

GUELPH CHC EVENTS

WEEKLY EVENTS APRIL 2018

	Downtown	Shelldale	Brant	Two Rivers	Other
Mondays	<p>Walk In Counselling 3:00pm - 5:00pm</p> <p>SMART Recovery@ 6:00pm - 7:30pm</p> <p>Community Health Connect Clinic waiting room 2:00pm - 4:45pm</p>	<p>Get Active 1:00pm-2:00pm Shelldale gym</p>	<p>Yoga 6:15pm - 7:15pm Free or PWYC* (cancelled Apr 2)</p>	<p>Ninjitsu Martial Arts 6:00pm - 8:00pm Tytler School 131 Ontario St All Ages (cancelled Apr 2)</p> <p>Zumba 7:00pm – 8:00pm Sacred Heart School, 125 Huron Road, corner of Alice Free or PWYC* (cancelled Apr 2)</p>	
Tuesdays	<p>Walk In Counselling 3:00pm - 5:00pm</p> <p>Community Food Market 3:00pm - 7:00pm</p> <p>Community Health Connect Clinic waiting room 2:00pm - 4:45pm</p>	<p>Yoga 11:45am - 12:30pm</p> <p>Mindfulness Group 1:00pm - 2:30pm</p>	<p>Zumba 6:00pm - 7:00pm Free or PWYC*</p>		<p>OEYC's Playtime Ken Danby School, Community Room 525 Grange Rd.</p>
Wednesdays	<p>ID Clinic Connection 10:00am -12:00pm</p> <p>Yoga 9:30am - 10:30am</p> <p>Breastfeeding Café 1:00pm - 2:30pm</p> <p>Walk In Counselling 3:00pm - 5:00pm</p> <p>Community Health Connect Clinic waiting room 2:00pm - 4:45pm</p>	<p>English Conversation 6:00 - 7:00pm</p>		<p>Yoga 7:00pm - 8:00pm Free or PWYC*</p>	<p>Youth Clinic Wyndham House 9:00am -11:00am</p>
Thursdays	<p>Walk In Counselling 3:00pm - 5:00pm</p> <p>Postpartum Mood Disorder Support Group 10:00am - 11:30am *Registration Required</p> <p>Community Health Connect Clinic waiting room 2:00pm - 4:45pm</p>	<p>Let's Move Gentle movement 12:45 - 2:00pm</p> <p>Zumba 6:30pm - 7:30pm</p> <p><i>*Zumba Glow - 4th week of the month</i></p>		<p>Parent Outreach Drop-in 3:00pm - 5:00pm</p> <p>Beginner's Yoga 7:00-8:00 pm 87 Neeve St. Community Room Free or PWYC*</p> <p>Ninjitsu Martial Arts 6:00pm - 8:00pm Tytler School 131 Ontario St Adults Only</p>	
Fridays	<p>Walk In Counselling 2:00pm - 5:00 pm</p> <p>Community Health Connect Clinic waiting room 2:00pm - 4:45pm</p>	<p>English Conversation 9:30 - 11:30am</p>			
Saturdays		<p>Zumba 10:00am - 11:00 am <i>*Suggested \$2 donation</i></p>			

All programs are Drop-In and open to the public unless otherwise noted.

For more information on any of our programs please visit our website
www.guelphchc.ca or call
 519-821-6638

Weekly Program Descriptions

Walk In Counselling is available for clients of the Guelph CHC & SOS needing immediate support. No appointments. First come, first served.

Monday - Thursday
3:00pm - 5:00pm

Friday

2:00pm - 5:00pm

Downtown location only

Please check with 2nd floor reception to reserve your spot. For info call 519-821-6638

Mondays

Get Active—Shelldale

1:00pm - 2:00pm

20 Shelldale Crescent

Drop-in full of fun activities for adults in Onward Willow Neighbourhood.

Community Health Connect

2:00pm - 4:45pm 176 Wyndham St. N
Second floor, clinic waiting room.

Volunteers and a computer available to help people get information and access community resources and services. Drop-in, open to everyone.

Yoga—Brant

6:15pm - 7:15pm

Brant Avenue School, 64 Brant Ave.

Stretch, tone, & relax your body at this weekly drop-in. 519-821-6638 ext. 367

**All ages & abilities welcome, as well as children 12 - 16yrs., accompanied by adult.*

Ninjitsu Martial Arts —Two Rivers Neighbourhood Group

6:00pm - 8:00pm

Tytler School, 131 Ontario Street

Join the Two Rivers Neighbourhood Group to learn martial arts. Wear loose fitting clothes, all ages welcome (parents must accompany kids)!

