



**Niagara Falls  
Community Health  
Centre**

FALL ISSUE  
SEPTEMBER 2022

# 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 1-3 pm. First come, first served.

### **GOOD FOOD BOX**



Fresh fruits & vegetables delivered monthly to NFCHC. Orders due first 2 weeks of the month - \$17 small & \$22 large, contact Nicole ext. 292

### **SMART RECOVERY**

Self-management and recovery training group to help people manage recovery from any type of addictive behaviour (i.e. alcohol, nicotine, drugs, gambling, sex, eating, self-harming), contact Tom ext. 233

## **MESSAGE FROM THE DIRECTOR**



For me, Fall always signals the start of new things and that is very true at Niagara Falls Community Health Centre. The Board, staff and patients have spent a significant amount of time and focus in the last year creating a new mission and strategic plan to guide our work moving forward. We are focusing on creating stronger, more connected care teams to better support our patients. If you have had an appointment recently at the CHC, you know that we are delivering team-based care where all of our patients have a devoted team of health professionals who work together to support your unique needs. You can find a detailed overview of the strategic plan on our website [www.nfchc.ca](http://www.nfchc.ca)

Our staff is excited to be seeing our patients for in-person programming again. While focusing on safety, your team has streamlined the program offerings to better meet the health and wellness needs of the individuals we support both in person and virtually. We have much to celebrate this fall so keep an eye out for Community Health and Wellbeing Week is planned for October 17-23. Stay tuned for a week filled with activities to align with this year's theme of Confronting Inequity, Celebrating Community. We look forward to celebrating our unique community here in Niagara Falls.

## **Art Journaling**

Boost your well-being by tapping into your creativity in these art journaling workshops.

**9:30 - 11:30 am**

Sept 21, Oct 12, Nov 14 & Dec 12



**Contact Christine to register at ext. 285**

# Team-Based Care



NFCHC has moved to team-based care. This will allow you to be seen more quickly when you need an appointment & gives you the right care, at the right time, by the right person. Please visit our website for more information.



## Mindfulness Ambassador

Increase focus, control emotions, communicate feelings, and learn to connect with your breath.

Wednesdays  
November 9 - December 14  
10:30 - 11:30 am

Contact Nicole to register at ext 292

## Online Appointment Booking

Now offering online booking for in-person medical appointments - visit our website to book your appointment online!

## SomeBODY to Love

2-hour virtual workshop to discuss body image, self esteem, relationship with food & learn how to love yourself.

**October 25 from 2-4 pm**



Contact Heather to register at ext. 371





# Queer Youth Collective

Youth who identify as 2SLGBTQ+, join us Tuesday afternoons for fun, learning, and peer support, virtual and in-person options available.

When: Tuesdays  
Age Groups: 9-13 and 14-18  
Time: 4:00 - 5:00 pm

For more information or to register, call or text Celeste at 289-321-0588

## LET'S GET CREATIVE

Free, in-person crafting session.  
Make a craft to take-home while socializing with others.

All materials and supplies provided

Two dates to choose from:  
September 28th.....10:00-11:30am  
December 8th.....10:00-11:30am

To register call Nicole at ext. 292  
or e-mail [nsoble@nfchc.ca](mailto:nsoble@nfchc.ca)

## Gentle Fit

Exercise class for individuals of all ages and abilities. For patients, STOP clients & COPD/Lung Health graduates only.

When:.....Thursdays  
Time:.....11:00am-11:45am  
Start:.....Thursday September 22  
Duration:.....7 weeks

Call Amanda to register at ext. 237

## Book Club

Join us to read a book & get together one month later to discuss with others.

Contact Nicole to register ext. 292 or  
email [nsoble@nfchc.ca](mailto:nsoble@nfchc.ca)



# 2SLGBTQ+ Adult Drop-in

Building  
connections  
through improv  
and games with  
other 2SLGBTQ+  
folks in Niagara,  
19+

For more information or to register,  
call or text Celeste at 289-321-0588

## CBT for Youth

Ages 14-18

Learn how to manage feelings, &  
understand the connection  
between our thoughts, emotions  
and behaviours

**Thursdays**  
**November 17 - December 8**  
**3:00 - 5:00 pm**

Call Nicole to register at ext. 292

## Living Beyond Stress & Anxiety



Life is stressful.  
Join us for a workshop to learn  
ways to manage stress and  
anxiety symptoms

December 6th 1:30-3:30pm

Call Noelle to register at ext. 225

## Skills to Cope



Learn coping  
skills to deal with  
day-to-day life  
and difficult  
situations in.  
Help with  
decision making  
and managing  
emotions

September 13 - November 10  
9:30am - 12:00pm  
For more information or to register,  
call Christine at ext. 285





## MONTHLY COOKING SESSION

Learn new, fun, healthy recipes to try at home. We provide all the ingredients for this virtual program.

September 20th  
November 15th     10:30-11:30am  
December 20th

Call Nicole at ext. 292

## SMOKING CESSATION PROGRAM

Contact Brian to get help quitting at ext. 244

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

\*Must be a client of NFCHC



## COFFEE CLUB

Join us for some socializing with friends and a warm drink and snack. Open to everyone. No registration required, just drop-in!

**Tuesdays 10:30 - 11:30am**

Call Shelby at ext. 223 for more information

## Upcoming Closures

September 5.....Labour Day  
October 10.....Thanksgiving  
November 11.....Remembrance Day  
December 26 & 27....Christmas  
January 2, 2023.....New Years



**FOLLOW US!**



Niagara Falls  
Community Health  
Centre



@NiagaraFallsCHC

# CREATING HEALTHY BOUNDARIES

This virtual workshop will explore boundaries, the importance of having them, why it may be hard to set them, and offer strategies to start setting your own.



**September 13 or December 8**  
**3:00-5:00 pm**

Call Lisa at 289-969-5610 to register.

## LUNG HEALTH

Education, supervised exercise, counselling & dietitian services, support in managing respiratory difficulties.

Tuesdays  
Sept 20 - Oct 25  
1:30-3:30pm



Contact Amanda ext. 237 to register

## Fall is in the Air



Need a device to join a program? Ask about the  
**NFCHC Lending Program**



Funded by:  
Ontario Trillium Foundation  
  
Fondation Trillium de l'Ontario  
An agency of the Government of Ontario  
Un organisme du gouvernement de l'Ontario

## Dental Programs



Did you know NFCHC has a dental suite?

Currently offering services through:

- The Green Door Project
- Ontario Seniors Dental Care Program

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

## BINGO is BACK

Our virtual Bingo is back monthly for some fun & prizes!

**Sept 27, Oct 25, Nov 22, & Dec 20**

Contact Alesha to register at ext. 327  
All materials provided.

3-4pm



## LGBTQ2+ Support Coordinator

- One-on-one support
- Advocacy
- System Navigation
  - Name/sex 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](mailto:cturner@nfchc.ca)