










































# August 2017



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Grub Club @ Birge Park  	2 Third Youth 12:30 pm 	3 Grub Club @ NHCHC  	4 Freedom to Be 9:30–11:30am 
7 <b>Civic Holiday NHCHC Closed</b>	8 Grub Club @ Birge Park  	9 Good Food Box orders due at noon A Mi Salud–5pm 	10 Grub Club @ NHCHC  	11 Freedom to Be 9:30–11:30am 
14 Freedom to Be Mindfulness 9:30-11:30  	15 Grub Club @ Birge Park  	16 Good Food Box pick up @ Welcome Inn & Eva Rothwell 2–5pm 	17 Grub Club @ NHCHC  	18 Freedom to Be 9:30–11:30am 
21 Freedom to Be Mindfulness 9:30-11:30 	22 Grub Club @ Birge Park  	23 A Mi Salud–5pm 	24 Grub Club @ NHCHC  	25 Freedom to Be 9:30–11:30am  
28 Freedom to Be Mindfulness 9:30-11:30 	29 Grub Club @ Birge Park  	30 	31 Grub Club @ NHCHC  	

## 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
-  Yoga: Ir Con La Corriente - 2-3:30pm

438 Hughson Street North  
Hamilton, Ontario  
L8L 4N5  
mchugh@nhchc.ca

**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 2<sup>nd</sup> Wednesday each month. Pick up your box on the 3<sup>rd</sup> Wednesday of the month. Contact ext. 3007

Grub Club: Children's cooking, gardening and physical activity program. For ages 6-12 at Birge Park on Tuesdays or NHCHC on Thursdays from 5-7pm. For Contact ext 3006.

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

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 Scott ext. 3006

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 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

Yoga: Ir Con La Corriente Abierto a personas con dolor persistente, movilidad limitada o interés en el movimiento consciente/activo. Un curso de 8 semanas facilitado por un instructor de Yoga y fisioterapeuta llevado a cabo en español. Se requiere registro. Para registrarse/inscribirse contactar a Maria Valderrama a la ext. 2017

**Sponsored By:**