

Monday, March 3, 2025

Notes and Beats

Date and Time: Monday, March 3 9:30 am - 11:00 am

Address: 363 Colborne Street

Notes and Beats with Joan Minnery: Come and enjoy a fun-filled, laid-back, smile-enhancing hour of rhythm s, songs, trivia, humming, drumming, swinging, instruments, harmony, melodies, tuning and crooning -- singing and mingling! **Pre-registration is required.**

When:

Every Monday

9:30 - 11:00 a.m.

January 13th to June 16th, 2025

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please email Brad at bkidder@grchc.ca or call (519) 754-0777 ext. 505

Beating Strong: Heart Health Workshop

Date and Time: Monday, March 3 10:00 am - 11:00 am

Address: Norfolk Family Health Team (185 Robinson St, Simcoe)

We got the beat!

Join the Interprofessional Primary Care Team for the Beating Strong: Heart Health Workshop!

There will be three sessions per workshop:

Session 1: Cholesterol values and what they mean, blood pressure checks, and how to determine your heart age

Session 2: The Mediterranean way of eating and other heart healthy nutrition tips

Session 3: Strategies for improving your social and mental well-being and managing stress

This workshop is open to anyone in the community who is interested in learning more about improving their heart health! You do not need to attend all sessions if you do not wish to.

When:

Monday, March 3rd, 10th & 17th

10:00 - 11:00 a.m.

Where:

Norfolk Family Health Team (185 Robinson St, Simcoe)

To register, please call (226) 388-4725.

Tai Chi

Date and Time: Monday, March 3 11:00 am - 12:00 pm

Address: 363 Colborne Street

♀ Join our free Tai Chi class! Slow version of martial arts where you will learn to breathe, focus, and balance while building energy and learning body awareness through warm up exercises and movements. **Pre-registration for each 10-week session is required.**

When:

Mondays from January 6th - March 17th, 2025

11:00 a.m. - 12:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please contact OG at oegiebor@grchc.ca or call (519) 754-0777 ext. 233

Happy Heart, Diabetes & Me

Date and Time: Monday, March 3 1:00 pm - 3:00 pm

Address: 363 Colborne Street

Join our free Happy Heart, Diabetes & Me group! Learn how to manage your heart health and diabetes through movement and exercise, and cook heart healthy meals and meals that help control your diabetes. **Pre-registration for each 3-week session is required.**

When:

Monday, March 3rd, 10th & 17th

1:00 - 3:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Room A & Community Kitchen

For more information or to register, please contact Amanda at (519) 754-0777 ext. 273

Tuesday, March 4, 2025

Dance Fitness

Date and Time: Tuesday, March 4 10:00 am - 11:00 am

Address: 363 Colborne Street

Dance Fitness with Joan: A combination of Zumba & Line Dancing done to Country, Pop & Latin Music. Learn the basics of Merengue, Salsa, Bachata, Cumbia, Reggaeton as well as old school Line dancing & all incorporated with aerobic movements! **Pre-registration is required.**

When:

Every Tuesday & Thursday

10:00 - 11:00 a.m.

January to December 2025

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please email OG at oegiebor@grchc.ca or call (519) 754-0777 ext. 233

Let's Make Macramé

Date and Time: Tuesday, March 4 10:00 am - 12:00 pm

Address: 363 Colborne Street

Join our free Let's Make Macramé group and learn basic and advanced knots to make your own macramé including keychains, plant hangers, wall hangings and more! Beginners and advanced welcome, materials will be provided. **Pre-registration for each 7-week session is required.**

When:

Tuesdays from January 21st - March 4th, 2025

10:00 a.m. - 12:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Boardroom

For more information or to register, please contact Gloria at gord@grchc.ca or call (519) 754-0777 ext. 223

Easy Fit

Date and Time: Tuesday, March 4 10:30 am - 11:30 am

Address: 25 Curtis Ave N, Paris ON

☐ ♀ Join our free Easy Fit class where you'll learn gentle exercises to help with posture, balance, strength, and endurance! **Pre-registration is required.**

When:

Every Tuesday

10:30 - 11:30 a.m.

Where:

Cowan Community Health Hub (25 Curtis Ave N, Paris) in Community Room

For more information or to register, please contact Amanda at (519) 754-0777 ext. 273

Drop-in Outreach Clinic

Date and Time: Tuesday, March 4 12:00 pm - 6:30 pm

Address: 363 Colborne Street

Starting Tuesday, October 15th, 2024, Grand River Community Health Centre is launching a Drop-in Outreach Clinic with our Interprofessional Primary Care Team!

Clinic Hours:

Tuesdays from 12:00 p.m. - 6:30 p.m.

This drop-in service will support folks who:

- Use substances
- Are unhoused or street involved
- Have difficulty making and keeping appointments
- Do not have a primary care provider and/or a health card

Services offered:

- See a health care provider
- Access wound care
- Receive sexual health information and testing
- Get support obtaining ID
- Receive mental health support and referrals

363 Colborne Street, Brantford ON

Note: This is **not** a walk in clinic. Patients will be seen on a first-come, first-served basis.

Expressive Arts Group

Date and Time: Tuesday, March 4 2:00 pm - 3:30 pm

Address: 363 Colborne Street

Join our free Expressive Arts Group led by Arts Therapist in training Mabe Kyle! Engage with play, creativity, and imagination in therapeutic ways through art, music, dance, writing, and drama. **Drop-in or register.**

When:

Every Tuesday from January 21st to April 29th, 2025

2:00 - 3:30 p.m.

Where:


Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Boardroom

For more information or to register, please contact Breanne at bvandeven@grchc.ca or call (519) 754-0777 ext . 259

ID Clinic Drop-in

Date and Time: Tuesday, March 4 5:00 pm - 7:00 pm

Address: 363 Colborne Street

 Drop-in and get help with applications for birth certificates, health cards, and photo ID card. No appointments necessary, first come first served.

When:

Every Tuesday

5:00 - 7:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Dietitian Room


For more information, please contact Brad at bkidder@grchc.ca or call (519) 754-0777 ext. 505

Wednesday, March 5, 2025

Easy Fit

Date and Time: Wednesday, March 5 11:00 am - 12:00 pm

Address: 363 Colborne Street

 Join our free Easy Fit class where you'll learn gentle exercises to help with posture, balance, strength, and endurance! **Pre-registration is required.**

When:

Every Wednesday

11:00 a.m. - 12:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please contact Amanda at (519) 754-0777 ext. 273

Drop-in Outreach Clinic

Date and Time: Wednesday, March 5 11:30 am - 3:00 pm

Address: 95 Darling Street, Brantford ON

Grand River Community Health Centre has launched its Drop-in Outreach Clinic with our Interprofessional Primary Care Team!

Clinic Hours:

Wednesdays from 11:30 a.m. - 3:00 p.m. at St. Andrew's Church (95 Darling Street, Brantford)

This drop-in service will support folks who:

- Use substances
- Are unhoused or street involved
- Have difficulty making and keeping appointments
- Do not have a primary care provider and/or a health card

Services offered:

- See a health care provider
- Access wound care
- Receive sexual health information and testing
- Get support obtaining ID
- Receive mental health support and referrals

Note: This is **not** a walk in clinic. Patients will be seen on a first-come, first-served basis.