**Use Toronto St entrance*

Two Rivers Zumba

7:00pm - 8:00pm

Sacred Heart School, 125 Huron Road, corner of Alice

**Zumba Glow every 4th Thursday*

SMART Recovery®

6:00pm - 7:30pm 176 Wyndham St. N

Support for all types of addictions.

Tuesdays

Yoga—Shelldale

11:45am - 12:30pm

20 Shelldale Crescent

A drop-in program for people who live in Onward Willow or those in the Teen Parents and Nutrition Programs. Babies under 6 months are welcome in class. Limited childcare, register 519-824-8498

Mindfulness Group

1:00pm - 2:30pm

20 Shelldale Crescent, Konnie's Room

Join us to explore ways to bring more awareness and intention to your day.

Community Health Connect

2:00pm - 4:45pm 176 Wyndham St. N

Zumba—Brant

6:00pm - 7:00pm

Brant Avenue School, 64 Brant Ave.

Community Food Market

3:00pm - 7:00pm

Downtown - lower level

A weekly affordable fresh food market.

Wednesdays

Youth Clinic

9:00am - 11:00am

Wyndham House Emergency Youth Shelter, 18 Norwich St.

Speak to a Nurse Practitioner about any health concerns. No health card or appointment necessary.

Yoga—Downtown

9:30am - 10:30pm 176 Wyndham St. N.

Community Room

Gentle moves, beginner level. All welcome. Free or by donation.

ID Clinic Connection

10:00am - 12:00pm 176 Wyndham St. N.

Lower Level Atrium

Visit the ID Clinic or our Specialized Outreach Services Team. Enjoy light refreshments or access hot showers.

WE Breastfeed Café

1:00pm - 2:30pm

Downtown, 176 Wyndham St. N.

Community Health Connect

2:00pm - 4:45pm 176 Wyndham St. N

Two Rivers Yoga

7:00pm - 8:00pm

Tytler School, 131 Ontario Street

**Use Toronto St entrance*

Thursdays

Postpartum Mood Disorder Support Group—Downtown

10:00am - 11:30am 176 Wyndham St. N

Registration Required

Community Health Connect

2:00pm - 4:45pm 176 Wyndham St. N

Parent Outreach Program

3:00pm - 5:00pm

Two Rivers Tytler School

Open to all parents & caregivers in the Two Rivers Neighbourhood.

For info call 519-803-0989

Beginner's Yoga—Two Rivers

7:00-8:00 pm

87 Neeve Street Community Room

Everyone welcome, mats provided.

Zumba—Shelldale

6:30pm - 7:30pm 20 Shelldale Crescent

Shelldale Centre Gym

**Zumba Glow - 4th week*

Ninjitsu Martial Arts —Two Rivers Neighbourhood Group

6:00pm - 8:00pm

Tytler School, 131 Ontario Street

**Adults Only. Use Toronto St entrance*

Fridays

Community Health Connect

2:00pm - 4:45pm 176 Wyndham St. N

English Conversation—Shelldale

6:00pm—7:30pm

Practise speaking English, drop in program, childminding available but registration required for childcare .

Saturdays

Zumba—Shelldale

10:00am - 11:00am 20 Shelldale Cres, Shelldale Ctr Gym **Suggested \$2 don.*

Monthly and special events – April

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Chronic Pain Self Management 9:30am-12:00pm Shelldale	4	5	6 Garden Fresh Box Orders due
9	10 Chronic Pain Self Management 9:30am-12:00pm Shelldale Souper Heroes Season Finale! 1-3pm PWYC Soup lunch. Music! Extended Community Food Market ground floor of GCHC EarlyOn May Programming Registration Opens 9:15am Stone Rd Mall site or call 519-821-6638 ext 204 Loom Beading Workshop (IHWP) 6:00-9:00pm Free GCHC Downtown	11 Downtown Nutrition Workshop 11am-1:30pm Community Kitchen, 'Engaging the Senses' (drop in) Loom Beading Workshop (IHWP) 6:00-9:00pm Free GCHC Downtown	12 Men's Make & Take Cooking Group 2:30-4pm Community Kitchen 'Stuffed Peppers' (registration required)	13
16	17 Chronic Pain Self Management 9:30am-12:00pm Shelldale Craving Change Support Group 3:00-4:00pm Woolwich Rm Shelley x476 for more info	18 Wandering Chefs 2-4:30pm Com Kitchen 'Spring has Sprung' (drop in) Garden Fresh Box Pick Up Chronic Pain Peer Support 1:00-2:00pm Shelldale	19	20
23 Indigenous Traditional Healing with Jane Burning (IHWP) 9am-2pm By Appointment GCHC Downtown	24 Chronic Pain Self Management 9:30am-12:00pm Shelldale	25 Shelldale Nutrition Workshop 11:00am-1:30pm Kitchen/Konnie's Room 'Iron Boosters' (drop in)	26	27 Birthday Books Downtown Children's Room 1:00 - 3:00pm For children (aged 1-6) having a birthday in April Registration required Call 519-821-6638 ext. 204
30 Indigenous Traditional Healing with Jane Burning (IHWP) 9am-2pm By Appointment GCHC Downtown				

