



Niagara Falls Community Health Centre

WINTER ISSUE
JANUARY - APRIL 2026

Your Community NEWSLETTER

STRONG, CONNECTED CARE FOR EVERYONE

Sign-up Online Translation Available

Scan the QR code or visit our website at www.nfchc.ca to register or learn more about any of these free workshops. Our website is available in multiple languages!



NFCHC SERVICES

BIRTH CERTIFICATE CLINIC

Assistance with Birth Certificate Applications every Friday afternoon, from 1-4 pm. First come, first served.



INCOME TAX CLINICS

Free income tax filing for community members with low income or simple tax situations. Appointments open to anyone who qualifies. Please call Lisa at 289-969-5610 to book.



COUNSELLING



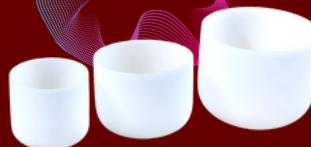
Access counselling by participating in our virtual information session.

Register on our website. Open to community.

SOUND BATH

Unwind and relax with soothing sounds in a beginner-friendly sound bath with Reiki. Let calming tones guide you into a peaceful state of rest and restoration.

First Tuesday of Every Month
10:00-11:00am



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

Art Journaling

Boost your well-being by tapping into your creativity. No art experience required, supplies provided.

Last Thursday of each month
1:30-3:30pm



Register online or contact Christine ext. 285

ACCEPTING NEW PATIENTS!

Need primary care? Scan the QR code to learn more, and complete our intake package for primary care. We will call you with an appointment as soon as we can.



Please call 905-356-4222 if you need assistance.

UPCOMING WORKSHOPS

Join us for any of these workshops by signing up online!

2026 NEW YEAR EXPLORATION: ART JOURNALING

Join us online to explore hopes and intentions for the coming year creatively in an Art Journal January 2nd 1:00-2:30pm



WINTER FORMAL DANCE PARTY

Come dressed in your best and get ready to dance, enjoy food, connect with others, and make some great memories. January 14th 5:00-7:00pm



COPING WITH DEPRESSION: WINTER WELLNESS

Explore practical strategies to manage the effects of depression & the seasonal shifts that can influence mood & motivation. Learn tools to build emotional resilience and maintain well-being through the colder months and into springtime. January 22nd 1:30-3:00pm



COPING WITH ANXIETY: PRACTICAL TOOLS FOR EVERYDAY LIFE

Struggles with stress and anxiety? You are not alone. Join us to learn everyday tools to build calm, resilience, and confidence in managing anxiety and stress. February 19th 1:30-3:00pm



BOWLING

Join us at Cataract Bowling for an hour of strikes, spares, and laughs! Just \$5 covers all your games and shoe rental, we'll cover the rest. February 12th 11:30am-12:30pm



STRONGER TOGETHER

Are you new to Canada? Join us for a free session with a Registered Psychotherapist, to learn simple tools to manage stress, care for your mental health, and feel more confident as you adjust to life in your new home. February 26th 10:30am-12:00pm



BLACK HISTORY MONTH DANCE PARTY

We're celebrating Black culture and music with a dance party the whole family can enjoy! Shake out some stress, bust some moves, and share in the joy of dance together. Rep your flag. Everyone welcome! February 27th 5:00-7:30pm



POLISHED MAMAS EVENT

Moms, take time for yourself and drop by to relax and connect with other mamas! Bring a friend or make a new one while you do each other's nails! Nail polish & tea party refreshments provided. May 9th 1:30-5:00pm



Art Journal Virtual Hangout

Hangout with us online to get creative with your art supplies in warmth of your own home. Explore new creative ideas in an art journal. No art experience required.

Drop-in virtually every Friday from 1:00pm - 2:30pm

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

Anger Solutions

Learn to understand anger & how to regulate emotions to improve outcomes in your life.



4 weeks, Fridays
March 27th - April 24th
(skip April 3rd)
1:30-3:00pm

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

COMING SOON

COMMUNITY CHOIR



Whether you're a seasoned singer or just love to hum along, this is a space for everyone to lift their voice and share in the joy of community.

To learn more or join the choir, please contact Alesha at ext. 327 or email aashington@nfchc.ca

MINDFULNESS-BASED PAIN MANAGEMENT



evidence-based Mindfulness-Based Chronic Pain Management (MBCPM™) program— created by Dr. Jackie Gardner-Nix and used for nearly two decades in Toronto teaching hospitals. Based on the well-researched MBSR approach, it supports people living with chronic pain in reducing distress and improving daily functioning.

