

# GUELPH CHC EVENTS

## WEEKLY EVENTS NOVEMBER 2018

	Downtown	Shelldale	Brant	Two Rivers	Other
<b>Mondays</b>	Flu shots for Guelph CHC clients 11am – 12:30pm & 2pm – 7pm	Get Active 10:00-11:00am Shelldale gym	Yoga 6:15pm - 7:15pm Free or PWYC*  Community Food Market 3:00pm - 7:00pm	Yoga 7:30 – 8:00pm Tytler School	Zumba Grange Hill East *NEW Time and Location 6:45 - 7:45pm St. John's Catholic School (63 Victoria Rd N)
<b>Tuesdays</b>	Flu shots for Guelph CHC clients 11am – 12:30pm & 2pm – 7pm  Community Food Market 3:00pm - 7:00pm  Indigenous Wellness Workshop 6:00 - 8:00 pm	Yoga 11:45am -12:30pm  Mindfulness Group 1:00pm - 2:30pm	Zumba 5:30pm - 6:30pm Free or PWYC*		
<b>Wednesdays</b>	Yoga 9:30am - 10:30am  ID Clinic Connection 10:00am -12:00pm  Flu shots for Guelph CHC clients 11am – 12:30pm & 2pm – 4pm  Breastfeeding Café 1:00pm - 2:30pm	Flu shots for Guelph CHC clients 2:00pm - 7:30pm  English Conversation 6:00 - 7:00pm			Youth Clinic Wyndham House 9:00am -11:00am  Grange Hill Community Food Market 2:30pm - 6:30pm
<b>Thursdays</b>	Flu shots for Guelph CHC clients 11am – 12:30pm & 2pm – 7pm	Flu shots for Guelph CHC clients 11am - 12:30pm & 2pm - 4pm  Let's Move Gentle movement 12:45 - 2:00pm  Zumba 6:30pm - 7:30pm  *Zumba Glow - 5th week of the month		Parent Outreach Drop-in 3:00pm - 5:00pm  Beginner's Yoga 7:00-8:00 pm 87 Neeve St. Community Room Free or PWYC*  Yoga 9:00-10:00 am Tytler School	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>	Flu shots for Guelph CHC clients 11am – 12:30pm & 2pm – 4pm  Indigenous Drop-in Hour 4-5 pm	English Conversation 9:30 - 11:30am			
<b>Saturdays</b>		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](http://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

### Get Active—Shelldale

10:00am - 11:00am

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.*

### Zumba—Grange Hill East

6:45 - 7:45pm

St. John's Catholic School  
(63 Victoria Rd N)

## 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 Food Market

3:00pm - 7:00pm

176 Wyndham St. N.

Downtown

A weekly affordable fresh food market.

### Zumba—Brant

5:30pm - 6:30 pm

Brant Avenue School, 64 Brant Ave.

### Indigenous Wellness Workshop

6:00 - 8:00 pm

176 Wyndham St. N.

Downtown - lower level

Indigenous folks are invited to grow their wellness bundle with (Crystal from)

Indigenous Diabetes Health Circle. Different topics & activities each week. Drop-in.

## 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, Lower Level

Peer support and social time for parents feeding human milk. Everyone welcome.

### Community Food Markets

2:30pm - 6:30pm

Ken Danby Public School

525 Grange Rd

A weekly affordable fresh food market.

### English Conversation—Shelldale

6:00pm—7:30pm

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

## 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

Downtown - lower level

A weekly affordable fresh food market.

### 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*

### Beginner's Yoga—Two Rivers

7:00-8:00 pm

87 Neeve Street Community Room

Everyone welcome, mats provided.

## Fridays

### Indigenous Drop-in Hour

4:00pm - 5:00pm

Downtown Kitchen,

Indigenous folks from Wellington & Waterloo are invited for Indigenized social time and connections to the Healing & Wellness program.

