

# GUELPH CHC EVENTS

## WEEKLY EVENTS AUGUST 2019

	Downtown	Shelldale	Brant	Two Rivers	Other
<b>Mondays</b>	Drop-In Clinic Hope House 12pm-1:30pm			Zumba 7:00—8:00 87 Neeve St.	Community Food Market 3:00pm - 7:00pm YM/WCA of Guelph 130 Woodland Glen Dr
<b>Tuesdays</b>	Community Food Market 3:00pm - 7:00pm *summer location St. George;s square  Drop-in Clinic Welcome In- Drop-In Centre 11-12:30pm	Mindfulness Group 1:00pm - 2:30pm  WE Breastfeed Peer Support Outreach at Baby Days Program 9:30-11:30 am Shelldale Gym		<p>All programs are Drop-In and open to the public unless otherwise noted.</p> <p>For more information on any of our programs please visit our website <a href="http://www.guelphchc.ca">www.guelphchc.ca</a> or call 519-821-6638</p>	
<b>Wednesdays</b>	Yoga 9:00am - 10:00am  ID Clinic Connection 10:00am -12:00pm  Breastfeeding Café 1:00pm - 2:30pm <b>*now at Guelph Public Library 100 Norfolk St</b>			Stone Soup Community Market 3-7 every Wednesday at Tytler Public School	Community Food Market 3:00pm - 7:00pm Victoria Rd Recreation Centre 151 Victoria Rd N
<b>Thursdays</b>		Let's Move Gentle movement 1-1:45pm  Zumba 6:30pm - 7:30pm  <i>*Zumba Glow - last Thurs of the month</i>  Family Drum Circle 6-7:30pm	Community Garden meet-up (come garden!) 6:00-9:00pm Brant Ave Public School	Parent Outreach Drop-in 3:00pm - 5:00pm <b>*CANCELLED FOR SUMMER</b>	Postpartum Mood Disorder Support Group EarlyON Centre SRM 10:00am - 11:30am <b>*Registration Required</b>  West End Community Food Market 3:00pm - 7:00pm
<b>Fridays</b>	Drop-in Clinic Welcome In- Drop-In Centre 11-12:30pm				

# Weekly Program Descriptions

## Mondays

### Drop-In Clinic

12-1:30pm

Hope House

10 Cork St E

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

## Tuesdays

### WE Breastfeed Peer Support Outreach at Baby Days Program

9:30-11:30am

20 Shelldale Crescent,  
Shelldale Gym

Access the trained peer volunteers during this program for 0-6 year old children.

### 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.

### Drop-In Clinic

11am-12:30pm

Welcome In Drop-In

23 Gordon St

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

### Mindfulness Group—Shelldale

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 Food Market—Downtown

3:00pm - 7:00pm

176 Wyndham St. N.

A weekly affordable fresh food market.

## Wednesdays

### Yoga—Downtown

9:00am - 10:00pm 176 Wyndham St. N.

Community Room

Gentle moves, beginner level. All welcome.

### ID Clinic Connection —Downtown

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

Lower Level Atrium

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

### WE Breastfeed Café—Downtown

1:00pm - 2:30pm

Guelph Public Library

100 Norfolk St.

Peer support and social time for parents interested in human milk. Everyone welcome.

## Thursdays

### West End Community Food Market

3:00pm - 7:00pm

West End Community Centre  
21 Imperial Road S

A weekly affordable fresh food market.

### Postpartum Mood Disorder Support Group—EarlyON Centre, Stone Road Mall

10:00 - 11:30am 435 Stone Rd. W  
Registration Required

### Let's Move

1-1:45pm

20 Shelldale Crescent

This gentle exercise class includes variety of weight bearing and resistance exercises, to help improve range of motion and circulation, increase mobility, stability and flexibility. Everyone welcome.

### Family Drum Circle

6:00pm - 7:30pm 20 Shelldale Crescent

Black Bear Room

FNIM families are welcome to join in and learn some hand drum songs. Extra drums provided.

