



Niagara Falls  
Community Health  
Centre

FALL ISSUE  
SEPTEMBER-DECEMBER 2024

# Your Community NEWSLETTER

STRONG, CONNECTED CARE FOR EVERYONE

## Art Journal Virtual Hangout

Be inspired, learn new techniques & create Art Journal pages while hanging out with fellow art journallers on Zoom! Materials are not provided.

Drop-in virtually every  
Friday from 1:00pm - 2:30pm

Register online, or contact Christine for more information at ext. 285



## NFCHC SERVICES

### BIRTH CERTIFICATE CLINIC

Do you need help getting your Canadian Birth Certificate? We offer assistance with Birth Certificate Applications every Friday afternoon, from 1-4 pm. First come, first served.

### GOOD FOOD BOX

Fresh fruits & vegetables delivered monthly to NFCHC. Orders due first 2 weeks of the month - \$22 small & \$26 large, pay at reception to register.



## ARE YOU GAME?

An opportunity to meet, socialize & take part in playing cards and board games.

**Mondays**  
2-3:30pm  
October 7  
November 4  
December 2



**Fridays**  
10-11:30am  
October 18  
November 22  
December 20

Sign up on our website.  
For more info call Lisa at 289-969-5610

## DRUM CIRCLE

Join us to connect, have fun, get loud, & experience how playing music in a group improves overall well-being!

Last Wednesday of each month, 1:30-3pm



Register online, or call Ilana ext. 313 for more info

## Register online!

Visit our website at  
[www.nfchc.ca/programregistration](http://www.nfchc.ca/programregistration)  
to register for these programs!

Scan the QR code  
with your phone or  
tablet to see our  
webpage!



# SPANISH SOCIAL CLUB

Enjoy some time with the Spanish Community. Snacks, coffee, music & more!

September 6

November 8

10:00am-12:00pm



Contact Bertha for more info or to register at ext. 227

## GOLDEN BEATS

Get fit while having fun by combining drumming on an exercise ball with music and dance.



4 weeks

This will be a gentle exercise suitable for most abilities.

9:30-10:30am

October 3-24

Register online, or call Shelby at ext. 223

## *Introduction to Mindfulness & Meditation*

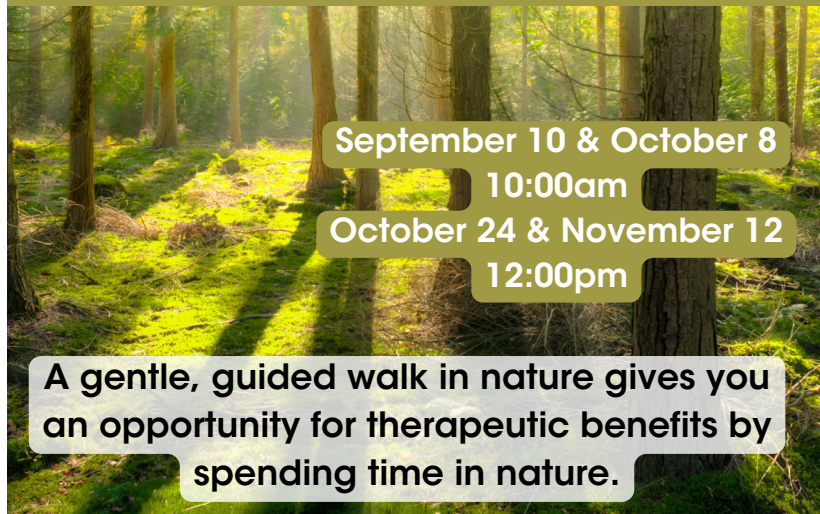
In this 4-week mindfulness program we will explore strategies to help reduce stress, calm your mind and learn coping skills for difficult emotions and thoughts.



**Fridays**  
**September 13th -**  
**October 4th**  
**10:30-11:30am**

Sign up on our website.  
For more information call Lisa at  
289-969-5610

# FOREST THERAPY



September 10 & October 8

10:00am

October 24 & November 12

12:00pm

A gentle, guided walk in nature gives you an opportunity for therapeutic benefits by spending time in nature.

Register online, or contact Christine for more information at ext. 285

## HOLIDAY PRESENCE

Tips for surviving the holidays and managing holiday stress.

December 5th

2-4pm

Register online or call Noelle for more info at ext. 225

## LET'S GET CREATIVE

Join us for a guided craft, all supplies will be provided.