### English Conversation—Shelldale

9:30am—11:30am

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 – November

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <b>Indigenous Men's Healing Circle</b> 1:00-3:00pm The Welcome In Drop-in Centre, 23 Gordon St. (drop in)	2 <b>Garden Fresh Box</b> Orders due
5	6	7 <b>WE Breastfeed Café</b> 1:00-2:30pm 176 Wyndham St. N. presents on babywearing, bring your carrier or try ours	8 <b>The Power of Peer Support: Strengthening Harm Reduction &amp; Addiction Services</b> 8:30am-4pm Lakeside Church 7654 Conservation Road Guelph, ON N1H 6J1 Registration required <a href="https://bit.ly/2EZEb1h">https://bit.ly/2EZEb1h</a>	9
12	13 <b>Men's Cooking Group</b> 1:30-3pm Community Kitchen 'Chickpea Cauliflower Curry' (registration required)	14 <b>Downtown Nutrition Workshop</b> 11am-1:30pm Community Kitchen, 'Iron Boosting Meals' (drop in) <b>Chronic Pain Peer Support</b> 1:00-2:00pm Shelldale	15 <b>Indigenous Men's Healing Circle</b> 1:00-3:00pm The Welcome In Drop-in Centre, 23 Gordon St. (drop in) <b>WE Breastfeed Peer Support</b> 9:30-11:30 am Volunteers visit the PB&J Parenting Program 131 Ontario St	16
19	20 <b>Wandering Chefs</b> 2:00-4:30pm Community Kitchen, 'Comfort Foods' (drop in) <b>Garden Fresh Box</b> Pick Up	21 <b>Traditional Healing with Ralph King</b> FNIM please contact to book free healing session 519-821-6638, Ext 301 <a href="mailto:Indigenous-Guelph@GuelphCHC.ca">Indigenous-Guelph@GuelphCHC.ca</a> <b>Indigenous Women's Grief Circle</b> 6:00-8:00 pm (1 <sup>st</sup> of 3 monthly sessions) (drop in)	22 <b>Traditional Healing with Ralph King</b> FNIM please contact to book free healing session 519-821-6638, Ext 301 <a href="mailto:Indigenous-Guelph@GuelphCHC.ca">Indigenous-Guelph@GuelphCHC.ca</a>	23
26	27 <b>Shelldale Nutrition Workshop</b> 12-2:30pm Shelldale Kitchen, 'Food and Mood' (drop in)	28	29	30 <b>Birthday Books</b> Stone Rd Mall Children's Room 1:00 - 3:00pm For children (aged 1-6) having a birthday in November or December <b>Registration required</b> Call 519-821-6638 ext. 204

### Monthly Program Descriptions

#### Nutrition Workshops

**Local Indigenous Maker's Market**  
Saturday November 10 1:00 – 7:00 pm  
**Everyone welcome!**

#### Community Health Fair, annual event

November 17<sup>th</sup> from 1:00 – 4:00  
Shelldale gym, drop in and find out more about programs and services for newcomers

FOR MORE INFORMATION OR TO REGISTER  
FOR ANY OF OUR PROGRAMS,  
PLEASE CALL 519 821-6638



www.twitter.com/GuelphCHC



www.facebook.com/OEYCGuelph

Questions?  
Call us!

## 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

## EarlyON Drop-In Programming

Visit our website at [www.guelphchc.ca](http://www.guelphchc.ca) to see our registered programs.

**EarlyON** Drop-In Programs - Programs funded by County of Wellington



Day	Program	Time	Location
Tuesday	Stone Road Mall Playtime	9:15 am-12:15 pm	Stone Road Mall Site
	Aberfoyle Playtime	9:30 am-11:30 am	Puslinch Community Centre 23 Brock Road South
	Parent Support	1:00 pm-2:00 pm	Stone Road Mall Site
	Infant Afternoons Birth up to 8 months	2:00 pm-4:00 pm	Stone Road Mall Site
	Stone Road Mall Playtime	2:00 pm-4:30 pm	Stone Road Mall Site - half room
Wednesday	Stone Road Mall Playtime	9:15 am-12:15 pm	Stone Road Mall Site
	Downtown Playtime	9:15 am-11:30 am	Guelph Civic Museum 52 Norfolk St.
	Parent Support	1:00 pm-2:00 pm	Stone Road Mall Site
	Infant Afternoons 9 months up to 18 months	2:00 pm-4:00 pm	Stone Road Mall Site
	Stone Road Mall Playtime	2:00 pm-4:30 pm	Stone Road Mall Site - half room
Thursday	Stone Road Mall Playtime	9:15 am-12:15 pm	Stone Road Mall - half room
	Parent Support	1:00 pm-2:00 pm	Stone Road Mall Site
	Stone Road Mall Playtime	2:00 pm-7:00 pm	Stone Road Mall Site
Friday	Stone Road Mall Playtime	9:15 am-12:15 pm	Stone Road Mall Site
Saturday	Stone Road Mall Playtime	9:30 am-1:00 pm	Stone Road Mall Site
	Daddy & Me (Nov 3)	2:00 pm-3:30 pm	Stone Road Mall Site



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

Day	Program	Time	Location
Monday	Brant Playtime	9:30 am-11:30 am	Brant Ave. Public School, 64 Brant Ave. Portable
	Auden Playtime	9:30 am-11:30 am	394 Auden Road Community Room
Tuesday	Downtown Playtime	9:15 am-11:30 am	Guelph CHC 176 Wyndham St. N. lower level
	Grange Hill Playtime	9:30 am-11:30 am	Ken Danby Public School, 525 Grange Road, Community Room
	Clairfields Playtime	9:30 am-11:30 am	St. Paul Catholic School, 182 Clairfields Dr. E. Community Room
Wednesday	Two Rivers Playtime	9:30 am-11:30 am	Sacred Heart Church Hall, 98 Alice St. Huron St. Door
	Westwood Playtime	9:30 am-11:30 am	Three Willows United Church, 577 Willow Rd.
Thursday	Brant & Waverley Playtime	9:30 am-11:30 am	New Life Church, 400 Victoria Rd. N.
	Parkwood Gardens Playtime	9:30 am-11:30 am	Parkwood Gardens Church, 501 Whitelaw Rd.
Friday	Downtown Playtime	9:15 am-11:30 am	Guelph CHC 176 Wyndham St. N. lower level