

# JUNE

## Two Rivers Neighbourhood Group Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p><b>9:30a.m.</b> English Conversation Group <b>10a.m.</b> Shower Program <b>10:30a.m.</b> Helping Hands</p>	<p>2</p> <p><b>10a.m.</b> Shower Program <b>10:30a.m.</b> Beginner English Group <b>11a.m.</b> We Breastfeed &amp; Chestfeed</p>	<p>3</p> <p><b>10a.m.</b> Shower Program <b>10a.m.</b> Downtown Social Space <b>10:30a.m.</b> Shelldale Social Space <b>11:30a.m.</b> Mindfulness Group <b>1p.m.</b> Global Groove <b>4p.m.</b> Cooking Workshop <b>6:30p.m.</b> Grange Zumba <b>7:45p.m.</b> Circl Mobility</p>	<p>4</p> <p><b>10a.m.</b> Shower Program <b>10:30a.m.</b> Pregnancy to Parenting (P2P) <b>6:30p.m.</b> Shelldale Zumba</p>	<p>5</p> <p><b>11a.m.</b> SEED Market at f.u.n. Fridays <b>5:30p.m.</b> Badminton</p>
<p>8</p> <p><b>9:30a.m.</b> English Conversation Group <b>10a.m.</b> Shower Program <b>10:30a.m.</b> Helping Hands</p>	<p>9</p> <p><b>10a.m.</b> Shower Program <b>10:30a.m.</b> Beginner English Group <b>11a.m.</b> We Breastfeed &amp; Chestfeed</p>	<p>10</p> <p><b>10a.m.</b> Shower Program <b>10a.m.</b> Downtown Social Space <b>10:30a.m.</b> Shelldale Social Space <b>11:30a.m.</b> Mindfulness Group <b>1p.m.</b> Global Groove <b>6:30p.m.</b> Grange Zumba <b>7:45p.m.</b> Circl Mobility</p>	<p>11</p> <p><b>10a.m.</b> Shower Program <b>10:30a.m.</b> Pregnancy to Parenting (P2P) <b>6:30p.m.</b> Shelldale Zumba</p>	<p>12</p> <p><b>11a.m.</b> SEED Market at f.u.n. Fridays <b>5:30p.m.</b> Badminton</p>
<p>15</p> <p><b>9:30a.m.</b> English Conversation Group <b>10a.m.</b> Shower Program <b>10:30a.m.</b> Helping Hands</p>	<p>16</p> <p><b>10a.m.</b> Shower Program <b>10:30a.m.</b> Beginner English Group <b>11a.m.</b> We Breastfeed &amp; Chestfeed</p>	<p>17</p> <p><b>10a.m.</b> Shower Program <b>10a.m.</b> Downtown Social Space <b>10:30a.m.</b> Shelldale Social Space <b>11:30a.m.</b> Mindfulness Group <b>1p.m.</b> Global Groove <b>2p.m.</b> Cooking Workshop</p>	<p>18</p> <p><b>10a.m.</b> Shower Program <b>10:30a.m.</b> Pregnancy to Parenting (P2P) <b>6:30p.m.</b> Shelldale Zumba</p>	<p>19</p> <p><b>11a.m.</b> SEED Market at f.u.n. Fridays <b>5:30p.m.</b> Badminton</p>
<p>22</p> <p><b>9:30a.m.</b> English Conversation Group <b>10a.m.</b> Shower Program</p>	<p>23</p> <p><b>10a.m.</b> Shower Program <b>10:30a.m.</b> Beginner English Group <b>11a.m.</b> We Breastfeed &amp; Chestfeed</p>	<p>24</p> <p><b>10a.m.</b> Shower Program <b>10a.m.</b> Downtown Social Space <b>10:30a.m.</b> Shelldale Social Space <b>11:30a.m.</b> Mindfulness Group <b>1p.m.</b> Global Groove</p>	<p>25</p> <p><b>10a.m.</b> Shower Program <b>10:30a.m.</b> Pregnancy to Parenting (P2P) <b>6:30p.m.</b> Shelldale Zumba</p>	<p>26</p> <p><b>11a.m.</b> SEED Market at f.u.n. Fridays <b>3p.m.</b> Trans and Gender Diverse Peer Drop-In <b>5:30p.m.</b> Badminton</p>
<p>29</p> <p><b>9:30a.m.</b> English Conversation Group <b>10a.m.</b> Shower Program <b>10:30a.m.</b> Helping Hands</p>	<p>30</p> <p><b>10a.m.</b> Shower Program <b>10:30a.m.</b> Beginner English Group <b>11a.m.</b> We Breastfeed &amp; Chestfeed</p>			

### Two Rivers Yoga

- Learn how to stretch gently to increase flexibility while reducing stress. This program is open to people who live in the Two Rivers Neighbourhood.
- Tytler School, 131 Ontario Street, Community
- June 3, 10 and 17
- 11:00am-12:00pm
- Contact: Kim Richer 519-710-8600 [kricher@guelphchc.ca](mailto:kricher@guelphchc.ca)

### Two Rivers Community Kitchen

- Join us for a visit as we all work together to prepare and enjoy a light nutritious and delicious meal. Bring a dish to share if you can. Bring your own plates, cutlery and cups. This program is open to people who live in the Two Rivers Neighbourhood.
- 87 Neeve, Community Room
- Third Tuesday of the month from 4:00pm – 6:30pm
- Contact: Kim Richer 519-710-8600, [kricher@guelphchc.ca](mailto:kricher@guelphchc.ca)

