

GUELPH CHC EVENTS

WEEKLY EVENTS DECEMBER 2018

	Downtown	Shelldale	Brant	Two Rivers	Other
Mondays No programs Dec 24 & 31	Flu shots for Guelph CHC clients 11am – 12:30pm & 2pm – 7pm Indigenous Drop-in Hour 5:00-7:00 pm	Get Active 10:00-11:00am Shelldale gym	Yoga 6:15pm - 7:15pm Free or PWYC*	Yoga 7:30 – 8:00pm Tytler School	Zumba Grange Hill East *NEW Time and Location 6:45 - 7:45pm St. John's Catholic School (63 Victoria Rd N)
Tuesdays No programs Dec 25	Flu shots for Guelph CHC clients 11am – 12:30pm & 2pm – 7pm Community Food Market 3:00pm - 7:00pm	Yoga 11:45am -12:30pm Mindfulness Group 1:00pm - 2:30pm	Zumba 5:30pm - 6:30pm Free or PWYC* Cancelled Dec 18 & 25		
Wednesdays No programs Dec 26	Yoga 9:30am - 10:30am Cancelled Dec 19 & 26 ID Clinic Connection 10:00am -12:00pm Flu shots for Guelph CHC clients 11am – 12:30pm & 2pm – 4pm Breastfeeding Café 1:00pm - 2:30pm	Flu shots for Guelph CHC clients 2:00pm - 7:30pm English Conversation 6:00 - 7:00pm Cancelled Dec 12, 19, 26			Youth Clinic Wyndham House 9:00am -11:00am
Thursdays	Flu shots for Guelph CHC clients 11am – 12:30pm & 2pm – 7pm	Flu shots for Guelph CHC clients 11 am - 12:30pm & 2pm - 4pm Let's Move Gentle movement 12:45 - 2:00pm Zumba 6:30pm - 7:30pm *Zumba Glow - 5th week of the month		Parent Outreach Drop-in 3:00pm - 5:00pm Beginner's Yoga 7:00-8:00 pm 87 Neeve St. Community Room Free or PWYC* Cancelled Dec 27 Yoga 9:00-10:00 am Tytler School Cancelled Dec 27	Postpartum Mood Disorder Support Group EarlyON Centre SRM 10:00am - 11:30am *Registration Required West End Community Food Market 3:00pm - 7:00pm Cancelled Dec 27
Fridays	Flu shots for Guelph CHC clients 11am – 12:30pm & 2pm – 4pm	English Conversation 9:30 - 11:30am Cancelled for December	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <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 www.guelphchc.ca or call 519-821-6638</p> </div>		
Saturdays		Zumba 10:00am - 11:00 am *Suggested \$2 donation			

Weekly Program Descriptions

On -call Social Work 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

10:00am - 11:00am

20 Shelldale Crescent

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

Indigenous Drop-in Hour

5:00pm - 7:00pm

Downtown Kitchen,

Indigenous folks from Wellington & Waterloo are invited for Indigenous social time and connections to the Healing & Wellness program.

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.*

Zumba—Grange Hill East

6:45 - 7:45pm

St. John's Catholic School
(63 Victoria Rd N)

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 Food Market

3:00pm - 7:00pm

176 Wyndham St. N.

Downtown

A weekly affordable fresh food market.

Zumba—Brant

5:30pm - 6:30 pm

Brant Avenue School, 64 Brant Ave.

Indigenous Wellness Workshop

6:00 - 8:00 pm

176 Wyndham St. N.

Downtown - lower level

Indigenous folks are invited to grow their wellness bundle with (Crystal from) Indigenous Diabetes Health Circle. Different topics & activities each week. Drop-in.

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, Lower Level

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

English Conversation—Shelldale

6:00pm—7:30pm

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

Thursdays

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

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

Registration Required

West End Community Food Market

3:00pm - 7:00pm

Downtown - lower level

A weekly affordable fresh food market.

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

Zumba—Shelldale

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

Shelldale Centre Gym

**Zumba Glow - 4th week*

Beginner's Yoga—Two Rivers

7:00-8:00 pm

87 Neeve Street Community Room

Everyone welcome, mats provided.