Connect with Lisa if you are interested in learning more, 289-969-5610

Upcoming Closures

January 1.....New Years Day
February 16.....Family Day
April 3.....Good Friday



SMOKING CESSATION

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



*For residents of the Niagara region, age 18+

Contact Brian for more information ext. 244

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.

Tuesdays, February 3rd-24th
1:30-3:30pm

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

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

Adult Drop-in

Fourth Thursday of each month 6-7:30pm, location varies.



Register online. Call Ilana at ext. 313 or e-mail igirdany@nfchc.ca for information

LGBTQIA+ Newcomer Conversation Circle

Drop-in and meet fellow newcomers, share in conversation on relevant topics, and learn about community resources.



Every Tuesday | 3:00pm - 4:00pm

For more information, contact Ilana at ext. 313 or igirdany@nfchc.ca

2SLGBTQ+ Support Services

For more information, or to book an appointment, please call reception.

DRUM CIRCLE

Connect, have fun, get loud, & experience how creative expression in a group improves overall well-being!
No experience needed.

**Wednesdays
1:30-2:30pm
February 11th & April 8th**

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



QUEER

Youth Collective

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

In-person 2nd & 4th Tuesdays of the month, 5:00-6:00pm.

For more information, contact Ilana ext. 313 or igirdany@nfchc.ca



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

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

EMPLOYMENT ESSENTIALS FOR NEWCOMERS

Are you new to Canada and looking for work? Join us for an informative and interactive workshop designed to help you job search with confidence!

- How to prepare a Canadian-style résumé
- Job search strategies and interview tips
- Local employment services & supports
- Understanding workplace culture and employee rights in Canada

**January 27th & April 21st
10:30am-12:00pm**



Register online, or call Bertha for more info ext. 227

WORKSHOPS WITH THE DIETITIAN

Join our Registered Dietitian for these workshops, held Saturdays 10-12. Sign-up online for any sessions!

NUTRITION 101 - JAN 24

Learn about principles of nutrition, different nutrients, and main recommendations to have a healthy diet.

MANAGING BLOOD SUGAR - FEB 21

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

EAT SMART FOR A HEALTHY HEART - MAR 7

Learn which foods impact your heart & vascular system, and how to promote heart health through lifestyle strategies.

MANAGING IBS - MAR 21

Learn about Irritable Bowel Syndrome (IBS), a digestive disorder which requires a multi-dimensional care approach. Review the risk factors and the practical prevention strategies.

HEALTHY BRAIN - APR 11

Learn about risk factors for cognitive decline, and how to keep our brain healthy through lifestyle and healthy eating. (Morning Snack included)

WEIGHT MANAGEMENT - APR 25

Review major causes of overweight and obesity, new approaches to define, classify and manage obesity, and reviewing some medical and non-medical strategies and approaches to manage weight.

Questions? Call Arash at ext. 231

BINGO

Get ready to shout "Bingo!" as we play for prizes. In-person, ages 18+. 1:30-2:30pm

January 20th

March 5th

April 21st



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

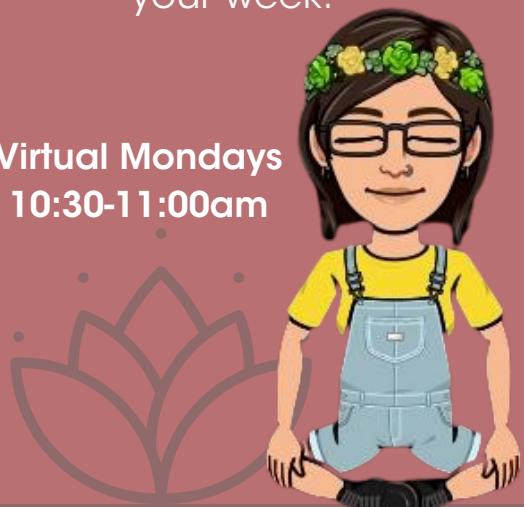
MINDFUL MOMENT

with Lisa

Drop in on virtually on Monday mornings for a mindfulness practice to start your week.

Virtual Mondays

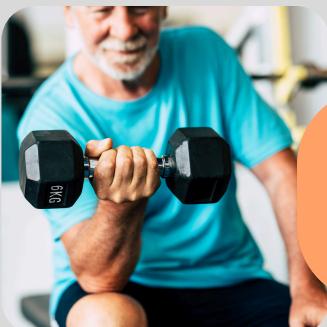
10:30-11:00am



Sign up on our website
For more info call Lisa 289-969-5610

EXERCISE & MOVEMENT

Register online for any of these workshops or for more information, call the extension listed.



