



Niagara Falls
Community Health
Centre

WINTER ISSUE
DECEMBER-FEBRUARY 2021-22

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 Tuesday afternoon, from 1-3 pm. Appointments can be made on Tuesday mornings and are first come, first served.

SAME DAY COUNSELLING



Same day counselling is available every Thursday afternoon, from 1-3 pm. If you feel like you need to talk to someone, call us on Thursday mornings to make an appointment. Appointments are first come, first served.

MESSAGE FROM THE DIRECTOR



Welcome back to our Niagara Falls Community Health Centre newsletter! The last year has been a challenging year and it has seen so many changes at the CHC. Since our last newsletter, the whole world has experienced COVID-19 and all of its impact. NFCHC has certainly felt this impact in many ways and is considering how to work differently as we enter into this next stage. Due to Public Health Measures that keep our staff and patients safe, we have transitioned most of group activities to virtual activities. Our staff have mastered virtual skills that allow people to connect in all sorts of new and different ways. We have all missed being able to see our friends, families, and patients in person. However, we are grateful for all of the ways we can still connect. Our CHC now offers telephone and virtual visits in addition to those necessary in-person visits. We have enjoyed seeing so many of our patients again at our many vaccine clinics over the spring, summer and fall.

It has been a year since I have taken over as Executive Director and it has been rewarding to work with a team that is trying its hardest to provide top-notch care and services during this complicated time with everchanging rules and circumstances. We are anticipating an equal amount of change and challenge as we figure out what our services will look like next. We are glad that you are on this journey with us. As always, we are looking for ways to get your feedback. If you have a concern about something at NFCHC, you can always visit our website for a client concern form and submit your thoughts electronically or by filling out the form and giving it to one of our receptionists. All the team at NFCHC looks forward to seeing more and more of our patients in person as we strive to safely move back to becoming a more connected community.

Stay healthy and safe,

Laura Blundell
Executive Director



On October 6th, 2021, the Niagara Falls Community Health Centre launched their partnership with the Green Door Project to provide no-cost, emergency dental care (this may include an ongoing or immediate emergency) for individuals 18-64 years of age, without any form of dental coverage.

The NFCHC also provides dental care through the Ontario Seniors Dental Care Program. This is a government-funded dental care program providing no cost, routine dental services for eligible low-income seniors who are 65 years of age or older. If you already have your Ontario Seniors Dental Card and would like to make an appointment, please call our dental line at 905-356-2288.



To find out more about eligibility criteria for either dental program call our Dental Health Community worker at 289-969-3900 or visit our website.

Queer Youth Collective

Youth who identify as 2SLGBTQ+, join us virtually on Wednesday afternoons for fun, learning, and peer support.

When: Alternating Tuesdays
(depending on the age group)
Ages: 9-13 and 14-18
Time: 4:00 - 5:00 pm

For more information or to register,
call or text Celeste at 289-321-0588

Adult Virtual Cooking

Join our monthly virtual cooking sessions to learn healthy new recipes at home.

All materials are provided!

Dates are as follows:

Dec 14 | Jan 11 | Feb 8

Time: 10:30 - 11:30 am

Call Nicole to register at ext. 292

SKILLS TO COPE: BUILDING EFFECTIVE COMMUNICATION

This 8 week program will teach skills to help you build and maintain relationships, resolve conflicts, build self respect and much more!

When:Wednesdays
Time:.....9:30 am - 12:00 pm
Starting:.....January 12, 2022

To register call Christine at
ext. 285 or
Lisa at 289-969-5610



Grief Therapy Support

Are you struggling with the loss of a loved one?

Join our 6 week virtual group.

Tuesdays, 1:00 - 2:00 PM
Starting January 18, 2022

Call Brian at ext. 244



NFCHC HOLIDAY BREAKFAST

We are offering a takeout breakfast again this year.

So come say hello and grab a bite to go!


Friday, December 24, 2021
9:30 - 11:30 am



Masks are required
Available while quantities last



FIT FOR ALL



Join our 5 week virtual exercise class, suitable for all ages and abilities.

Tues. at 11:00 am | Starting Jan. 4, 2022

Call Amanda at ext. 237 to register

Winter Closures



December 27, 2021.....(in lieu of) Christmas Day
December 28, 2021.....(in lieu of) Boxing Day
January 3, 2022.....(in lieu of) New Years Day
February 21, 2022.....Family Day

Follow us!



Niagara Falls Community Health Centre



@NiagaraFallsCHC

CREATING HEALTHY BOUNDARIES



This virtual 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.

Monday, January 24, 2022
1:30-3:30 pm

Call Lisa at 289-969-5610 to register.

NFCHC Community Tax Clinic



Eligibility requirements are as follows:

- Have not filed income taxes in 2+ years
- Low income
- Simple tax situation
- Client at NFCHC

Call Lisa at 289-969-5610 to make an appointment.



Rainbow Kids Reading Club



A 6-week series of books to spark discussion on gender diversity and being yourself!

For children ages 6-10 and their families
Weekly virtual meetings for reading, Q&A and more!

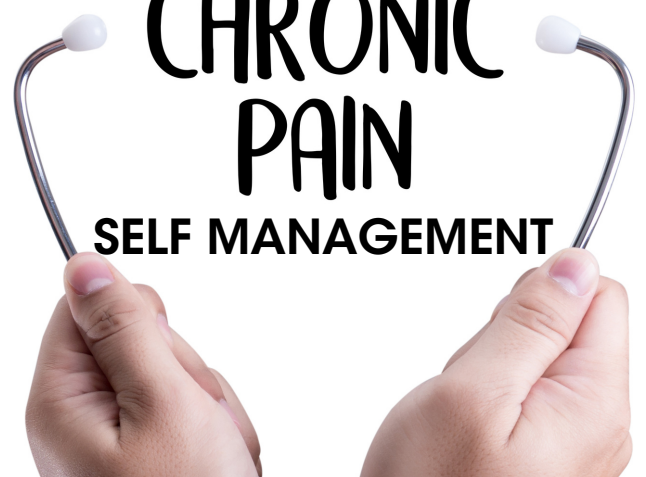
When:.....Thursday
Time:.....4:00-5:00pm
Starting:.....Jan. 20, 2022

Call or text Celeste
at 289-321-0588
Email: cturner@nfchc.ca

In partnership with:



CHRONIC PAIN SELF MANAGEMENT



This 8 week program provides strategies to self manage symptoms associated with chronic pain.

When:Wednesdays
Time:.....11:00 am
Starting:.....Jan. 19, 2022

To register, call Amanda at ext. 237