



Guelph CHC
growing healthy together

NOVEMBER 2021
PROGRAMS & EVENTS CALENDAR



VIRTUAL ZUMBA MONDAY NIGHTS

Put on your runners, grab a water bottle and get ready to have some fun exercising to music!

Do Zumba from the comfort of your own home using zoom.

Join in at 6:30pm for some social time before class starts.

[Click Here to Register](#)



Are you a Guelph CHC client wanting to get your annual flu shot?

Please visit guelphchc.ca to book your appointment online.

Our Mission

We reduce health inequities by providing interprofessional primary health services and community programs, focused on our priority populations, in collaboration with community partners.

Our Vision

A community without barriers to health and wellbeing.

guelphchc.ca

GuelphCHC

GuelphCHC

Our Values

*Innovation
Accountability
Person-Centred
Health Promotion
Excellence
Sustainability
Accessibility*

Downtown Building

176 Wyndham St. N.

Hours: Monday: 9am – 5pm
Tuesday: 9am – 5pm
Wednesday: 9am – 5pm
Thursday: 9am – 8pm
Friday: 9am – 5pm

Consumption Treatment Site

176 Wyndham St. N. **Hours:** Monday to Sunday: 9am – 5pm

Last Entry at 4pm Everyday

Back Door/Baker Street Entrance to be used for access to Downtown Building and CTS

EarlyON Child & Family Centre Office

435 Stone Rd. W., Stone Road Mall, Upper Level

Hours: Closed At This Time

Shelldale Building

20 Shelldale Cres.

Hours: Monday: 9am – 5pm
Tuesday: 10:30am – 5pm
Wednesday: 9am – 8pm
Thursday: 10:30am – 5pm
Friday: 9am – 5pm

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 KIM at 519-710-8600

NOVEMBER 2021 CALENDAR

Monday

Drop In Tech Support

9am-1pm & 2-4pm

Have a quick question or want your vaccination report printed off? Drop in and see if Lillian can assist you with your item. **(No Drop In on October 11th)**

Walk & Talk

2-2:45pm

Join us for a walk outside. Vaccination passport and masks required.

Registration Required by calling Kim Richer at 519-710-8600 or

Email at kricher@guelphchc.ca

Virtual Zumba

6:45-7:45pm

Join us for virtual Zumba class.

[Click Here to Register](#)

November 16 Client Advisory Committee

3:30-5:30pm

The Guelph CHC envisions a community without barriers to health and wellbeing for all. Your unique experience, ideas and feedback will help us co-design programs and services that best meet our clients needs.

For more information, please contact Karrie Cumming at kcumming@guelphchc.ca.

November 23-Virtual Wellness Workshop

11am-12:30pm

Topic: Managing the Pandemic Holiday Blues

Join us virtually in a conversation with Shawn Mathis (Social Worker at the GCHC). There will be time for Q & A at the end

[Click Here to Register](#)

Wednesday

November 17 Virtual Nutrition Workshop-Cooks on Zoom

1:30-3:30pm

Join us virtually to cook a delicious and nutritious step-by-step recipe in the comfort of your own home! Follow along with the nutrition team and discover new ways to cook with seasonal and/or fresh ingredients. Let's get back in the kitchen!

Register before November 15, 2021

[Click Here to Register](#)

Thursday

Social Time

2-3pm

Join us for virtual Social Time on Zoom

[Click Here to Register](#)

Friday

We Breastfeed & Chestfeed Virtual Café

11am-12:30pm

Peer support & social time for parents/ expecting parents interested in infant feeding. Everyone welcome.

Contact Nicole 519-821-6638 ext.301 or email webreastfeed@guelphchc.ca to Register

 New Program

NOVEMBER 2021 CALENDAR

VOLUNTEERS
NEEDED

JOIN THE WE BREASTFEED & CHESTFEED VOLUNTEER TEAM!

Peers – Parents who have nursed a child and want to help others will learn to:

- Offer support over the telephone
- Lead group sessions and provide one-on-one support

Priority will be given to peers who are / were:

- BIPOC
- **2SLGBTQ+**
- Living with disability (yours or family's)
- A new Canadian
- **Can speak a language other than English or French**
- Under 25 when became a parent
- Single parent (at any time)
- On a limited income



Allies – Community members who believe in our cause and support the program in ways that interest them like:

- Child engagement
- Welcoming & assisting parents
- Set-up & tear down of space
- Coordinating refreshments
- Administrative tasks
- Outreach & event planning
- Social media & marketing
- Fundraising
 - And more!

[Apply here to become a volunteer!](#)

- **Children welcome**
- **Bus tickets available**

FOR THE MONTH OF NOVEMBER



Please [CLICK HERE](#) to visit the GCHC's EarlyON website for their Child and Family Centre Program Schedule.

Any questions regarding their programming call 519-821-6638 ext. 4 or email earlyon@guelphchc.ca



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**Managing The
Pandemic Holiday Blues
November 23, 2021
11:00am-12:30pm**

Join Shawn Matheis (Guelph CHC Social Worker) virtually. He will be sharing information on how to *'Manage The Pandemic Holiday Blues'*. This will be followed by Q&A and social time.

Guelph CHC will be holding monthly, virtual wellness workshops, on the 4th Tuesday of each month. Information will be posted on our website (guelphchc.ca) in the calendar each month.

How To Register For This Workshop:

Complete the online registration form at

<https://forms.gle/M3L7BPEonEKJHia37>

www.guelphchc.ca 519-821-6638X274