Day: TUE	Time: 1:30pm-3:00pm
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671		Location: Online Platform Program will be offered on Zoom. Access to internet and working video/microphone on phone, tablet, or computer device	
COPD Program aims to improve quality of life for people living with COPD. Participants of our program will : gain an understanding of COPD & learn how to self-manage their symptoms.			
 Diabetes Group Sessions	Dates: Mar 3, 2026 Dates: Mar 26, 2026	Day: TUE Day: WED	Time: 1:00pm-3:00pm (virtual) Time: 9:30am-11:30am (virtual)
Program Contact: Mehria Phone: 905-303-8490 Ext. 2637		Location: Online Platform Program will be offered on Zoom. Access to internet and working video/microphone on phone, tablet, or computer device	
Living with diabetes can be challenging. It is important to know how your lifestyle such as food choices and physical activity can have an impact on your blood sugar control. Our team of Registered Nurses and Dietitians are certified Diabetes Nurse Educators who can help you to understand how your medication and insulin works. In-person session location is at Suite 206 (Entrance B) 9401 Jane St., Vaughan, ON, L6A 4H7			



Monday	Tuesday	Wednesday	Thursday	Friday
Mar 2 <ul style="list-style-type: none"> Total Body Conditioning (Virtual) 9:00am-10:00am/ 10:00am-11:00am ext. 2671 	Mar 3 <ul style="list-style-type: none"> Total Body Conditioning (in-person) 1:15pm-2:15pm/ 2:30pm-3:30pm ext. 2671 Step It Up (In-person) 6:00pm-6:45pm ext. 2671 	Mar 4 <ul style="list-style-type: none"> Chair Yoga (Virtual) 2:00pm-3:00pm 	Mar 5 <ul style="list-style-type: none"> Low Impact Exercise (In-person) 11:00am-12:00pm ext. 2671 Total Body Conditioning (Virtual) 5:15pm-6:15pm ext. 2671 Step It Up (In-person) 6:00-6:45pm ext. 2671 Energize with Exercise (Virtual) 6:30pm-7:30pm 	Mar 6 <ul style="list-style-type: none"> Total Body Conditioning (Virtual) 10:00am-11:00am/ 11:00am-12:00pm ext. 2671
Mar 9 <ul style="list-style-type: none"> Total Body Conditioning (Virtual) 9:00am-10:00am/ 10:00am-11:00am ext. 2671 	Mar 10 <ul style="list-style-type: none"> Total Body Conditioning (in-person) 1:15pm-2:15pm/ 2:30pm-3:30pm ext. 2671 Step It Up (In-person) 6:00pm-6:45pm ext. 2671 	Mar 11 <ul style="list-style-type: none"> Chair Yoga (Virtual) 2:00pm-3:00pm 	Mar 12 <ul style="list-style-type: none"> Low Impact Exercise (In-person) 11:00am-12:00pm ext. 2671 Total Body Conditioning (Virtual) 5:15pm-6:15pm ext. 2671 Step It Up (In-person) 6:00-6:45pm ext. 2671 Energize with Exercise (Virtual) 6:30pm-7:30pm 	Mar 13 <ul style="list-style-type: none"> Total Body Conditioning (Virtual) 10:00am-11:00am/ 11:00am-12:00pm ext. 2671
Mar 16 <ul style="list-style-type: none"> Total Body Conditioning (Virtual) 9:00am-10:00am/ 10:00am-11:00am ext. 2671 	Mar 17	Mar 18	Mar 19	Mar 20
Mar 23 <ul style="list-style-type: none"> Total Body Conditioning (Virtual) 9:00am-10:00am/ 10:00am-11:00am ext. 2671 	Mar 24	Mar 25	Mar 26	Mar 27
Mar 30	Mar 31			

MARCH 2026 EXERCISE EDUCATION GROUP PROGRAMS

How to Register for Virtual Physical Education Programs:

1. Call the VCHC at (905) 303-8490 Ext.2 for registration information
2. Participants will be screened for eligibility i.e. age of participant and program of interest
3. Eligible participants will be invited to registration
4. At registration, participants will:
 - a) be screened by a Registered Kinesiologist to ensure participants are cleared for group exercise
 - b) complete registration forms

Please note: Fitness instructors will not provide personal training

For more information visit: www.vaughanchc.com

 Total Body Conditioning (Virtual)	Dates: Oct 20, 2025-Mar 23, 2026 Dates: Oct 16, 2025-Mar 12, 2026 Dates: Oct 17, 2025-Mar 13, 2026	Day: MON THUR FRI	Time: Monday-9:00am-10:00am/10:00am-11:00am Thursday-5:15pm-6:15pm Friday-10:00am-11:00am/11:00am-12:00pm
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671			Location: Online Platform Program will be offered on Zoom. Access to internet and working video/microphone on phone, tablet, or computer device

An integrative exercise class that will work all areas of the body. Focuses on improving, cardiovascular fitness, strength, coordination and flexibility.