Coming Soon:

Take Charge Chronic Disease Self-Management
6 weeks, 2 ½ hours/week
Thursdays 2:30-5:00pm
April 19 – May 24
Register by calling
1-866-337-3318 or online at
www.wselfmanagement.ca

Monthly Program Descriptions

For **Indigenous Healing and Wellness Program (IHWP)** email to register nbarraette@guelphchc.ca
Check out all our events: www.facebook.com/IndigenousHealingAndWellness

Nutrition Workshops
Learn more about nutrition while cooking and enjoying delicious meals. Held on the 2nd and 4th Wednesdays. **Call 519-821-6638 for more info.**

FOR MORE INFORMATION OR TO REGISTER
FOR ANY OF OUR PROGRAMS,
PLEASE CALL 519 821-6638

GUELPH CHC LOCATIONS

Downtown: 176 Wyndham Street North
Shelldale: 20 Shelldale Crescent
Brant: Brant Ave School Community Room
Two Rivers: 98 Alice Street
EarlyON Centre: Stone Road Mall
Upper Level



www.twitter.com/GuelphCHC



www.facebook.com/OEYCGuelph

Questions?
Call us!

EarlyON Drop-In Programming

Visit our website at www.guelphchc.ca to see our registered programs.



Drop-In Programs - Programs funded by County of Wellington



Day	Program/Date	Time	Location
Monday	Downtown Playtime	2:30pm-4:30pm	Guelph CHC Downtown - Children's Room
Tuesday	Stone Road Mall Playtime	9:15am-12:15pm	Stone Road Mall Site
	Aberfoyle Playtime	9:30am-11:30am	Puslinch Community Centre 23 Brock Road S.
	Infant Afternoons (birth up to 8 mos)	2:00pm-4:00pm	Stone Road Mall Site
	Stone Road Mall Playtime	2:00pm-4:30pm	Stone Road Mall Site
Wednesday	Stone Road Mall Playtime	9:15am-12:15pm	Stone Road Mall Site
	Downtown Playtime	9:15am-11:30am	Guelph CHC Downtown - Children's Room
	Stone Road Mall Playtime (half room)	2:00pm-4:30pm	Stone Road Mall Site
	Infant Afternoons (9 mos up to 18 mos)	2:00pm-4:00pm	Stone Road Mall Site
Thursday	Stone Road Mall Playtime (half room until 11am)	9:15am-12:15pm	Stone Road Mall Site
	Stone Road Mall Playtime	2:00pm-7:00pm	Stone Road Mall Site
Friday	Stone Road Mall Playtime	9:15am-12:15pm	Stone Road Mall Site
Saturday	Stone Road Mall Playtime	9:30am-1:00pm	Stone Road Mall Site
	Daddy & Me (Apr 7)	2:00pm-3:30pm	Stone Road Mall Site



Drop-In Programs - Programs funded by Guelph Neighbourhood Support Coalition and Guelph CHC

Day	Program/Date	Time	Location
Monday	Brant Playtime (cancelled Apr 2)	9:30am-11:30am	Brant Ave Public School, 64 Brant Ave, Community Room
	Downtown Playtime	9:15am-11:30am	Guelph CHC Downtown - Children's Room
Tuesday	Downtown Playtime	9:15-11:30am	Guelph CHC Downtown - Children's Room
	Grange Hill Playtime	9:30am-11:30am	Ken Danby School, 525 Grange Road, Community Room
	Clairfields Playtime	9:30am-11:30pm	St. Paul Catholic School, 182 Clairfields Dr. E.
Wednesday	Two Rivers Playtime	9:30am-12:15pm	Sacred Heart Church Hall, 98 Alice St. (please use Huron St. door)
	Westwood Playtime	9:30am-11:30am	Three Willows United Church, 577 Willow Rd.
Thursday	Brant & Waverley Playtime	9:30am-11:30am	New Life Church, 400 Victoria Rd. N.
	Parkwood Gardens Playtime	9:30am-11:30am	Parkwood Gardens Church, 501 Whitelaw Rd.
Friday	Downtown Playtime	9:15am-11:30am	Guelph CHC Downtown - Children's Room