

YOUTH PROGRAMS

QUEER YOUTH COLLECTIVE

Youth who identify as 2SLGBTQ+, join us Mondays evenings here at NFCHC for fun, learning opportunities, peer support and snacks.

DROP IN, NO REGISTRATION REQUIRED

When:Mondays
Ages 13-18:1st & 3rd Monday of the month
Ages 19-29:2nd & 4th Monday of the month
Time:4-5:30 pm
Excluding:Holidays

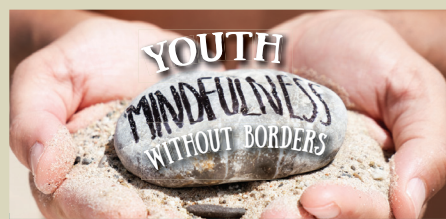
FOR MORE INFORMATION CALL
 Celeste at ext. 311 | cturner@nfchc.ca



You're the Chef is a cooking program for youth. Learn kitchen safety, food safety, how to follow a recipe, cooking techniques and healthy eating guidelines. **Space is limited in this 6 wk program!**

Start:April 7 - May 12
When:Monday afternoons
Time:3:30 - 5 pm

TO REGISTER CONTACT NICOLE AT EXT 292



This mindfulness program to strengthen well being, build critical thinking skills, self-awareness, relationship skills, and responsible decision making!

Start: January 20th
When: Mondays
Time: 3:30 - 5 pm
Duration: 7 weeks

CANADIAN MENTAL HEALTH ASSOCIATION
 NIAGARA FALLS | MORRISON AVENUE

FOR MORE DETAILS CONTACT
 Tom at ext. 312
 Intended for youth ages 16-24 yrs

MARCH BREAK CAMP

March 16-20
 10am-2pm
REGISTRATION OPENS JANUARY 28!
 Join the Niagara Falls Community Health Centre for cooking, fun activities, community outings, lunch, snacks and friends all week long, at no cost to you!
Space is limited so early sign up is encouraged!
FOR MORE INFORMATION, CALL NICOLE AT EXT. 292



We're hanging out every lunch hour during the school year providing snacks and outreach services. If you're a high school student on lunch hour, pop by for snacks and support!

Where: NF Public Library Stamford Centre
When: Every school day
Time: 11:30 am - 1 pm



This is a **7 week cooking program** for youth 13-17 yrs, designed to help build skills and confidence in the kitchen. Come learn kitchen safety, food safety, how to follow a recipe, cooking techniques and healthy eating guidelines.

Start:January 16th
When:Thursday afternoons
Time:3:30 - 5:00 pm

TO REGISTER CONTACT CELESTE AT EXT 311



Join us in a creative class that will challenge your inner artist and help you to express your thoughts and feelings. Class is free and all materials are provided.

Start:February 4th
When:Tuesdays
Time:3:30 - 5:30 pm

TO REGISTER PLEASE CONTACT Nicole at ext. 292

NIAGARA FALLS
Hear & Now
Mental Health Clinic

A walk-in clinic providing counselling to children up to the age of 18, from a Pathstone Mental Health technician. Thursdays 11:30am-7:30pm. No appointment needed, no cost, and a health card is not required.

Pathstone
 Foundation
 Supporting Mental Health in Niagara



Stay up to date with our programs, services & events!

LIKE US ON FACEBOOK Niagara Falls Community Health Centre
FOLLOW US ON TWITTER @NiagaraFallsCHC
FOLLOW US ON INSTAGRAM niagarafallschc



EMPOWERING INDIVIDUALS, CREATING A STRONGER COMMUNITY THROUGH QUALITY HEALTH CARE

Your Community NEWSLETTER

WINTER ISSUE
 JANUARY-APRIL 2020

Every One Matters

Come See What's HAPPENING

Birth Certificate Clinic

Do you need help getting your Canadian birth certificate? Drop in and see us Tuesdays between 1-3 pm. Appointments are first come first served.



Is a drop-in, inclusive, all-level adult exercise class using dumb-bells, resistance bands and chairs led by a Certified Fitness Trainer.

We have partnered with the library and classes are held at the Niagara Falls Public Library Main Branch, 4848 Victoria Avenue.

Starting on Monday, January 6th, 2020
NEW DAYS: Mondays, Thursdays & Fridays
NEW TIME: 11 - 11:45am
 (excludes holidays & week of March Break 2020)
 For more information call Marnie@ext. 293.

