



Niagara Falls
Community Health
Centre

WINTER/SPRING ISSUE
JANUARY-JUNE 2024

Your Community NEWSLETTER

STRONG, CONNECTED CARE FOR EVERYONE



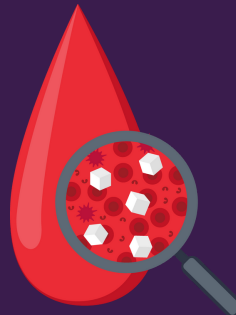
NUTRITION 101

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

Register online or contact Heather ext. 371

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. Dates & times vary.



Register online or contact Heather ext. 371

Mindful Moment with Lisa

Drop in when you can make it for a mindfulness practice.

Mondays: Virtual from 10:30-11:00am

Fridays: In-person from 10:30-11:00am



Sign up on our website.

For more information call Lisa at 289-969-5610

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.

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!



Virtual Monthly Cooking Sessions

Learn new, fun, healthy recipes to try at home. We provide all the ingredients for this virtual program, you pick-up the Monday before between 2-3 pm!

Tuesdays, 10:30-11:30am

January 23

February 13

March 5

April 9

May 7



Register online.

For more information, contact ext. 292

ART JOURNALING

Boost your well-being by tapping into your creativity in this workshop.

Tuesday January 16 1:30-3:30pm

Wednesdays 9:30-11:30am

February 21

March 20

April 17

May 15

June 19



Online registration. For more information, contact Christine ext. 285

BOUNDARIES BOOTCAMP

Come learn about boundaries; strategies for maintaining and upping your boundaries game.

January 30th-March 5th

2:00-4:00pm

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

Anger Solutions

Learn how to understand anger and regulate emotions to improve outcomes



4 weeks

Fridays 1:30-3:00pm

April 5th-26th

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

FOREST THERAPY

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

April 23, May 23 & June 25
1:30-3:30pm

Online registration. For more information, contact Christine ext. 285

CHRONIC PAIN WORKSHOPS

Education to develop an understanding of what chronic pain is and why it's complicated. Strategies to implement in daily life to reduce pain.



February 22nd & April 2
1:30-3:30pm

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

MANAGING DEPRESSION WORKSHOP

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



Two separate program dates:
2:00-4:00pm
February 8th & May 9th

Sign-up on our website or call Noelle at ext. 225 for more information.

Thank-you For Being a Friend Series

Four weeks to learn to build trust & friendships and set healthy boundaries.



2:00 - 4:00pm
May 7 - 28th

Register online, or call ext. 292 for more information.

SPANISH SOCIAL CLUB

Enjoy some time with the Spanish Community.
Snacks, coffee, music & more!
10:00-11:00am

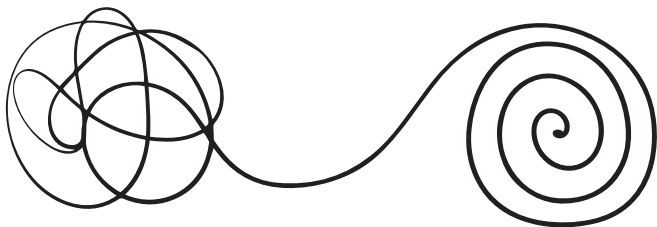
December 15
January 9
February 9
March 22



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

Coping with Stress & Anxiety

Learn physical, emotional & thinking aspects of anxiety and stress. Learn skills to have better days with anxiety & stress.



March 21st 9:30-11:30am
June 6th 1:30-3:30pm

Online registration. For more information, contact Christine
ext. 285

WELLNESS SERIES

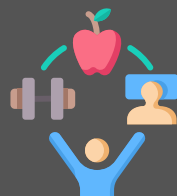
Register online or call for any of these workshops.

SETTING INTENTIONS - JAN 10TH



Learn about the power of intention setting and how to be a conscious creator of your day and life. Make a vision board. ext. 292

MAKE LONG LASTING CHANGES - FEB 1ST



Building habits to be your best self and learn how to build a habit that works. ext. 285

HYGGE FOR MENTAL HEALTH - FEB 7



Learn the concept of "hygge" to cope with the winter blues. Make a cozy craft to take home. ext. 292

SOMEBODY TO LOVE - FEB 14TH



Psychoeducation about body image and self-compassion, and how to shift your mindset about body image. ext. 225

BE KIND TO YOURSELF - MAR 6TH



Uncover reasons why we may not be nice to ourselves & learn ways to be kinder to yourself. ext. 225

LET'S GET CREATIVE - MAR 27TH



Free, in-person crafting session – all supplies provided for a guided craft activity. ext. 292



Youth Collective

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

Open to entire region of Niagara. In-person the third Wednesday of each month.

For more information, call or text Celeste at 289-321-0588 or e-mail cturner@nfchc.ca



GOLDEN BEATS

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

This will be a gentle exercise suitable for most abilities.



4 weeks
10:30-11:30am
Two sessions:
Jan 11-Feb 1
or
April 4-15

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

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 the Dental Health Community Worker, Alesha at ext. 327

LGBTQ2+ Support Coordinator

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

Open to all sexual and gender-diverse identities.

For more information, call or text Celeste at 289-321-0588 or e-mail cturner@nfchc.ca

REFUGEE HEALTH SYSTEM NAVIGATORS

»»» WHAT CAN WE HELP WITH? «««

SYSTEM NAVIGATION

Connect patients and families with healthcare services.

COMMUNICATION

Advocate and enhance communication between patients and families, clinical staff, & service providers.

CONNECTION

Connect with programs and resources in the community for Newcomers and Refugees.

TRANSLATION SERVICES

Assist clients with language barriers on forms, at appointments, etc.

Turkish Translation: Gulustan ext. 304

Spanish Translation: Bertha ext. 227

REFUGEE WALK-IN CLINIC

WEDNESDAYS

4:00PM-7:00PM

REGISTRATION OPENS AT 3:30PM

SELECT SATURDAYS

9:00AM-4:00PM

REGISTRATION OPENS AT 8:30AM

Dates:

January 20th

February 24th

March 23rd

Please bring Interim Federal Health documents. These clinics are not for patients of NFCHC.

RAINBOW KIDS' READING CLUB



Five week series for children ages 6-10 and their families. The books we read will spark discussion on diversity and being yourself.

Mondays, 4 - 5 pm. April 15 to May 13th



For more information, call or text Celeste at 289-321-0588 or e-mail cturner@nfchc.ca

TRANScendent Families

A gender affirming group designed for supporting caregivers and their gender diverse youth. For youth 12-18 & their caregivers.

**Monday Evenings
January 15th - March 4th**

Contact Ilana to register at ext. 313 or e-mail idixon@nfchc.ca



Eat Smart for a Healthy Heart



Workshop with the Dietitian to learn which foods impact cholesterol & how to promote heart health through lifestyle strategies. Dates & times vary.

Sign up on our website, or call Heather for more info ext. 371

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

January 1st.....New Years Day
January 31st.....Staff Training
February 19th.....Family Day
March 29th.....Good Friday
May 20th.....Victoria Day



2S&LGBTQ+



Adult Drop-in

Building connections with other 2S&LGBTQ+ folks in Niagara, 19+

Call or text Celeste at 289-321-0588 or e-mail cturner@nfchc.ca

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. 368

Virtual Bingo

Join us for an hour of fun and games and shout "Bingo!" as we play for prizes virtually. Ages 18+.

Jan 16, Feb 20, Mar 19th, April 16th, May 21st

Register online or call Alesha ext. 327



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@NiagaraFallsCHC

