

GUELPH CHC EVENTS

WEEKLY EVENTS SEPTEMBER 2019

	Downtown	Shelldale	Brant	Two Rivers	Other
Mondays	Drop-In Clinic Hope House 12pm-1:30pm	Get Active 10:00-12:00pm Shelldale gym Starting Sept 16th	Yoga 7:00-8:00pm Brant Ave Public School Starting Sept 16th		Zumba Grange Hill East [7-8pm at Neeve St until Sept 9th] 6:45 - 7:45pm St. John's Catholic School Starting Sept 16th
Tuesdays	Community Food Market 3:00pm - 7:00pm Drop-in Clinic Welcome In- Drop-In Centre 11-12:30pm	Yoga 11:45am -12:30pm Starting Sept 17th Mindfulness Group 1:00pm - 2:30pm No class Sept 24th 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 www.guelphchc.ca or call 519-821-6638</p>	
Wednesdays	ID Clinic Connection 10:00am -12:00pm Breastfeeding Café 1:00pm - 2:30pm *now at Guelph Public Library 100 Norfolk St	English Conversation Circle 6-7pm Starting Sept 18th			
Thursdays		Zumba 6:30pm - 7:30pm <i>*Zumba Glow - last thurs of the month</i>	Community Garden meet-up (come garden!) 6-9pm Brant Ave Public School	Parent Drop-in 3:00pm - 5:00pm & Kids Club 3:30-5pm at Tytler School (use the Toronto St doors)	Postpartum Mood Disorder Support Group EarlyON Centre SRM 10:00am - 11:30am *Registration Required West End Community Food Market 3:00pm - 7:00pm
Fridays	Drop-in Clinic Welcome In- Drop-In Centre 23 Gordon St 11-12:30pm	English Conversation Circle 10-11am Starting Sept 20th			

Weekly Program Descriptions

Monday

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)

Yoga—Brant

7:00pm - 8:00pm

Brant Ave. PS (64 Brant Ave.)

Everyone welcome. No mat required.

Tuesday

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. Limited childcare, register 519-824-8498

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

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.

Wednesday

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, no childminding available.

Thursday

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.

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 - last thurs of the month

Friday

English Conversation—Shelldale

10:00am-11:00am

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.

Monthly and special events – September

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5 Healing with Troy Greene 9am-3pm Downtown GCHC Indigenous Healing & Wellness Program Check-in 10:30am-noon Muskwa Gashkijibigan	6 Garden Fresh Box Orders due Healing with Troy Greene 9am-3pm Downtown GCHC
9	10 Healing with Jane Burning 9am-3pm Downtown GCHC	11 Downtown Nutrition Workshop 11am-1:30pm Community Kitchen, "Building Strong Bones" (drop-in)	12 Women's Grief Circle 6-8pm Community Room	13
16 Shaker Making Workshop 5-8:30pm *full, waitlist ih-wpww@guelphchc.ca	17 Men's Cooking Group 1:30-3pm Community Kitchen "Flavours of Fall Casserole" (registration required)	18 Garden Fresh Box Pick Up Wandering Chefs 2:00-4:30pm Community Kitchen, "Meatless Meals" (drop in) Chronic Pain Peer Support 1:00-3:00pm Shelldale	19 Let's Move Gentle movement 1:00 - 1:45pm Shelldale	20 Soup & Crochet 11-2 Downtown Atrium Healing with Wendy Hill 9am-4pm Downtown GCHC
23	24 Gender Journeys 6-8PM Downtown GCHC	25 Shelldale Nutrition Workshop 11am-1:30pm Shelldale Kitchen, "Smart Snacking" (drop in)	26 WE Breastfeed Peer Support 9:30-11:30 am Volunteers visit the PB&J Parenting Program 131 Ontario St	27 Stop the Stigma Rally 11:30-1:30 Guelph City Hall
30 Counselling with Ray John Jr. 3-7pm FNIM Social & Dinner Drop In 5:00-7:00pm, GCHC Kitchen Children welcome 519-821-6638, Ext 301 IH-WPWW@guelphchc.ca	<h2>Monthly Program Descriptions</h2> <div style="background-color: #4CAF50; color: white; padding: 10px; border-radius: 5px;"> <p>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, register for workshops, get referrals, and let us know how you are doing and what you need.</p> <p>Contact ihwpww@guelphchc.ca for more info about any of our IHWP events</p> </div>			

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



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
Monday	Speed River Stroller Walk September 9-October 7 Royal City Park Meet at the Gazebo Cancellations Posted on Facebook by 8:30am	9:30 am-11:00am
	Parent Support	1:00 pm-2:00 pm
	Playtime	2:00 pm-4:30 pm
Tuesday	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
Wednesday	Playtime	9:15 am-12:15 pm
	Downtown Playtime Guelph Civic Museum 2nd floor 52 Norfolk St.	9:30 am-11:30 am
	Parent Support	1:00 pm-2:00 pm
	Infant Afternoons 9 months to 18 Months	2:00 pm-4:00 pm
	Playtime	2:00 pm-4:30 pm
Thursday	Playtime Half Room	9:15 am-12:15 pm
	Parent Support	1:00 pm-2:00 pm
	Playtime	2:00 pm-7:00 pm
Friday	Playtime	9:15 am-12:15 pm
	Parent Support	1:00 pm-2:00 pm
Saturday	Playtime	9:30 am-1:00 pm

5 Children Maximum per Adult for Drop-In Programs

NEIGHBOURHOOD DROP-INS

Day	Program & Location	Time
Sunday	No Playtimes Available	
Monday	Brant Playtime Brant Ave Public School (portable) 64 Brant Ave First Day Sep 16 Closed Sep 23	9:30-11:30am
Tuesday	Grange Hill Playtime Ken Danby Public School (Community Room) 525 Grange Rd First Day Sep 10	9:30-11:30am
	Clairfields Playtime St. Paul Catholic School (Community Room) 182 Clairfields Dr. E. First Day Oct 1	9:30-11:30am
Wednesday	Two Rivers Playtime Sacred Heart Church Hall (Huron St. door) 98 Alice St. First Day Sep 4	9:30-11:30am
	Westwood Playtime Three Willows United Church 577 Willow Rd. First Day Sep 4	9:30-11:30am
Thursday	Brant & Waverley Playtime New Life Church 400 Victoria Rd. N. First Day Sep 5	9:30-11:30am
	Parkwood Gardens Playtime Parkwood Gardens Church 501 Whitelaw Rd. First Day Sep 5	9:30-11:30am
Friday	Downtown Playtime Guelph Community Health Centre (lower level) 176 Wyndham St. N.	9:15-11:30am
Saturday	No Playtimes Available	



Dance-with Me!

Join us for a fun filled interactive dance program.

Mondays 9:30-11:30am

Sep 9-Oct 28

Call to Register 519-821-6638

Option 4