Coffee Club

Drop-in and enjoy a cup of coffee, light snack, good conversation, guest speakers or a fun activity. We meet at the Centre every Friday from 2-3 pm. No registration required, everyone is welcome!



Good Food Box

For \$22 (large) or \$17 (small) you can enjoy a variety of fruits and vegetables without making a trip to the grocery store. Orders are taken the first 2 weeks of each month and pick up takes place on the 3rd Wednesday of the month at NFCHC. Call Reception for details press 0.

NOTICE: Walk-in Clinic Closing

Our Saturday morning Walk-In Clinic is closing for the Winter. Our last clinic day is Saturday, January 18th, 2020. Remember that you can always speak to someone on-call if you have a health concern at 289-668-5879 after hours and on the weekends.



Celebrating 10 YEARS!

2020 is the beginning of a new decade. It has also been a decade since Niagara Falls Community Health Centre opened its doors to the public. And, what a busy 10 years it has been! Our team has over doubled, we moved into our new building and we have served thousands of Niagara Falls residents both through primary care and health promotion programming.

It is a time for reflecting on what we have achieved to date and dreaming about what we can do together moving forward. When we are faced with so much change, it is sometimes easy to forget the values that should inform all of work that we do. **At NFCHC, we are consistently striving to demonstrate our core values of being: Passionate, Inclusive, Accountable, Respectful and Engaged.**

Our current Strategic Direction has us committed to delivering: Primary Care, Illness Prevention, Health Promotion, Service Integration and Community Capacity Building. I am proud to lead a team that is committed to these values in these areas of healthcare. You may notice some changes around NFCHC this year as we try to focus on these priority areas. This might mean that some of the programs and services we have offered in the past, we won't be offering in the future. This will be because these services are offered in another or better equipped organization within our community. We are happy to help you find these services in other locations. But these changes will allow us to fill current gaps and focus on our top priorities.

We are excited to be part of the provincial expansion of dental health services for seniors. We are also committed to investing in youth services in our immediate neighbourhood. NFCHC is also supporting our community partners by offering space for agencies located in other parts of the Niagara Region to provide their services in Niagara Falls. Check out our website for all of these great partnerships.

So as we all move forward into the next decade, our team is committed to better servicing members of our community who can find it difficult to access healthcare. We are committed to serving more clients and offering more primary care appointments. We will also be looking to provide programs that best suit our priority populations and are not available anywhere else. Stayed tuned as we tweak and grow to better meet our community's needs.

Happy New Year!

Laura Blundell
 INTERIM EXECUTIVE DIRECTOR

Please Help Celebrate our Birthday with Us!

Stop by for a piece of cake on:
 Friday, February 7th | 2-4pm



STAY TUNED FOR OTHER FESTIVE ACTIVITIES DURING THE MONTH OF FEBRUARY

4790 Victoria Avenue, Niagara Falls, ON | 905-356-4222 | www.nfchc.ca

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YMCA of Niagara PEACE MEDAL

Awarded to Celeste Turner for contributions to our community

Celeste is a youth outreach worker at our Niagara Falls Community Health Centre and teaches Rainbow Flow yoga classes. They received their award from YMCA of Niagara at a ceremony at Walker YMCA in St. Catharines on Nov. 21. It is the first year that the YMCA has had a youth-specific category.

Celeste is extremely involved in supporting youth and individuals that are part of the 2SLGBTQ+ community. Celeste is a volunteer Board Member and Vice President of Out Niagara, an organization that is committed to Uniting Niagara's Sexual and Gender Diverse Community.

Celeste is a strong advocate for marginalized youth and equality and promotes a better world for all. Celeste is also a yoga instructor and teaches Rainbow Flow yoga classes that are body-positive and accessible. Celeste is a vital member of the Niagara Falls Community Health Centre team and goes beyond the role sharing time and talent to support anyone who needs it.

Thank you Celeste for your commitment to peace in our community!

Get one-on-one Nutrition Counselling for **FREE** at NFCHC

NO REFERRAL NEEDED!

Our Registered Dietitian, Chloe, is passionate about supporting you, your family and our community in choosing healthier foods. One-on-one appointments are open to all patients and community members who don't have the means to access a registered dietitian. Chloe promotes healthy eating and the management of diseases through nutritional education, skill building and hands-on demonstrations. You may be familiar with the groups offered by our dietitian at the centre, but do you wonder what would bring you in to meet with Chloe one-on-one?

