

MAY

Two Rivers Neighbourhood Group Programs

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THE SEED AT GUELPH FARMER'S MARKET

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

For the most up-to-date calendar details and downloadable PDFs, please visit our website at guelphchc.ca

Early ON

Child and Family Centre

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



11a.m. SEED Market at f.u.n. Fridays
5:30p.m. Badminton

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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
- Every Tuesday 11:00am-12:00pm
- Contact: Kim Richer 519-710-8600 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

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

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9:15a.m. Shelldale Yoga
9:30a.m. English Conversation Group
10a.m. Shower Program
10:30a.m. Helping Hands

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10a.m. Shower Program
10:30a.m. Beginner English Group
11a.m. We Breastfeed & Chestfeed

6

10a.m. Shower Program
10a.m. Downtown Social Space
10:30a.m. Shelldale Social Space
11:30a.m. Mindfulness Group
1p.m. Global Groove
4p.m. Cooking Workshop
6:30p.m. Grange Zumba
7:45p.m. Circl Mobility

7

10a.m. Shower Program
10:30a.m. Pregnancy to Parenting (P2P)
6:30p.m. Shelldale Zumba

8

11a.m. SEED Market at f.u.n. Fridays
5:30p.m. Badminton

11

9:15a.m. Shelldale Yoga
9:30a.m. English Conversation Group
10a.m. Shower Program
10:30a.m. Helping Hands

12

10a.m. Shower Program
10:30a.m. Beginner English Group
11a.m. We Breastfeed & Chestfeed

13

10a.m. Shower Program
10a.m. Downtown Social Space
10:30a.m. Shelldale Social Space
11:30a.m. Mindfulness Group
1p.m. Global Groove
6:30p.m. Grange Zumba
7:45p.m. Circl Mobility

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Staff Event
No morning programs



6:30p.m. Shelldale Zumba

15

11a.m. SEED Market at f.u.n. Fridays
5:30p.m. Badminton

18

Statutory Holiday
NO PROGRAMS

Enjoy your day!



19

10a.m. Shower Program
10:30a.m. Beginner English Group
11a.m. We Breastfeed & Chestfeed

20

10a.m. Shower Program
10a.m. Downtown Social Space
11:30a.m. Mindfulness Group
1p.m. Global Groove
2p.m. Cooking Workshop
7:45p.m. Circl Mobility

21

10a.m. Shower Program
10:30a.m. Pregnancy to Parenting (P2P)
6:30p.m. Shelldale Zumba

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11a.m. SEED Market at f.u.n. Fridays
5:30p.m. Badminton

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9:30a.m. English Conversation Group
10a.m. Shower Program
10:30a.m. Helping Hands

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10a.m. Shower Program
10:30a.m. Beginner English Group
11a.m. We Breastfeed & Chestfeed

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10a.m. Shower Program
10a.m. Downtown Social Space
10a.m. Postpartum Group
10:30a.m. Shelldale Social Space
11:30a.m. Mindfulness Group
1p.m. Global Groove
6:30p.m. Grange Zumba
7:45p.m. Circl Mobility

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10a.m. Shower Program
10:30a.m. Pregnancy to Parenting (P2P)
6:30p.m. Shelldale Zumba

29

11a.m. SEED Market at f.u.n. Fridays
3p.m. Trans and Gender Diverse Peer Drop-In
5:30p.m. Badminton

PROGRAM INFORMATION



MAY PROGRAM & EVENT CALENDAR

2026



Scan the QR code for digital calendar or visit 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

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 10:30-12:30a.m.	Iman Elhaydari 519-821-6638 X 277 ielhaydari@guelphchc.ca
Circl Mobility	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	Kim Richer 519-710-8600 kricher@guelphchc.ca
Cooking Workshops	Cooking workshops where community members learn to make healthy and nutritious recipes. Pre-registration required.	Shelldale: Community Kitchen Downtown: Dublin Street United Church	Wed May 6, 4p.m.-6p.m. Wed May 20, 2p.m.-4p.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. <i>*No Program May 18</i>	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 - Shelldale 20 Shelldale Cres. Gym	Every Wednesday 1p.m.-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. <i>*No Program May 18</i>	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.	Guelph CHC - Shelldale 20 Shelldale Cres. Jassy's Room	Wed May 27 10-11:30a.m.	Stacy Ashmeade 5198216638 X 375 sashmeade@guelphchc.ca
Pregnancy to Parenting (P2P)	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 <i>*No Program May 14</i>	Susan Varga 519-821-2667 p2p@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.	Guelph CHC - Shelldale 20 Shelldale Cres. Gym	Every Wednesday 10:30a.m.-Noon <i>*No Program May 20</i>	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. <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
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 May 29 3p.m.-4:30p.m.	Clinic staff 519 821 6638 X 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 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
Shelldale Yoga	Learn how to stretch gently to increase flexibility while reducing stress.	Guelph CHC - Shelldale 20 Shelldale Cres. Gym	Every Monday 9:15-10:15am <i>*Last Program May 11</i>	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. <i>*No Program May 20</i> Shelldale- Every Thursday 6:30-7:30p.m.	Kim Richer 519-710-8600 kricher@guelphchc.ca