Contact List for running a wellness night

Marketplace Vendors

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Type of Organisation | Specific | Name of Organization | Cost to Attend Y/N (subject to change, please contact host | Email | Phone | Name of Contact | Notes |
| Sports | Physical Literacy | Activate Aurora | N | events@activateaurora.com | 647-996-4794 | Heather Di Santo | Will bring a physical literacy obstacle course. |
| Food | Nutrition and gardening | York Region Food Network | N | kateg@yrfn.ca | 905-841-3101 ext. 206 | Kate Greavette | Will bring seeds to give out and lots of great information |
| Outreach, counselling, community safety | Mental Health and Domestic Violence | York Region Centre for Community Safety | N | meccana.ali@yrccs.ca | 905-836-7601 | Meccana Ali | Will run a confidence workshop or materials about personal safety in a booth |
| Sports Shop | Bike camps and safety | Pedalheads | N | ontariopromo@atlantisprograms.com | 416-455-5269 | Vanessa Giacomin | Will talk about bike safety, learning to ride and bike camps |
| Your Public Health Team | A variety of health related topics such as physical activity, mental health and nutrition | York Region Public Health | N | For more information please contact your school Public Health nurse or email[schoolservices@york.c](mailto:schoolservices@york.ca)a |  |  |  |
| Municipal | Town of Aurora schedules, free passes, camp information, general town information | Town of Aurora Rec Dept | N | [fdemarco@aurora.ca](mailto:fdemarco@aurora.ca) | 905-727-3123 ext. 3526 | Franco De Marco | Will give municipal information and potentially a raffle prize |
| Mental Health | Therapy Dogs | St John Ambulance Therapy Dogs | N (although they ask for donations) | bobdarlington-td@netrover.com | 416-274-3763 | Bob Darlington | Will bring dogs for children to pet |
| Mental Health | Mental Wellbeing | CMHA | N | dluciano@cmha-yr.on.ca | 905-841-3977 x2220 | Danielle Luciano | Will come armed with lots of information to hand out. Will also do talks on request |
| Mental Health | Book Readings | Aurora Public Library | N | colguin@aurorapl.ca | 905. 727. 9494  x 239 | Claudia Olguin | Will do book readings or arts and crafts |
| Mental Health | Mindfullness | Lightfall Publishing Group Inc. | N | fgibb@rogers.com | 416-617-2267 | Frank Gibb | Will do book readings and talk about mindfulness |

Other organisations that might be relevant: YRDSB/YCDSB, Girl’s Inc., Food bank.

Classes

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Type of Organisation | Specific | Name of Organisation | Cost to Attend Y/N | Email | | | Phone | Name of Contact | |
| Sport | Zumba | Picante Zumba | Y | | zumba.ximena@gmail.com | 416 994 3637 | | | Ximena Villate | |
| Sport | Yoga | Ananda Hot Yoga | Y | info@hotyogaaurora.com | | | 905-503-1011 | Kulsum | |
| Sport | Gymnastics | Evolution Gymnastics | Unknown | evolutiongymaurora@gmail.com | | | 905-726-2001 | Sarah Smith | |
| Nature | Forests | Forests Ontario | N | cwai@forestsontario.ca | | | 416-646-1193 x. 223 | Chris Wai | |
| Sport | Dance | A2Y Dance | Y | alyniznik23@hotmail.com | | | [905) 726-1000](https://www.google.ca/search?q=a2y&rlz=1C1CHBF_enCA771CA776&oq=a2y&aqs=chrome..69i57j0l5.1252j0j4&sourceid=chrome&ie=UTF-8) | Aly Niznik | |
| Sport | Dance | Soul in Motion | Y | info@soulinmotiondance.com | | | 905-503-6180 | Natalie | |
| Mental Health and Physical wellbeing | Police, safety etc. | York Regional Police | N | [2172@yrp.ca](mailto:2172@yrp.ca) | | | 1-866-876-5423 ext. 7700 | Officer Ron – Raniero Dell Orletta. YRP #2172 | |
| Sport | Karate | Northern Karate | N | aurora@northernkarate.com | | | 905-726-8886 | Charity | |
| Sport | Karate | Shoshinkan | Y | steve@shoshinkan.ca | | | 416-579-7723 | Steve Armes | |
| Sport | Yoga | The Yoga Nest | Y | rebekahmurdoch@gmail.com | | | 4165566119 | Rebekah Murdoch | |
| Sport | Ball Games | Coach Steve | Depends on length of event | [stevekotzen@sympatico.ca](mailto:stevekotzen@sympatico.ca) | | | 416 706 7301 | Steve Kotzen | |
| Sport | Taekwondo | Aurora Taekwondo | N | info@auroratkd.com | | | 647-409-4477 | Jae Kim | |
| Sport | Taekwondo | Beards Taekwondo | N | Beards.taekwondo@gmail.com | | | 416-880-1997 | Paul Beard | |
| Sport | Yoga | The Yoga Project Team | Y | info@yogaproject.ca | | | 416.402.2598 | Jessica Monkcom | |
| Nutrition | Rainbow food | Rainbow Plate | Y | janet@rainbowplate.com | | | 416 561-0136 | Janet Neezon | |

Other things you might want to do: Tennis, Football, Soccer, Lacrosse, Volleyball, Basketball, Hockey