Fridays

English Conversation—Shelldale

9:30am—11:30am

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

Saturdays

Zumba—Shelldale

10:00am - 11:00am 20 Shelldale Cres,

Shelldale Centre Gym

**Suggested \$2 donation*

Monthly and special events – December

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Traditional Healing with Jane Burning FNIM please contact to book free healing session 519-821-6638, Ext 301 IHWPWW@guelphchc.ca</p>	<p>4</p>	<p>5</p> <p>WE Breastfeed Café 1:00-2:30pm 176 Wyndham St. N. presents on babywearing, bring your carrier or try ours</p>	<p>6</p>	<p>7</p> <p>Garden Fresh Box Orders due Medallion Beading Grades 7 – 12, 10:00am-4:00pm Contact IHWPWW@GuelphCHC.ca to register.</p>
<p>10</p>	<p>11</p> <p>Men's Cooking Group 1:30-3pm Community Kitchen 'Chicken Cacciatore' (registration required)</p>	<p>12</p> <p>Downtown Nutrition Workshop 11am-1:30pm Community Kitchen, 'Holiday Cooking' (drop in)</p> <p>Open House 2:00-4:00pm 20 Shelldale Cres Everyone welcome, community & service providers</p> <p>Community gathering & Traditional Meal 6:00-8:00pm All FNIM welcome Contact Kellie: Ext. 377 IHWPWW@guelphchc.ca</p>	<p>13</p> <p>WE Breastfeed Peer Support 9:30-11:30 am Volunteers visit the PB&J Parenting Program 131 Ontario St</p> <p>Indigenous Women's Grief Circle 6:00-8:00 pm (1st of 3 monthly sessions) (drop in)</p>	<p>14</p>
<p>17</p>	<p>18</p> <p>Winter Feast 6:00-8:00PM All FNIM are welcome! Drop-in</p>	<p>19</p> <p>Wandering Chefs 2:00-4:30pm Community Kitchen, 'Holiday Cooking' (drop in)</p> <p>Garden Fresh Box Pick Up</p> <p>FoodFit Alumni Evening 4:30-7:30pm Registration required 519-821-6638, Ext 388 apicot@guelphchc.ca</p>	<p>20</p> <p>Traditional Healing with Ralph King FNIM please contact to book free healing session 519-821-6638, Ext 301 Indigenous-Guelph@GuelphCHC.ca</p>	<p>21</p> <p>Traditional Healing with Ralph King FNIM please contact to book free healing session 519-821-6638, Ext 301 Indigenous-Guelph@GuelphCHC.ca</p>
<p>24</p>	<p>25</p> <p>CLOSED CHRISTMAS DAY</p>	<p>26</p> <p>CLOSED BOXING DAY</p>	<p>27</p>	<p>28</p>
<p>31</p>				

Monthly Program Descriptions

Nutrition Workshops

Learn more about nutrition while cooking and enjoying delicious meals.

Call 519-821-6638 for more info.

New email for Indigenous Healing and Wellness Programming

IHWPWW@GuelphCHC.ca

for information or to register for programs please email above or call 519-821-6638 x301

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



www.twitter.com/GuelphCHC



www.facebook.com/OEYCGuelph

Questions?
Call us!

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

EarlyON Drop-In Playtimes

Visit www.guelphchc.ca to see our **registered programs** and our **holiday hours**.



Drop-In Programs— Funded by County of Wellington



Day	Program	Time	Location
Sunday and Monday	Closed		
Tuesday Closed Dec 25	Stone Road Mall Playtime Aberfoyle Playtime Parent Support Infant Afternoons Birth up to 8 months Stone Road Mall Playtime	9:15 am-12:15 pm 9:30 am-11:30 am 1:00 pm-2:00 pm 2:00 pm-4:00 pm 2:00 pm-4:30 pm	Stone Road Mall Site Puslinch Community Centre 23 Brock Road South Stone Road Mall Site Stone Road Mall Site Stone Road Mall Site - half room
Wednesday Closed Dec 26	Stone Road Mall Playtime Downtown Playtime Parent Support Infant Afternoons 9 months up to 18 months Stone Road Mall Playtime	9:15 am-12:15 pm 9:30 am-11:30 am 1:00 pm-2:00 pm 2:00 pm-4:00 pm 2:00 pm-4:30 pm	Stone Road Mall Site Guelph Civic Museum 52 Norfolk St. Stone Road Mall Site Stone Road Mall Site Stone Road Mall Site - half room
Thursday	Stone Road Mall Playtime Parent Support Stone Road Mall Playtime	9:15 am-12:15 pm 1:00 pm-2:00 pm 2:00 pm-7:00 pm	Stone Road Mall - half room Stone Road Mall Site Stone Road Mall Site
Friday	Stone Road Mall Playtime	9:15 am-12:15 pm	Stone Road Mall Site
Saturday	Stone Road Mall Playtime Daddy & Me (Dec 1)	9:30 am-1:00 pm 2:00 pm-3:30 pm	Stone Road Mall Site Stone Road Mall Site



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

Day	Program	Time	Location
Monday	Brant Playtime Auden Playtime	9:30 am-11:30 am 9:30 am-11:30 am	Brant Ave. Public School, 64 Brant Ave. Portable 394 Auden Road Community Room
Tuesday	Downtown Playtime Grange Hill Playtime Clairfields Playtime	9:15 am-11:30 am 9:30 am-11:30 am 9:30 am-11:30 am	Guelph CHC 176 Wyndham St. N. lower level Ken Danby Public School, 525 Grange Road, Community Room St. Paul Catholic School, 182 Clairfields Dr. E. Community Room
Wednesday	Two Rivers Playtime Westwood Playtime	9:30 am-11:30 am 9:30 am-11:30 am	Sacred Heart Church Hall, 98 Alice St. Huron St. Door Three Willows United Church, 577 Willow Rd.
Thursday	Brant & Waverley Playtime Parkwood Gardens Playtime	9:30 am-11:30 am 9:30 am-11:30 am	New Life Church, 400 Victoria Rd. N. Parkwood Gardens Church, 501 Whitelaw Rd.
Friday	Downtown Playtime	9:15 am-11:30 am	Guelph CHC 176 Wyndham St. N. lower level