Caring for My COPD Program Orientation

Date and Time: Wednesday, March 5 1:00 pm - 1:30 pm

Address: 363 Colborne Street

"Caring for My COPD" program orientation is a 1.5 hour education session to learn what COPD is, and what the 10 week program entails. You must pre-register and have a referral from a physician in order to join.

For more information, please contact Deb at (519) 754-0777 ext. 235

Men in Action

Date and Time: Wednesday, March 5 1:30 pm - 3:00 pm

Address: 363 Colborne Street

Drop by our Men in Action group and learn from and chat with others! Pre-registration not required.

When:

Every Wednesday

1:30 - 3:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Room A

For more information, please contact Brad at bkidder@grchc.ca or call (519) 754-0777 ext. 505

Pre-Diabetes Workshop

Date and Time: Wednesday, March 5 2:00 pm - 3:00 pm

Address: Cowan Community Health Hub (25 Curtis Ave N, Paris)

Start small, start strong!

Join the Interprofessional Primary Care Team for our Pre-Diabetes Workshop!

There will be three sessions per workshop:

Session 1: Defining pre-diabetes, lab values and what they mean, and goal setting

Session 2: Nutrition recommendations for pre-diabetes and general health

Session 3: Strategies for improving your social and mental well-being and managing stress

The workshop is open to anyone in the community who may be interested in learning more about diabetes risk or pre-diabetes! You do not need to attend all sessions if you do not wish to.

When:

Wednesday, March 5th, 12th & 19th

2:00 - 3:00 p.m.

Where:

Cowan Community Health Hub (25 Curtis Ave N, Paris)

To register, please call (226) 388-4725.

Thursday, March 6, 2025

Drop-in Outreach Clinic

Date and Time: Thursday, March 6 10:00 am - 3:00 pm

Address: 185 Robinson Street, Simcoe ON

Grand River Community Health Centre has launched its Drop-in Outreach Clinic with our Interprofessional Primary Care Team!

Clinic Hours:

Thursdays from 10:00 a.m. - 3:00 p.m. at Norfolk Family Health Team in Suite 101 (185 Robinson Street, Simcoe)

This drop-in service will support folks who:

- Use substances
- Are unhoused or street involved
- Have difficulty making and keeping appointments
- Do not have a primary care provider and/or a health card

Services offered:

- See a health care provider
- Access wound care
- Receive sexual health information and testing
- Get support obtaining ID
- Receive mental health support and referrals

Note: This is **not** a walk in clinic. Patients will be seen on a first-come, first-served basis.

Dance Fitness

Date and Time: Thursday, March 6 10:00 am - 11:00 am

Address: 363 Colborne Street

Dance Fitness with Joan: A combination of Zumba & Line Dancing done to Country, Pop & Latin Music. Learn the basics of Merengue, Salsa, Bachata, Cumbia, Reggaeton as well as old school Line dancing & all incorporated with aerobic movements! **Pre-registration is required.**

When:

Every Tuesday & Thursday

10:00 - 11:00 a.m.

January to December 2025

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please email OG at oegiebor@grchc.ca or call (519) 754-0777 ext. 233

Learn to Knit

Date and Time: Thursday, March 6 11:00 am - 12:30 pm

Address: 363 Colborne Street

Join our Learn to Knit group! Beginners and advanced welcome, materials will be provided. **Pre-registration is required.**

When:

Every Thursday

11:00 a.m. - 12:30 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Room A

For more information or to register, please contact Gloria at gord@grchc.ca or call (519) 754-0777 ext. 223

Stitch n' Chat

Date and Time: Thursday, March 6 1:00 pm - 3:00 pm

Address: 363 Colborne Street

Are you a beginner or experienced knitter? All are welcome to our weekly Stitch n' Chat group! Come by to work on your craft or knitting skills. **Pre-registration is required.**

When:

Every Thursday

1:00 - 3:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Room A

For more information or to register, please contact Gloria at gord@grchc.ca or call (519) 754-0777 ext. 223

Flavours of Brantford

Date and Time: Thursday, March 6 3:00 pm - 5:00 pm

Address: 363 Colborne Street

Adults aged 55+ are invited to explore the Flavours of Brantford through a monthly cooking series offered from January to March 2025. Each month focuses on food from a different continent and blue zone (blue zone diets are diets based on the eating habits of people around the world who live up to 100 years old). Participants will not only prepare and enjoy a traditional meal, but they will also learn about the culture of a different country within the continent and blue zone each week.

Registration is required and limited to only one of the 4-week series offered.

All programs will take place at the Grand River Health Care Community Kitchen from 3 p.m. to 5 p.m.

Learn more at Brantford.ca/FlavoursOfBrantford

To register, please email Makeda at mkafele-green@grchc.ca or call (519) 754-0777 ext. 222

2SLGBTQIA+ Community Connections

Date and Time: Thursday, March 6 6:00 pm - 7:30 pm

Address: 363 Colborne Street

A social group for adults 18+ who are part of the 2SLGBTQIA+ community held at Grand River Community Health Centre. Join us as we gather, connect and socialize! **Pre-registration is required.**

When:

1st Thursday of each month

6:00 - 7:30 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford)

For more information or to register, please contact Lisa at lidoan@grchc.ca or call (519) 754-0777 ext. 252

Brantford Cabaret

Date and Time: Thursday, March 6 6:00 pm - 7:30 pm

Address: 363 Colborne Street

Brantford Cabaret with Joan Minnery: A musical theatre workshop where youth will learn about acting, singing, staging, choreography and more! **Pre-registration is required. For youth age 8-17.**

When:

Every Thursday

6:00 - 7:30 p.m.

February 6th to May 29th, 2025

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please email Brad at bkidder@grchc.ca or call (519) 754-0777 ext. 505

Friday, March 7, 2025

Breakfast Club

Date and Time: Friday, March 7 9:30 am - 10:30 am

Address: 363 Colborne Street

Join us for coffee, tea, breakfast, and conversation! All are welcome. Pre-registration not required.

When:

Every Friday

9:30 - 10:30 a.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Kitchen

For more information, please contact Melissa at msiegel@grchc.ca or call (519) 754-0777 ext. 479

Easy Fit

Date and Time: Friday, March 7 1:00 pm - 2:00 pm

Address: 363 Colborne Street

♀ Join our free Easy Fit class where you'll learn gentle exercises to help with posture, balance, strength, and endurance! **Pre-registration is required.**

When:

Every Friday

1:00 - 2:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please contact Amanda at (519) 754-0777 ext. 273

Sit Fit

Date and Time: Friday, March 7 2:00 pm - 3:00 pm

Address: 363 Colborne Street

Join our free Sit Fit class and improve posture and strength using exercises in a chair! **Pre-registration is required.**

When:

Every Friday

2:00 - 3:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please contact Amanda at (519) 754-0777 ext. 273

Monday, March 10, 2025

Notes and Beats

Date and Time: Monday, March 10 9:30 am - 11:00 am

Address: 363 Colborne Street

Notes and Beats with Joan Minnery: Come and enjoy a fun-filled, laid-back, smile-enhancing hour of rhythm s, songs, trivia, humming, drumming, swinging, instruments, harmony, melodies, tuning and crooning -- singing and mingling! **Pre-registration is required.**

When:

Every Monday

9:30 - 11:00 a.m.

