

# GUELPH CHC EVENTS

## WEEKLY EVENTS MARCH 2018

	Downtown	Shelldale	Brant	Two Rivers	Other
<b>Mondays</b>	<p>Walk In Counselling 3:00pm - 5:00pm</p> <p>SMART Recovery@ 6:00pm - 7:30pm</p> <p>Community Health Connect Clinic waiting room 2:00pm - 4:45pm</p>	<p>Get Active 1:00pm-2:00pm Shelldale gym <b>(cancelled Mar 12)</b></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>	
<b>Tuesdays</b>	<p>Walk In Counselling 3:00pm - 5:00pm</p> <p>Community Food Market 3:00pm - 7:00pm</p> <p>Community Health Connect Clinic waiting room 2:00pm - 4:45pm</p>	<p>Yoga 11:45am - 12:30pm <b>(cancelled Mar 13)</b></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>
<b>Wednesdays</b>	<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>Walk In Counselling 3:00pm - 5:00pm</p> <p>Community Health Connect Clinic waiting room 2:00pm - 4:45pm</p>			<p>Yoga 7:00pm - 8:00pm Free or PWYC*</p>	<p>Youth Clinic Wyndham House 9:00am -11:00am</p>
<b>Thursdays</b>	<p>Walk In Counselling 3:00pm - 5:00pm</p> <p>Postpartum Mood Disorder Support Group 10:00am - 11:30am <b>*Registration Required</b></p> <p>Community Health Connect Clinic waiting room 2:00pm - 4:45pm</p>	<p>Let's Move Gentle movement 1:00 - 1:45pm <b>(cancelled Mar 29)</b></p> <p>Zumba 6:30pm - 7:30pm</p> <p><i>*Zumba Glow - 4th 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>	
<b>Fridays</b> <b>(Closed Mar 30 Good Friday)</b>	<p>Walk In Counselling 2:00pm - 5:00 pm <b>(cancelled Mar 30)</b></p> <p>Community Health Connect Clinic waiting room 2:00pm - 4:45pm <b>(cancelled Mar 30)</b></p>	<p>English Conversation 9:30 - 11:30am <b>(cancelled Mar 30)</b></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 <a href="http://www.guelphchc.ca">www.guelphchc.ca</a> or call 519-821-6638</p>		
<b>Saturdays</b>		<p>Zumba 10:00am - 11:00 am <i>*Suggested \$2 donation</i></p>			

# 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

### 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

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.

### 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

2:00pm - 4:45pm 176 Wyndham St. N

### Zumba—Brant

6:00pm - 7:00pm

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

2:00pm - 4:45pm 176 Wyndham St. N

### 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.

## Saturdays

### Zumba—Shelldale

10:00am - 11:00am 20 Shelldale Cres, Shelldale Ctr Gym *\*Suggested \$2 don.*

## Monthly and special events – March

Monday	Tuesday	Wednesday	Thursday	Friday				
			<b>Traditional Healing Session (IHWP)</b> 9:00am-5:00pm GCHC Downtown	<b>Traditional Healing Session (IHWP)</b> 9:00am-5:00pm GCHC Downtown				
5	6	7	<b>Men's Make &amp; Take Cooking Group</b> 2:30-4pm Community Kitchen 'Butternut Squash Pasta' (registration required)  <b>After School Drumming Circle (IHWP)</b> 4:00-5:00PM GCHC Downtown  <b>Women's Tea &amp; Talk Sharing Circle (IHWP)</b> (Drop in) 5:30-7pm GCHC Downtown	<b>Garden Fresh Box</b> Orders due				
12	13	<b>Downtown Nutrition Workshop</b> 11am-1:30pm Community Kitchen, 'Popular New Foods' (drop in)  <b>Traditional Healing Session (IHWP)</b> 9:00am-5:00pm GCHC Downtown	15	16				
19	<b>Craving Change Support Group</b> 3:00-4:00pm Woolwich Rm Shelley x476 for more info  <b>Chronic Pain Self Management</b> 9:30am-12:00pm  <b>Community Health Connect Volunteer Information Session</b> 10:00am-12:00pm Guelph CHC Downtown	20	<b>Garden Fresh Box</b> Pick Up  <b>Wandering Chefs</b> 2-4:30pm Com Kitchen 'Food for Fuel' (drop in)  <b>Chronic Pain Peer Support</b> 1:00-2:00pm  <b>Free Moccasin Making (IHWP)</b> 6:00-9:00pm GCHC Downtown	21	<b>Women's Tea &amp; Talk Sharing Circle (IHWP)</b> 5:30-7pm GCHC Downtown (Drop in)  <b>Free Moccasin Making (IHWP)</b> 6:00-9:00pm GCHC Downtown	22	<b>Birthday Books</b> Downtown Children's Room 1:00 - 3:00pm For children (aged 1-6) having a birthday in March <b>Registration required</b> Call 519-821-6638 ext. 204  <b>Free Moccasin Making (IHWP)</b> 6:00-9:00pm GCHC Downtown	23
26	27	<b>Traditional Healing Session (IHWP)</b> 9:00am-5:00pm GCHC Downtown  <b>Shelldale Nutrition Workshop:</b> 11:00am-1:30pm Kitchen/Konnie's Room 'Disease Fighters' (drop in)  <b>Volunteer Appreciation Breakfast</b> contact Hannah at <a href="mailto:voluntee@guelpchc.ca">voluntee@guelpchc.ca</a> for details	28	29	30			
<b>Volunteer Appreciation Games night</b> contact Hannah at <a href="mailto:volunteer@guelpchc.ca">volunteer@guelpchc.ca</a> for details	<b>Chronic Pain Self Management</b> 9:30am-12:00pm		<b>Traditional Healing Session (IHWP)</b> 9:00am-5:00pm GCHC Downtown		<b>(Closed Good Friday)</b>			

**Coming Soon:**  
**Take Charge Chronic Disease Self-Management**

6 weeks, 2 ½ hours/week  
Thursdays 2:30-5:00pm

April 19 – May 24

Register by calling

1-866-337-3318 or online at [www.wselfmanagement.ca](http://www.wselfmanagement.ca)

## Monthly Program Descriptions

For **Indigenous Healing and Wellness Program (IHWP)** email to register at [slongclaws@guelpchc.ca](mailto:slongclaws@guelpchc.ca) or [nbarraette@guelpchc.ca](mailto:nbarraette@guelpchc.ca)  
Check out all our events: [www.facebook.com/IndigenousHealingAndWellness](http://www.facebook.com/IndigenousHealingAndWellness)

**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.**

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](http://www.guelphchc.ca) to see our registered programs.



Drop-In Programs - Programs funded by County of Wellington



Day	Program/Date	Time	Location
<b>Monday</b>	Downtown Playtime	2:30pm-4:30pm	Guelph CHC Downtown - Children's Room
<b>Tuesday</b>	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
<b>Wednesday</b>	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
<b>Thursday</b>	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
<b>Friday</b> (closed Mar 30)	Stone Road Mall Playtime	9:15am-12:15pm	Stone Road Mall Site
<b>Saturday</b>	Stone Road Mall Playtime	9:30am-1:00pm	Stone Road Mall Site
	Daddy & Me (Mar 3)	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
<b>Monday</b>	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
<b>Tuesday</b>	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.
<b>Wednesday</b>	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.
<b>Thursday</b>	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.
<b>Friday</b> (closed Mar 30)	Downtown Playtime	9:15am-11:30am	Guelph CHC Downtown - Children's Room