October 22

10:00am-12:00pm



Register online or contact Alesha for more info at ext. 327

# MANAGING DEPRESSION WORKSHOP

Learn the best tips, tools and ways to manage depression and create a game plan to manage it.

November 14 2-4pm

Sign up on our website, or call Noelle for more info ext. 225

Want to stay up to date on free programs and events at NFCHC?



Join our virtual mailing list!

Scan the QR Code with your phone camera.



## Upcoming Closures

September 2nd.....Labour Day  
October 14th.....Thanksgiving  
November 11th.....Remembrance Day  
December 24 & 31 .....Closed in PM  
December 25, 26 & Jan 1 .....Closed

## Bullet Journaling

NOTES

Manage your days better!  
Join us for Bullet Journaling  
Tips & Tricks & Create your own!

When? Tuesday, September 17th  
10am-12pm

Register online or contact Christine ext. 285

## SMOKING CESSATION

Free smoking replacement aids & one-on-one coaching to quit smoking.



\* Must be a client of NFCHC

Contact Brian for more information ext. 244

## ART JOURNALING

Boost your well-being by tapping into your creativity. No art experience required, supplies provided.

Thursdays 9:30-11:30am  
September 12  
October 31



Register online or contact Christine ext. 285

 Niagara Falls  
Community Health  
Centre

 @NiagaraFallsCHC

# 2S&LGBTQ+ Adult Drop-in

Building connections with other  
2S&LGBTQ+ folks in Niagara, 19+  
Once per month, location varies.



Call Ilana at ext. 313 or e-mail [idixon@nfchc.ca](mailto:idixon@nfchc.ca) for information



## English Conversation Circle for 2S-LGBTQIA+ Newcomers



free coffee and tea for  
participants

Every Tuesday | 3:00pm - 4:00pm

Mahtay Cafe (The Exchange)  
5943 Sylvia Place, Niagara Falls, ON

For more information, send an email to  
[scalaycay@folk-arts.ca](mailto:scalaycay@folk-arts.ca)

## GENDER AFFIRMING ID CLINIC

Space for support and co-working  
for gender diverse folks seeking  
legal name and/or sex  
designation changes.

Commissioner of Oaths will be  
available for signing.



November 28 1:30pm

Contact Celeste to reserve your spot at  
289-321-0588 or e-mail [cturner@nfchc.ca](mailto:cturner@nfchc.ca)

## QUEER Youth Collective

Join fellow 2S&LGBTQ+ youth for  
fun, learning and peer support!

Ages 10-15

In-person twice per month

For more information, call or text  
Celeste at 289-321-0588 or e-mail  
[cturner@nfchc.ca](mailto:cturner@nfchc.ca)



## LGBTQ2+ Support Coordinator

- One-on-one support
- Advocacy
- System Navigation
  - Legal name changes
  - Sex designation changes
- Group Programming
- Family Education

For more information, call or text  
Celeste at 289-321-0588 or e-mail  
[cturner@nfchc.ca](mailto:cturner@nfchc.ca)

# CREATING HEALTHY BOUNDARIES

Join our workshop to explore:

- What boundaries are
- The importance of setting boundaries
- Learn how to set & uphold boundaries

**Thursday, October 17th**  
**2-4pm**

Register online or call Noelle at ext. 225

# BETTER BALANCE

A low impact exercise class that focuses on improving bone health and balance

**Wednesdays**  
**November 6th-27th**  
**10:00-10:45am**

Register online or contact Amanda at ext. 237 for more info

# CHRONIC BACK PAIN INFO SESSION

Learn more about what chronic back pain is and why it's so complicated. Education will focus on active strategies to use in your daily activities to reduce pain.

**Friday, October 25th**  
**10:30am-12:00pm**

Register online or contact Amanda for more information at ext. 237

# MAKE LONG LASTING CHANGES

Building habits to be your best self & learn how to build a habit that works.

**Thursday, October 10th**  
**1:30 - 3:00pm**

Register online or contact Christine for more information ext. 285

## Mindful Moment with Lisa

Drop in when you can make it for a mindfulness practice. to start your week.

Virtual every Monday 10:30-11:00am



Sign up on our website.

For more information call Lisa at 289-969-5610

## ARE YOU TURNING 65?

October 24th  
1:30-3:00pm



Join us for an information session on what you need to know before turning 65.

- Applying for CPP/OAS/GIS
- Community Programs
- Senior Drug Programs
- Senior Dental Programs

Sign up on our website or call Lisa at 289-969-5610

## How to Become a Chaos Coordinator

cha·os | 'kā-äs

Learn how to triage competing priorities, create systems that will set you up for success and help get things done. Let us help you find your peace among the chaos.

