

# PROGRAMS DESCRIPTIONS



# NOVEMBER PROGRAMS & EVENTS CALENDAR



2023

- GuelphCHC
- GuelphCHC
- [guelphchc.ca](http://guelphchc.ca)

**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.

**OUR VALUES**

- Innovation
- Person-Centered
- Excellence
- Accessibility
- Accountability
- Health Promotion
- Sustainability

**Guelph CHC locations**

**Downtown**  
176 Wyndham St. N  
(519) 821-6638-Option 1

**Shelldale**  
20 Shelldale Cr  
(519) 821-6638-Option 2

**EarlyON Child**  
435 Stone Road Mall, Upper Level  
(519) 821-6638-Option 4

**Consumption & Treatment Services (CTS)**  
176 Wyndham St N. Everyday 9am-5pm  
last entry at 4pm

**HIV/AIDS & Gender Affirming Care,**  
77 Westmount Rd Unit 110  
519-780-5298 ext 140

Program Name	Program Description	Address	Date & Time	Contact
<b>Client Advisory Committee</b>	The Guelph CHC envisions a community without barriers to health and wellbeing for all. Your experiences, ideas and feedback will help us co-design programs and services that best meets our clients' needs. Pre-registration required.	Guelph CHC-Downtown 176 Wyndham St. N or online	Every 1st Tuesday of each month 1pm-3pm	<b>Registration:</b> Karrie Cumming 519-822-6638 ext. 268 kcumming@guelphchc.ca
<b>Cooking Workshop</b>	A cooking workshop where community members will learn how to make healthy and nutritious recipes. <i>Pre-registration required:</i> Downtown Nov 1: <a href="https://forms.gle/1on5K2o5TtsCHgP17">https://forms.gle/1on5K2o5TtsCHgP17</a> Shelldale Nov 15: <a href="https://forms.gle/w23Kg1UgxGheZDsb6">https://forms.gle/w23Kg1UgxGheZDsb6</a> Downtown Nov 29: <a href="https://forms.gle/iUwX1xctnN1EvKnE8">https://forms.gle/iUwX1xctnN1EvKnE8</a>	<b>Nov 1, 29:</b> Community Kitchen 176 Wyndham St N. <i>Lower Level</i> <b>Nov 15:</b> Shelldale Community Kitchen 20 Shelldale Cres	Nov 1: 2:30pm-4:30pm Nov 15: 4:30pm-6:40pm Nov 29: 2:30pm-4:30pm	Shin Low slow@guelphchc.ca 519-821-6638 ext 257
<b>English Conversation Circle</b>	Learn new skills, meet neighbours, and build a support network. Join other newcomers/immigrant members with language barriers for conversations.	Guelph CHC-Shelldale 20 Shelldale Cres Konnie's Room	Every Monday <b>Beginner</b> 10am-11am <b>Advanced</b> 11am-12pm	Yasmin Holoubi 519-836-2222 ext. 230 holoubi@is-gw.ca
<b>Global Groove</b>	Learn and dance to the music from all around the world while creating social connections. Everyone from all cultures, bodies and genders are welcome.	Guelph CHC-Shelldale 20 Shelldale Cres Shelldale Gym	Every Wednesday 1pm-2pm	Sanna Noor 226-217-3024 snoor@guelphchc.ca
<b>Helping Hands (sewing &amp; crafts)</b>	A social and creative program for immigrant women to explore their creative side by making beautiful items by hand while creating social connections.	Guelph CHC-Shelldale 20 Shelldale Cres Konnie's Room	Every Tuesday 10:30am-12:30pm	Sanna Noor 226-217-3024 snoor@guelphchc.ca
<b>Learn Henna with Sanna</b>	A creative program to learn the basics of henna pattern and learn the origins of henna. Limited spots available. To register, please email Sanna at snoor@guelphchc.ca.	Guelph CHC-Shelldale 20 Shelldale Cres Konnie's Room	Starting Nov 13 Every Monday 1:30pm-2:30pm	Sanna Noor 226-217-3024 snoor@guelphchc.ca
<b>Mindfulness Group</b>	A weekly group that brings community members together to explore ways to bring more intension and awareness in their day.	Guelph CHC-Shelldale 20 Shelldale Cres Konnie's Room	Every Wednesday 11:30am-1pm	Pragya Pandey 519-821-6638 ext 373 ppandey@guelphchc.ca
<b>Pregnancy to Parenting (P2P)</b>	This program is a free group session for pregnant people. Participants will receive nutrition and prenatal counselling, access to healthy food plus more.	Guelph CHC-Shelldale 20 Shelldale Cres Konnie's Room	Every Thursday 10am-11:30am	Susan Varga 519-821-6638 ext. 209 svarga@guelphchc.ca
<b>Shelldale Yoga</b>	Join Shelldale Yoga to learn how to stretch gently to increase flexibility while reducing stress.	Guelph CHC-Shelldale 20 Shelldale Cres Shelldale Gym	Every Monday 9:30m-10:30am	Sanna Noor 226-217-3024 snoor@guelphchc.ca
<b>Shower Program</b>	A drop in shower program for anyone who does not have access to shower facilities.	Guelph CHC-Downtown 176 Wyndham St N. <i>Lower Level Atrium</i>	Every Monday-Thursday 10am-12pm <i>last entry is 11:30am</i>	Lindsay Sodtke 519-821-6638 ext.302 lsodtke@guelphchc.ca
<b>Social Space</b>	A fun & creative program for people to do some creative art, while enjoying a cup of coffee, music and socializing.	Guelph CHC-Downtown 176 Wyndham St N. <i>Lower Level Atrium</i>	<b>at Downtown</b> Every Tuesday 10am-12pm	Sanna Noor 226-217-3024 snoor@guelphchc.ca
<b>We BreastFeed &amp; Chestfeed</b>	A peer-support program open to all new and expecting parents interested in infant feeding.	Guelph CHC-Stone Rd Mall Early On: 435 Stone Rd Mall <i>Top Floor, Meridian Room</i>	Every Friday 11am-12:30pm	Susan Varga 519-803-2667 webreastfeed@guelphchc.ca
<b>Zumba</b>	Join us for a high-energy Zumba workout. Bring running shoes and water bottle.	Trinity Church: 400 Stevenson St. N back door.  Guelph CHC: 20 Shelldale Cres	<b>At Trinity</b> Every Monday 6pm-7pm  <b>At Shelldale</b> Every Thursday 6:30pm-7:30pm	Sanna Noor 226-217-3024 snoor@guelphchc.ca



