



Niagara Falls  
Community Health  
Centre

SUMMER ISSUE  
JUNE-AUGUST 2023

# Your Community NEWSLETTER

STRONG, CONNECTED CARE FOR EVERYONE

## SomeBODY to Love

Join us to improve your body image and self-worth. Shift your relationship with food and start the journey to loving who you are now.

**Tuesday, July 11th 2-4 pm**



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

## MONTHLY COOKING SESSION

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



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

July 11th  
August 1st  
September 12th

Sign-up on our website, or call ext. 292 for more information

## Art Journaling

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



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

July 19th &  
September 20th

Register online, or contact Christine for more info 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, contact Nicole ext. 292

## 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!



# 2S&LGBTQ+ Educational Presentation

For those interested in increasing their knowledge, language, and skills to be an ally for 2S&LGBTQ+ folk in work or personal life.

**Wednesday, June 28th  
10am-12pm, virtual on zoom**

**Register online, or call/text  
289-321-0588 for more information.**

## THE KIDS TABLE

Join us in the kitchen and make a fun, healthy summer snack. Ages 9-13. All supplies provided.  
\*Must be a registered client at NFCHC

**Two separate program  
dates:  
10:00-11:30am  
July 12th &  
August 2nd**



Sign-up on our website or call Nicole at ext. 292 for more information.

## Kids Create

Spend some time with us this summer creating a fun arts and crafts project together! Ages 9-13 years old.

**Two separate workshop dates:  
July 5th & August 9th  
10:00-11:30am**



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

\*Must be a registered client at NFCHC

## Cyber Safety for Older Adults



Learn how to protect yourself and your devices online.

**August 22nd 10:00am-11:00am  
Register online, or call ext. 223 for more  
information.**

# Mindful Moment with Lisa

Come start your week off with a mindfulness practice!

Virtual

**Every Monday**  
**10:30-11:00am**

Sign up on our website, or call Lisa for more info 289-969-5610

## SMOKING CESSATION

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

\*Must be a client of NFCHC



Contact Brian to get help quitting at ext. 244

## Upcoming Closures

June 30th.....Canada Day  
August 7th.....Civic Holiday  
September 4th.....Labour Day

## 2S&LGBTQ+ LISTEN TO YOUR ART Camp



2SLGBTQ+ youth ages 11-15, join us for 3 fun filled days with art, food & friends in collaboration with Willow Arts.

**July 25th - 27th**  
**10:00am-3:00pm**

Sign-up on our website, or contact 289-321-0588 for more information.

## HOW TO BE KIND TO YOURSELF

Join us to start the journey of being kinder to yourself through self compassion, managing self talk and creating boundaries.

**Tuesday, August 22nd 2pm-4pm**

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



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@NiagaraFallsCHC



# WILLOW ARTS X NFCHC SUMMER ART SESSIONS

8 weeks of Thursday art workshops, sign up for each free workshop individually. All materials provided, no experience necessary. Ages 18+.



## JULY 6 - PLANT YOUR OWN HAPPINESS

Design & paint your own pot and plant a succulent to take home

## JULY 13 - FREE-FLOW WATERCOLOUR

Experience the magic of working with watercolour paint.

## JULY 20 - COLLAGE WORKSHOP

Join us to explore the fun and accessible artform of collage.

## AUG 3 - FUN WITH IMPROV

Laugh and play your way through a fun afternoon of improvisational games.

## AUG 10 - HANDMADE CARDS

Learn some simple techniques to create your own personalized greeting cards.

## AUG 17 - CREATIVE WRITING

Explore creative writing prompts and share the joys of written and spoken word.

## AUG 24 - PAINT-ALONG

Follow step-by-step painting instructions and create your own masterpiece.

## AUG 31 - FELTED FLOWERS

Join us to create your own bouquet of everlasting felted flowers.

# 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

## 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](mailto:cturner@nfchc.ca)