

BLACK CREEK COMMUNITY HEALTH CENTRE

Care We Deserve 



SERVICE AREA & LOCATIONS

Catchment Area for Primary Care services:

Population approx. 200,000

Two main service locations:

SHERIDAN MALL (2202 Jane St, Unit. 5)

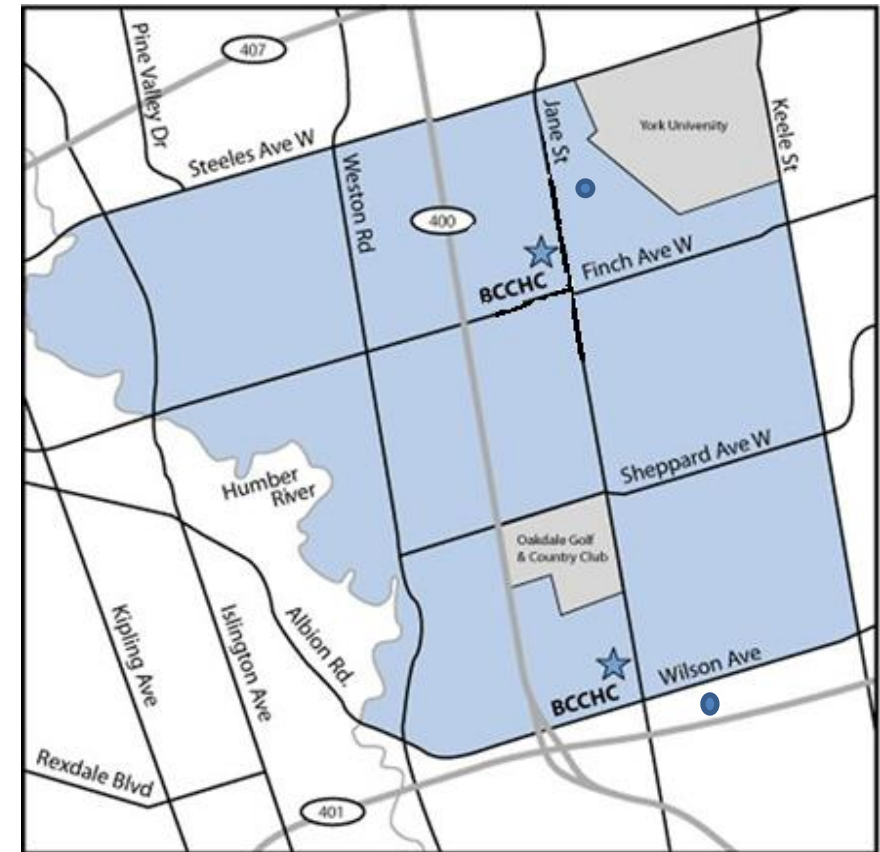
YORKGATE MALL (1 York Gate Blvd suite. 202)

Additional service locations

(2115 Finch HUB, 35 Shoreham, North York Women's Shelter,
Bathurst Sheppard FHT, 40 Falstaff building, etc.)



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COMMUNITY HEALTH CENTRE



Service Area

Catchment Area

North: Steeles Ave.

South: Wilson Ave. (+ 20,30, 40 Falstaff Ave)

East: Keele Street

West: Humber River

Expanded catchment for some programs/services

MISSION

We enhance the health and wellbeing of our community through the delivery of comprehensive and integrated programs and services

VISION

A healthy, resilient and informed community

VALUES

- * Equity and Social Justice
 - * Accountability
 - * Collaboration
- * Inclusive and Accessible
 - * Quality



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OUR COMMUNITY HEALTH MODEL OF CARE

- Eliminate barriers to health care access
- Strengthen individual and community roles in care
- Connect health services with social/community supports
- Provide comprehensive primary care
- Promote health and prevent illness



HEALTH PROMOTION

STAFF

Community Health Workers

Chronic Disease
 Bilingual (French/English)
 Youth
 Seniors
 Harm Reduction
 Black Social Prescription

Peer Outreach Workers

Falstaff
 Harm Reduction
 Youth

Health Promoters (English/French)
 Program Coordinator
 Mental Health and Addictions
 Navigator
 Addictions Counsellor



COMMUNITY PARTNERSHIPS

Entrepreneurship Alliance
 Equity Action Plan (City of Toronto)
 Refugee Health
 Northwest Toronto Community Crisis Response
 Wellness Collaborative (Day/Evening treatment)
 Sick Kids -The Garry Hurvitz Centre for Community Mental Health
 EarlyON Child and Family Centres
 TDSB & TDCSB
 Toronto Community Housing
 FOCUS Table

PROGRAMS & SERVICES

Community Programs
 Case Management
 Systems Navigation
 Forms Support
 Advocacy
 Health Screenings
 Community Health Ambassadors
 Wellness Collaborative
 Mobile Wellness Van
 Day/Evening Treatment Program (Wellnest)
 Black Social Prescribing

COMMUNITY HEALTH AMBASSADORS

Community Health Ambassadors support the centre by engaging with community members and providing outreach to vulnerable populations. This role helps promote programs and services, share reliable information, and connect residents to appropriate health and social supports within the community.





