



Niagara Falls Community Health Centre

SUMMER ISSUE
MAY - AUGUST 2025

Your Community NEWSLETTER

STRONG, CONNECTED CARE FOR EVERYONE

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.



WALKING TOGETHER

Join us for our walking club! Appropriate walking shoes required. Bring water. All levels welcome.



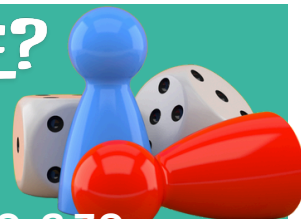
10:00am-
11:00am

May 15th Jaycee Park
May 27th Jaycee Park
June 10th Quarry
June 26th Quarry
July 8th St. John's
July 24th St. Johns
August 19th Merritt Island

Sign up on our website. For more info call Lisa at ext. 245

ARE YOU GAME?

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



First Monday of each Month, 1:00-2:30pm

Sign up on our website.
For more info contact Christine at ext. 285.

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!



DRUM CIRCLE

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

Wednesdays 1:30-3pm

May 14th July 23rd
June 11th August 13th



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

WORKSHOPS WITH THE DIETITIAN

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

EAT SMART FOR A HEALTHY HEART

Learn which foods impact your heart & how to promote heart health through lifestyle strategies. [June 7](#) & [August 2](#)

HEALTHY BRAIN

Learn about risk factors for cognitive decline, and how to keep our brain healthy through lifestyle and healthy eating. Morning Snack included. [June 14](#) & [August 16](#)

MANAGING BLOOD SUGAR

Learn to optimize lifestyle strategies to improve blood sugar control. Great for folks with diabetes, prediabetes or risk of diabetes. [May 17](#) & [July 19](#)

MANAGING IBS

Irritable Bowel Syndrome (IBS) is a digestive disorder which requires a multi-dimensional care approach. In this seminar we will review the risk factors and the practical prevention strategies. [July 12](#)

NUTRITION 101

This seminar is about principles of Nutrition, different nutrients, and main recommendations to have a healthy diet. [May 3](#) & [July 5](#)

WEIGHT MANAGEMENT

This seminar focuses on the major causes of overweight and obesity, new approaches to define, classify and manage obesity, and review medical and non-medical approaches to manage weight. [August 30](#)

Questions? Call Arash at ext. 231

Mindful MOMENT with Lisa

Drop in on Monday mornings when you can make it for a mindfulness practice to start your week.

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

Sign up on our website.
For more information
call Lisa at 289-969-5610



SOUND BATH

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

Wednesday, August 6th
10:00-11:00am



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

SPANISH SOCIAL CLUB

Enjoy time with the Spanish community. Coffee, music & more!

May 20, June 24, July 16
& August 20
10:00am-12:00pm



Contact Bertha for more info or to
register at ext. 227

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.



July 24th & August 7th, 11am-12pm

Register online, or call Shelby at ext. 223

Plant Pals

Join us for garden crafting! Some plants
will be provided or bring your own plants to
care/maintain, propagate and share!
All are welcome! No experience or skills
necessary.



10:00-11:30am

Friday, May 30th

Friday June 13th

1:30-3:00pm

Saturday July 27th

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

FOREST THERAPY

May 8 & May 22

12:00-3:00

June 3, 19, July 17, 30 & August 14

9:30-12:30

A gentle, guided walk in nature gives you
an opportunity for therapeutic benefits by
spending time in nature.

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

CORNHOLE

Come toss some bean bags
and enjoy a relaxed game of
cornhole! Beginners &
seasoned players are all
welcome.



July 10th, 1:30pm-3:00pm

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

WAVES OF WELLNESS

Come join us for an afternoon of gentle
yoga, meditation and sound bath on
the beach. Paid parking onsite, free
parking available nearby.

Tuesday, June 24th 1:00-3:00pm



Sunset Beach
1 Lombardy Ave, St. Catharines

Sign up on our website.
For more info contact Lisa ext. 245

2S&LGBTQ+ Adult Drop-in

Connect with other 2SLGBTQIA+ adults, build community, & learn about local resources
Fourth Thursday of each month 6-7:30pm,
location varies.



Register online. Call Ilana at ext. 313 or e-mail idixon@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

GENDER AFFIRMING ID CLINIC

Space for support and co-working for gender diverse folks seeking legal name and/or sex designation changes. Commissioner of Oaths will be available for signing.



June 12th 1:30-3:00pm

Contact Celeste to reserve your spot at 289-321-0588 or e-mail cturner@nfchc.ca

QUEER Youth Collective

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

In-person 2nd & 4th Tuesdays in
May & June

For more information, call or text Celeste at 289-321-0588 or e-mail cturner@nfchc.ca



2SLGBTQ+ Support Services

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

For more information, call or text Celeste at 289-321-0588 or e-mail cturner@nfchc.ca

Art Journal Virtual Hangout

Be inspired, learn new techniques & create Art Journal pages while hanging out with fellow art journallers on Zoom! Materials not provided.

