

Contact List for running a wellness night

Marketplace Vendors

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 Giacomini	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 emailschoolservices@york.ca			

Municipal	Town of Aurora schedules, free passes, camp information, general town information	Town of Aurora Rec Dept	N	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	Mindfulness	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

Type of Organisation	Specific	Name of Organisation	Cost to Attend Y/N	Email	Phone	Name of Contact
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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	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	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	416 706 7301	Steve Kotzen
Sport	Taekwondo	Aurora Taekwondo	N	info@auroratktd.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