

GUELPH CHC EVENTS

WEEKLY EVENTS JUNE 2018

	Downtown	Shelldale	Brant	Two Rivers	Other
Mondays	<p>SMART Recovery® 6:00pm - 7:30pm</p> <p>Community Health Connect 1st Floor Main Reception 1:00pm - 4:00pm</p>	<p>Get Active 1:00pm-2:00pm Shelldale gym</p>	<p>Yoga 6:15pm - 7:15pm Free or PWYC*</p>	<p>Ninjitsu Martial Arts 6:00pm - 8:00pm Tytler School 131 Ontario St All Ages</p> <p>Zumba 7:00pm – 8:00pm Sacred Heart School, 125 Huron Road, corner of Alice Free or PWYC*</p>	
Tuesdays	<p>Community Food Market 3:00pm - 7:00pm</p> <p>Community Health Connect 1st Floor Main Reception 1:00pm - 4:00pm</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>Community Health Connect 1st Floor Main Reception 1:00pm - 4:00pm</p>	<p>English Conversation 6:00 - 7:00pm Cancelled June 20 and 27</p>		<p>Yoga 7:00pm - 8:00pm Free or PWYC*</p>	<p>Youth Clinic Wyndham House 9:00am -11:00am</p>
Thursdays	<p>Postpartum Mood Disorder Support Group 10:00am - 11:30am *Registration Required</p> <p>Community Health Connect 1st Floor Main Reception 1:00pm - 4:00pm</p>	<p>Let's Move Gentle movement 12:45 - 2:00pm Cancelled June 7 & 21</p> <p>Zumba 6:30pm - 7:30pm Cancelled June 7 PROVINCIAL ELECTION</p> <p><i>*Zumba Glow - 5th 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>Community Health Connect 1st Floor Main Reception 1:00pm - 4:00pm</p>	<p>English Conversation 9:30 - 11:30am Stops for the summer. Last day June 15, resumes September.</p>	<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>		
Saturdays		<p>Zumba 10:00am - 11:00 am <i>*Suggested \$2 donation</i></p>			

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

1:00pm - 2:00pm

20 Shelldale Crescent

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

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*

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

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

First floor, main reception.

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.

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.

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

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

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

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

First floor, main reception.

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 Centre Gym

**Suggested \$2 donation*

Monthly and special events – June

Monday	Tuesday	Wednesday	Thursday	Friday
			Downtown and Shelldale Clinics CLOSED 1-5pm	1
4	Chronic Pain Self Management 9:30am-12:00pm Shelldale Community Health Connect Info Session 2-3pm GCHC Downtown More information or to RSVP call Hannah 519-821-6638 x326 or volunteer@guelphchc.ca	5	6	7
		WE Breastfeed Baby-wearing Workshop 1:00-2:30pm Downtown GCHC Diversity Day 5:30-7:30pm Shelldale	<div style="border: 1px dashed gray; padding: 10px; text-align: center;"> Volunteer Spotlight Peerleader Wendlin Teaches Zumba in 2Rivers & Grange Neighborhoods ----- THANK YOU </div>	8
11	Chronic Pain Self Management 9:30am-12:00pm Shelldale	12	13	14
		Downtown Nutrition Workshop 11am-1:30pm Community Kitchen, 'Powerful Grains' (drop in) Teddy Bear Picnic 10-11:30am Riverside Park Small Pavilion	Teaches Zumba in 2Rivers & Grange Neighborhoods ----- THANK YOU	15
18		19	20	21
		Chronic Pain Peer Support 1:00-2:00pm Shelldale Wandering Chefs 2-4:30pm Com Kitchen 'Meals Around the World' (drop in) Garden Fresh Box Pick Up	Community Health Connect Info Session 10-11am GCHC Downtown More information or to RSVP call Hannah 519-821-6638 x326 or volunteer@guelphchc.ca	22
				Birthday Books Stone Rd Mall Children's Room 1:00 - 3:00pm For children (aged 1-6) having a birthday in June Registration required Call 519-821-6638 ext. 204
	26	27	28	29
	Men's Cooking Group 1:30-3pm Community Kitchen 'Eggplant Parmesan' (registration required)	Shelldale Nutrition Workshop 11am-1:30pm Shelldale Kitchen, 'Using Fresh Herbs' (drop in)		

Monthly Program Descriptions

Nutrition Workshops

Learn more about nutrition while cooking and enjoying delicious meals.
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 (new location)	9:15am-11:30am	First Steps Daycare - 55 Delhi St.
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 (new location)	9:15am-11:30am	First Steps Daycare - 55 Delhi St.
	Stone Road Mall Playtime	2:00pm-4:30pm	Stone Road Mall Site - half room
	Infant Afternoons (9 mos up to 18 mos)	2:00pm-4:00pm	Stone Road Mall Site
Thursday	Stone Road Mall Playtime (June 28 only)	9:15am-12:15pm	Stone Road Mall Site
	Stone Road Mall Playtime (June 7, 14, 21)	11:15am - 12:30pm	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 (June 2 only)	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 Rm
	Downtown Playtime	2:30pm-4:30pm	Guelph CHC Downtown - Lower Level
Tuesday	Downtown Playtime	9:15-11:30am	Guelph CHC Downtown - Lower Level
	Grange Hill Playtime	9:30am-11:30am	Ken Danby School, 525 Grange Road, Community Rm
	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 - Lower Level