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

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



Annual COMMUNITY APPRECIATION EVENT

No cost



- Family fun event
- Giveaways & prizes
- Free lunch
- Health screenings
- Community resources

JULY 2ND 12-3PM

Watch for updates on our Facebook page.
Everyone is welcome!



Upcoming Closures

May 19.....Victoria Day
July 1.....Canada Day
August 4.....Civic Holiday
September 1.....Labour Day



SMOKING CESSATION

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



*** Must be a client of NFCHC**

Contact Brian for more information ext. 244

Art Journaling

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

May 17 & June 17
1:00-3:00

August 28
10:00-12:00



Register online or contact Christine ext. 285

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

GENTLE MOVEMENT

Ease into wellness with this gentle movement class designed to support flexibility, balance, and relaxation.

Suitable for all fitness levels.

**Wednesdays,
May 14 - June 25
11am-12pm**



Register online, or call Amanda at ext. 237 for more information.

GENTLE STRETCHING

Relax and unwind with guided gentle stretching to help improve flexibility and reduce tension. A beginner-friendly class that's all about feeling good in your body.

**Thursdays,
May 15 - July 3
11:15 - 11:45am**



Register online, or call Amanda at ext. 237 for more information.

MOBILE MARKET

GROW-on-the-GO

AT NIAGARA FALLS COMMUNITY HEALTH CENTRE

THURSDAYS 3:15 PM - 4:00 PM



PURCHASE FRESH FRUITS, VEGETABLES, & MORE!



My Good Day Learn & practice Qigong

Qigong is an ancient Chinese practice that improves mental and physical health by integrating posture, movement, breathing techniques, and focused intention.

**Wednesdays, May 7 - June 18th
9:30-10:30am**



Register online or contact Gulustan ext. 304

seated dance

Get moving to the music in this fun and gentle seated dance class! Perfect for all abilities. Stay active and enjoy some light exercise.

**Thursdays, May 15 - July 3
10:00-11:00am**



Register online, or call ext. 237 for more info

Mindful Moment Retreat

Silent Meditation | Journaling | All Levels Welcome

Step away from the hustle and reconnect with calm. This guided virtual retreat is open to everyone, whether you're new to meditation or an experienced practitioner.

**Thursday
August 21st
10:00-12:00**

Come with an open heart and mind, ready to embrace a moment of silence, reflection, & mindfulness.



Register online or contact Lisa ext. 245

Counselling Services

**now open to the entire community*

Free and confidential mental health counselling now available for anyone in our community.

Whether you're feeling overwhelmed, anxious, down, or just need someone to talk to, our counsellors are here to help.

How it works:

- Available to everyone
- Offered by experienced, registered professionals
- Short-term
- Free of charge



Start by attending a virtual info session!
Visit www.nfchc.ca/mental-health to learn more and take the first step.

If you're ready to talk, we're ready to listen.

WILLOW ARTS X NFCHC SUMMER ART SESSIONS

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

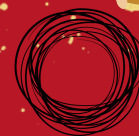
Ages 18+.

Tuesdays

July 8th - July 29th

1:30-3:30pm

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



WILLOW
ARTS
COMMUNITY

**youth
wellness
hubs**

wellness
your way

ONTARIO

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

SERVICES



**Mental Health
Counselling**



**Primary
(Health) Care**



Peer Support



**Employment/Education
Supports**



**Substance Use
Counselling**



**Care
Coordination**



**Skill Building &
Wellness Activities**

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

Dental Programs

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

4790 Victoria Ave, Niagara Falls, ON

905-356-4222

www.nfchc.ca

INFANT MASSAGE

Join us for a fun, free class for parents & infants under 1 yr of age where you will learn to massage your infant by an IAIM instructor.

Learn the joy of "nurturing touch" with your baby.

Benefits can include:

- Increased attachment/bonding
- Better sleep
- More relaxed baby/parent
- Constipation, wind & colic relief



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

Free Lactation & Infant Feeding Support

Are you a new parent or expecting a baby soon? Our Certified Lactation Educator (CLE) is here to offer you free one-on-one support and guidance for all your infant feeding needs.

- Informed Decision Making
- Milk Supply Concerns and Expectations
- Latching and Breastfeeding Positions
- Pain and Discomfort
- Parental Nutrition
- & much more!



Call 905-356-4222 & ask to book an appointment!

Art Journaling Parent Edition

Are you a parent of a young child? Do you find making time for creative practice difficult? Let us help you make the time and space to create! Join us for this art journal workshop.

No child care? Ask us about the possibility of bringing your young child.

Two Sessions:
May 12th & June 16th
10:00-11:30

Register online, for more info call Nicole at ext. 292

READY TO RESCUE

First Aid and CPR workshop for children



June 19th
10:00-12:00pm

Learn skills to assist a child in emergency situations, facilitated by a Red Cross CPR Instructor. Register online or call ext. 304 for more information. Informational workshop only. No child care? Ask us about the possibility of bringing your young child.

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.



Support

Need help navigating systems and supports? Or just have a question? Our Family Support Worker, Nicole, is here for your family. Learn more on our website!

We're always adding new workshops for families & children. Check our website to see what's coming up! www.nfchc.ca/careforkids