

PROGRAM INFORMATION



OCTOBER PROGRAM & EVENT CALENDAR



2025

  GuelphCHC
 GuelphCHC
 guelphchc.ca

OUR MISSION

We work with our community to promote and sustain health and well-being for all.

OUR VISION

A community without barriers to health and wellbeing.

OUR VALUES

- Compassion
- Social Justice
- Courage
- Integrity
- Adaptability



Guelph CHC locations

Downtown

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

Hive Health Services

77 Westmount Rd
Unit 110
519)-780-5298 ext 140

EarlyON and Family Supports



435 Stone Road Mall
Upper Level
(519) 821-6638-Option 4

Shelldale

20 Shelldale Cres.
(519) 821-6638-Option 2

The SEED Warehouse









69 Huron St.
www.theseedguelph.ca


Program Name	Description	Address	Date & Time	Contact
Badminton	Join us for drop in, beginner, recreational badminton. The goal is to have some fun and be active.	Shelldale Centre- 20 Shelldale Cres Gym- back door	Every Friday 5:30-6:30p.m No program Oct 17	Kim Richer 519-710-8600 kricher@guelphchc.ca
Beginner English Group	A friendly space to create social connections, build friendships and improve English language skills. For people who live in Guelph with beginner English language skills (Level 1-4).	Guelph CHC-Shelldale 20 Shelldale Cres. Konnie's Room	Every Tuesday 10:30-11:30a.m.	Iman Elhaydari 519-821-6638 X 277 ielhaydari@guelphchc.ca
Cooking Workshops	Cooking workshops where community members learn to make healthy and nutritious recipes. Pre-registration required.	University of Guelph Macdonald St #50 - MINS Rm 214 Shelldale Centre 20 Shelldale Cres. - Kitchen	University of Guelph Tues Oct 7, 2-4pm Shelldale Wed Oct 22, 4-6p.m.	Shin Low 519-821-6638 ext. 257 shinlow@guelphchc.ca
Downtown Social Space	A fun & creative program for people to do creative art, while enjoying a cup of coffee, music and socializing.	Guelph CHC-Downtown 176 Wyndham St N. Lower Level	Every Wednesday 10a.m.-Noon	Kim Richer 519-710-8600 kricher@guelphchc.ca
English Conversation Group	A friendly space to create social connections, build friendships and improve English language skills. Open to people who live in the City of Guelph.	Shelldale Centre- 20 Shelldale Cres. XL meeting room	Every Monday 9:30-11:30a.m. No program Oct 13	Iman Elhaydari 519-821-6638 X 277 ielhaydari@guelphchc.ca
Global Groove	Learn and dance to music from all around the world while creating social connections. Everyone from all cultures, bodies and genders are welcome.	Guelph CHC- 20 Shelldale Cres Shelldale Gym	Every Wednesday 1-2p.m. No program Oct 15	Iman Elhaydari 519-821-6638 X 277 ielhaydari@guelphchc.ca
Helping Hands (sewing & crafts)	Open to people who identify as women who are looking to explore their creativity through sewing and crafts while creating social connections.	Guelph CHC-Shelldale 20 Shelldale Cres. Konnie's Room	Every Monday 10:30a.m.-12:30p.m. No program Oct 13	Iman Elhaydari 519-821-6638 X 277 ielhaydari@guelphchc.ca
Living Better on Less	A six week program about creating a healthy and simpler life by consuming less, spending less, and treading softly on the earth. Registration preferred: http://bit.ly/LBOLsignup	Guelph CHC-Shelldale 20 Shelldale Cres. Konnie's Room	Every Thursday 2p.m.-5p.m. Ends Oct 23	Jennica Grimshaw livingbetteronless@guelph.toollibrary.org
