

GUELPH CHC EVENTS

WEEKLY EVENTS JULY 2018

	Downtown	Shelldale	Brant	Two Rivers	Other
Mondays (Closed July 2)	SMART Recovery® 6:00pm - 7:30pm Community Health Connect 1st Floor Main Reception 1:00pm - 4:00pm		Yoga 6:15pm - 7:15pm Outdoors/weather permitting Free or PWYC*	Ninjitsu Martial Arts 6:00pm - 8:00pm Tytler School 131 Ontario St All Ages	Zumba 7:00pm - 8:00pm Grange Hill East 394 Auden Road Community Room
Tuesdays	Community Food Market 3:00pm - 7:00pm Community Health Connect 1st Floor Main Reception 1:00pm - 4:00pm	Mindfulness Group 1:00pm - 2:30pm			
Wednesdays	ID Clinic Connection 10:00am -12:00pm Breastfeeding Café 1:00pm - 2:30pm Community Health Connect 1st Floor Main Reception 1:00pm - 4:00pm			Yoga 7:00pm - 8:00pm Free or PWYC*	Youth Clinic Wyndham House 9:00am -11:00am
Thursdays	Community Health Connect 1st Floor Main Reception 1:00pm - 4:00pm	Let's Move Gentle movement 1:00 - 1:45pm Zumba 6:30pm - 7:30pm *Zumba Glow - 5th week of the month		Parent Outreach Drop-in 3:00pm - 5:00pm Ninjitsu Martial Arts 6:00pm - 8:00pm Tytler School 131 Ontario St Adults Only	Postpartum Mood Disorder Support Group 10:00am - 11:30am *Registration Required
Fridays	Community Health Connect 1st Floor Main Reception 1:00pm - 4:00pm				
Saturdays		Zumba 10:00am - 11:00 am *Suggested \$2 donation			

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

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

Community Health Connect

1:00pm - 4:00pm 176 Wyndham St. N
First floor, main reception.

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*

SMART Recovery®

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

Zumba—Grange Hill East

7:00pm - 8:00pm

394 Auden Rd, Community Room

Tuesdays

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

1:00pm - 4:00pm 176 Wyndham St. N

First floor, main reception.

Community Food Market

3:00pm - 7:00pm

176 Wyndham St. N.

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.

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

1:00pm - 4:00pm 176 Wyndham St.

First floor, main reception.

Community Food Market

2:30pm - 6:30pm

Ken Danby Public School

525 Grange Rd

A weekly affordable fresh food market.

Two Rivers Yoga

7:00pm - 8:00pm

Tytler School, 131 Ontario Street

**Use Toronto St entrance*

Thursdays

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

10:00am - 11:30am

435 Stone Rd. W.

Registration Required

Community Health Connect

1:00pm - 4:00pm

176 Wyndham St. N

First floor, main reception.

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*

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

1:00pm - 4:00pm 176 Wyndham St. N

First floor, main reception.

Saturdays

Zumba—Shelldale

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

**Suggested \$2 donation*

Monthly and special events – July

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6 Garden Fresh Box Orders due
9	10	11 Downtown Nutrition Workshop 11am-1:30pm Community Kitchen, 'Straight from the Garden' (drop in)	12	13
16	17	18 Wandering Chefs 2-4:30pm Com Kitchen 'Engaging the Senses' (drop in) Chronic Pain Peer Support 1:00-2:00pm Shelldale Garden Fresh Box Pick Up	19 <div style="border: 1px dashed gray; padding: 5px; text-align: center;">Volunteer Spotlight WE Breastfeed Peer & Assistant Mel & Ophelia Helped getting ready for training ----- THANK YOU</div>	20 Shelldale Picnic 11:30am-2:00pm
23	24 Men's Cooking Group 1:30-3pm Community Kitchen 'Pasta Salad' (registration required)	25 Shelldale Nutrition Workshop 11am-1:30pm Shelldale Kitchen, '30 minutes or less' (drop in)	26	27 Birthday Books Stone Rd Mall Children's Room 1:00 - 3:00pm For children (aged 1-6) having a birthday in July Registration required Call 519-821-6638 ext. 204
	30	30	<div style="background-color: #4CAF50; color: white; padding: 10px; text-align: center;">* All locations of the GCHC will be closed Monday, July 2 for the Canada Day Weekend</div>	

Monthly Program Descriptions

Nutrition Workshops

Learn more about nutrition while cooking and enjoying delicious meals.
Call 519-821-6638 for more info.

Birthday Books

A program for children turning 1 through 6 who will celebrate a birthday that month. Special guests read stories, we have a healthy snack and birthday cake and birthday children may choose a free book.
Registration required
Call 519-821-6638 ext. 204

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	Time	Location
Monday	Summer Stroller Walk (Jul 9-Aug 20)	9:30am-11:00am	Royal City Park (Gazebo-119 Gordon St.)
Tuesday	Stone Road Mall Playtime	9:15am-12:15pm	Stone Road Mall Site
	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 - half room
Wednesday	Stone Road Mall Playtime	9:15am-12:15pm	Stone Road Mall Site
	Toys in Royal City Park (Jul 4-Aug 22)	9:30am-11:00am	Royal City Park (Gazebo-119 Gordon St.)
	Stone Road Mall Playtime	2:00pm-4:30pm	Stone Road Mall Site
Thursday	Stone Road Mall Playtime (half room)	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

Toys in the Park - Drop-In Tuesdays 9:30-11:00am

Date	Park	Address	Bus Route #
July 10	Dakota Park	40 Dakota Drive	12, 17, 18
July 17	Joe Verone Park	245 Watson Parkway North	14, 17, 18
July 24	Margaret Green Park	80 Westwood Road	10
July 31	Royal City Park	119 Gordon Street	1, 2, 5, 7, 41, 99

Stories in the Park - Drop-In Thursdays 9:30-11:00am

Date	Park	Address	Bus Route #
July 12	Royal City Park	119 Gordon Street	1, 2, 5, 7, 41, 99
July 19	St. George's Park	40 Metcalfe Street	12, 13, 14
July 26	Hanlon Creek Park	505 Kortright Road West	1, 2, 6, 7



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

Day	Program	Time	Location
Monday	Downtown Playtime (last day Jul 23)	2:30pm-4:30pm	Guelph CHC Downtown - lower level
Tuesday	Downtown Playtime	9:15am-11:30am	Guelph CHC Downtown - lower level
Wednesday	Two Rivers Playtime (last day Jul 18)	9:30am-11:30am	Sacred Heart Church Hall, 98 Alice St. (please use Huron St. door)
	Westwood Playtime (last day Jul 18)	9:30am-11:30am	Three Willows United Church, 577 Willow Rd.
Friday	Downtown Playtime	9:15am-11:30am	Guelph CHC Downtown - lower level