January 13th to June 16th, 2025

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please email Brad at bkidder@grchc.ca or call (519) 754-0777 ext. 505

Beating Strong: Heart Health Workshop

Date and Time: Monday, March 10 10:00 am - 11:00 am

Address: Norfolk Family Health Team (185 Robinson St, Simcoe)

We got the beat!

Join the Interprofessional Primary Care Team for the Beating Strong: Heart Health Workshop!

There will be three sessions per workshop:

Session 1: Cholesterol values and what they mean, blood pressure checks, and how to determine your heart age

Session 2: The Mediterranean way of eating and other heart healthy nutrition tips

Session 3: Strategies for improving your social and mental well-being and managing stress

This workshop is open to anyone in the community who is interested in learning more about improving their heart health! You do not need to attend all sessions if you do not wish to.

When:

Monday, March 3rd, 10th & 17th

10:00 - 11:00 a.m.

Where:

Norfolk Family Health Team (185 Robinson St, Simcoe)

To register, please call (226) 388-4725.

Tai Chi

Date and Time: Monday, March 10 11:00 am - 12:00 pm

Address: 363 Colborne Street

♀ Join our free Tai Chi class! Slow version of martial arts where you will learn to breathe, focus, and balance while building energy and learning body awareness through warm up exercises and movements. **Pre-registration for each 10-week session is required.**

When:

Mondays from January 6th - March 17th, 2025

11:00 a.m. - 12:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please contact OG at ogiebor@grchc.ca or call (519) 754-0777 ext. 233

Happy Heart, Diabetes & Me

Date and Time: Monday, March 10 1:00 pm - 3:00 pm

Address: 363 Colborne Street

Join our free Happy Heart, Diabetes & Me group! Learn how to manage your heart health and diabetes through movement and exercise, and cook heart healthy meals and meals that help control your diabetes. **Pre-registration for each 3-week session is required.**

When:

Monday, March 3rd, 10th & 17th

1:00 - 3:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Room A & Community Kitchen

For more information or to register, please contact Amanda at (519) 754-0777 ext. 273

Tuesday, March 11, 2025

Dance Fitness

Date and Time: Tuesday, March 11 10:00 am - 11:00 am

Address: 363 Colborne Street

Dance Fitness with Joan: A combination of Zumba & Line Dancing done to Country, Pop & Latin Music. Learn the basics of Merengue, Salsa, Bachata, Cumbia, Reggaeton as well as old school Line dancing & all incorporated with aerobic movements! **Pre-registration is required.**

When:

Every Tuesday & Thursday

10:00 - 11:00 a.m.

January to December 2025

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please email OG at oegiebor@grchc.ca or call (519) 754-0777 ext. 233

Easy Fit

Date and Time: Tuesday, March 11 10:30 am - 11:30 am

Address: 25 Curtis Ave N, Paris ON

♀ Join our free Easy Fit class where you'll learn gentle exercises to help with posture, balance, strength, and endurance! **Pre-registration is required.**

When:

Every Tuesday

10:30 - 11:30 a.m.

Where:

Cowan Community Health Hub (25 Curtis Ave N, Paris) in Community Room

Drop-in Outreach Clinic

Date and Time: Tuesday, March 11 12:00 pm - 6:30 pm

Address: 363 Colborne Street

Starting Tuesday, October 15th, 2024, Grand River Community Health Centre is launching a Drop-in Outreach Clinic with our Interprofessional Primary Care Team!

Clinic Hours:

Tuesdays from 12:00 p.m. - 6:30 p.m.

This drop-in service will support folks who:

- Use substances
- Are unhoused or street involved
- Have difficulty making and keeping appointments
- Do not have a primary care provider and/or a health card

Services offered:

- See a health care provider
- Access wound care
- Receive sexual health information and testing
- Get support obtaining ID
- Receive mental health support and referrals

363 Colborne Street, Brantford ON

Note: This is **not** a walk in clinic. Patients will be seen on a first-come, first-served basis.

Basic Shelf

Date and Time: Tuesday, March 11 1:00 pm - 3:00 pm

Address: 363 Colborne Street

Join our free Basic Shelf cooking classes where you will make snacks and meals from Basic Shelf Cookbook with recipes that can be made from one list of low-cost, nutritious ingredients! **Pre-registration for each 4-week session is required.**

When:

Tuesdays from February 18th - March 11th, 2025

1:00 - 3:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Kitchen

For more information or to register, please contact Melissa at msiegel@grchc.ca or call (519) 754-0777 ext. 479

Expressive Arts Group

Date and Time: Tuesday, March 11 2:00 pm - 3:30 pm

Address: 363 Colborne Street

☐☐☐☐ Join our free Expressive Arts Group led by Arts Therapist in training Mabe Kyle! Engage with play, creativity, and imagination in therapeutic ways through art, music, dance, writing, and drama. **Drop-in or register.**

When:

Every Tuesday from January 21st to April 29th, 2025

2:00 - 3:30 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Boardroom

For more information or to register, please contact Breanne at bvandeven@grchc.ca or call (519) 754-0777 ext . 259

ID Clinic Drop-in

Date and Time: Tuesday, March 11 5:00 pm - 7:00 pm

Address: 363 Colborne Street

🔗 Drop-in and get help with applications for birth certificates, health cards, and photo ID card. No appointment necessary, first come first served.

When:

Every Tuesday

5:00 - 7:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Dietitian Room

For more information, please contact Brad at bkidder@grchc.ca or call (519) 754-0777 ext. 505

Gender Journey Brant

Date and Time: Tuesday, March 11 5:30 pm - 7:30 pm

Address: 363 Colborne Street

A social group for trans, non-binary and gender diverse adults (18+) held at Grand River Community Health Centre! Join in for opportunities to make new connections. **Pre-registration is required.**

When:

Every 2nd & 4th Tuesday of each month

5:30 - 7:30 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford)

For more information or to register, please contact Lisa at ldoan@grchc.ca or call (519) 754-0777 ext. 252

Wednesday, March 12, 2025

Easy Fit

Date and Time: Wednesday, March 12 11:00 am - 12:00 pm

Address: 363 Colborne Street

♀ Join our free Easy Fit class where you'll learn gentle exercises to help with posture, balance, strength, and endurance! **Pre-registration is required.**

When:

Every Wednesday

11:00 a.m. - 12:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please contact Amanda at (519) 754-0777 ext. 273

Drop-in Outreach Clinic

Date and Time: Wednesday, March 12 11:30 am - 3:00 pm

Address: 95 Darling Street, Brantford ON

Grand River Community Health Centre has launched its Drop-in Outreach Clinic with our Interprofessional Primary Care Team!

