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NORTH HAMILTON COMMUNITY HEALTH CENTRE



MON	TUE	WED	THU	FRI
		1   Third Youth 12:30 pm A Mi Salud- 5pm	2    	3 
6   Freedom to Be Mindfulness 9-12	7    Mind over Mood 1-4 pm	8   Good Food Box orders due A Mi Salud-5pm	9   	10   Diabetes Kitchen 10:30 am
13  Freedom to Be Mindfulness 9-12 	14   Mind over Mood 1-4 pm	15  Good Food Box pick up @ Welcome Inn & Eva Rothwell 2-5pm A Mi Salud-5pm	16  	17  Mind over Body 9 am -12 pm 
20  Freedom to Be Mindfulness 9-12 	21    Mind over Mood 1-4 pm Health Wellness Education Appetizer	22   A Mi Salud-5pm	23   	24   Mind over Body 9 am -12 pm
27   Freedom to Be Mindfulness 9-12	28    Mind over Mood 1-4 pm	29   A Mi Salud-5pm	30   	31   Mind over Body 9 am -12 pm Seniors' Kitchen 11:30am 

LEGEND



Healthy Moms, Healthy Babies—Tues AM
Thurs PM



Every Day is a Gift
2nd & 4th Friday 1-3 pm



TADA 1st, 3rd, 5th Friday 9am



Sit and Fit—Tues and Thurs 11am



Mindful Mondays—11am



Screen for Life Bus
8 am—4 pm



Breakfast Club -every school day
at 7:45am



Go With the Flow Chair Yoga-10:30-12



NorthHamilton

Community Health Centre

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Hamilton, Ontario
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mchugh@nhchc.ca

905-523-6611

Please note: all of these programs are free! Which one would you like to be a part of? NHCHC Telephone Number (905) 523-6611

A Mi Salud: Open to Latin American women. Beneficial for social interaction, health and language education, and learning about Canadian culture. Contact Nora ext. 2012

Breakfast Club: Open to students and their families. Each school day 7:45-8:45am enjoy a free, fun and supervised breakfast in a safe environment. Contact ext. 3007

Community Gardens: From May until October, adults in the North End can grow produce in their own plot in one of two community gardens in the North End. Contact ext. 3007

Diabetes Kitchen: Open to all people with Diabetes. Learn to cook inexpensive diabetic-friendly meals and meet new friends. Contact Cory ext. 3047

Finding Your Balance: Group that combines education and exercise to help you maintain your independence and mobility and prevent a fall before it happens. Contact ext. 3060

Foot Care Class: Open to anyone who wants to learn tips on caring for their feet as part of healthy self-care or to learn for care of a loved on. Contact: 3055

Good Food Box: Get about \$25 in produce for only \$15. Order before the 2nd Wednesday each month. Pick up your box on the 3rd Wednesday of the month. Contact ext. 3007

McMaster Child and Youth University (MCYU): Open to all North End Students ages 7-12. Runs October—April. Monthly field trip to attend a lecture at McMaster. Contact ext. 3007

Healthy Moms, Healthy Babies: Open to pregnant women. Beneficial for social interaction, nutrition education, and pre- and post- natal education. Contact Cory ext. 3047

Horticultural Therapy: Open to North End Seniors. Learn about growing various plants and herbs in our Community Greenhouse. 8-week program. Contact ext. 3007

Mental Wellness Toolkits: The following groups are for adults in Hamilton who are ready to learn tools to self-manage their mental health in the following areas:

Break Free: Open to everyone interested in self-managing their anxiety and chronic worrying in a relaxed, community atmosphere. Contact ext 2014

Mind over Body: Open to all who experience chronic pain. A holistic group to help designed to help self-manage pain lasting 3 or more months. . Contact ext. 2014

Mind over Mood: Open to all who experience mild to moderate depression and low mood. A 12 week group to teach tools to self-manage. Contact ext. 2014

Freedom to Be—Mindfulness: Open to everyone interested in stress-free living, especially those struggling with depression or anxiety. Weekly for 5 weeks. ext. 2014

Everyday is a Gift (EDIAG): Meets 2nd/4th Friday of each month from 9-11 am. A group of people that support one another in their self-management of mental wellness.

The Artistic Dreams Academy (TADA): Meets 1st/3rd Friday of each month from 9-11 am. An Arts & Crafts group that meets to learn new forms of art or practice old ones.

Mindful Mondays: Meets every Monday at 11:00am. Join an on-going mindfulness practice in community. For adults with some experience in Mindfulness . Ext 2014

North End Breezes: Enthusiastic volunteers who produce a monthly newsletter to promote community connectivity and mutual support. Contact ext. 3004

Pathways to Education: Four key supports to ensure that young people of North Hamilton get support and encouragement to graduate, and beyond. Contact Nicole ext. 2054

Senior's Kitchen: Open to North End Seniors. Learn about nutrition, increase skills around budgets and food shopping, and have fun preparing healthy meals. Contact Diana ext. 3007

Sit and Fit: Group exercise program for anyone 55 years+ who is interested in improving balance, posture and strength in a fun and supportive environment. Contact Osiris ext. 3060

Third Youth: Open to Latin American Seniors who wish to learn more about Canadian culture and improve English language skills. Contact Maria ext. 2017

Health Wellness Education Appetizers: Come one, come all for an interactive discussion on a topic of the month lead by an Occupational Therapist and Physical Therapist. This is followed by an optional half hour of chair yoga, starting at 2pm. Contact ext. 3038 or 3058

Go with the Flow Chair Yoga: Open to individuals with persistent pain, limited mobility, or an interest in mindful movement. A 10 week series teaching relaxation and self-management strategies lead by a Physical Therapist. Registration required. Contact ext. 3058.

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