### Zumba—Shelldale

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

*\*Zumba Glow - last thurs of the month*

### Brant Community Garden

6-9:00pm

Brant Ave Public School (64 Brant Ave)

All welcome. Join us in the garden! Grown by you, picked by all!

## Fridays

### Drop-In Clinic

11am-12:30pm

Welcome In Drop-In

23 Gordon St

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

## Monthly and special events – August

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8 <b>Women's /2S Grief Circle</b> 6-8pm Community Room	9 <b>Garden Fresh Box</b> Orders due
12	13	14 <b>Downtown Nutrition Workshop</b> 11am-1:30pm Community Kitchen, "Mediterranean Diet" (drop in)  <b>FoodFit Alumni Dinner</b> 4:30-7:30pm Community Kitchen RSVP to api-cot@guelphchc.ca	15 <b>Individual Healing Session with Michelle Thomas</b> 9-4pm Check-in at main reception	16
19	20 <b>Men's Cooking Group</b> 1:30-3pm Community Kitchen "Teriyaki Chicken" (registration required)	21 <b>Garden Fresh Box</b> Pick Up  <b>Wandering Chefs</b> 2:00-4:30pm Community Kitchen, "One-pot meals" (drop in)	22 <b>WE Breastfeed Peer Support</b> 9:30-11:30 am Volunteers visit the PB&J Parenting Program 131 Ontario St  <b>Individual Healing Session with Michelle Thomas</b> 9-4pm Check-in at main reception	23
26	27	28 <b>Shelldale Nutrition Workshop</b> 11am-1:30pm Shelldale Kitchen, 'Back to School Lunchbox" (drop in)	29	30

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



www.twitter.com/GuelphCHC



Family and Children's Programs-Guelph Community Health Centre



Child and Family Centre



**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

**EARLYON DROP-INS**

Programs at Stone Rd. Mall Unless Specified

Day	Program	Time
<b>Sunday</b>	Closed	
<b>Monday</b>	No Playtimes Available	
	 Speed River Stroller Walk Cancellations posted on Facebook by 8:30 am	Royal City Park Gazebo 139 Gordon St 10:00 am-11:30 am
	Parent Support	1:00 pm-2:00 pm
<b>Tuesday</b>	Playtime	9:15 am-12:15 pm
	Aberfoyle Playtime	Puslinch Community Centre 23 Brock Road South 9:30 am-11:30 am
	Parent Support	1:00 pm-2:00 pm
	Infant Afternoons	Birth up to 8 months 2:00 pm-4:00 pm
	Playtime	2:00 pm-4:30 pm
<b>Wednesday</b>	Playtime	9:15 am-12:15 pm
	Baby Basics	Birth to 6 months Explore You Questions about the First 6 Months of Parenting 10:00am-11:30am
	Parent Support	1:00 pm-2:00 pm
	Playtime	2:00 pm-4:30 pm
<b>Thursday</b>	Playtime	Half Room 9:15 am-12:15 pm
	Parent Support	1:00 pm-2:00 pm
	Playtime	2:00 pm-7:00 pm
<b>Friday</b>	Playtime	9:15 am-12:15 pm
	Parent Support	1:00 pm-2:00 pm
<b>Saturday</b>	Playtime	9:30 am-1:00 pm

**NEIGHBOURHOOD DROP-INS**

<b>Monday</b>	Brant Playtime	Closed Until September 9	
<b>Tuesday</b>	Grange Hill Playtime	Closed Until September	
	Clairfields Playtime	Closed Until September 3	
<b>Wednesday</b>	Two Rivers Playtime	Sacred Heart Church Hall (Huron St. door) 98 Alice St.	9:30-11:30am
	Westwood Playtime	Closed Until September 4	
<b>Thursday</b>	Brant & Waverley Playtime	Closed Until September 5	
	Parkwood Gardens Playtime	Closed Until September 5	
<b>Friday</b>	Downtown Playtime	Guelph Community Health Centre (lower level) 176 Wyndham St N.	9:15-11:30am
<b>Saturday</b>	Closed		



Find Our Park Programs

guelphchc.ca  
Families and Children  
EarlyON Play Schedule  
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