Clinic Hours:

Wednesdays from 11:30 a.m. - 3:00 p.m. at St. Andrew's Church (95 Darling Street, Brantford)

This drop-in service will support folks who:

- Use substances
- Are unhoused or street involved
- Have difficulty making and keeping appointments

- Do not have a primary care provider and/or a health card

Services offered:

- See a health care provider
- Access wound care
- Receive sexual health information and testing
- Get support obtaining ID
- Receive mental health support and referrals

Note: This is **not** a walk in clinic. Patients will be seen on a first-come, first-served basis.

Men in Action

Date and Time: Wednesday, March 12 1:30 pm - 3:00 pm

Address: 363 Colborne Street

Drop by our Men in Action group and learn from and chat with others! Pre-registration not required.

When:

Every Wednesday

1:30 - 3:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Room A

For more information, please contact Brad at bkidder@grchc.ca or call (519) 754-0777 ext. 505

Pre-Diabetes Workshop

Date and Time: Wednesday, March 12 2:00 pm - 3:00 pm

Address: Cowan Community Health Hub (25 Curtis Ave N, Paris)

Start small, start strong!

Join the Interprofessional Primary Care Team for our Pre-Diabetes Workshop!

There will be three sessions per workshop:

Session 1: Defining pre-diabetes, lab values and what they mean, and goal setting

Session 2: Nutrition recommendations for pre-diabetes and general health

Session 3: Strategies for improving your social and mental well-being and managing stress

The workshop is open to anyone in the community who may be interested in learning more about diabetes risk or pre-diabetes! You do not need to attend all sessions if you do not wish to.

When:

Wednesday, March 5th, 12th & 19th

2:00 - 3:00 p.m.

Where:

Cowan Community Health Hub (25 Curtis Ave N, Paris)

To register, please call (226) 388-4725.

Thursday, March 13, 2025

Drop-in Outreach Clinic

Date and Time: Thursday, March 13 10:00 am - 3:00 pm

Address: 185 Robinson Street, Simcoe ON

Grand River Community Health Centre has launched its Drop-in Outreach Clinic with our Interprofessional Primary Care Team!

Clinic Hours:

Thursdays from 10:00 a.m. - 3:00 p.m. at Norfolk Family Health Team in Suite 101 (185 Robinson Street, Simcoe)

This drop-in service will support folks who:

- Use substances
- Are unhoused or street involved
- Have difficulty making and keeping appointments
- Do not have a primary care provider and/or a health card

Services offered:

- See a health care provider
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Note: This is **not** a walk in clinic. Patients will be seen on a first-come, first-served basis.

Dance Fitness

Date and Time: Thursday, March 13 10:00 am - 11:00 am

Address: 363 Colborne Street

Dance Fitness with Joan: A combination of Zumba & Line Dancing done to Country, Pop & Latin Music. Learn the basics of Merengue, Salsa, Bachata, Cumbia, Reggaeton as well as old school Line dancing & all incorporated with aerobic movements! **Pre-registration is required.**

When:

Every Tuesday & Thursday

10:00 - 11:00 a.m.

January to December 2025

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please email OG at oegiebor@grchc.ca or call (519) 754-0777 ext. 233

Learn to Knit

Date and Time: Thursday, March 13 11:00 am - 12:30 pm

Address: 363 Colborne Street

Join our Learn to Knit group! Beginners and advanced welcome, materials will be provided. **Pre-registration is required.**

When:

Every Thursday

11:00 a.m. - 12:30 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Room A

For more information or to register, please contact Gloria at gord@grchc.ca or call (519) 754-0777 ext. 223

Stitch n' Chat

Date and Time: Thursday, March 13 1:00 pm - 3:00 pm

Address: 363 Colborne Street

Are you a beginner or experienced knitter? All are welcome to our weekly Stitch n' Chat group! Come by to work on your craft or knitting skills. **Pre-registration is required.**

When:

Every Thursday

1:00 - 3:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Room A

For more information or to register, please contact Gloria at gord@grchc.ca or call (519) 754-0777 ext. 223

Flavours of Brantford

Date and Time: Thursday, March 13 3:00 pm - 5:00 pm

Address: 363 Colborne Street

Adults aged 55+ are invited to explore the Flavours of Brantford through a monthly cooking series offered from January to March 2025. Each month focuses on food from a different continent and blue zone (blue zone diets are diets based on the eating habits of people around the world who live up to 100 years old). Participants will not only prepare and enjoy a traditional meal, but they will also learn about the culture of a different country within the continent and blue zone each week.

Registration is required and limited to only one of the 4-week series offered.

All programs will take place at the Grand River Health Care Community Kitchen from 3 p.m. to 5 p.m.

Learn more at [Brantford.ca/FlavoursOfBrantford](https://brantford.ca/FlavoursOfBrantford)

To register, please email Makeda at mkafele-green@grhc.ca or call (519) 754-0777 ext. 222

Friday, March 14, 2025

Breakfast Club

Date and Time: Friday, March 14 9:30 am - 10:30 am

Address: 363 Colborne Street

Join us for coffee, tea, breakfast, and conversation! All are welcome. Pre-registration not required.

When:

Every Friday

9:30 - 10:30 a.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Kitchen

For more information, please contact Melissa at msiegel@grhc.ca or call (519) 754-0777 ext. 479

Service Canada Outreach Drop-in Clinic

Date and Time: Friday, March 14 10:00 am - 1:00 pm

Address: 363 Colborne Street

☞ Meet with a Service Canada Outreach Specialist and get information and help navigating the following programs and benefits:

1. Social Insurance Number (SIN): Assistance with applying for a SIN.
2. Employment Insurance (EI): Helping applying for EI benefits online.
3. Canada Pension Plan (CPP), Canada Pension Plan Disability (CPP-D), Old Age Security (OAS), Guaranteed Income Supplement (GIS), and Survivor Benefits: Support with applications and reviewing completed forms.
4. Canadian Dental Care Plan (CDCP): Guidance on applying for CDCP benefits.
5. Passport Canada Programs: Assistance with passport-related inquiries and reviewing applications.
6. Client File Reviews: Reviewing application statuses or addressing specific client inquiries by accessing individual files (with appropriate identification).

When:

Second Friday of each month

10:00 a.m. - 1:00 p.m.

No appointment necessary, first come first served.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Meeting Room D

Easy Fit

Date and Time: Friday, March 14 1:00 pm - 2:00 pm

Address: 363 Colborne Street

♀ Join our free Easy Fit class where you'll learn gentle exercises to help with posture, balance, strength, and endurance! **Pre-registration is required.**

When:

Every Friday

1:00 - 2:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please contact Amanda at (519) 754-0777 ext. 273

Sit Fit

Date and Time: Friday, March 14 2:00 pm - 3:00 pm

Address: 363 Colborne Street

Join our free Sit Fit class and improve posture and strength using exercises in a chair! **Pre-registration is required.**

When:

Every Friday

2:00 - 3:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please contact Amanda at (519) 754-0777 ext. 273

Monday, March 17, 2025

Notes and Beats

Date and Time: Monday, March 17 9:30 am - 11:00 am

Address: 363 Colborne Street

Notes and Beats with Joan Minnery: Come and enjoy a fun-filled, laid-back, smile-enhancing hour of rhythm s, songs, trivia, humming, drumming, swinging, instruments, harmony, melodies, tuning and crooning -- singing and mingling! **Pre-registration is required.**

When:

Every Monday

9:30 - 11:00 a.m.