Here are some conditions that may bring you in to see her:

- Infant and child nutrition
- Nutrition during pregnancy and lactation
- Diabetes
- Heart Health
- Chronic Kidney Disease
- Bowel discomfort and Irritable Bowel Syndrome (IBS)
- Bone health
- Healthy eating and meal planning on a tight budget
- Healthy Eating for overall wellbeing
- Help with connecting to other resources in the community

Discover how food has been used to help prevent conditions, complement treatment and manage symptoms of common conditions. Chloe does this by bringing together scientific information and the knowledge you have of your own body to set sustainable goals, just for you! Best of all, together you can monitor your progress and celebrate your successes!

CALL FOR AN APPOINTMENT!

Winter Closures

The Niagara Falls Community Health Centre will be **CLOSED** on the following dates:

MONTHLY COOKING CLASSES

Learn some basic cooking skills and delicious recipes alongside our Dietitian in our monthly cooking classes!

SPACE IS LIMITED ... REGISTER TODAY!
CALL CHLOE EXT. 289

Dates are as follows:
Jan 16 | Feb 20 | Mar 26 | Apr 23
Time: 1:00 pm to 3:00 pm

Grief Support Group

Are you struggling with the loss of a loved one and in need of support?

FREE 6 week program
Start: Tues, Jan 14
Time: 1-3:30pm
Limited space available

Register early contact Brian 905.356.4222, ext. 244

WELCOME TO OUR NEW STAFF



Hemanth Namburi DATA/IT ANALYST
I am a recent graduate of McMasterUniversity and am very much excited to begin my career as Data/IT Analyst at NFCHC. I look forward to serve the technological and information needs of our dynamic team.



Alesha Ashington DENTAL HEALTH COMMUNITY WORKER
I have been working in the Gerontology field for 11 years. I am truly excited to be apart of the Niagara Falls Community Health Centre team and passionate to share my experiences and create new journeys in my new role with the NFCHC.

SKILLS TO COPE

Does life often feel chaotic or unmanageable? Do you make impulsive decisions and have difficulty managing your emotions? Learn coping skills to deal with day-to-day life and difficult situations.

Dates:Wednesdays, Jan 15 - Mar 4
Time:.....9:30 am - 12 pm
Duration:8 weeks

REGISTRATION REQUIRED
Call Christine at ext. 285

SMART RECOVERY

ALL ARE WELCOME

This is a drop-in group to help you achieve a healthy, positive and balanced life to leave your addictive behaviours behind.

Start:..... Monday, January 6
Time:..... 2-3:30pm

FOR MORE INFORMATION Lisa at ext. 245



ONTARIO SENIORS DENTAL CARE PROGRAM

is up and running!

The program provides high quality dental care to all seniors who qualify. If you are unable to afford dental care, this program may be for you.

Who's eligible?

- 65 or older and a resident of Ontario
- Annual net income of \$19,300 or less for a single person or a combined annual net income of \$32,300 or less for a couple
- Have no access to any other form of dental benefits (eg. private insurance or other government program)

AWARD

sponsored by the Office of the Mayor

CONGRATULATIONS AJ WE ARE SO PROUD OF YOU!

On November 4, 2019 our very own AJ Heafey was honoured with the BeNF Award by the City of Niagara Falls that recognizes people who are proud to be a part of our community and who give back in their own personal way.

AJ Heafey is a community outreach worker with us at the Niagara Falls Community Health Centre. He has devoted countless hours of his time, expertise, and compassion to help find a safe place for the people in our community who are in need. He is able to leverage resources through his large network of providers in Niagara Falls and beyond to serve our most vulnerable population in need of outreach efforts that may otherwise fall through the cracks. In short, A.J. is a man on a mission to help break the cycle of homelessness in Niagara Falls.

A.J. has become a vocal spokesperson as well and was a key support in opening an emergency shelter in Niagara Falls last year. He never hesitates to use his skills to make an impact. He has been described as a true influencer who is able to use his voice and his years of experience to lift people up.

HEALTHY YOU LIFESTYLE GROUP

Orientation:
Monday, January 20 @ 1pm

Start:
Monday, January 27

Time:
12 - 2 pm (light lunch provided)

Duration:
6 weeks

You will learn:

- nutrition for healthy eating (important nutrients, vitamins and minerals)
- reading food labels
- increasing activity
- meal planning
- dining out and grocery shopping tips
- goal setting and being more mindful to help become your healthiest you!

Registration required - call Chloe at ext. 289!

Come and meet with Alesha, our Dental Health Community Worker!
She will help you identify what services are covered and help you with the application process.

Ontario