



BLACK CREEK
COMMUNITY HEALTH CENTRE

Caritas

Krasmancentre



Vita Nova

WINTER WELLNESS REGISTRATION

January

The change in season is well upon us, presenting as an ideal opportunity to discover new ways to keep ourselves healthy and balanced. Through established community partnerships, we are pleased to offer a variety of fun-filled wellness initiatives to promote healthy living and embrace the winter season!

Events are **FREE** and open to all individuals who have been affected by addiction in some way.

We encourage you to bring friends and family members to join in the events.

Registration is mandatory to participate.

- Friday, January 19, 2018 9:00am-2:00pm** *Shuttle Bus Scheduled to be confirmed
Painting with Mosaics, Hot Lunch, followed with a Walking Trail and Petting Zoo at the Caritas Farm.
- Tuesday, January 23, 2018 12:15pm-4:15pm** *Shuttle Bus Schedule to be confirmed
Catch a Flick at the Imagine Cinemas! Enjoy an action packed adventure with: Jumanji welcome to the Jungle! Soft drink and popcorn provided.
- Friday January 26th, 2018 9:00am-2:00pm** *Shuttle Bus Schedule **AND** Activity to be confirmed
Markham Civic Centre: Public Skate at the Markham Civic Centre. No skates? No problem! Skate rentals will be provided on site! Hot Chocolate, snacks and lunch provided.
- January 30th, 2018 9:00am-2:00pm** *Shuttle Bus Schedule to be confirmed
Newtonbrook Bowlerama: A bit of skill, a bit of strategy **AND A LOT OF FUN!** Lunch provided.

NAME: _____ **PHONE NO.** _____

Any Questions? Please contact one of the agencies listed below:

Across Boundaries
51 Clarkson Ave.
Toronto, ON. M6E 2T5
416) 787-3807

Addiction Services for York Region
14785 Yonge St. Suite 210
Aurora, ON. L4N 1N1
905) 841-7007
1 800 263-2288
info@asyr.ca

Black Creek Community Health Centre
2202 Jane St. N. Toronto, ON. M3M 1A4
416) 249-8000
info@bcchc.com

Caritas
241 Hanlan Road, Units 1-2
Vaughan, ON L4L 3R7
416 748 9988
1 800 201 8138
info@caritas.ca

Krasman Centre
10121 Yonge St.
Richmond Hill, ON L4C 1T7
905) 780-0491
1 888 780 0491

Vita Nova
6299 Rutherford Rd.
Woodbridge ON. L4L 1A7
905 850 3690
info@vitanova.ca