



Niagara Falls Community Health Centre

FALL ISSUE
SEPTEMBER - DECEMBER 2026

Your Community NEWSLETTER

STRONG, CONNECTED CARE FOR EVERYONE

NFCHC SERVICES

BIRTH CERTIFICATE CLINIC

Assistance with Birth Certificate Applications every Friday afternoon, from 1:00-4:00 pm. First come, first served.



COUNSELLING



Access free counselling. Visit our website to register. Open to NFCHC patients & community.

Smoking Cessation

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

*For residents of the Niagara Region, age 18+. Contact Brian ext. 244



Ontario Seniors Dental Care Program (OSDCP)

No-cost routine dental care for low-income seniors aged 65+, call 905-356-2288 for more info.



We're Accepting New Patients

Complete the intake package
online today!



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

COMMUNITY CHOIR

Love to sing or want to give it a try? Join our Community Choir! We'll learn a mix of new songs & holiday favourites while having fun, building friendships, and preparing for community performances. No experience necessary, everyone is welcome! Tuesdays 2x per month, 6-7pm.

Register online or contact Alesha for more info ext. 327



2SLGBTQIA+ PEER DISCUSSION MEET-UP

Join us on the fourth Tuesday of each month to connect with members of the 2S&LGBTQIA+ community, as well as their family members, friends, & allies. 6:00-7:30pm

Register online or contact Alesha for more info ext. 327



POPULATION HEALTH

Workshops Supporting our Priority Populations

ASK A HEALTHCARE NAVIGATOR

Have questions about healthcare in Canada? Join this free Q&A session designed for newcomers to learn how the healthcare system works.

September 21, October 19, & November 18, 4:00-5:30pm - ext. 227



THE BLACK JOY WELLNESS EXPERIENCE

A community cookout created for BIPOC (Black, Indigenous, People of color) community members to connect, laugh, eat good food, move their bodies, & celebrate their culture.

October 3, 10:00am-2:30pm - ext. 327



RECIPES & ROOTS – BIPOC

Join us as we cook, share traditional recipes, and celebrate the stories, memories, and family traditions behind each dish. Each session highlights a different culture, for BIPOC (Black, Indigenous and People of Colour) community

October 22, November 19 & December 10, 5:30-8:00pm - ext. 327



SEWING CLASSES FOR NEWCOMERS

Join our beginner sewing classes where you'll learn how to use a sewing machine, create your own projects, and bring your ideas to life. In partnership with Links for Greener Learning, no experience needed! All materials provided.

Thursdays, November 5 - December 17, 12:00-2:00pm - ext. 304



System Navigators

Our System Navigator team works alongside Newcomer, Black, & 2S&LGBTQ+ communities, including uninsured clients (no healthcard).

They can support with:

- Accessing and navigating healthcare
- Understanding information
- Bridging communication barriers
- Getting connected to the right services

For more information, please contact:

Bertha | ext. 227 | bperez@nfchc.ca
Gulustan | ext. 304 | galtay@nfchc.ca
Alesha | ext. 327 | aashington@nfchc.ca

NUTRITION 101

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

October 19th
2:30-4:00pm

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.

November 10th
2:30-4:00pm

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 17th 1:30-3:00pm
December 10th 10:00-11:30am

Register online or contact Heather for more info ext. 371

CHRONIC PAIN 101

Living with chronic pain?

Our **FREE** program combines pain education & gentle movement to help you better understand and manage your pain.

September 29 –
November 10

Tuesdays 1:00-2:30 PM

Register online or contact Amanda for more info ext. 237



MOBILE MARKET

GROW-on-the-GO

AT NIAGARA FALLS COMMUNITY HEALTH CENTRE

THURSDAYS 3:15 PM - 4:00 PM



Learn How to Use the Bus

Learn to ride the public bus with confidence! Join Niagara Transit for a free, interactive workshop on how to use public transit safely and confidently.

October 17th
11am-1pm



Learn to plan your trip, read schedules, pay fares, practice transit safety, & ask questions directly to transit staff. Everyone is welcome!

Register online or contact Guli for more info ext. 304



Free hearing care clinic at NFCHC

-Hearing screenings

-Consultations

-Information regarding third party coverage for hearing aids

October 20th
10am-12pm

EXERCISE & MOVEMENT

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



OPEN GYM

New to exercise or looking for a place to get started? Our Open Gym offers a safe, supportive space to learn the basics, including proper equipment use and exercise techniques. Drop-in program within pre-registered 1-hour time slots, available on a first come, first served basis. Open to adults 18+.

Tuesdays or Wednesdays, more information online - ext. 237



YOGA/CHAIR YOGA

Move with intention to develop body awareness, build strength, improve mobility, soothe the nervous system and build confidence.

Thursdays, Sept 24 - Nov 12, Yoga 9:00am, Chair Yoga 10:15am - ext. 247



NORDIC POLE WALKING

A fun and supportive way to stay active outdoors. Improving mobility, balance, and overall wellbeing while enjoying fresh air and connection.