OPEN GYM

Want to get more active without a gym membership? Try our Open Gym. Use our treadmill, seated elliptical, recumbent bike, free weights, & resistance bands. Open to adults 18+. Visit our website to learn more.

Tuesday mornings or Wednesdays afternoons - ext. 237



GOLDEN BEATS

Get fit while having fun by combining drumming on an exercise ball with music & dance. Gentle exercise suitable for most abilities.

5 weeks, Thursdays January 8-February 5, 10:00 - 11:00am - ext. 223



MY GOOD DAY

QiGong is an ancient Chinese practice: a soft and relaxing exercise that integrates body movements, breathing, energy cultivation, and mindfulness.

5 weeks, Wednesdays January 7-February 11, 10-11am - ext. 304



BETTER BALANCE

Improve balance, coordination, & functional movement combining practical strategies from Occupational Therapy with targeted exercises from Kinesiology to enhance stability, prevent falls, and build confidence in your mobility.

3 weeks, Thursdays March 5-19th, 10:00-10:45am - ext. 237



GENTLE FIT

Ease into wellness with this gentle movement class designed to support flexibility, balance, and relaxation. Suitable for all fitness levels.

5 weeks, Wednesdays April 1-29th 11:00-11:45am - ext. 237

Board Game Café

Come Out & Play Old School!

New & Classic Board Games & Cards

January 12th, February 2nd,
March 2nd; April 6th
1:00-2:30pm

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

Declutter Workshop

Overwhelmed with stuff? Join us to make space
and peace in your home.



2 weeks
March 31st & April 7th
1:00-3:00pm

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

CHRONIC PAIN 101

Thursdays, January 8th - 29th 11:00-11:45am

Living with chronic pain can be challenging,
but knowledge and supported movement
can make a meaningful difference. Our
Chronic Pain 101 program combines pain-
science education with gentle, guided
exercise to help you understand your pain,
manage symptoms, and build the functional
strength needed for everyday life.



Register online, or contact Rebecca at ext. 321

This program will run periodically throughout the year,
keep an eye on our website for new dates!



Dental Health

Ontario Seniors Dental Care Program: no-cost routine dental care for low income seniors aged 65+

If you are experiencing dental pain and cannot access dental programs or services, please call our dental clinic at 905-356-2288 to inquire about emergency dental services through the NFCHC Dental Clinic.

MOBILE MARKET

GROW-on-the-GO

AT NIAGARA FALLS COMMUNITY HEALTH CENTRE

THURSDAYS 3:15 PM - 4:00 PM



grow
Community Food Literacy Centre

Cash only.
Bring your own
bags.

Hear CANADA

Free hearing care clinic at NFCHC

- Hearing screenings
- Consultations
- Information regarding third party coverage for hearing aids

January 8th
& April 9th
10am-12pm

Drop-in or register in advance at reception!



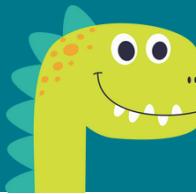
Offering free
services to all youth,
ages 12-25, in the
Niagara Region.

SERVICES

 Mental Health Counselling	 Substance Use Counselling
 Primary (Health) Care	 Care Coordination
 Peer Support	 Skill Building & Wellness Activities
 Employment/Education Supports	

Now @ the Niagara Community Health Centre, 4790 Victoria Ave.
Mondays 11a.m.- 7p.m.

Care for Kids!



Nourish & Nurture

Free Lactation & Infant Feeding Support

Drop-in Wednesdays from 10:00am-11:30am

Our Certified Lactation Educator/Pediatric Dietitian is here to offer you free support & guidance for all your infant feeding needs.

- Breastfeeding
- Pumping
- Weight checks
- Feeding concerns
- & much more!



This service also includes:

- A play space available for older children who come along with parents/caregivers.

Musical Milestones

Join us for a fun, free class for parents & infants under 18 months of age to engage in musical play and sensory exploration.



2 sessions, 4 weeks:
January 6-27th & April 7-28th
10:00-10:45am

Register online, for more info call Rebecca at ext. 321

Play, Eat, Grow.

Join our Occupational Therapist and Registered Dietitian/Lactation Educator for an interactive series designed to help parents & caregivers support healthy development, & positive eating habits for children under 5.

Combine practical tips & hands-on activities to help build confidence in supporting your child's growth, development, & wellbeing, all while having fun together!

Thursdays, March 26th - April 9th, 10:00-11:00am

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