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Integrated Client Services for Stroke Care

ICS services that support Stroke clients

- Diabetes Education Program (DEP)
- Exercise Education Program (EEP)
- Physiotherapy services
- COPD services
- Nutrition services
- Therapy Services

Diabetes Education Program (DEP)

- Individual counselling care with Certified Diabetes Educator nurses and dietitians
- Help clients reach optimal glycemic control, blood pressure and cholesterol to prevent further complications
- Internal referrals as needed (chiroprody, social worker, Rkin)
- Groups / programs (Diabetes support group, diabetes care groups)



Exercise Education Program (EEP)

- **Assess the client to collect more information on the severity of the stroke and any functional limitations they may experience afterwards.**
-
- **Provide Physical Activity guidance on appropriate exercises within the client capacity**

WHAT DO WE OFFER?

Gentle Fit

Participants are led through physical movements performed mostly in seated positions. Incorporates range of motion, balance, body weight and/or free weight exercises. Low impact. Low-mod intensity.

General Exercise

Participants are led through physical movements mostly in standing positions. Includes cardio, stretching and strengthening exercises using body weight and/or free weights. Low-mod impact. Mod intensity.

Fit for Life!

Participants are led through various exercises that target major muscle groups to help improve every day movements and increase muscle endurance. Mod intensity. May include floor-based exercises.



Individual Kinesiology Appointment

One-on-one visits focused on providing individuals with behaviour change support. Includes fitness assessments & personalized discussions about motivation & goal setting. Discuss how to exercise effectively to address health and fitness-related goals; and manage chronic conditions.



EXERCISE PROGRAM

May 2026

| Wednesdays | Thursdays | Fridays |
|---------------------------------------|-----------------------------------|--|
| 10:00am General (virtual) | 11:30am Gentle Fit (YG) | 11:30am Fit for Life! (YG) <i>(starts May 15th)</i> |
| 3:00pm Gentle Fit (virtual) | | 3:00pm Gentle Fit (virtual) |

Individual kinesiology services are also available!

HOW DO YOU JOIN?

1. Book an individual registration/consult appointment (all new clients)
2. Join an exercise group OR
3. Book a follow up individual kinesiology appointment

Physiotherapy Service

1 to 1 person care for stroke patient
Stroke management

PT help patient with stroke with the following roles:

- Early Assessment and Intervention
- Improving Mobility and Balance
- Neuroplasticity and Motor Relearning
- Strength Training
- Spasticity and Pain Management
- Providing Assistive Devices



Respiratory Therapy Services

- **Self referral to RT services as required.**
- **Lung health related issues (i.e. asthma)**
- **Stop Smoking programs**

WANT TO QUIT SMOKING?

Get help with Black Creek CHC

SMOKE STOPPERS

In-Person Workshop

Starting in April 2026

Monthly Drop-In Sessions
Every 4th Monday from 3:30 to 4:30pm
1 Yorkgate Blvd, Suite 202
(beside Dollarama)

Join this FREE monthly program and receive help with:

- ✓ Creating a plan to stop smoking
- ✓ Cost-free Nicotine Replacement Therapy
- ✓ Learning to manage and overcome cravings
- ✓ Ongoing support to quit successfully



Nutrition Services

Dietitians provide dietary counseling with respect to reducing the risk of stroke

- Resolve dyslipidemia/hyperlipidemia
- Resolve high Blood Pressure
- Healthy weight management

Programs / Groups:

- Healthy Living
- Cooking groups
- Crate garden



Therapy Services

- Offers free and confidential counselling services for individuals, couples, and families who are 13-years-old and above.
- Provides safe space to explore difficulties they are experiencing, to set goals for positive change, and to gain new perspectives.
- Clients are supported to develop healthy coping strategies, to access resources, and to identify their strengths to promote healing and self-empowerment.
- Counsellors are trained in and utilize components of various therapy models such as CBT, Trauma Therapy, Relational Therapy, Narrative Therapy, DBT, Mindfulness, Solution-Focused Therapy, Emotionally Focused Therapy, Anti-Oppression and Harm Reduction.





Questions?



Thank you

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