### Who we Serve

GCHC 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

**THE SEED AT GUELPH FARMER'S MARKET**

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

**Early ON**  
Child and Family Centre

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



**For the most up-to-date calendar details and downloadable PDFs, please visit our website at [guelphchc.ca](http://guelphchc.ca)**

# PROGRAM INFORMATION

Program Name	Description	Address	Date & Time	Contact
<b>Badminton</b>	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
<b>Beginner English Group</b>	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 10:30-12:30a.m.	Iman Elhaydari 519-821-6638 X 277 ielhaydari@guelphchc.ca
<b>Circl Mobility</b>	Circl Mobility helps to relieve stress, improve flexibility and mobility through a flow of movement and breathing. No experience necessary	Ken Danby School 525 Grange Rd - Community Room	Every Wednesday 7:45-8:15p.m <i>*Last Program June 10</i>	Kim Richer 519-710-8600 kricher@guelphchc.ca
<b>Cooking Workshops</b>	Cooking workshops where community members learn to make healthy and nutritious recipes. Pre-registration required.	<b>Shelldale:</b> Community Kitchen <b>Downtown:</b> Dublin Street United Church	Wed June 3, 4p.m.-6p.m. Wed June 17, 2p.m.-4p.m.	Shin Low 519-821-6638 ext. 257 shinlow@guelphchc.ca
<b>Downtown Social Space</b>	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
<b>English Conversation Group</b>	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
<b>Global Groove</b>	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 - Shelldale 20 Shelldale Cres. Gym	Every Wednesday 1p.m.-2p.m.	Iman Elhaydari 519-821-6638 X 277 ielhaydari@guelphchc.ca
<b>Helping Hands (sewing &amp; crafts)</b>	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. <i>*No Program June 22</i>	Iman Elhaydari 519-821-6638 X 277 ielhaydari@guelphchc.ca
<b>Mindfulness Group</b>	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
<b>Postpartum Group</b>	For parents who identify as racialized and/or newcomers. Snacks provided, drop-ins welcome, sign ups encouraged.	Guelph CHC - Shelldale 20 Shelldale Cres. Jassy's Room	Wed June 17 10-11:30a.m.	Stacy Ashmeade 5198216638 X 375 sashmeade@guelphchc.ca
<b>Pregnancy to Parenting (P2P)</b>	A registered program for pregnant people up to 6 weeks postpartum. Weekly discussions, access to resources. Free childcare.	Guelph CHC - Shelldale 20 Shelldale Cres. Konnie's Room	Every Thursday 10:30a.m.-Noon	Susan Varga 519-821-2667 p2p@guelphchc.ca @p2p_guelph
<b>SEED Markets</b>	The SEED sells food on a sliding scale. You can pay anywhere between our low price and retail price. All are welcome!	<b>f.u.n. fridays</b> at Shelldale Centre 20 Shelldale Cres.- Gym <b>Saturdays</b> 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 <a href="http://www.theseedguelph.ca">www.theseedguelph.ca</a>
<b>Shelldale Social Space</b>	Drop in to enjoy a cup of coffee, do some colouring, play a board game, or just relax and enjoy the company of others.	Guelph CHC - Shelldale 20 Shelldale Cres. Gym	Every Wednesday 10:30a.m.-Noon	Iman Elhaydari 519-821-6638 X 277 ielhaydari@guelphchc.ca
<b>Shower Program</b>	A drop in shower program for anyone who does not have access to shower facilities. <i>Last entry to use the showers is at 11:30am</i>	Guelph CHC - Downtown 176 Wyndham St N. Lower Level Atrium	Every Monday-Thursday 10a.m.-Noon	Christiane Kraft 519-821-6638 X 341 ckraft@guelphchc.ca
<b>Trans &amp; Gender Diverse Peer Drop-in</b>	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 May 29 3p.m.-4:30p.m.	Clinic staff 519 821 6638 X 7 clinicalservices@guelphchc.ca
<b>We Breastfeed &amp; Chestfeed</b>	A peer-support program open to all new and expecting parents interested in infant feeding. Drop-in support.	Guelph CHC-Stone Rd Mall EarlyON: 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
<b>Zumba</b>	Join us for a high-energy, fun Zumba workout. Bring running shoes, a water bottle, and a yoga mat (if you have one).	<b>Grange-</b> Ken Danby School, 525 Grange Rd -Gym (enter front) <b>Shelldale Centre-</b> 20 Shelldale Cres. Gym	<b>Grange-</b> Every Wednesday 6:30-7:30p.m. <i>*Last Program June 10</i> <b>Shelldale-</b> Every Thursday 6:30-7:30p.m.	Kim Richer 519-710-8600 kricher@guelphchc.ca

## JUNE PROGRAM & EVENT CALENDAR

### 2026

   GuelphCHC

Scan the QR code for digital calendar or visit [guelphchc.ca](http://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 well-being.

#### OUR VALUES

- Compassion
- Social Justice
- Courage
- Integrity
- Adaptability

### GCHC Locations

#### EarlyON and Family Supports

435 Stone Rd. W  
Mall - Upper Level  
519-821-6638 Option 4

#### Hive Health Services

77 Westmount Rd.  
Unit 110  
519-821-6638 Option 7

#### Downtown

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

#### Shelldale

20 Shelldale Cres.  
519-821-6638 Option 2

#### The SEED Warehouse

69 Huron St.  
[www.theseedguelph.ca](http://www.theseedguelph.ca)