

GUELPH CHC EVENTS

WEEKLY EVENTS OCTOBER 2018

	Downtown	Shelldale	Brant	Two Rivers	Other
Mondays (All Programs Cancelled October 8)	Community Health Connect 1st Floor Main Reception 1:00pm - 4:00pm	Get Active 10:00-11:00am Shelldale gym	Yoga 6:15pm - 7:15pm Free or PWYC* Community Food Market 3:00pm - 7:00pm		Zumba Grange Hill East *NEW Time and Location 6:45 - 7:45pm St. John's Catholic School (63 Victoria Rd N)
Tuesdays	Community Food Market 3:00pm - 7:00pm Community Health Connect 1st Floor Main Reception 10:00am - 4:00pm	Yoga 11:45am -12:30pm (Starts Oct 16) Mindfulness Group 1:00pm - 2:30pm	Zumba 5:30pm - 6:30pm Free or PWYC*		
Wednesdays	Yoga 9:30am - 10:30am ID Clinic Connection 10:00am -12:00pm Breastfeeding Café 1:00pm - 2:30pm Community Health Connect 1st Floor Main Reception 1:00pm - 4:00pm	English Conversation 6:00 - 7:00pm (Cancelled Oct 31)			Youth Clinic Wyndham House 9:00am -11:00am Grange Hill Community Food Market 2:30pm - 6:30pm
Thursdays	Community Health Connect 1st Floor Main Reception 10:00am - 4:00pm	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*	Postpartum Mood Disorder Support Group EarlyON Centre SRM 10:00am - 11:30am *Registration Required West End Community Food Market 3:00pm - 7:00pm
Fridays	Indigenous Drop-in Hour 4-5 pm Community Health Connect 1st Floor Main Reception 1:00pm - 4:00pm	English Conversation 9:30 - 11:30am			
Saturdays		Zumba 10:00am - 11:00 am *Suggested \$2 dona- tion	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

Get Active—Shelldale

10:00am - 11:00am

20 Shelldale Crescent

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

Community Health Connect

10:00am - 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.*

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 Health Connect

10:00am - 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.

Zumba—Brant

5:30pm - 6:30 pm

Brant Avenue School, 64 Brant Ave.

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 Health Connect

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

First floor, main reception.

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

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*

Beginner's Yoga—Two Rivers

7:00-8:00 pm

87 Neeve Street Community Room

Everyone welcome, mats provided.

West End Community Food Market

3:00pm - 7:00pm

Downtown - lower level

A weekly affordable fresh food market.

Fridays

Indigenous Drop-in Hour

4:00pm - 5:00pm

Downtown, Muskwa Gashkijibigan

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

Community Health Connect

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

First floor, main reception.

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 – October

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4 Indigenous Men's Healing Circle 1:00-3:00pm The Welcome In Drop-in Centre, 23 Gordon St. (drop in)	5 Garden Fresh Box Orders due
8 Men's Cooking Group 1:30-3pm Community Kitchen 'Hearty Fall Chili' (registration required)	9	10 Downtown Nutrition Workshop 11am-1:30pm Community Kitchen, 'Fall Harvest' (drop in)	11	12
15	16	17 Chronic Pain Peer Support 1:00-2:00pm Shelldale Wandering Chefs 2:00-4:30pm Community Kitchen, 'Halloween Themed Meals' (drop in) Garden Fresh Box Pick Up	18 Indigenous Men's Healing Circle 1:00-3:00pm The Welcome In Drop-in Centre, 23 Gordon St. (drop in)	19
22	23	24 Shelldale Nutrition Workshop 12-2:30pm Shelldale Kitchen, 'Boost your Immunity' (drop in)	25	26 Birthday Books Stone Rd Mall Children's Room 1:00 - 3:00pm For children (aged 1-6) having a birthday in October Registration required Call 519-821-6638 ext. 204
29	30	31	<p style="text-align: center;">* All locations of the GCHC will be closed Monday, October 8 for Thanksgiving except the Overdose Prevention Site will remain open 10am-4:30pm at the Downtown Site</p>	

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



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 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
	Stroller Walk (Oct 4) Cancelled if raining at 9:00 am	10:00 am-11:30 am	Meet at Royal City Park Gazebo
	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 (Oct 13)	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