January 13th to June 16th, 2025

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please email Brad at bkidder@grchc.ca or call (519) 754-0777 ext. 505

Beating Strong: Heart Health Workshop

Date and Time: Monday, March 17 10:00 am - 11:00 am

Address: Norfolk Family Health Team (185 Robinson St, Simcoe)

We got the beat!

Join the Interprofessional Primary Care Team for the Beating Strong: Heart Health Workshop!

There will be three sessions per workshop:

Session 1: Cholesterol values and what they mean, blood pressure checks, and how to determine your heart age

Session 2: The Mediterranean way of eating and other heart healthy nutrition tips

Session 3: Strategies for improving your social and mental well-being and managing stress

This workshop is open to anyone in the community who is interested in learning more about improving their heart health! You do not need to attend all sessions if you do not wish to.

When:

Monday, March 3rd, 10th & 17th

10:00 - 11:00 a.m.

Where:

Norfolk Family Health Team (185 Robinson St, Simcoe)

To register, please call (226) 388-4725.

Tai Chi

Date and Time: Monday, March 17 11:00 am - 12:00 pm

Address: 363 Colborne Street

♀ Join our free Tai Chi class! Slow version of martial arts where you will learn to breathe, focus, and balance while building energy and learning body awareness through warm up exercises and movements. **Pre-registration for each 10-week session is required.**

When:

Mondays from January 6th - March 17th, 2025

11:00 a.m. - 12:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please contact OG at oegiebor@grchc.ca or call (519) 754-0777 ext. 233

Happy Heart, Diabetes & Me

Date and Time: Monday, March 17 1:00 pm - 3:00 pm

Address: 363 Colborne Street

Join our free Happy Heart, Diabetes & Me group! Learn how to manage your heart health and diabetes through movement and exercise, and cook heart healthy meals and meals that help control your diabetes. **Pre-registration for each 3-week session is required.**

When:

Monday, March 3rd, 10th & 17th

1:00 - 3:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Room A & Community Kitchen

For more information or to register, please contact Amanda at (519) 754-0777 ext. 273

Tuesday, March 18, 2025

Dance Fitness

Date and Time: Tuesday, March 18 10:00 am - 11:00 am

Address: 363 Colborne Street

Dance Fitness with Joan: A combination of Zumba & Line Dancing done to Country, Pop & Latin Music. Learn the basics of Merengue, Salsa, Bachata, Cumbia, Reggaeton as well as old school Line dancing & all incorporated with aerobic movements! **Pre-registration is required.**

When:

Every Tuesday & Thursday

10:00 - 11:00 a.m.

January to December 2025

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please email OG at oegiebor@grchc.ca or call (519) 754-0777 ext. 233

Easy Fit

Date and Time: Tuesday, March 18 10:30 am - 11:30 am

Address: 25 Curtis Ave N, Paris ON

♀ Join our free Easy Fit class where you'll learn gentle exercises to help with posture, balance, strength, and endurance! **Pre-registration is required.**

When:

Every Tuesday

10:30 - 11:30 a.m.

Where:

Cowan Community Health Hub (25 Curtis Ave N, Paris) in Community Room

For more information or to register, please contact Amanda at (519) 754-0777 ext. 273

Drop-in Outreach Clinic

Date and Time: Tuesday, March 18 12:00 pm - 6:30 pm

Address: 363 Colborne Street

Starting Tuesday, October 15th, 2024, Grand River Community Health Centre is launching a Drop-in Outreach Clinic with our Interprofessional Primary Care Team!

Clinic Hours:

Tuesdays from 12:00 p.m. - 6:30 p.m.

This drop-in service will support folks who:

- Use substances
- Are unhoused or street involved
- Have difficulty making and keeping appointments
- Do not have a primary care provider and/or a health card

Services offered:

- See a health care provider
- Access wound care
- Receive sexual health information and testing
- Get support obtaining ID
- Receive mental health support and referrals

363 Colborne Street, Brantford ON

Note: This is **not** a walk in clinic. Patients will be seen on a first-come, first-served basis.

Expressive Arts Group

Date and Time: Tuesday, March 18 2:00 pm - 3:30 pm

Address: 363 Colborne Street

☐☐☐☐ Join our free Expressive Arts Group led by Arts Therapist in training Mabe Kyle! Engage with play, creativity, and imagination in therapeutic ways through art, music, dance, writing, and drama. **Drop-in or register.**

When:

Every Tuesday from January 21st to April 29th, 2025

2:00 - 3:30 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Boardroom

For more information or to register, please contact Breanne at bvandeven@grchc.ca or call (519) 754-0777 ext

ID Clinic Drop-in

Date and Time: Tuesday, March 18 5:00 pm - 7:00 pm

Address: 363 Colborne Street

📌 Drop-in and get help with applications for birth certificates, health cards, and photo ID card. No appointment necessary, first come first served.

When:

Every Tuesday

5:00 - 7:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Dietitian Room

For more information, please contact Brad at bkidder@grchc.ca or call (519) 754-0777 ext. 505

Wednesday, March 19, 2025

Easy Fit

Date and Time: Wednesday, March 19 11:00 am - 12:00 pm

Address: 363 Colborne Street

👩 Join our free Easy Fit class where you'll learn gentle exercises to help with posture, balance, strength, and endurance! **Pre-registration is required.**

When:

Every Wednesday

11:00 a.m. - 12:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please contact Amanda at (519) 754-0777 ext. 273

Drop-in Outreach Clinic

Date and Time: Wednesday, March 19 11:30 am - 3:00 pm

Address: 95 Darling Street, Brantford ON

Grand River Community Health Centre has launched its Drop-in Outreach Clinic with our Interprofessional Primary Care Team!

Clinic Hours:

Wednesdays from 11:30 a.m. - 3:00 p.m. at St. Andrew's Church (95 Darling Street, Brantford)

This drop-in service will support folks who:

- Use substances
- Are unhoused or street involved
- Have difficulty making and keeping appointments
- Do not have a primary care provider and/or a health card

Services offered:

- See a health care provider
- Access wound care
- Receive sexual health information and testing
- Get support obtaining ID
- Receive mental health support and referrals

Note: This is **not** a walk in clinic. Patients will be seen on a first-come, first-served basis.

Learn to Paint

Date and Time: Wednesday, March 19 1:00 pm - 3:00 pm

Address: 363 Colborne Street

*****Both Learn to Paint classes are currently FULL*****

Join our free Learn to Paint class and learn to use acrylic paint! Materials will be provided. No experience needed, all are welcome! **Pre-registration is required. Registration for one of the two classes opens on the first (1st) of the month.**

When:

Wednesday, March 19th **OR** Wednesday, March 26th, 2025

1:00 p.m. - 3:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford)

To be added to the waitlist, please contact Lisa at ldoan@grchc.ca or call (519) 754-0777 ext. 252

Caring for My COPD Program Orientation

Date and Time: Wednesday, March 19 1:00 pm - 1:30 pm

Address: 363 Colborne Street

"Caring for My COPD" program orientation is a 1.5 hour education session to learn what COPD is, and what the 10 week program entails. You must pre-register and have a referral from a physician in order to join.

