



Niagara Falls
Community Health
Centre

FALL/WINTER ISSUE
SEPTEMBER-DECEMBER 2023

Your Community NEWSLETTER

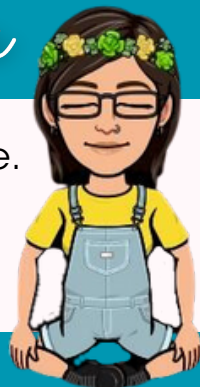
STRONG, CONNECTED CARE FOR EVERYONE

Mindful Moment with Lisa

Join us anytime for a mindfulness practice.

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

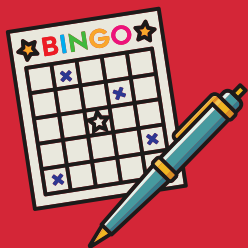
Fridays: In-person from 10:30-11:00am



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

VIRTUAL BINGO

Join us for an hour of fun and games every month, & get ready to shout "Bingo" as we play for prizes virtually.



3rd Tuesday of the Month
3-4pm on Zoom
September to May

Sign-up online, or call Alesha at ext. 327 for more information.

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

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!





Youth Collective

Join fellow 2S&LGBTQ+ youth for support, fun activities, education, & more! Ages 10-13 and 14-18

Virtual & in-person options available, open to entire region of Niagara.

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.



**Thursdays
4 weeks
November 9th-30th
11:00-11:45am**

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 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

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!

Tuesdays, 10:30-11:30am

**September 12
October 3
November 14
December 12**



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

CREATING HEALTHY BOUNDARIES

This in-person 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.



**Tues, November 7th
2:00-4:00pm**

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

ART JOURNALING

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

Wednesdays 9:30-11:30am



**September 20
October 25
November 29**

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

Holiday Presence

Managing emotions and stress during the holidays.



3 weeks

**Thursdays 2:00-3:30pm
November 30th - December 14th**

Register online, or call 289-969-5610 for more information.

SPICE BROS

Cooking class for men who are new to the kitchen. Learn basic food prep skills as well as a few delicious and affordable recipes.



Wednesdays
November 1-22nd
10:00-11:30am

Call Tom at ext. 233 to register or for more information

CHRONIC PAIN MANAGEMENT

In this 6-week course, you will learn more about what chronic pain is, skills to better manage your pain & strategies to use during your daily routine.



Tuesdays
September 12th - October 24th
2-4pm

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



LET'S GET CREATIVE

Free, in-person crafting session - two different program dates available.

Two separate program dates:
10:00-11:30am
September 27 & December 6th



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

Mindful Eating

Emotional Eating & Food Craving Management Group

In-person six-week program to help individuals jump off the diet train permanently, fostering a positive relationship with food.



1:30-3:30pm
September 12 - October 17
Register online, or call ext. 223 for more information.

EAT SMART FOR A HEALTHY HEART

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

September 28th 2-4pm
October 30th 2-4pm
December 5th 10-12pm



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

September 4th.....Labour Day
October 9th.....Thanksgiving
November 10th.....Remembrance Day
December 25th.....Christmas Day
December 26th.....Boxing Day
January 1st.....New Years Day



2S&LGBTQ+



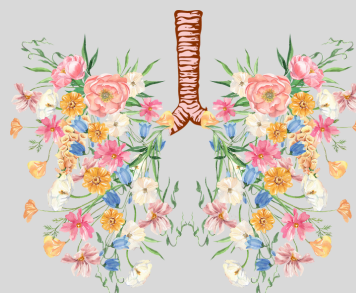
Adult Drop-in

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

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

LUNG HEALTH

Support from an interprofessional team providing education to better manage your respiratory disease, symptoms and shortness of breath and an introduction to exercise.



Tuesdays 1:30-3:30pm

November 7-December 12

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



Niagara Falls Community Health Centre



@NiagaraFallsCHC

