

GUELPH CHC EVENTS

WEEKLY EVENTS SEPTEMBER 2018

	Downtown	Shelldale	Brant	Two Rivers	Other
Mondays (All Programs Canceled September 3)	Community Health Connect 1st Floor Main Reception 1:00pm - 4:00pm	Get Active 10:00-11:00am Shelldale gym (Starts sept 10)	Yoga 6:15pm - 7:15pm Free or PWYC* (Start Sept 17) Community Food Market 3:00pm - 7:00pm	Ninjitsu Martial Arts 6:00pm - 8:00pm Tytler School 131 Ontario St All Ages	Zumba 7:00pm - 8:00pm Grange Hill East 394 Auden Road Community Room
Tuesdays	Community Food Market 3:00pm - 7:00pm Community Health Connect 1st Floor Main Reception 10:00am - 4:00pm	Mindfulness Group 1:00pm - 2:30pm	Zumba 5:30pm - 6:30pm Free or PWYC* (Starts Sept 18)		
Wednesdays	Yoga 9:30am - 10:30am (Starts Sept 12) 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 (Starts Sept 19)			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 <i>*Zumba Glow - 5th week of the month</i>		Parent Outreach Drop-in 3:00pm - 5:00pm Ninjitsu Martial Arts 6:00pm - 8:00pm Tytler School 131 Ontario St <i>Adults Only</i> Beginner's Yoga 7:00-8:00 pm 87 Neeve St. Community Room Free or PWYC* (Starts Sept 13)	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 (NO Sept 21) Community Health Connect 1st Floor Main Reception 1:00pm - 4:00pm	English Conversation 9:30 - 11:30am (Starts Sept 21)			
Saturdays		Zumba 10:00am - 11:00 am <i>*Suggested \$2 donation</i>			

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.*

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*

Zumba—Grange Hill East

7:00pm - 8:00pm

394 Auden Rd, Community Room

Tuesdays

Mindfulness Group

1:00pm - 2:30pm

20 Shelldale Crescent, Connie'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, 176 Wyndham St. N.

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*

Ninjitsu Martial Arts —Two Rivers Neighbourhood Group

6:00pm - 8:00pm

Tytler School, 131 Ontario Street

**Adults Only. Use Toronto St entrance*

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 Guelph & Wellington are invited for Indigenized social time and connections to the Healing & Wellness program. ***No drop-in Sept. 21st**

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 .

Monthly and special events – September

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6 Indigenous Men's Healing Circle Every other Thursday 1-3pm at the Drop-in Welcome Centre, 23 Gordon St. Indigenous Women's Sharing Circle Every other Thursday 6-8pm, Downtown Both are drop-in	7 Garden Fresh Box Orders due
10 Men's Cooking Group 1:30-3pm Community Kitchen 'Tuna Casserole' (registration required)	11	12 Downtown Nutrition Workshop 11am-1:30pm Community Kitchen, 'Love Your Legumes' (drop in)	13	14
17 Volunteer Spotlight Community Health Connector Chanel Campion of note taking & menu planning ----- THANK YOU	18	19 Chronic Pain Peer Support 1:00-2:00pm Shelldale Garden Fresh Box Pick Up	20 Chronic Pain Self Management 5:30-8:00pm GCHC Downtown To register call 1-866-337-3318 or email selfmanagement@lang.org Second Annual Public Celebration of the SEED. 12:00-3:00pm The POD 38 Elizabeth St	21 Birthday Books Stone Rd Mall Children's Room 1:00 - 3:00pm For children (aged 1-6) having a birthday in September Registration required Call 519-821-6638 ext. 204
24 Men's Cooking Group 1:30-3pm Community Kitchen 'Chicken & Vegetable Kabobs' (registration required)	25 Shelldale Nutrition Workshop 12-2:30pm Shelldale Kitchen, 'One Pot Meals' (drop in)	26	27	28 Stop the Stigma Rally 11:30am-1:30pm City Hall Guelph 1 Carden St

*** All locations of the GCHC will be closed Monday, September 3 for Labour Day**

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

Second Annual Public Celebration of All Things SEED

12:00-3:00pm

The POD Fresh Food Warehouse
38 Elizabeth St

Join us for food, activities, fun and entertainment! Tell your friends!

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 Start Date Sept 11	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 September 6 - October 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



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

Day	Program	Time	Location
Monday	Brant Playtime Start Date Sept 17	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.
	WE Breastfeed Café	1:00 pm-2:30 pm	Guelph CHC 176 Wyndham St. N. lower level
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