For more information, please contact Deb at (519) 754-0777 ext. 235

Men in Action

Date and Time: Wednesday, March 19 1:30 pm - 3:00 pm

Address: 363 Colborne Street

Drop by our Men in Action group and learn from and chat with others! Pre-registration not required.

When:

Every Wednesday

1:30 - 3:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Room A

For more information, please contact Brad at bkidder@grchc.ca or call (519) 754-0777 ext. 505

Pre-Diabetes Workshop

Date and Time: Wednesday, March 19 2:00 pm - 3:00 pm

Address: Cowan Community Health Hub (25 Curtis Ave N, Paris)

Start small, start strong!

Join the Interprofessional Primary Care Team for our Pre-Diabetes Workshop!

There will be three sessions per workshop:

Session 1: Defining pre-diabetes, lab values and what they mean, and goal setting

Session 2: Nutrition recommendations for pre-diabetes and general health

Session 3: Strategies for improving your social and mental well-being and managing stress

The workshop is open to anyone in the community who may be interested in learning more about diabetes risk or pre-diabetes! You do not need to attend all sessions if you do not wish to.

When:

Wednesday, March 5th, 12th & 19th

2:00 - 3:00 p.m.

Where:

To register, please call (226) 388-4725.

Thursday, March 20, 2025

Drop-in Outreach Clinic

Date and Time: Thursday, March 20 10:00 am - 3:00 pm

Address: 185 Robinson Street, Simcoe ON

Grand River Community Health Centre has launched its Drop-in Outreach Clinic with our Interprofessional Primary Care Team!

Clinic Hours:

Thursdays from 10:00 a.m. - 3:00 p.m. at Norfolk Family Health Team in Suite 101 (185 Robinson Street, Simcoe)

This drop-in service will support folks who:

- Use substances
- Are unhoused or street involved
- Have difficulty making and keeping appointments
- Do not have a primary care provider and/or a health card

Services offered:

- See a health care provider
- Access wound care
- Receive sexual health information and testing
- Get support obtaining ID
- Receive mental health support and referrals

Note: This is **not** a walk in clinic. Patients will be seen on a first-come, first-served basis.

Dance Fitness

Date and Time: Thursday, March 20 10:00 am - 11:00 am

Address: 363 Colborne Street

Dance Fitness with Joan: A combination of Zumba & Line Dancing done to Country, Pop & Latin Music. Learn the basics of Merengue, Salsa, Bachata, Cumbia, Reggaeton as well as old school Line dancing & all incorporated with aerobic movements! **Pre-registration is required.**

When:

Every Tuesday & Thursday

10:00 - 11:00 a.m.

January to December 2025

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please email OG at oegiebor@grchc.ca or call (519) 754-0777 ext. 233

Learn to Knit

Date and Time: Thursday, March 20 11:00 am - 12:30 pm

Address: 363 Colborne Street

Join our Learn to Knit group! Beginners and advanced welcome, materials will be provided. **Pre-registration is required.**

When:

Every Thursday

11:00 a.m. - 12:30 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Room A

For more information or to register, please contact Gloria at gord@grchc.ca or call (519) 754-0777 ext. 223

Explore Social Prescribing

Date and Time: Thursday, March 20 11:00 am - 3:00 pm

Address: 363 Colborne Street

Did you know? March 19th, 2025, is National Day of Social Prescribing!

What is Social Prescribing? Social Prescribing aims to connect people with activities, groups, and community resources that meet their interests and needs to improve their health and wellbeing. It combines medical care with social support, helping people feel healthier and more connected.

To learn more, drop by our Explore Social Prescribing event with fun activities, coffee and snacks, and chat with our Community Navigators and see how you can get started.

When:

Thursday, March 20th, 2025

11:00 a.m. - 3:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in the Community Boardroom

For more information, please contact Jodi at jhelps@grchc.ca call (519) 754-0777 ext. 308

Stitch n' Chat

Date and Time: Thursday, March 20 1:00 pm - 3:00 pm

Address: 363 Colborne Street

Are you a beginner or experienced knitter? All are welcome to our weekly Stitch n' Chat group! Come by to work on your craft or knitting skills. **Pre-registration is required.**

When:

Every Thursday

1:00 - 3:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Room A

For more information or to register, please contact Gloria at gord@grchc.ca or call (519) 754-0777 ext. 223

Flavours of Brantford

Date and Time: Thursday, March 20 3:00 pm - 5:00 pm

Address: 363 Colborne Street

Adults aged 55+ are invited to explore the Flavours of Brantford through a monthly cooking series offered from January to March 2025. Each month focuses on food from a different continent and blue zone (blue zone diets are diets based on the eating habits of people around the world who live up to 100 years old). Participants will not only prepare and enjoy a traditional meal, but they will also learn about the culture of a different country within the continent and blue zone each week.

Registration is required and limited to only one of the 4-week series offered.

All programs will take place at the Grand River Health Care Community Kitchen from 3 p.m. to 5 p.m.

Learn more at Brantford.ca/FlavoursOfBrantford

To register, please email Makeda at mkafele-green@grchc.ca or call (519) 754-0777 ext. 222

Brantford Cabaret

Date and Time: Thursday, March 20 6:00 pm - 7:30 pm

Address: 363 Colborne Street

Brantford Cabaret with Joan Minnery: A musical theatre workshop where youth will learn about acting, singing, staging, choreography and more! **Pre-registration is required. For youth age 8-17.**

When:

Every Thursday

6:00 - 7:30 p.m.

February 6th to May 29th, 2025

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please email Brad at bkidder@grchc.ca or call (519) 754-0777 ext. 505

Friday, March 21, 2025

Breakfast Club

Date and Time: Friday, March 21 9:30 am - 10:30 am

Address: 363 Colborne Street

Join us for coffee, tea, breakfast, and conversation! All are welcome. Pre-registration not required.

When:

Every Friday

9:30 - 10:30 a.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Kitchen

For more information, please contact Melissa at msiegel@grchc.ca or call (519) 754-0777 ext. 479

Easy Fit

Date and Time: Friday, March 21 1:00 pm - 2:00 pm

Address: 363 Colborne Street

♀ Join our free Easy Fit class where you'll learn gentle exercises to help with posture, balance, strength, and endurance! **Pre-registration is required.**

When:

Every Friday

1:00 - 2:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please contact Amanda at (519) 754-0777 ext. 273

Sit Fit

Date and Time: Friday, March 21 2:00 pm - 3:00 pm

Address: 363 Colborne Street

Join our free Sit Fit class and improve posture and strength using exercises in a chair! **Pre-registration is required.**

When:

Every Friday

2:00 - 3:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please contact Amanda at (519) 754-0777 ext. 273

Belly Dancing

Date and Time: Friday, March 21 3:30 pm - 4:30 pm

Address: 363 Colborne Street

This women's only, beginner-friendly class is the perfect way to get moving, have fun, and embrace your inner dancer. **Pre-registration is required.**

When:

Third Friday of each month

3:30 - 4:30 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please contact OG at oegiebor@grchc.ca or call (519) 754-0777 ext. 233

Monday, March 24, 2025

Notes and Beats

Date and Time: Monday, March 24 9:30 am - 11:00 am

Address: 363 Colborne Street

Notes and Beats with Joan Minnery: Come and enjoy a fun-filled, laid-back, smile-enhancing hour of rhythms, songs, trivia, humming, drumming, swinging, instruments, harmony, melodies, tuning and crooning -- singing and mingling! **Pre-registration is required.**

When:

Every Monday

9:30 - 11:00 a.m.

