

GUELPH CHC EVENTS

WEEKLY EVENTS JANUARY 2018

	Downtown	Shelldale	Brant	Two Rivers	Other
Mondays (closed Jan 1 All programs cancelled)	Walk In Counselling 3:00pm - 5:00pm SMART Recovery@ 6:00pm - 7:30pm Community Health Connect Clinic waiting room 2:00pm - 4:45pm	Get Active 1:00pm-2:00pm Shelldale gym Immigrant Services Settlement Support 2:00pm - 4:00pm	Yoga 6:15pm - 7:15pm Free or PWYC*	Ninjitsu Martial Arts 6:00pm - 8:00pm Tytler School 131 Ontario St All Ages Zumba 7:00pm – 8:00pm Sacred Heart School, 125 Huron Road, corner of Alice Free or PWYC*	
Tuesdays	Walk In Counselling 3:00pm - 5:00pm Community Food Market 3:00pm - 7:00pm Second Wind *NEW* 4:00 - 5:00pm Community Health Connect Clinic waiting room 2:00pm - 4:45pm	Yoga 11:45am - 12:30pm Mindfulness Group 1:00pm - 2:30pm	Zumba 6:00pm - 7:00pm Free or PWYC*		OEYC's Playtime Ken Danby School, Community Room 525 Grange Rd.
Wednesdays	ID Clinic Connection 10:00am -12:00pm Yoga 9:30am - 10:30am Breastfeeding Café 1:00pm - 2:30pm Walk In Counselling 3:00pm - 5:00pm Community Health Connect Clinic waiting room 2:00pm - 4:45pm	Immigrant Services Settlement Support 10:00am - 1:00pm (cancelled Jan 31)		Yoga 7:00pm - 8:00pm Free or PWYC*	Youth Clinic Wyndham House 9:00am -11:00am
Thursdays	Walk In Counselling 3:00pm - 5:00pm Postpartum Mood Disorder Support Group 10:00am - 11:30am *Registration Required Community Health Connect Clinic waiting room 2:00pm - 4:45pm	Let's Move Gentle movement 1:00 - 1:45pm (cancelled Jan 18) Zumba 6:30pm - 7:30pm <i>*Zumba Glow - 4th week of the month</i>		Parent Outreach Drop-in 3:00pm - 5:00pm Beginner's Yoga 7:00-8:00 pm 87 Neeve St. Community Room Free or PWYC* Ninjitsu Martial Arts 6:00pm - 8:00pm Tytler School 131 Ontario St Adults Only	
Fridays	Getting Ready 11:30am - 1:00 pm Walk In Counselling 2:00pm - 5:00 pm Community Health Connect Clinic waiting room 2:00pm - 4:45pm	English Conversation 9:30 - 11:30am	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		
Saturdays		Zumba 10:00am - 11:00 am <i>*Suggested \$2 donation</i>			

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

Immigration Services

Settlement Support—Shelldale

2:00pm - 4:00pm

20 Shelldale Crescent

Newcomers to Canada can receive support through Immigrant Services.

For info call 519-836-2222 ext. 225

Get Active—Shelldale

1:00pm - 2:00pm

20 Shelldale Crescent

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

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.

Zumba—Brant

6:00pm - 7:00 pm

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.

Settlement Support —Shelldale

10:00am - 1:00pm

WE Breastfeed Café

1:00pm - 2:30pm

Downtown, 176 Wyndham St. N.

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.

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 .

Getting Ready

11:30am - 1:30pm

Downtown 176 Wyndham St. N.

This weekly group provides emotional support and skills for improving emotional health and relationships for those looking to make a change. Call 519-821-6638 x270 for more info.

Saturdays

Zumba—Shelldale

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

Shelldale Ctr Gym **Suggested \$2 don.*

Monthly and special events – January

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5 Garden Fresh Box Orders due
8	9	10 Downtown Nutrition Workshop 11am-1:30pm Community Kitchen, 'On the Go Lunches' (drop in)	11 Basketball Drop in, pick up basketball 8:00-9:30pm Adult program Free Men's Make & Take Cooking Group 2:30-4pm Community Kitchen 'Sweet Potato Chili' (pre-registration required)	12
15	16 Craving Change Support Group 3-4pm Woolwich Room call Shelley x476 for more info	17 Garden Fresh Box Pick Up Wandering Chefs 2-4:30pm Community Kitchen 'Mood Boosters' (drop in)	18	19
22	23 Souper Heroes' SOUP TWO WAYS Afternoon Social 2:00pm - 5:00pm Cornerstone Restaurant \$10/ person	24 Shelldale Nutrition Workshop: 11:00am – 1:30pm Kitchen and Konnie's Room 'Brain Food' (drop in)	25 Basketball Drop in, pick up basketball 8:00-9:30pm Adult program Free	26 Birthday Books Downtown Children's Room 1:00 - 3:00pm For children (aged 1-6) having a birthday in January Registration required Call 519-821-6638 ext. 3
29	30	31		

Monthly Program Descriptions

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.

Gender Journeys

10 week program designed for individuals 16 yrs & older to explore aspects of gender change.

Jan 16-Mar 20

176 Wyndham St. N

Registration required.

Call 519-821-6638 ext. 394

Souper Heroes' SOUP TWO WAYS Afternoon Social

Cornerstone Restaurant \$10/ person
Come and enjoy a late lunch in support of The SEED's community food programs. Your \$10 will purchase soup 2 ways: 1) A hot bowl for lunch and 2) A small Souper Heroes starter to take home! It will be cozy... see you there!

SMART Recovery®

Support for all types of addictions. Join us every Monday 6:00pm - 7:30pm
176 Wyndham St. N.

GUELPH CHC
CLOSED JANUARY 1
FOR NEW YEAR'S DAY

Coming Soon:
Winter session of 4-week
Craving Change program –
call 519-821-6638 x405 for
more details

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 (begins Jan 9)	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 (Jan 13)	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	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