

WE INVITE YOU
TO CONNECT
WITH US...

In Person

Guelph Community
Health Centre
176 Wyndham St. N.

Office Hours:
Monday, Tuesday
and Thursday
9am-8pm
Wednesday and
Friday 9am-5pm

Call

519-821-6638 Option 4

Email

info@guelphchc.ca

Website

guelphchc.ca

Facebook

Family and Children's
Programs-Guelph
Community Health
Centre

WE WELCOME
YOUR FEEDBACK



DROP-INS		
Day	Program & Location	Time
Sunday	Closed	
Monday	Brant Playtime Brant Ave Public School (portable) 64 Brant Ave	Open Sep 16 9:30-11:30am Closed Sep 23
	Grange Hill Playtime Ken Danby Public School (Community Room) 525 Grange Road	Open Sep 10 9:30-11:30am Closed Nov 19
Tuesday	Clairfields Playtime St. Paul Catholic School (Community Room) 182 Clairfields Dr. E.	Open Oct 1 9:30-11:30am Closed Nov 5 & 26
	Two Rivers Playtime Sacred Heart Church Hall (Huron St. door) 98 Alice St.	Open Sep 4 9:30-11:30am
Wednesday	Westwood Playtime Three Willows United Church 577 Willow Rd.	Open Sep 4 9:30-11:30am
	WE Breastfeed Café Guelph Public Library—Main Branch 100 Norfolk St.	1-2:30pm
	Brant & Waverley Playtime New Life Church 400 Victoria Rd. N.	Open Sep 5 9:30-11:30am
Thursday	Parkwood Gardens Playtime Parkwood Gardens Church 501 Whitelaw Rd.	Open Sep 5 9:30-11:30am
	Downtown Playtime Guelph Community Health Centre (lower level) 176 Wyndham St. N.	9:15-11:30am
Friday	No Playtimes Available	
Saturday	No Playtimes Available	

Dance With Me !

Join us for a fun-filled
interactive dance program
featuring your favourite
dance styles like
Salsa, Hip-Hop, Merengue
and many more

Snack is Provided

Mondays 9:30am-11:30am
September 9 to October 28
No class September 23
November 4 to December 16
394 Auden Rd
Single Story Building in Middle of
Complex-Beside Mailboxes

To Register:

Call 519-821-6638 Option 4



WE Breastfeed

The WE Breastfeed program pairs trained and experienced volunteers with parents who are feeding breastmilk, and parents who are pregnant and want to learn about breastfeeding. Volunteers are respectful of whatever feeding choices parents make, knowing that any amount of breastmilk is beneficial and that longer breastfeeding, up to two years and beyond, is normal. WE Breastfeed supports parents feeding human milk in any way, in any amount.

You can be matched with a WE Breastfeed volunteer for one-on-one breastfeeding conversations and/or support. Call our program co-ordinator Nicole Barrette at 519-821-6638, Ext. 250 or email webreastfeed@guelphchc.ca to get started.

Volunteers are also on-hand at free, weekly drop-in breastfeeding cafés to provide social space and answer your questions. Cafés are a great place to meet other breastfeeding families, have a free hot cup of fair trade coffee or tea, and enjoy some playtime with your children.

Wednesdays 1 pm– 2:30 pm Guelph Public Library—Main Branch 100 Norfolk St.

Parent Outreach Workers

Do you live in the Two Rivers, Grange Hill or Brant Neighbourhoods?

Do you have children between the ages of birth to 18 years?

Are you looking for support in your community?

Please call.



Maryann Sly-Kensley
519-803-0989
msly-kensley@guelphchc.ca
131 Ontario Street
Lower level of Tytler School
use Toronto St. Doors



Cassandra Insell
226-203-0572
cinsell@guelphchc.ca



Katie Davis
519-362-6362
kdavis@guelphchc.ca
35 Algonquin Road

Community Food Markets

The Community Food Markets are a weekly affordable fresh food market, aimed at increasing the accessibility (both physical and financial) of good food for everyone in Guelph.

Our items are priced on a sliding scale, with the top amount equivalent to retail value, and the lower amount as cheap as we can sustainably offer (often 30-50% below retail prices).
You pay whatever feels right for you within the range listed.

Paying the mid to retail end of the scale subsidizes the cost for others in our community who benefit from the lower end of the scale. By shopping at the market, you are directly contributing to an equity-based food system.

Downtown
Tuesdays 3:00-7:00 pm
Guelph Community Health Centre
Main Level
176 Wyndham St N

Grange Hill
Wednesdays 2:30-6:30 pm
Grange Hill East Neighbourhood Group
Ken Danby Public School
525 Grange Rd

West End
Thursdays 3:00-7:00 pm
West End Community Centre
Main Lobby
21 Imperial Rd S

Everyone is always welcome!

Do you have symptoms of Post Partum Mood Disorder?

Post Partum Mood Disorder Support Group

Wednesdays 3:30pm-5:00pm
Thursdays 10:00am-11:30am
EarlyON Child and Family Centre
Stone Road Mall 2nd floor

**See Your Primary Care Provider
for a Referral to this Program**