January 13th to June 16th, 2025

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please email Brad at bkidder@grchc.ca or call (519) 754-0777 ext. 505

Tai Chi

Date and Time: Monday, March 24 11:00 am - 12:00 pm

Address: 363 Colborne Street

☐ ♀ Join our free Tai Chi class! Slow version of martial arts where you will learn to breathe, focus, and balance while building energy and learning body awareness through warm up exercises and movements. **Pre-registration for each 10-week session is required.**

When:

Mondays from March 24th - May 26th, 2025

11:00 a.m. - 12:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please contact OG at oegiebor@grchc.ca or call (519) 754-0777 ext. 233

Tuesday, March 25, 2025

Dance Fitness

Date and Time: Tuesday, March 25 10:00 am - 11:00 am

Address: 363 Colborne Street

Dance Fitness with Joan: A combination of Zumba & Line Dancing done to Country, Pop & Latin Music. Learn the basics of Merengue, Salsa, Bachata, Cumbia, Reggaeton as well as old school Line dancing & all incorp

orated with aerobic movements! **Pre-registration is required.**

When:

Every Tuesday & Thursday

10:00 - 11:00 a.m.

January to December 2025

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please email OG at oegiebor@grchc.ca or call (519) 754-0777 ext. 233

Easy Fit

Date and Time: Tuesday, March 25 10:30 am - 11:30 am

Address: 25 Curtis Ave N, Paris ON

♀ Join our free Easy Fit class where you'll learn gentle exercises to help with posture, balance, strength, and endurance! **Pre-registration is required.**

When:

Every Tuesday

10:30 - 11:30 a.m.

Where:

Cowan Community Health Hub (25 Curtis Ave N, Paris) in Community Room

For more information or to register, please contact Amanda at (519) 754-0777 ext. 273

Drop-in Outreach Clinic

Date and Time: Tuesday, March 25 12:00 pm - 6:30 pm

Address: 363 Colborne Street

Starting Tuesday, October 15th, 2024, Grand River Community Health Centre is launching a Drop-in Outreach Clinic with our Interprofessional Primary Care Team!

Clinic Hours:

Tuesdays from 12:00 p.m. - 6:30 p.m.

This drop-in service will support folks who:

- Use substances
- Are unhoused or street involved
- Have difficulty making and keeping appointments

- Do not have a primary care provider and/or a health card

Services offered:

- See a health care provider
- Access wound care
- Receive sexual health information and testing
- Get support obtaining ID
- Receive mental health support and referrals

363 Colborne Street, Brantford ON

Note: This is **not** a walk in clinic. Patients will be seen on a first-come, first-served basis.

Kitchen Confidence 101

Date and Time: Tuesday, March 25 1:00 pm - 3:00 pm

Address: 363 Colborne Street

Join our free Kitchen Confidence 101 classes where folks can bring in their favourite recipes to recreate and share! **Pre-registration for each 4-week session is required.**

When:

Tuesdays from March 25th - April 15th, 2025

1:00 - 3:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Kitchen

For more information or to register, please contact Melissa at msiegel@grchc.ca or call (519) 754-0777 ext. 479

Expressive Arts Group

Date and Time: Tuesday, March 25 2:00 pm - 3:30 pm

Address: 363 Colborne Street

Join our free Expressive Arts Group led by Arts Therapist in training Mabe Kyle! Engage with play, creativity, and imagination in therapeutic ways through art, music, dance, writing, and drama. **Drop-in or register.**

When:

Every Tuesday from January 21st to April 29th, 2025

2:00 - 3:30 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Boardroom

For more information or to register, please contact Breanne at bvandeven@grchc.ca or call (519) 754-0777 ext . 259

ID Clinic Drop-in

Date and Time: Tuesday, March 25 5:00 pm - 7:00 pm

Address: 363 Colborne Street

👉 Drop-in and get help with applications for birth certificates, health cards, and photo ID card. No appointment necessary, first come first served.

When:

Every Tuesday

5:00 - 7:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Dietitian Room

For more information, please contact Brad at bkidder@grchc.ca or call (519) 754-0777 ext. 505

Gentle Yoga

Date and Time: Tuesday, March 25 5:30 pm - 6:45 pm

Address: 363 Colborne Street

👉 ♀ Join our volunteer for free Gentle Yoga! No experience required, mats and equipment provided **Pre-registration is required.**

When:

Every Tuesday

5:30 - 6:45 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please contact OG at oegiebor@grchc.ca or call (519) 754-0777 ext. 233

Gender Journey Brant

Date and Time: Tuesday, March 25 5:30 pm - 7:30 pm

Address: 363 Colborne Street

A social group for trans, non-binary and gender diverse adults (18+) held at Grand River Community Health

Centre! Join in for opportunities to make new connections. **Pre-registration is required.**

When:

Every 2nd & 4th Tuesday of each month

5:30 - 7:30 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford)

For more information or to register, please contact Lisa at lidoan@grchc.ca or call (519) 754-0777 ext. 252

Wednesday, March 26, 2025

Easy Fit

Date and Time: Wednesday, March 26 11:00 am - 12:00 pm

Address: 363 Colborne Street

♀ Join our free Easy Fit class where you'll learn gentle exercises to help with posture, balance, strength, and endurance! **Pre-registration is required.**

When:

Every Wednesday

11:00 a.m. - 12:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please contact Amanda at (519) 754-0777 ext. 273

Drop-in Outreach Clinic

Date and Time: Wednesday, March 26 11:30 am - 3:00 pm

Address: 95 Darling Street, Brantford ON

Grand River Community Health Centre has launched its Drop-in Outreach Clinic with our Interprofessional Primary Care Team!

Clinic Hours:

Wednesdays from 11:30 a.m. - 3:00 p.m. at St. Andrew's Church (95 Darling Street, Brantford)

This drop-in service will support folks who:

- Use substances
- Are unhoused or street involved

- Have difficulty making and keeping appointments
- Do not have a primary care provider and/or a health card

Services offered:

- See a health care provider
- Access wound care
- Receive sexual health information and testing
- Get support obtaining ID
- Receive mental health support and referrals

Note: This is **not** a walk in clinic. Patients will be seen on a first-come, first-served basis.

Learn to Paint

Date and Time: Wednesday, March 26 1:00 pm - 3:00 pm

Address: 363 Colborne Street

*****Both Learn to Paint classes are currently FULL*****

Join our free Learn to Paint class and learn to use acrylic paint! Materials will be provided. No experience needed, all are welcome! **Pre-registration is required. Registration for one of the two classes opens on the first (1st) of the month.**

When:

Wednesday, March 19th **OR** Wednesday, March 26th, 2025

1:00 p.m. - 3:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford)

To be added to the waitlist, please contact Lisa at ldoan@grchc.ca or call (519) 754-0777 ext. 252

Men in Action

Date and Time: Wednesday, March 26 1:30 pm - 3:00 pm

Address: 363 Colborne Street

Drop by our Men in Action group and learn from and chat with others! Pre-registration not required.