Two-part series:  
Thursdays  
September 12th & 26th  
2:00-4:00pm

Register online or contact Noelle ext. 225



## Dental Programs

Currently offering services through:

- The Green Door Project: no-cost cleanings & emergency dental care, for those ages 18-64 with no dental coverage
- Ontario Seniors Dental Care Program: no-cost routine dental care for low income seniors aged 65+

For more information, please contact our Dental Health Community Worker, Alesha at ext. 327

## JUNK JOURNAL

Build your own junk journal from scratch using creative materials.

November 28th  
9:30-11:30am



Register online or contact Christine ext. 285

## POWER OF ATTORNEY & WILLS

Come join us in a conversation about power of attorneys, wills and options for funeral arrangements.

Friday, November 15th  
10:30-11:30am



Register online or contact  
Lisa at 289-969-5610

# Care for Kids!



## INTRODUCING SOLIDS

Is your baby around 6 months old or recently starting solids? Join our Dietitian & CLE to learn more about when to start, signs of readiness, & which foods to start with.



September 19 10am, October 23 11am, November 21 2pm (virtual), December 18 11am

Register online, for more information call Heather at ext. 371

## READY TO RESCUE

First Aid and CPR workshop for children



Learn skills to assist a child in emergency situations, facilitated by a Red Cross CPR Instructor.

Register online or call ext. 304 for more information.

October 22nd 10:00-12:00pm

## Parenting Together

Parenting can be hard. Let us offer support.

Join Us:

- Let your kids play with other kids
- Connect with other parents/caregivers
- Learn about various topics
- Get support

Drop-in with your child (5 & under) every Wednesday 10:00-11:00am

\*Beginning on Sept 11th

For more info call Nicole at ext. 292



## Babes & Beats

Join us for some gentle movement, bonding and play by drumming on exercise balls while baby-wearing. For baby wearing parents and their children.

4 sessions  
Thursdays

October 3rd - 24th  
11:00am-12:00pm



Register online, for more info call Nicole at ext. 292

## DADS' GROUP

A group for fathers to connect and discuss a variety of topics from parenting to mental wellness.

Virtual - Tuesdays  
4 weeks

October 29 - November 19  
10:30am-11:30am

For any person with lived experience being a dad.

Call Tom to register at ext. 233

## KITCHEN TOTS

For children ages 3-5 & a caregiver

Have fun building confidence in the kitchen. Build food skills & healthy eating patterns while creating a delicious snack.

Two individual dates:  
October 29 & December 17  
10:00-11:00am



Register online, for more information call Nicole at ext. 292

# Care for Kids!



## NOURISH & NURTURE Breastfeeding Support Group

Get support from a lactation educator, overcome breastfeeding challenges, meet other breast feeding families & have fun! (other non-school aged children welcome to join)



Last Wednesday of each month

Drop-in 9:00-10:00am

No registration necessary. Call ext. 292 for more info

## EARLY LEARNER ENGLISH CLUB

for parents/caregivers & their children under 5 years old.

Mondays

October 21-December 16

2:00-3:00pm

Join us for a 8-week session learning basic English with your child through games, songs & circle time.



Register online, for more info call Nicole at ext. 292

## WE ARE HERE TO SUPPORT YOUR FAMILY

### Certified Lactation Educator/Dietitian:

Free support and guidance for all your infant feeding needs, milk supply concerns, latching, pain & discomfort, parental nutrition and much more

### Family Support Worker:

System navigation, forms completion (subsidies, social assistance etc), referrals to services, workshop facilitation, connect & more

## MUSIC SPARKLE & SHINE

First Monday of each month from 9-10am

Have fun connecting with your child through music. Play, dance, and try new instruments in this fun filled class. For ages 18 months-4 years old. Register online or call ext. 292 for more info.



## ART SPARKLE & SHINE

Third Monday of each month from 9-10am

Have a sensory, artful experience with your child while connecting to other tots & parents.

For ages 18 months - 4 years old. Register online or call ext. 292 for more info.



Our Care for Kids Program offers health care to children in Niagara without a health care provider, ages 0-5.

## Acute Care Appointments



Acute/new illnesses such as: diarrhea & constipation, colds, coughs & congestion, urinary tract infections, ear infections, rashes & more. Call in the morning for same-day appointment availability.

## Well-Baby/Well-Child Visits

Routine visits for: immunizations, measurements, assessments & feeding support. Appointments must be pre-booked.

