

# GUELPH CHC EVENTS

## WEEKLY EVENTS JUNE 2019

	Downtown	Shelldale	Brant	Two Rivers	Other
<b>Mondays</b>	Drop-In Clinic Hope House 12pm-1:30pm	Get Active 10:00-11:00am Shelldale gym	Yoga 7:00-8:00pm Brant Ave Public School <b>*last class before summer break is June 18th</b>	Yoga 7:30 – 8:30pm Tytler School  Zumba 7:00—8:00 87 Neeve St. <b>*begins June 17th</b>	Zumba Grange Hill East 6:45 - 7:45pm St. John's Catholic School <b>*Last class at St. John's is June 10th. Location change to 87 Neeve as of June 17th.</b>
<b>Tuesdays</b>	Community Food Market 3:00pm - 7:00pm  Drop-in Clinic Welcome In- Drop-In Centre 11-12:30pm	Yoga 11:45am -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>	English Conversation Circle 6:00-7:00 pm <b>*last group before summer break is June 19th</b>		Yoga 7:30pm - 8:30pm Tytler School	
<b>Thursdays</b>		Let's Move Gentle movement 12:45 - 2:00pm  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>*Last Drop-in until fall June 27th</b>  Beginner's Yoga 7:00-8:00 pm 87 Neeve St. Community Room	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	English Conversation Circle 10:00-11:00am <b>*last group before summer break is June 21st</b>		Yoga 9:00-10:00 am Tytler School	

# Weekly Program Descriptions

## Mondays

### Get Active—Shelldale

10:00am - 11:00am

20 Shelldale Crescent

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

### 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.

### Zumba—Grange Hill East

6:45 - 7:45pm

St. John's Catholic School

(63 Victoria Rd N) until June 10th.

Beginning June 17th this program changes location to 87 Neeve Street (community room, entrance by playground)

### Yoga—Brant

7:00pm - 8:00pm

Brant Ave. PS (64 Brant Ave.)

Everyone welcome. No mat required.

### Yoga—Two Rivers

7:30-8:30 pm

Tytler School 131 Ontario St

Everyone welcome, No mat required.

## 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

[www.guelphchc.ca](http://www.guelphchc.ca)

### 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.

### English Conversation—Shelldale

6:00pm—7:00pm

20 Shelldale Crescent

Practise speaking English, drop in program.

### Yoga—Two Rivers

7:30-8:30 pm

Tytler School 131 Ontario St

Everyone welcome, No mat required.

## 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

West End Community Centre

21 Imperial Road S

A weekly affordable fresh food market.

### Let's Move

12:45-2:00pm

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.

### 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

### 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*

### Beginner's Yoga—Two Rivers

7:00-8:00 pm

87 Neeve Street Community Room

Everyone welcome, mats provided.

### 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

### Yoga—Two Rivers

9:00-10:00pm

Tytler School 131 Ontario St

Everyone welcome, No mat required.