Thursdays, September 10 - October 1, 10:00-10:45am - ext. 223



ZUMBA

Feel the music and move your body! Join us for Weekly Zumba Sessions, a fun and energizing dance based workout in a welcoming group environment. This class is suitable for all fitness levels, no experience needed!

Thursdays, September 3 - November 26, 6:00-6:45pm - ext. 327



ANCIENT CHINESE WELLNESS PRACTICE

My Good Day - Beginner-friendly program, learn the Ancient Chinese Wellness Practice - Tai Chi & Qigong to improve balance, coordination, and relaxation.

Wednesdays, September 23 - November 4, 10:00-11:00am - ext. 304

EXERCISE & MOVEMENT

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



GOLDEN BEATS

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

Tuesdays, October 6 - October 27, 10:30-11:30am - ext. 223



BETTER BALANCE

This 4-week program focuses on improving balance, coordination, & functional movement. Each session combines practical strategies from Occupational Therapy with targeted exercises from Kinesiology to enhance stability, prevent falls, and build confidence in your mobility.

Wednesdays, October 7 - October 28, 11:00-11:45am - ext. 237



GENTLE FIT

A low impact exercise class that can be done sitting or standing. Using weights & resistance bands to improve strength, balance & aerobic fitness.

Wednesdays, November 18 - December 16, 11:00-11:45am - ext. 237

AGING WELL

Join our workshop to help feel prepared for the years ahead. Hear from a variety of health & community professionals about what to expect as you age, including physical/mental wellness, staying active, nutrition, financial supports, & more.

October 21st

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



Hours of Operation

Monday	8:00 AM - 7:00 PM
Tuesday	8:00 AM - 7:00 PM
Wednesday	8:00 AM - 4:30 PM
Thursday	8:00 AM - 7:00 PM
Friday	8:00 AM - 4:30 PM

* Hours of operation and phone hours differ.

Art Journal Online Hangout

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

Drop-in on Zoom, Fridays from 1:00pm - 2:30pm

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



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.

September 15 & November 17
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.



Thursdays 1:00-3:00pm
September 24 November 26
October 29 December 17

Register online or contact
Christine ext. 285

MINDFUL MOMENT

with Lisa

Drop in 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

Board Game Café

Come Out & Play Old School!
New & Classic Board Games & Cards

Third Monday of each month
1:00-2:30pm

Register online, or contact Bev for more information at ext. 247



BINGO

Get ready to shout "Bingo!" as we play for prizes. In-person, 18+.

1:30-2:30pm
September 10
October 15
November 19
December 10



Upcoming Closures

September 7.....Labour Day
October 12.....Thanksgiving
November 11.....Remembrance Day
December 25.....Christmas Day
January 1.....New Years Day



Join our virtual mailing list! Scan the QR Code with your phone camera.



Niagara Falls
Community Health
Centre



@NiagaraFallsCHC

READY TO RESCUE

First Aid and CPR workshop for parents & caregivers

Learn life-saving skills in a fun, hands-on way that will help you feel confident to act in emergencies

September 10th
10:00am-12:00pm

Training includes:

- Choking
- Breathing emergencies
- External bleeding
- CPR/AED



RSV Immunizations - Coming This Fall

RSV immunizations will be available this fall (for those that are eligible), while supplies last:

- No cost
- By appointment
- You do not need to be a patient



Call for more information about eligibility & upcoming availability.



Strive
Niagara
Education • Support • Family First

**NIAGARA
BRIGHTER
FUTURES**

AT NFCHC!

Every Friday - 9:30am-12:00pm

Starting September 18th



PRENATAL & POSTPARTUM SUPPORT

Caring support for you and your growing family.



CHILD DEVELOPMENT & PARENTING GUIDANCE

Help your little one learn, grow and thrive!



HEALTH & NUTRITION EDUCATION

Learn how to make healthy choices for you and your family.



REFERRALS TO COMMUNITY RESOURCES

We'll connect you with the supports you need.



HYGIENE & FOOD SUPPORTS

Practical supports to help your family.



HEALTHY SNACKS

Yummy, healthy snacks at every program!

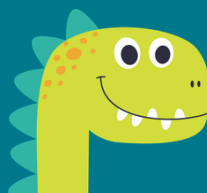
For caregivers, families, pregnant individuals & children 0-6 years old

For more information, call/text 289-214-3180 or e-mail cbradbury@striveniagara.ca



Niagara Falls
Community Health
Centre

Care for Kids!



Breastfeeding & Infant Feeding Support Drop-in

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. No cost!

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



Our Care for Kids Program offers health care to children in Niagara without a health care provider, ages 0-5.

Acute Care Appointments

Acute/new illnesses such as: diarrhea & constipation, colds, coughs & congestion, urinary tract infections, ear infections, rashes & more. Call in the morning for same-day appointment availability.



Well-Baby/Well-Child Visits

Routine visits for: immunizations, measurements, assessments & feeding support. Appointments must be pre-booked.