Mindfulness Group	A weekly group that brings community members together to explore ways to bring more intention and awareness to our day.	Guelph CHC-Shelldale 20 Shelldale Cres.- Konnie's Room	Every Wednesday 11:30a.m.-1p.m.	Pragya Pandey 519-821-6638 X 373 ppandey@guelphchc.ca
Postpartum Group	For parents who identify as racialized and/or newcomers. Snacks provided, drop-ins welcome, sign ups encouraged.	Shelldale Centre-20 Shelldale Cres XL meeting room	Wednesday Oct 22 10-11:30a.m.	Isomi Henry 226-203-6720 ihenry@guelphchc.ca
Pregnancy to Parenting (P2P)	A free group session for pregnant people. Participants receive nutrition and prenatal counselling, access to healthy food, and more.	Guelph CHC-Shelldale 20 Shelldale Cres. Konnie's Room	Every Thursday 10:30a.m.-Noon	Susan Varga 519-821-2667 svarga@guelphchc.ca  p2p_guelph
SEED Markets	The SEED sells food on a sliding scale. You can pay anywhere between our low price and retail price. All are welcome!	f.u.n. fridays at Shelldale Centre 20 Shelldale Cres.- Gym Saturdays at Guelph Farmer's Market- 2 Gordon St.	Every Friday 11a.m.-1p.m. Every Saturday 8a.m.-1p.m.	Nicole Leighton nileighton@guelphchc.ca www.theseedguelph.ca
Shelldale Social Space	Drop in to enjoy a cup of coffee, do some colouring, play a board game, or just relax and enjoy the company of others.	Shelldale Centre- 20 Shelldale Cres Gym Oct 15 only: XL Meeting Room	Every Wednesday 10a.m.-Noon	Iman Elhaydari 519-821-6638 X 277 ielhaydari@guelphchc.ca
Shelldale Spotlight	A fun night of community singing and dancing, learning about other cultures and meeting our neighbours.	Shelldale Centre- 20 Shelldale Cres Gym- back door	Friday Oct 24 7-9p.m.	Iman Elhaydari 519-821-6638 X 277 ielhaydari@guelphchc.ca
Shower Program	A drop in shower program for anyone who does not have access to shower facilities. Last entry to use the showers is at 11:30am	Guelph CHC-Downtown 176 Wyndham St N. Lower Level Atrium	Every Monday-Thursday 10a.m.-Noon No program Oct 13	Andrew MacNeil 519-362-8057 amacneil@guelphchc.ca
Trans & Gender Diverse Peer Drop-in	Connect with other trans and gender diverse community members in a safe and welcoming space. Ages 18+.	Hive Health Services- 77 Westmount Rd. Unit 110 Community Room	Friday Oct 31 3-5p.m.	Clinic staff 519 821 6638 ext 7 clinicalservices@guelphchc.ca
We Breastfeed & Chestfeed	A peer-support program open to all new and expecting parents interested in infant feeding. Drop-in support.	Guelph CHC-Stone Rd Mall Early On: 435 Stone Rd Mall Top Floor, Meridian Room	Every Tuesday 11a.m.-12:30p.m	Susan Varga 519-803-2667 webbreastfeed@guelphchc.ca  webbreastfeed.guelphchc
Shelldale Yoga	Learn how to stretch gently to increase flexibility while reducing stress.	Guelph CHC-Shelldale 20 Shelldale Cres-Konnie's Room	Every Monday 10:30-11:30am No class Oct 13	Kim Richer 519-710-8600 kricher@guelphchc.ca
Zumba	Join us for a high-energy, fun Zumba workout. Bring running shoes, a water bottle, and a yoga mat (if you have one).	Grange- Ken Danby School, 525 Grange Rd -Gym (enter front) Shelldale Centre- 20 Shelldale Cres. Gym	Grange- Every Wednesday 6:30-7:30p.m. Shelldale- Every Thursday 6:30-7:30p.m.	Kim Richer 519-710-8600 kricher@guelphchc.ca




OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
<div> AT GUELPH FARMER'S MARKET</div> <div> Every Saturday</div> <div> 8a.m.-1p.m.</div> <div> 2 Gordon St.</div> <div> Child and Family Centre</div> <div>Don't forget to check out our program calendar for more family & children's programs!</div> <div></div>		<div>1</div> <div>10a.m. Shower Program 10a.m. Downtown Social Space 10a.m. Shelldale Social Space 11:30a.m. Mindfulness Group 1p.m. Global Groove 6:30p.m. Grange Zumba</div>	<div>2</div> <div>10a.m. Shower Program 10:30a.m. Pregnancy to Parenting (P2P) 2p.m. Living Better on Less 6:30p.m. Shelldale Zumba</div>	<div>3</div> <div>11a.m. SEED Market at f.u.n. Fridays 5:30p.m. Badminton</div>
<div>6</div> <div>9:30a.m. English Conversation Group 10a.m. Shower Program 10:30 Helping Hands 10:30 Shelldale Yoga</div>	<div>7</div> <div>10a.m. Shower Program 10:30 Beginner English Group 11a.m. We Breastfeed & Chestfeed 2p.m. University Cooking Workshop</div>	<div>8</div> <div>10a.m. Shower Program 10a.m. Downtown Social Space 10a.m. Shelldale Social Space 11:30a.m. Mindfulness Group 1p.m. Global Groove 6:30p.m. Grange Zumba</div>	<div>9</div> <div>10a.m. Shower Program 10:30a.m. Pregnancy to Parenting (P2P) 2p.m. Living Better on Less 6:30p.m. Shelldale Zumba</div>	<div>10</div> <div>11a.m. SEED Market at f.u.n. Fridays 5:30p.m. Badminton</div>
<div>13</div> <div> Statutory Holiday NO PROGRAMS Enjoy your day!</div>	<div>14</div> <div>10a.m. Shower Program 10:30 Beginner English Group 11a.m. We Breastfeed & Chestfeed</div>	<div>15</div> <div>10a.m. Shower Program 10a.m. Downtown Social Space 10a.m. Shelldale Social Space 11:30a.m. Mindfulness Group 6:30p.m. Grange Zumba</div>	<div>16</div> <div>10a.m. Shower Program 10:30a.m. Pregnancy to Parenting (P2P) 2p.m. Living Better on Less 6:30p.m. Shelldale Zumba</div>	<div>17</div> <div>Staff Event NO PROGRAMS Enjoy your day!</div> <div></div>
<div>20</div> <div>9:30a.m. English Conversation Group 10a.m. Shower Program 10:30 Helping Hands 10:30 Shelldale Yoga</div>	<div>21</div> <div>10a.m. Shower Program 10:30 Beginner English Group 11a.m. We Breastfeed & Chestfeed</div>	<div>22</div> <div>10a.m. Shower Program 10a.m. Downtown Social Space 10a.m. Shelldale Social Space 10a.m. Postpartum Group 11:30a.m. Mindfulness Group 1p.m. Global Groove 4p.m. Shelldale Cooking Workshop 6:30p.m. Grange Zumba</div>	<div>23</div> <div>10a.m. Shower Program 10:30a.m. Pregnancy to Parenting (P2P) 2p.m. Living Better on Less 6:30p.m. Shelldale Zumba</div>	<div>24</div> <div>11a.m. SEED Market at f.u.n. Fridays 5:30p.m. Badminton 7p.m. Shelldale Spotlight</div>
<div>27</div> <div>9:30a.m. English Conversation Group 10a.m. Shower Program 10:30 Helping Hands 10:30 Shelldale Yoga</div>	<div>28</div> <div>10a.m. Shower Program 10:30 Beginner English Group 11a.m. We Breastfeed & Chestfeed</div>	<div>29</div> <div>10a.m. Shower Program 10a.m. Downtown Social Space 10a.m. Shelldale Social Space 11:30a.m. Mindfulness Group 1p.m. Global Groove 6:30p.m. Grange Zumba</div>	<div>30</div> <div>10a.m. Shower Program 10:30a.m. Pregnancy to Parenting (P2P) 2p.m. Living Better on Less 6:30p.m. Shelldale Zumba</div>	<div>31</div> <div>11a.m. SEED Market at f.u.n. Fridays 3p.m. Trans and Gender Diverse Peer Drop-In 5:30p.m. Badminton</div>



Community Health & Wellbeing Month
October 2025

 Standing Together

If you would like another format of the calendar, **please connect with Kim: 519-710-8600** kricher@guelphchc.ca

Guelph CHC programs are open to people who face barriers to health and accessing services, such as people who are 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
- Having moderate to severe mental health and/or addiction issues
- Having moderate to severe disabilities
- Without access to primary care
- Indigenous
- 2SLGBTQIA+
- Vulnerable children and their families experiencing conflict, isolation or attachment struggles

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