

WE INVITE YOU  
TO CONNECT  
WITH US...

In Person  
Guelph Community  
Health Centre  
176 Wyndham St. N.

**Office Hours:**  
Monday, Tuesday  
and Thursday  
9am-8pm  
Wednesday and  
Friday 9am-5pm

Call  
519-821-6638 Option 4

Email  
info@guelphchc.ca

Website  
guelphchc.ca

Facebook  
Family and Children's  
Programs-Guelph  
Community Health  
Centre

WE WELCOME  
YOUR FEEDBACK



DROP-INS		
Day	Program & Location	Time
Sunday	Closed	
Monday	Brant Playtime Brant Ave Public School (portable) 64 Brant Ave <b>Closed: April 22</b>	9:30-11:30am
Tuesday	Downtown Playtime Guelph Community Health Centre (lower level) 176 Wyndham St. N.	9:15-11:30am
	Grange Hill Playtime Ken Danby Public School (Community Room) 525 Grange Road	9:30-11:30am
	Clairfields Playtime St. Paul Catholic School (Community Room) 182 Clairfields Dr. E. <b>Closed: May 7 &amp; May 14</b>	9:30-11:30am
Wednesday	Two Rivers Playtime Sacred Heart Church Hall (Huron St. door) 98 Alice St.	9:30-11:30am
	Westwood Playtime Three Willows United Church 577 Willow Rd.	9:30-11:30am
	WE Breastfeed Café Guelph Community Health Centre (lower level) 176 Wyndham St. N.	1-2:30pm
Thursday	Brant & Waverley Playtime New Life Church 400 Victoria Rd. N. <b>Closed: May 30</b>	9:30-11:30am
	Parkwood Gardens Playtime Parkwood Gardens Church 501 Whitelaw Rd. <b>Closed: May 30</b>	9:30-11:30am
Friday	Downtown Playtime Guelph Community Health Centre (lower level) 176 Wyndham St. N.	9:15-11:30am
Saturday	Closed	

Introducing...

## Dancing With Ana !

Join us for a fun filled  
interactive dance program  
featuring your favourite dance  
styles like Salsa, Zumba, Hip-Hop  
and Merengue plus many more.

Snack is Provided



**Mondays** 9:30am-11:30am

**April 1 to May 13** No class April 22  
**May 27 to June 24**

**394 Auden Rd**

Single story building in middle of  
complex, beside mailboxes.

**To Register:**

Call 519-821-6638 Option 4

# WE Breastfeed

The WE Breastfeed program pairs trained and experienced volunteers with parents who are feeding breastmilk, and parents who are pregnant and want to learn about breastfeeding. Volunteers are respectful of whatever feeding choices parents make, knowing that any amount of breastmilk is beneficial and that longer breastfeeding, up to two years and beyond, is normal. WE Breastfeed supports parents feeding human milk in any way, in any amount.

You can be matched with a WE Breastfeed volunteer for one-on-one breastfeeding conversations and/or support. Call our program co-ordinator Nicole Barrette at 519-821-6638, Ext. 250 or email [webreastfeed@guelphchc.ca](mailto:webreastfeed@guelphchc.ca) to get started.

Volunteers are also on-hand at free, weekly drop-in breastfeeding cafés to provide social space and answer your questions. Cafés are a great place to meet other breastfeeding families, have a free hot cup of fair trade coffee or tea, and enjoy some playtime with your children.

**Wednesdays 1 pm– 2:30 pm Guelph Community Health Centre 176 Wyndham St. N. Children’s Room (lower level)**

## Parent Outreach Workers

Do you live in the Two Rivers, Grange Hill or Brant Neighbourhoods?

Do you have children between the ages of birth to 18 years?

Are you looking for support in your community?

Please call.



Maryann Sly-Kensley  
519-803-0989  
[msly-kensley@guelphchc.ca](mailto:msly-kensley@guelphchc.ca)  
131 Ontario Street  
Lower level of Tytler School  
use Toronto St. Doors



Cassandra Insell  
226-203-0572  
[cinsell@guelphchc.ca](mailto:cinsell@guelphchc.ca)



Katie Davis  
519-362-6362  
[kdavis@guelphchc.ca](mailto:kdavis@guelphchc.ca)  
35 Algonquin Road

## Community Food Markets

The Community Food Markets are a weekly affordable fresh food market, aimed at increasing the accessibility (both physical and financial) of good food for everyone in Guelph.

Our items are priced on a sliding scale, with the top amount equivalent to retail value, and the lower amount as cheap as we can sustainably offer (often 30-50% below retail prices).  
You pay whatever feels right for you within the range listed.

Paying the mid to retail end of the scale subsidizes the cost for others in our community who benefit from the lower end of the scale. By shopping at the market, you are directly contributing to an equity-based food system.

**Downtown**  
Tuesdays 3:00-7:00 pm  
Guelph Community Health Centre  
Main Level  
176 Wyndham St N

**Grange Hill**  
Wednesdays 2:30-6:30 pm  
Grange Hill East Neighbourhood Group  
Ken Danby Public School  
425 Grange Rd

**West End**  
Thursdays 3:00-7:00 pm  
West End Community Centre  
Main Lobby  
21 Imperial Rd S

Everyone is always welcome!

Do you have symptoms of Post Partum Mood Disorder?

### Post Partum Mood Disorder Support Group

Wednesdays 4:00pm-5:30pm  
Thursdays 10:00am-11:30am  
EarlyON Child and Family Centre  
Stone Road Mall 2nd floor

**See your primary care provider for a referral to this program.**