



Niagara Falls
Community Health
Centre

SUMMER ISSUE
MAY - AUGUST 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.



COUNSELLING

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



ANNUAL COMMUNITY APPRECIATION EVENT

Join us for a fun, welcoming afternoon celebrating families in our community on the PD day. This is a free, family-friendly event and everyone is invited.

- Free Lunch*
- Bouncy Castles
- Face Painting
- Games
- Prizes
- Live Entertainment
- Local Organizations
- Giveaways
- & more!

FRIDAY, JUNE 5TH
12:00-3:00PM

*while supplies last

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

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.

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.

May 14 & July 9
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, May 28 & June 25
1:30-3:30pm



Register online or contact Christine ext. 285

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

Board Game Café

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

First Monday of each month
1:30-2:30pm

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

BINGO

May 12 1:30pm &
June 11, July 7 &
August 11 10:30am

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

Upcoming Closures

May 18.....Victoria Day
July 1.....Canada Day
August 3.....Civic Holiday



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

 Niagara Falls Community Health Centre

 @NiagaraFallsCHC

Better Balance

Improve balance & coordination by combining practical strategies from Occupational Therapy with targeted exercises from Kinesiology to enhance stability, prevent falls, & build confidence.

June 3-24 10:00-11:00am

Register online, or contact Rebecca for more information at ext. 321



NUTRITION 101

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

June 18 10:30-12:00



Also available in:
Spanish - May 7, 10-12
Turkish - June 9, 10-12

Register online or contact Heather for more info ext. 371

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.



**May 21 &
August 18
9:30-11:00am**

Register online or contact Heather for more info ext. 371

EAT SMART FOR A HEALTHY HEART

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

**June 2
2:30-4:00pm**



Register online or contact Heather for more info ext. 371

COMMUNITY CHOIR

Something exciting is on the way, our very own 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.



If you're interested in learning more or joining the choir, please contact Alesha email aashington@nfchc.ca ext. 327

Your Neighbourhood OT's MOBILITY CLINIC

Community members are invited to join us for a FREE information session to learn about healthy activity and independent mobility!

**June 18 9:30-11:30am
& September 23 1:00-3:00pm**

You can also register for a FREE 15 minute one-on-one consultation with a Registered Occupational Therapist following the information session to discuss your current walking aid and/or mobility needs.



To register: call the Welland McMaster Family Health Team at 905-704-3660

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 10am & 11am, or Wednesdays 2pm or 3pm - ext. 237



NORDIC POLE WALKING

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

Tuesdays, May 5-May 26, 10:00-10:45am - ext. 223



GOLDEN BEATS

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

Tuesdays, June 9-June 30, 10:30-11:30am - ext. 223



MY GOOD DAY

Join this gentle QiGong class for a soft and relaxing exercise that integrates body movement, breathing, energy cultivation and mindfulness.

Thursdays, June 11-July 23, 5:30-6:30pm - ext. 304



YOGA/CHAIR YOGA

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

Thursdays, July 16-Sept 3, Yoga 10:00am, Chair Yoga 10:15am - ext. 247

DRUM CIRCLE

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



May 27, June 24, &
August 26
1:30-2:30pm

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

WILLOW ARTS X NFCHC SUMMER ART SESSIONS

8 weeks of hands-on art workshops, sign up
for each workshop individually. All materials
provided, no experience necessary.

Ages 18+.

Thursdays
July 9th - August 27th
1:30-3:30pm

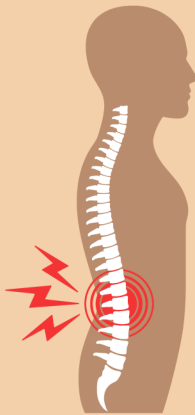
More information will be
released later, please
check our website!



CHRONIC PAIN 101

May 26th - June 30th 1:00-3:00pm

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!

MOBILE MARKET

GROW-on-the-GO

AT NIAGARA FALLS COMMUNITY HEALTH CENTRE

THURSDAYS 3:15 PM - 4:00 PM



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

July 23rd
10am-12pm



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.

POPULATION HEALTH

Workshops Supporting our Priority Populations

2S&LGBTQ+ NEWCOMER VIRTUAL CONVERSATION CIRCLE

Meet fellow newcomers, share conversation, and learn about local resources while building community.

Tuesdays Weekly, 5:30-6:30pm - ext. 313



2S&LGBTQ+ ADULT DROP-IN

This group is an opportunity to connect with other 2S&LGBTQ+ adults, build community, and learn about local resources.

Fourth Thursday of every month, 6:00-7:30pm - ext. 313



QUEER YOUTH COLLECTIVE

Join fellow 2S&LGBTQ+ youth for free support, fun activities, education, & more! For ages 10-15.

Tuesdays, 2nd & 4th Tuesday of each month 5:00-6:00pm - ext. 313



SPANISH SOCIAL CLUB

Join us virtually or in person for a fun and informative gathering in Spanish for refugees and newcomers to Canada! Enjoy coffee, music, and games, plus a special financial literacy information session.

Mondays, April 20, June 15, July 20, & August 17, 5:00-6:00pm - ext. 227



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!

Wednesdays, May 6 - July 8, 12:30-2:30pm - ext. 304



POPULATION HEALTH

COMMUNITY GARDENING FOR NEWCOMERS

This session will provide an overview of the Links for Greener Learning community garden program and available opportunities for new participants and include a hands-on planting activity.

May 7th, 2:00 - 3:30pm - ext. 304



NUTRITION 101

Learn principles of nutrition, different nutrients, & tips for a healthy diet. Presented in Spanish & in Turkish.

Spanish - May 7 10:00-12:00 & Turkish - June 9 10:00-12:00 - ext. 371



POLISHED MAMAS

Moms, take a little time for yourself, relax & connect with other mamas! Bring a friend or make a new one while you do each other's nails! Nail polish and tea party refreshments will be provided.

Saturday May 9th, 1:00-5:00pm - ext. 327



CARIBANA PAINT PARTY

Create vibrant paintings to celebrate your culture - one for you and one to decorate the Niagara Falls Community Health Centre. All supplies provided.

Saturday, July 25th - ext. 237



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

READY TO RESCUE

First Aid and CPR workshop for youth ages 12-17 years old

Learn life-saving skills in a fun, hands-on way that will help you feel confident to act in emergencies and support your friends, family, and community.



August 20th
11:00am-1:00pm

Training includes:

- Choking
- CPR
- External Bleeding
- Breathing Emergencies

wellness
your way

youth wellness hubs

ONTARIO

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.



Niagara Falls
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Care for Kids!



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

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.

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.



Musical Milestones

Join us for a fun, free class for parents & infants under 18mths of age to engage in musical play and sensory exploration to encourage pediatric development

July 7th - 28th
10:30-11:15am



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