# NOVEMBER 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p>*If you would like another format of the calendar, please connect with: <b>Kim Richer</b> <b>519-710-8600</b> <b>krichter@guelphchc.ca</b></p>		<p><b>10:00am</b> Shower Program <b>11:30am</b> Mindfulness Group <b>1:00pm</b> Global Groove <b>2:30pm</b> Cooking Workshop</p>	<p><b>10:00am</b> Shower Program <b>10:00am</b> Pregnancy to Parenting <b>2:30pm</b> Use Technology with Confidence <b>6:30pm</b> Shelldale Zumba</p>	<p><b>11:00am</b> We Breastfeed &amp; Chestfeed</p>
<p><b>9:30am</b> Shelldale Yoga <b>10:00am</b> Shower Program <b>10:00am</b> English Conversation Circle (<i>beginner</i>) <b>11:00am</b> English Conversation Circle (<i>advanced</i>) <b>6:00pm</b> Trinity Zumba</p>	<p><b>10:00am</b> Shower Program <b>10:00am</b> Downtown Social Space <b>10:30am</b> Helping Hands <b>1:00pm</b> Client Advisory Committee</p>	<p><b>10:00am</b> Shower Program <b>11:30am</b> Mindfulness Group <b>1:00pm</b> Global Groove</p>	<p><b>10:00am</b> Shower Program <b>10:00am</b> Pregnancy to Parenting <b>2:30pm</b> Use Technology with Confidence <b>6:30pm</b> Shelldale Zumba</p>	<p><b>11:00am</b> We Breastfeed &amp; Chestfeed</p>
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Guelph CHC community programs are open to people who face barriers to health and accessing services, such as people who are healthcare clients of Guelph CHC, and people who identify as:

- Homeless or at risk of homelessness
- Living on low income
- Newcomers to Canada with language barriers
- Have moderate to severe mental health and/or addiction issues
- Have moderate to severe disabilities
- Without access to primary care
- Indigenous
- 2SLGBTQIA+
- Vulnerable children and their families experiencing conflict, isolation or attachment struggles

People living within the neighbourhoods of Brant, Grange Hill, Onward Willow and Two Rivers are also welcome to attend Guelph CHC programs offered within their community.

### New Programs

#### Learn Henna with Sanna

Every Monday, starting Nov 13  
Guelph CHC-Shelldale  
20 Shelldale Cres-Konnie's Room  
Learn the basics of henna pattern.  
Registration: [snoor@guelphchc.ca](mailto:snoor@guelphchc.ca)

#### Use of Technology with Confidence

Thursday, Nov 2, 9, 16  
2:30pm  
Guelph CHC-Shelldale  
20 Shelldale Cres  
*Learn how to use technology with confidence (for adults)*  
Nov 2: Apple Devices (iPhone, iPad)  
Nov 9: Android devices (phone, tablet)  
Nov 16: Chromebooks  
Register: [www.guelphpl.ca/events](http://www.guelphpl.ca/events)