

BRIDGES COMMUNITY HEALTH CENTRE

COMMUNITY PROGRAMS APRIL 2026

All programs are open to everyone in the community, at no cost.

DIABETES HOT TOPICS:

FOOT CARE

Thursday, April 16th, 2:00-3:00 p.m.

Fort Erie Site

Join Irene Isherwood, from Compass Health, who will be sharing information to prevent neuropathy, or nerve damage, in our feet.

FALLS PREVENTION AND FITNESS

Tuesday, April 21st, 1:30-2:30 p.m.

Port Colborne/Wainfleet Site

Join Bridges CHC's Kinesiologist, Trisha, to learn how to improve your fitness, strength, and balance to reduce the risk of falls and injuries.

PARENTING 101: Understand Your Parenting Style

Tuesday, April 21st, 5:30-7:00 p.m.

Fort Erie Site

Join Stuart and Melissa for a warm, practical 90-minute session supporting parents to build stronger connections at home. Each monthly session offers simple tools, reflection, and real-life strategies for everyday parenting challenges.

GATHER & GROUND: A Self Care Hour

Thursday, April 16th, 2:30-3:30 p.m.

Port Colborne/Wainfleet Site

A monthly gathering that offers a supportive space to slow down and care for self. This will be done through mindfulness practices like meditation, gentle movement and journaling.

PARTNER SPOTLIGHT: BIRCHWAY NIAGARA

Book collection accepted at Bridges CHC Fort Erie Site, April 1-30th, to support Birchway Niagara's Book Riot. More info about donations and the event can be found here: birchway.ca/events/detail/Bookriot

COMING NEXT MONTH AT BRIDGES CHC:

LIVING WELL WITH PERSISTENT PAIN Fort Erie Site

Friday, May 8th, 2:00-3:30 p.m.

A 6 week, supportive, in-person group for people living with persistent pain.

THE GOOD FOOD BOX

Small \$22, Large \$26.

Order by Thursday, April 16th.

Pick up is Thursday, April 23rd.

Fresh produce from local farmers and wholesalers. Orders accepted online or in person at both Bridges CHC sites for cash orders. To learn more or order online, visit:

linksforgreenerlearning.org/programs/good-food-box-pop-up-market

QUIT SMOKING SUPPORT

Call to speak with a health promoter and create a quit plan today! Eligible participants can receive up to six months of free nicotine replacement therapy.

MOBILE CANCER SCREENING COACH



At Bridges CHC sites 9:00 a.m.-3:00 p.m. monthly.

All appointments MUST be pre-booked, call 1-855-338-3131.

For dates, visit: <https://hnhbscreenforlife.ca/schedule/>

BRIDGES CHC IS ACCEPTING NEW PATIENTS AT OUR PORT COLBORNE SITE. If you do not have a doctor or nurse practitioner and live in Fort Erie, Port Colborne, or Wainfleet, please call to begin the registration process. We ask for your patience, there is a wait time as we bring on new patients. Find a list of all offices accepting new patients in the Niagara region, here: <https://www.niagararegion.ca/health/find-a-doctor.aspx>.

**For more information or to register for a program contact info@bridgeschc.ca,
Fort Erie: 905-871-7621 ext. 0 or Port Colborne/Wainfleet: 289-479-5017 ext. 0**

Bridges CHC Fort Erie Site 1485 Garrison Road, Fort Erie ON L2A 1P8
Bridges CHC Port Colborne/Wainfleet Site 380 Elm Street, Port Colborne ON L3K 4P2

www.bridgeschc.ca

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EXERCISE CLASSES

Fort Erie (@ Fort Erie Native Friendship Centre)	
Monday	10:00 a.m.: Gentle Fit
Tuesday	
Wednesday	10:00 a.m.: Gentle Fit
Thursday	
Friday	10:00 a.m.: Fun Drum

Port Colborne/Wainfleet	
Monday	10:00 a.m.: Mindful Movements
Tuesday	9:00 a.m.: Gentle Fit 10:15 a.m.: Gentle Fit
Wednesday	1:30 p.m.: Fun Drum
Thursday	9:00 a.m.: Back To Basics
Friday	

COOK DINNER WITH ME ONLINE

Wednesday, April 1st, 5:00-6:00 p.m.

Register to receive the ingredient list, recipe, and Zoom link.

LET'S GET COOKING: Learn to cook nutritious, low-cost and tasty food with our dietitians.

Thursday, April 23rd, 10:00 a.m.- 12:00 p.m. [Port Colborne/Wainfleet Site](#)

Tuesday, April 21st, 2:00-3:30 p.m. [Fort Erie, Gilmore Hub, 60 King Street.](#)

RECIPE OF THE MONTH: CHICKPEA AND CAULIFLOWER CURRY

This recipe, adapted from Diabetes Canada, is rich and flavourful, combining warm spices with tender vegetables and hearty chickpeas.



Ingredients:

- 2 tbsp (30 mL) canola oil
- 1 tsp (5 mL) cumin seed
- 1 small onion, chopped
- 4 cloves garlic, minced
- 1 Tbsp (15 mL) minced fresh ginger
- 1 Tbsp (15 mL) ground cumin
- 2 Tbsp (30 mL) ground coriander
- ¼ tsp (1 mL) ground turmeric
- ½ tsp (2 mL) cayenne (optional)
- 1 cup chopped tomatoes
- ½ cup (125 mL) 0% M.F. plain Greek yogurt
- 2 cans (540 mL ea) chickpeas
- 4 cups cauliflower cut into small pieces
- 1 cup (250 mL) frozen green peas
- 1 cup (250 mL) vegetable broth

Instructions:

Heat oil in a large skillet. Add cumin seed and let sputter briefly. Add onion and saute for 5 minutes or until golden. Add in garlic and ginger and cook; stirring frequently, for 1-2 minutes. Stir in cumin, coriander, turmeric, and cayenne. Stir for about 2 minutes. Add tomatoes and continue to cook and stir until tomatoes soften and break up. Mix in chickpeas, cauliflower, and peas to coat in spices. Add broth and stir to combine. Bring to a boil, cover and reduce heat to medium-low and simmer for 20-25 minutes, or until cauliflower is cooked through.

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