

Fall 2020 City of Markham Aaniin Community Hub Workshops

Workshop Title	Date	Time	Barcode	Community Partner Presenting	Website
Tenant & Landlord	September 11, 2020	10:30 AM to 12:00 PM	378168	The Housing Help Center	http://www.shhc.ca/
Eggplants and Peaches	September 14, 2020	6:30 PM to 8:00 PM	375685	CAYR Community Connections	https://cayrcc.org/about/about-us/
Taxation for Newcomers Workshop	September 17, 2020	6:30 PM to 8:30 PM	375340	Community Family Services of Ontario	https://cfso.care/
Protect Your Rights!	September 17, 2020	7: 00 PM - 8:30 PM	378946	Markham African-Caribbean Canadian Association (MACCA)	https://macca1987.com/
Common Conditions of Shoulder Pains Workshop	September 21, 2020	6:30 PM to 8:00 PM	375669	Carefirst Seniors & Community Services Association	http://carefirstontario.ca/
Human Trafficking is Here in Our Community: What Parents Need to Know	September 23, 2020	6:30 PM to 7:30 PM	378862	Women's Support Network (WSN)	https://womenssupportnetwork.ca/
Stress Management Workshop	September 24, 2020	7:00 PM to 8:00 PM	375674	Canadian Mental Health Association	https://cmha.ca/
Family Law	September 24, 2020	10:30 AM to 12:00 PM	378088	The Housing Help Centre	http://www.shhc.ca/
Registered Disability Savings Plan (RDSP)	September 28, 2020	6:30 PM to 8:00 PM	375717	Community Living of York South	https://www.communitylivingyorksouth.ca/
Immigration - The Basics	October 1, 2020	6:00 PM to 9:00 PM	375738	Community Legal Clinic of York Region	https://clcyr.on.ca/
Closets are for Clothes	October 7, 2020	6:00 PM to 7:00 PM	378816	CAYR Community Connections	https://cayrcc.org/about/about-us/
Safe Zone	October 8, 2020	6:30 PM to 8:00 PM	375686	CAYR Community Connections	https://cayrcc.org/about/about-us/
How is texting killing YOUR Health?	October 13, 2020	1:00 PM to 2:00 PM	378932	Dr. Mathieu Turgeon - Pediatric & Family Chiropractor	https://allhealthykids.org/
Elder Abuse with York Region Police	October 14, 2020	11:00 AM to 12:00 PM	378207	Social Services Network	https://ssnon.com/
Knee Pains and Fundamentals Workshop	October 19, 2020	6:30 PM to 8:00 PM	375673	Carefirst Seniors & Community Services Association	http://carefirstontario.ca/
Job Search for People with Disabilities	October 20, 2020	3:00 PM to 4:00PM	378879	YMCA GTA Employment Services	https://ymcagta.org/employment-and-immigrant-services/employment-services
Virtual Moving Past a Criminal Record	October 22, 2020	6:00 PM to 8:00 PM	375681	John Howard Society	https://johnhoward.on.ca/yorkregion/
Rolling Up The Facts on Safer Partying: Halloween	October 29, 2020	4:00 PM to 6:00 PM	378201	CAYR Community Connections	https://cayrcc.org/about/about-us/
Healthy Eating For A Happy Heart	October 29, 2020	6:00 PM to 9:00 PM	375668	Markham Stouffville Hospital Complex Diabetes Care	https://www.msh.on.ca/clinics-departments/medicine-

					program/medical-outpatient-clinics-markham-stouffville-hospital/adult-diabetes-education-centre-markham-stouffville-hospital
Accessible Art Show	November 2, 2020	6:00 PM to 7:30 PM	375788	Hand Over Hand	https://handoverhand.ca/
Helpful Relationships	November 5, 2020	6:00 PM to 9:00 PM	375650	Women's Support Network (WSN)	https://womenssupportnetwork.ca/
Mindfulness for ALL	November 9, 2020	6:30 PM to 8:00 PM	375645	Seniors Support Network	https://ssnon.com/
Best Neck and Low Back Exercises to Reduce Tension	November 10, 2020	1:00 PM to 2:00 PM	378946	Dr. Mathieu Turgeon - Pediatric & Family Chiropractor	https://allhealthykids.org/
Fostering Children's Socio-Emotional Development	November 12, 2020	6:30 PM to 8:00 PM	375341	Community Family Services of Ontario	https://cfso.care/
Renaissance Me	November 16, 2020	7:00 PM to 8:30 PM	376354	Markham African-Caribbean Canadian Association (MACCA)	https://macca1987.com/
Meditation Workshop	November 17, 2020	8:00 PM to 9:30 PM	375689	Heartful Meditations	https://www.srcm.org/
Elder Abuse Awareness	November 19, 2020	6:30 PM to 8:00 PM	375757	Settlement Assistance & Family Support Services	https://safss.org/
Understanding your Teenager 101	November 25, 2020	6:30 PM to 7:30 PM	378866	WSN (Women's Support Network)	https://womenssupportnetwork.ca/
Assertiveness	November 26, 2020	6:00 PM to 9:00 PM	376352	Women's Support Network (WSN)	https://womenssupportnetwork.ca/
Acing Your Interview - Recruiter Interview Secrets!	December 7, 2020	4:30 PM to 6:30 PM	375700	JVS Toronto Markham Employment Source	https://www.jvstoronto.org/markham/
Hyper Tension & Diabetes	December 16, 2020	7:00 PM to 8:30 PM	376353	Support Enhance Access Service Centre (S.E.A.S)	https://seascentre.org/01/

In order to complete your registration visit www.markham.ca OR contactCarolynn Thompson cathompson@markham.ca for further information.