

GUELPH CHC EVENTS

WEEKLY EVENTS MAY 2019

	Downtown	Shelldale	Brant	Two Rivers	Other
Mondays CLOSED ON MAY 20th	Creative Connections 11:30am-12:30pm GCHC Atrium (no group May 20th) Drop-In Clinic Hope House 12pm-1:30pm	Get Active 10:00-11:00am Shelldale gym (no group May 6th or 20th)	Yoga 7:00-8:00pm Brant Ave Public School (no group May 20th) *** As of April 8th—new time: 7:00-8:00pm***	Yoga 7:30 – 8:30pm Tytler School (no group May 20th)	Zumba Grange Hill East 6:45 - 7:45pm St. John's Catholic School (no group May 20th)
Tuesdays	Community Food Market 3:00pm - 7:00pm Drop-in Clinic Welcome In- Drop-In Centre 11-12:30pm	Yoga 11:45am -12:30pm Mindfulness Group 1:00pm - 2:30pm WE Breastfeed Peer Support Outreach at Baby Days Program 9:30-11:30 am Shelldale Gym		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	
Wednesdays	Yoga 9:00am - 10:00am 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		Yoga 7:30pm - 8:30pm	
Thursdays		Let's Move Gentle movement 12:45 - 2:00pm Zumba 6:30pm - 7:30pm <i>*Zumba Glow - last thurs of the month</i> Family Drum Circle 6-7:30pm	Community Garden meet-up (come garden!) 6-9pm Brant Ave Public School *starting May 16th	Parent Outreach Drop-in 3:00pm - 5:00pm Beginner's Yoga 7:00-8:00 pm 87 Neeve St. Community Room	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		Yoga 9:00-10:00 am Tytler School	

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.

Creative Connection—Downtown

11:30am - 12:30pm

176 Wyndham St N, Atrium

Drop-in music/art, board games & snacks.

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.

Yoga—Two Rivers

7:30-8:30 pm

Tytler School 131 Ontario St

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

Yoga—Downtown

9:00am - 10:00pm 176 Wyndham St. N.

Community Room

Gentle moves, beginner level. All welcome.

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, childminding available but registration required for childcare.

Yoga—Two Rivers

7:30-8:30 pm

Tytler School 131 Ontario St

Everyone welcome, No mat required.

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.

Let's Move

12:45-2:00pm

20 Shelldale Crescent

This gentle exercise class includes variety of weight bearing and resistance exercises, to help improve range of motion and circulation, increase mobility, stability and flexibility. Everyone welcome.

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

Family Drum Circle

6:00pm - 7:30pm 20 Shelldale Crescent

Black Bear Room

FNIM families are welcome to join in and learn some hand drum songs. Extra drums provided.

Zumba—Shelldale

6:30pm - 7:30pm 20 Shelldale Crescent

Shelldale Centre Gym

*Zumba Glow - last thurs of the month

Beginner's Yoga—Two Rivers

7:00-8:00 pm

87 Neeve Street Community Room

Everyone welcome, mats provided.

Friday

Yoga—Two Rivers

9:00-10:00pm

Tytler School 131 Ontario St

Everyone welcome, No mat required.

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 – May

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3 Garden Fresh Box Orders due
6	7	8 Downtown Nutrition Workshop 11am-1:30pm Community Kitchen, "Meals in a Jar" (drop-in)	9 Indigenous Healing & Wellness Program Check-in 10:30am-noon Muskwa Gashkijibigan	10
13 Healing with Troy Greene 9am-3pm Downtown GCHC	14 Healing with Troy Greene 9am-3pm Downtown GCHC	15 Garden Fresh Box Pick Up Wandering Chefs 2:00-4:30pm Community Kitchen, "Eat the Rainbow" (drop in) Chronic Pain Peer Support 1:00-2:00pm Shelldale Healing with Jane Burning 9am-3pm Downtown GCHC	16	17
20 CLOSED FOR VICTORIA DAY	21 Men's Cooking Group 1:30-3pm Community Kitchen 'Burrito Bowls" (registration required)	22 Shelldale Nutrition Workshop 11am-1:30pm Shelldale Kitchen, 'Fill Up on Fibre" (drop in)	23 WE Breastfeed Peer Support 9:30-11:30 am Volunteers visit the PB&J Parenting Program 131 Ontario St	24
27 FNIM Social & Dinner Drop In 5:00-7:00pm, GCHC Kitchen Children welcome 519-821-6638, Ext 301 HP@guelpchc.ca	28 Soup & Crochet with Grandma Penny 6-8pm Downtown Atrium (drop-in) Free soup Supplies provided	Monthly Program Descriptions		
		<p style="text-align: center;">FNIM Community Drop In Dinner</p> <p style="text-align: center;">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,</p>		

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

EarlyON

Child and Family Centre



Ontario
Ministry of Education



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
Sunday	Closed	
Monday	No Playtimes Available	
	Parent Support	1:00 pm-2:00 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 Museum 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 Check out the new start time!	2:30 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

NEIGHBOURHOOD DROP-INS

Monday	Brant Playtime	Brant Ave Public School (portable) 64 Brant Ave	9:30-11:30am
Tuesday	Downtown Playtime	Guelph Community Health Centre (lower level) 176 Wyndham St N	9:15-11:30am
	Grange Hill Playtime	Ken Danby Public School (Community Room) 525 Grange Road	9:30-11:30am
	Clairfields Playtime	St. Paul Catholic School (Community Room) 182 Clairfields Dr E Closed: May 7 & May 14	9:30-11:30am
Wednesday	Two Rivers Playtime	Sacred Heart Church Hall (Huron St. door) 98 Alice St.	9:30-11:30am
	Westwood Playtime	Three Willows United Church 577 Willow Rd.	9:30-11:30am
Thursday	Brant & Waverley Playtime	New Life Church 400 Victoria Rd. N. Closed: May 30	9:30-11:30am
	Parkwood Gardens Playtime	Parkwood Gardens Church 501 Whitelaw Rd Closed: May 30	9:30-11:30am
Friday	Downtown Playtime	Guelph Community Health Centre (lower level) 176 Wyndham St N.	9:15-11:30am
Saturday	Closed		



Dancing with Ana!

Join us for a fun filled interactive dance program.

Mondays
9:30-11:30am

May 27 to June 24

Call to Register
519-821-6638

Option 4