



**Niagara Falls
Community Health
Centre**

WINTER ISSUE
JANUARY - APRIL 2025

Your Community NEWSLETTER

STRONG, CONNECTED CARE FOR EVERYONE

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.

LEVEL-UP ENGLISH



Newcomer to Canada? Improve your English speaking skills. Join us for conversation and activities. All ages and families welcome.

Mondays 10:00-11:00am
January 20 - March 31

Sign up on our website.

For more info call Bertha at 905-356-4222 ext. 227

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



Register online!

Visit our website at www.nfchc.ca/programregistration to register for these programs!

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



DRUM CIRCLE

Connect, have fun, get loud, and experience how creative expression in a group improves overall well-being! Each session concludes with a mindfulness practice to enhance focus & reduce stress.

Saturdays 1:30-3pm

January 25 March 22
February 22 April 26



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

SPANISH SOCIAL CLUB

Come to our special "Informative session for Refugees and Newcomers to Canada in Spanish". Enjoy of socialization, coffee, music and more.

January 17 & March 7
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
January 7-28 &
April 1-22

Register online, or call Shelby at ext. 223

Anger Solutions

Learn how to understand anger and regulate emotions to improve outcomes

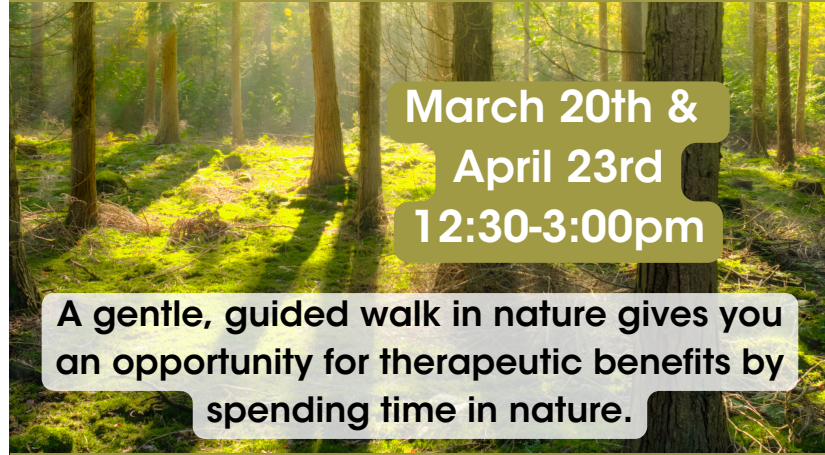


4 weeks

Fridays 1:30-3:00pm
March 28th-April 25th

Register online, or call Tom at ext. 233 for more information.

FOREST THERAPY



March 20th &
April 23rd
12:30-3:00pm

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

BINGO

Get ready to shout "Bingo!" as we play for prizes. In-person, ages 18+.



April 29th, 2:00-3:00pm

Register online, or call Shelby at ext. 223 for more info

ARE YOU GAME?

Come Out & Play Old School!
New & Classic Board Games & Cards



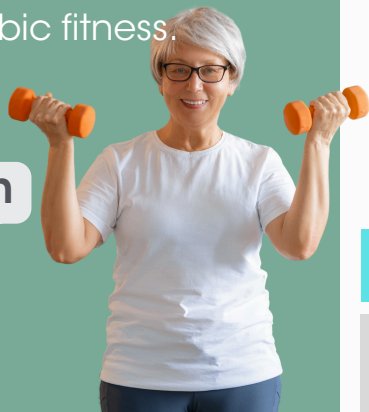
First Monday of each Month
1:00-2:30pm

Sign up on our website.
For more info contact Christine at ext. 285.

GENTLE EXERCISE

A low impact exercise class that can be done sitting or standing. Using weights & resistance bands to improve strength, balance & aerobic fitness.

**Wednesdays,
February 5th - 26th
10:30-11:15am**



Register online, or call Amanda at ext. 237 for more information.

* KARAOKÉ *

Join us for a fun-filled evening of music, laughter, and good vibes! Whether you want to belt out your favourite tunes solo or sing your heart out with the group, this is your chance to shine.



**March 26th
5-7pm**

Register online, or call 289-969-5610 for more info



**Join us for a
movie & snacks!**

Thursday, March 13
1:00-3:00pm

Register online or
contact Tom ext. 233

Upcoming Closures

January 1.....New Years Day
January 29.....Staff Training
February 17.....Family Day
April 18.....Good Friday



Bullet Journaling

NOTES

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

When? Tuesday, February 11th
1:00-2:30pm

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.