### English Conversation—Shelldale

10:00am-11:00am

20 Shelldale Crescent

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

### 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.

519-821-6638

# Monthly and special events – June

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">3</p> <p><b>Healing with Jan Burning</b> 9am-3pm Downtown GCHC</p>	<p style="text-align: right;">4</p>	<p style="text-align: right;">5</p>	<p style="text-align: right;">6</p>	<p style="text-align: right;">7</p> <p><b>Garden Fresh Box</b> Orders due</p>
<p style="text-align: right;">10</p> <p><b>Medicine Pouch Making</b> 6-8pm Lower Level</p>	<p style="text-align: right;">11</p>	<p style="text-align: right;">12</p> <p><b>Downtown Nutrition Workshop</b> 11am-1:30pm Community Kitchen, "Middle Eastern Meals" (drop in)</p>	<p style="text-align: right;">13</p> <p><b>Indigenous Healing &amp; Wellness Program Check-in</b> 10:30am-noon Muskwa Gashkijibigan</p> <p><b>Women's Grief Circle</b> 6-8pm Community Room</p>	<p style="text-align: right;">14</p>
<p style="text-align: right;">17</p>	<p style="text-align: right;">18</p> <p><b>Men's Cooking Group</b> 1:30-3pm Community Kitchen "Fresh Pasta Salad" (registration required)</p>	<p style="text-align: right;">19</p> <p><b>Garden Fresh Box</b> Pick Up</p> <p><b>Wandering Chefs</b> 2:00-4:30pm Community Kitchen, "Poolside Options" (drop in)</p> <p><b>Chronic Pain Peer Support</b> 1:00-2:00pm Shelldale</p>	<p style="text-align: right;">20</p>	<p style="text-align: right;">21</p> <p><b>NATIONAL INDIGENOUS PEOPLE'S DAY</b> 5:30-8:30pm Royal City Park</p>
<p style="text-align: right;">24</p> <p><b>FNIM Social &amp; Dinner Drop In</b> 5:00-7:00pm, GCHC Kitchen Children welcome 519-821-6638, Ext 301 <a href="mailto:WPWW@guelphchc.ca">IH- WPWW@guelphchc.ca</a></p>	<p style="text-align: right;">25</p>	<p style="text-align: right;">26</p> <p><b>Shelldale Nutrition Workshop</b> 11am-1:30pm Shelldale Kitchen, "Seasonal Flavours" (drop in)</p>	<p style="text-align: right;">27</p> <p><b>WE Breastfeed Peer Support</b> 9:30-11:30 am Volunteers visit the PB&amp;J Parenting Program 131 Ontario St</p>	<p style="text-align: right;">28</p>

## Monthly Program Descriptions

FNIM Community Drop In Dinner  
The last Monday of each month the local FNIM community is invited to join the Indigenous Healing & Wellness Program for a meal and Indigenized chats. Connect with the community, learn about the program,

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



Ontario  
Ministry of Education



Guelph CHC  
growing healthy together

**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>Monday</b>	No Playtimes Available	
	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
	Downtown Playtime Guelph Civic Museum 52 Norfolk St.	9:30 am-11:30 am
	Parent Support	1:00 pm-2:00 pm
	Infant Afternoon 9 months to 18 months <b>Closed: June 26</b>	2:00 pm-4:00 pm
	Playtime <b>Closed: June 26</b>	2:00 pm-4:30 pm
<b>Thursday</b>	Playtime Half Room	9:15 am-12:15 pm
	Speed River Stroller Walk <b>June 6-27</b> Meet at Royal City Park Gazebo	10:00 am-11:30 am
	Parent Support	1:00 pm-2:00 pm
	Playtime <b>Check out the new start time!</b>	<b>2:30 pm-7:00 pm</b>
<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	Brant Ave Public School (portable) 64 Brant Ave Last Date Before Summer Closure: June 24	9:30-11:30am
<b>Tuesday</b>	Downtown Playtime	Guelph Community Health Centre (lower level) 176 Wyndham St N	9:15-11:30am
	Grange Hill Playtime	Ken Danby Public School 525 Grange Road Last Date Before Summer Closure: June 25	9:30-11:30am
	Clairfields Playtime	St. Paul Catholic School 182 Clairfields Dr E Last Date Before Summer Closure: June 25	9:30-11:30am
<b>Wednesday</b>	Two Rivers Playtime	Sacred Heart Church Hall (Huron St. door) 98 Alice St.	9:30-11:30am
	Westwood Playtime	Three Willows United Church 577 Willow Rd.	9:30-11:30am
<b>Thursday</b>	Brant & Waverley Playtime	New Life Church 400 Victoria Rd. N.	9:30-11:30am
	Parkwood Gardens Playtime	Parkwood Gardens Church 501 Whitelaw Rd	9:30-11:30am
<b>Friday</b>	Downtown Playtime	Guelph Community Health Centre (lower level) 176 Wyndham St N.	9:15-11:30am
<b>Saturday</b>	<b>Closed</b>		



EarlyON and  
GCHC

Present:

**Teddy  
Bear  
Picnic**

**Wednesday  
June 5**

Rain Date

June 12

**Riverside  
Park**

**10-11:30am**