When:

Every Wednesday

1:30 - 3:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Room A

Thursday, March 27, 2025

Dance Fitness

Date and Time: Thursday, March 27 10:00 am - 11:00 am

Address: 363 Colborne Street

Dance Fitness with Joan: A combination of Zumba & Line Dancing done to Country, Pop & Latin Music. Learn the basics of Merengue, Salsa, Bachata, Cumbia, Reggaeton as well as old school Line dancing & all incorporated with aerobic movements! **Pre-registration is required.**

When:

Every Tuesday & Thursday

10:00 - 11:00 a.m.

January to December 2025

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please email OG at oegiebor@grchc.ca or call (519) 754-0777 ext. 233

Drop-in Outreach Clinic

Date and Time: Thursday, March 27 10:00 am - 3:00 pm

Address: 185 Robinson Street, Simcoe ON

Grand River Community Health Centre has launched its Drop-in Outreach Clinic with our Interprofessional Primary Care Team!

Clinic Hours:

Thursdays from 10:00 a.m. - 3:00 p.m. at Norfolk Family Health Team in Suite 101 (185 Robinson Street, Simcoe)

This drop-in service will support folks who:

- Use substances
- Are unhoused or street involved
- Have difficulty making and keeping appointments
- Do not have a primary care provider and/or a health card

Services offered:

- See a health care provider
- Access wound care
- Receive sexual health information and testing

- Get support obtaining ID
- Receive mental health support and referrals

Note: This is **not** a walk in clinic. Patients will be seen on a first-come, first-served basis.

Learn to Knit

Date and Time: Thursday, March 27 11:00 am - 12:30 pm

Address: 363 Colborne Street

Join our Learn to Knit group! Beginners and advanced welcome, materials will be provided. **Pre-registration is required.**

When:

Every Thursday

11:00 a.m. - 12:30 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Room A

For more information or to register, please contact Gloria at gord@grchc.ca or call (519) 754-0777 ext. 223

Stitch n' Chat

Date and Time: Thursday, March 27 1:00 pm - 3:00 pm

Address: 363 Colborne Street

Are you a beginner or experienced knitter? All are welcome to our weekly Stitch n' Chat group! Come by to work on your craft or knitting skills. **Pre-registration is required.**

When:

Every Thursday

1:00 - 3:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Room A

For more information or to register, please contact Gloria at gord@grchc.ca or call (519) 754-0777 ext. 223

Flavours of Brantford

Date and Time: Thursday, March 27 3:00 pm - 5:00 pm

Address: 363 Colborne Street

Adults aged 55+ are invited to explore the Flavours of Brantford through a monthly cooking series offered from January to March 2025. Each month focuses on food from a different continent and blue zone (blue zone diets are diets based on the eating habits of people around the world who live up to 100 years old). Participants will not only prepare and enjoy a traditional meal, but they will also learn about the culture of a different country within the continent and blue zone each week.

Registration is required and limited to only one of the 4-week series offered.

All programs will take place at the Grand River Health Care Community Kitchen from 3 p.m. to 5 p.m.

Learn more at Brantford.ca/FlavoursOfBrantford

To register, please email Makeda at mkafele-green@grchc.ca or call (519) 754-0777 ext. 222

Brantford Cabaret

Date and Time: Thursday, March 27 6:00 pm - 7:30 pm

Address: 363 Colborne Street

Brantford Cabaret with Joan Minnery: A musical theatre workshop where youth will learn about acting, singing, staging, choreography and more! **Pre-registration is required. For youth age 8-17.**

When:

Every Thursday

6:00 - 7:30 p.m.

February 6th to May 29th, 2025

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please email Brad at bkidder@grchc.ca or call (519) 754-0777 ext. 505

Friday, March 28, 2025

Breakfast Club

Date and Time: Friday, March 28 9:30 am - 10:30 am

Address: 363 Colborne Street

Join us for coffee, tea, breakfast, and conversation! All are welcome. Pre-registration not required.

When:

Every Friday

9:30 - 10:30 a.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Kitchen

For more information, please contact Melissa at msiegel@grchc.ca or call (519) 754-0777 ext. 479

Easy Fit

Date and Time: Friday, March 28 1:00 pm - 2:00 pm

Address: 363 Colborne Street

♀ Join our free Easy Fit class where you'll learn gentle exercises to help with posture, balance, strength, and endurance! **Pre-registration is required.**

When:

Every Friday

1:00 - 2:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please contact Amanda at (519) 754-0777 ext. 273

Sit Fit

Date and Time: Friday, March 28 2:00 pm - 3:00 pm

Address: 363 Colborne Street

Join our free Sit Fit class and improve posture and strength using exercises in a chair! **Pre-registration is required.**

When:

Every Friday

2:00 - 3:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please contact Amanda at (519) 754-0777 ext. 273

Monday, March 31, 2025

Notes and Beats

Date and Time: Monday, March 31 9:30 am - 11:00 am

Address: 363 Colborne Street

Notes and Beats with Joan Minnery: Come and enjoy a fun-filled, laid-back, smile-enhancing hour of rhythms, songs, trivia, humming, drumming, swinging, instruments, harmony, melodies, tuning and crooning -- singing and mingling! **Pre-registration is required.**

When:

Every Monday

9:30 - 11:00 a.m.

January 13th to June 16th, 2025

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please email Brad at bkidder@grchc.ca or call (519) 754-0777 ext. 505

Beating Strong: Heart Health Workshop

Date and Time: Monday, March 31 10:00 am - 11:00 am

Address: Cowan Community Health Hub (25 Curtis Ave N, Paris)

We got the beat!

Join the Interprofessional Primary Care Team for the Beating Strong: Heart Health Workshop!

There will be three sessions per workshop:

Session 1: Cholesterol values and what they mean, blood pressure checks, and how to determine your heart age

Session 2: The Mediterranean way of eating and other heart healthy nutrition tips

Session 3: Strategies for improving your social and mental well-being and managing stress

This workshop is open to anyone in the community who is interested in learning more about improving their heart health! You do not need to attend all sessions if you do not wish to.

When:

Monday, March 31st, April 7th & 14th

10:00 - 11:00 a.m.

Where:

Cowan Community Health Hub (25 Curtis Ave N, Paris)

To register, please call (226) 388-4725.

Tai Chi

Date and Time: Monday, March 31 11:00 am - 12:00 pm

Address: 363 Colborne Street

♀ Join our free Tai Chi class! Slow version of martial arts where you will learn to breathe, focus, and balance while building energy and learning body awareness through warm up exercises and movements. **Pre-registration for each 10-week session is required.**

When:

Mondays from March 24th - May 26th, 2025

11:00 a.m. - 12:00 p.m.

Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please contact OG at oegiebor@grchc.ca or call (519) 754-0777 ext. 233

<https://calendar.grandriverchc.ca>