 Total Body Conditioning (In-person)	Dates: Oct 14, 2025-Mar 10, 2026	Day: TUE	Time: 1:15pm-2:15pm Time: 2:30pm-3:30pm
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671			Location: In Person Suite 106 (Entrance A), 9401 Jane Street, Vaughan, ON

An integrative exercise class that will work all areas of the body. Focuses on improving, cardiovascular fitness, strength, coordination and flexibility.

 Chair Yoga (Virtual)	Dates: Oct 15, 2025-Mar 11, 2026	Day: WED	Time: 2:00pm-3:00pm
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671			Location: Online Platform Program will be offered on Zoom. Access to internet and working video/microphone on phone, tablet, or computer device

Aims to provide the opportunity for everyone to learn basic yoga postures. Yoga goes hand in hand with meditation, which together can improve stress, concentration, physical health.

 Energize with Exercise (Virtual)	Dates: Oct 16, 2025-Mar 12, 2026	Day: THUR	Time: 6:30pm-7:30pm
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671			Location: Online Platform Program will be offered on Zoom. Access to internet and working video/microphone on phone, tablet, or computer device

Circuit exercise class with a focus on the prevention and management of chronic conditions, improves, balance + coordination, muscular strength + endurance, mobility + flexibility.

 Step It Up (In-person)	Dates: Oct 14, 2025-Mar 10 2026 Dates: Oct 16, 2025-Mar 12, 2026	Day: TUE Day: THUR	Time: 6:00pm-6:45pm Time: 6:00pm-6:45pm
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671			Location: In Person Suite 206 (Entrance B), 9401 Jane Street, Vaughan, ON

This full body fitness class incorporates resistance training and cardiovascular training all in one. This program is meant to be a “step up” from the other classes available in the Chronic Disease Centre.

This calendar can be provided in an alternative format.

MARCH 2026 EXERCISE EDUCATION GROUP PROGRAMS

How to Register for Virtual Physical Education Programs:

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2. Participants will be screened for eligibility i.e. age of participant and program of interest
3. Eligible participants will be invited to registration
4. At registration, participants will:
 - a) be screened by a Registered Kinesiologist to ensure participants are cleared for group exercise
 - b) complete registration forms

Please note: Fitness instructors will not provide personal training

For more information visit: www.vaughanchc.com

 Low Impact Exercise (In-person)	Dates: Oct 16, 2025-Mar 12, 2026	Day: THUR	Time: 11:00am-12:00pm
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671			Location: In Person Suite 206 (Entrance B), 9401 Jane Street, Vaughan, ON

This program focuses on improving your overall strength and endurance. Safe and easy to do movements. Gain confidence and ability to progress to more intense programs.



VAUGHAN
COMMUNITY HEALTH CENTRE

Don't have a Family Doctor or Nurse Practitioner for your ongoing health care needs? We can help.

Vaughan Community Health Centre is accepting new clients. Please scan the QR code to complete the services request form.

For more information, please visit our website or call us.

-  905-303-8490 ext. 1
-  www.vaughanchc.com
-  9401 Jane Street Suite 206, Vaughan ON, L6A 4H7





 A Different Kind of Healthcare




VCHC Community Ambassadors

Are you looking to educate the African, Caribbean, Black and Newcomer at your community groups, place of worship or organization about Type 2 Diabetes? We're here to support you!

OUR SERVICES INCLUDE

- 
Tabling at Events
 Engage with our team, collect resources, and ask questions in person.
- 
Health Presentations
 Presentations to raise awareness about Type 2 Diabetes and promote healthy living. Available both In-Person or Virtually!
- 
Community Education & Awareness
 We collaborate with you to create health-conscious, informed spaces where everyone thrives
- 
Referral Services
 We can refer you to VCHC Primary health physician, dietician, system navigation team, social workers and others

Why Type 2 Diabetes Awareness Matters?
 Early detection saves lives
 Lifestyle changes can prevent or delay onset
 Community knowledge builds healthier futures

TO BOOK A PRESENTATION OR EVENTS
 EMAIL: ekuzel@vaughanchc.com
 CALL: Liz (905)303- 8490 ext 2627

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 www.vaughanchc.com

Please let us know if you need any specific accommodations. This flyer is available in an alternative format.

This calendar can be provided in an alternative format.