10:00-12:00
January 30 March 27
February 27 April 30



Register online or contact Christine ext. 285

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.



 Niagara Falls Community Health Centre

 @NiagaraFallsCHC

2S&LGBTQ+

Adult Drop-in

Building connections with other
2S&LGBTQ+ folks in Niagara, 19+
Fourth Thursday of each month 6-7:30pm,
location varies.



Register online. Call Ilana at ext. 313 or e-mail 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

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.



February 27th & April 24th

1:30-3:00pm

Contact Celeste to reserve your spot at
289-321-0588 or e-mail cturner@nfchc.ca

QUEER Youth Collective

Join fellow 2S&LGBTQ+ youth for fun,
learning and peer support! Ages 10-15

In-person 2nd & 4th Tuesdays of
each month

For more information, call or text
Celeste at 289-321-0588 or e-mail
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

BOUNDARIES BOOTCAMP

Struggling to set and uphold boundaries with others in your life? Let us help you with 4 weeks of learning strategies to up your boundaries game.

January 30th -
February 20th
2:00-4:00pm



Sign-up on our website or call 289-969-5610 for more information.

LOVING PRESENCE:

A MINDFULNESS & SELF-COMPASSION PRACTICE

Join us to learn gentle ways to feel better and take care of yourself. In this program, you'll learn to:

- Be more present
- Be kind to yourself
- Feel less stressed
- Improve your well-being

Friday, March 28th & April 4th
10:30am-12:00pm



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

DANCE NIGHT

Join us for an unforgettable night of music, food & dancing! Substance-free event. For adults only.

FEBRUARY 13TH, 5-7PM

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

BETTER BALANCE

A low impact exercise class that focuses on improving balance and preventing falls.

Thursdays
January 9th-23rd
11:00-11:45am

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

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

Declutter Workshop

Feeling overwhelmed with STUFF? Feeling STUCK with where to begin to declutter? Join us for a workshop and begin to clear that stuff!

April 3, 10 & 17th
1:30-3:00pm

Register online or contact Christine ext. 285



Eat Smart for a Healthy Heart



Workshop with a Registered Dietitian to learn which foods impact blood lipids, blood pressure and heart disease & how to promote heart and vascular health through lifestyle strategies.

3rd Saturday of each month, 10am-12pm

Sign up on our website, or call Arash for more info ext. 231

My Good Day Learn & practice Qigong

Qigong is an ancient Chinese practice that improves mental and physical health by integrating posture, movement, breathing techniques, and focused intention.

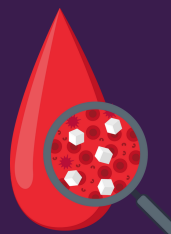
**March 5th, 19th & April 2nd & 16th
10:00-11:00am**



Register online or contact Gulustan ext. 304

MANAGING BLOOD SUGARS

Learn to optimize lifestyle strategies to improve blood sugar control. Great fit for folks with diabetes, prediabetes or risk of developing diabetes.



2nd Saturday of each month, 10am-12pm

Register online or contact Arash ext. 231

NUTRITION 101



Learn more about healthy eating, the role food plays on health conditions & body size with our Registered Dietitian in this workshop.

1st Saturday of each month, 10am-12pm

Register online or contact Arash ext. 231

HEALTHY BRAIN

Learn about risk factors for cognitive decline, and how to keep our brain healthy through lifestyle and healthy eating. Great for seniors and those folks who would like to keep their brain sharp as a preventive measure.



4th Saturday of each month, 10am-12pm

Register online or contact Arash ext. 231

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



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.



January 22nd 10am, February 20th 2pm (virtual),
March 20th 2pm, April 22nd 10am

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

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
Tuesdays
January 7-28
& April 1-22
11:00am-12:00pm



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

ART JOURNALING PARENT EDITION



Are you a parent of a young child? Do you find making time for creative practice difficult? Let us help you make the time and space to create! Join us for this 2 part 'Zine' making workshop.

We provide the materials.
No child care? Ask us about the possibility of bringing your young child.

Two Sessions:
February 4th & 11th
10:00-11:30

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

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.

February 25th & April 8 10:00-12:00pm

STROLL & ROLL

For Parents and Caregivers and their children (4 and under). Meet us at the Gale Centre Rink 1 to walk, talk and connect.



Wednesdays
Jan 8th-Mar 5th
10am-11am

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

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.



Support

We also have a certified lactation educator/dietitian and family support worker here to support your family. Visit our website to learn more!