

PROGRAM INFORMATION

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	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 Nov 4, 2-4pm Shelldale Wed Nov 19, 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.	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.	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.	Iman Elhaydari 519-821-6638 X 277 ielhaydari@guelphchc.ca
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 Nov 19 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	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 Nov 21 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	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 webreastfeed@guelphchc.ca 📷 webreastfeed.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 9:15-10:15am	Iman Elhaydari 519-821-6638 X 277 ielhaydari@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



NOVEMBER 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



NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:15 Shelldale Yoga 9:30a.m. English Conversation Group 10a.m. Shower Program 10:30 Helping Hands	4 10a.m. Shower Program 10:30 Beginner English Group 11a.m. We Breastfeed & Chestfeed 2p.m. University Cooking Workshop	5 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	6 10a.m. Shower Program 10:30a.m. Pregnancy to Parenting (P2P) 6:30p.m. Shelldale Zumba	7 11a.m. SEED Market at f.u.n. Fridays 5:30p.m. Badminton
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17 9:15 Shelldale Yoga 9:30a.m. English Conversation Group 10a.m. Shower Program 10:30 Helping Hands	18 10a.m. Shower Program 10:30 Beginner English Group 11a.m. We Breastfeed & Chestfeed	19 10a.m. Shower Program 10a.m. Downtown Social Space 10a.m. Shelldale Social Space 10a.m. Postpartum Group 11:30a.m. Mindfulness Group 4p.m. Shelldale Cooking Workshop 6:30p.m. Grange Zumba	20 10a.m. Shower Program 10:30a.m. Pregnancy to Parenting (P2P) 6:30p.m. Shelldale Zumba	21 11a.m. SEED Market at f.u.n. Fridays 5:30p.m. Badminton 7p.m. Shelldale Spotlight
24 9:15 Shelldale Yoga 9:30a.m. English Conversation Group 10a.m. Shower Program 10:30 Helping Hands	25 10a.m. Shower Program 10:30 Beginner English Group 11a.m. We Breastfeed & Chestfeed	26 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	27 10a.m. Shower Program 10:30a.m. Pregnancy to Parenting (P2P) 6:30p.m. Shelldale Zumba	28 11a.m. SEED Market at f.u.n. Fridays 5:30p.m. Badminton

Community Connections Information and Resource Fair

- Fri Nov 7
- 9:30-2:30p.m.
- EarlyON Guelph CHC,
Stone Road Mall, Second Floor

Come meet local organizations and learn about the many programs and services available to caregivers and families!

Who we Serve

Guelph CHC serves equity deserving groups, including people who identify as:

- Experiencing homelessness or precariously housed
- Low income
- Newcomers to Canada including immigrants and refugees
- Living with moderate to severe mental health and/or addictions
- Living with moderate to severe disabilities
- First Nations, Inuit and Metis
- 2SLGBTQIA+
- Equity-deserving children and their families
- Other equity-deserving groups facing systemic barriers

Our different programs and services have varying priority populations, but all are focused on breaking down barriers to health and wellbeing for our community.

People living in Brant, Grange Hill, Onward Willow and Two Rivers are also welcome to attend any programs offered in their neighbourhood.



- Every Saturday
- 8a.m.-1p.m.
- 2 Gordon St.

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



Don't forget to check out our [program calendar](#) for more family & children's programs!

