

Thursday, May 1, 2025

Dance Fitness

Date and Time: Thursday, May 1 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, May 1 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, May 1 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, May 1 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

Brantford Cabaret

Date and Time: Thursday, May 1 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

2SLGBTQIA+ Community Connections

Date and Time: Thursday, May 1 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 ldoan@grchc.ca or call (519) 754-0777 ext. 252

Friday, May 2, 2025

Breakfast Club

Date and Time: Friday, May 2 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, May 2 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, May 2 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

Notes and Beats

Date and Time: Monday, May 5 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

Pre-Diabetes Workshop Series

Date and Time: Monday, May 5 10:00 am - 11:30 am

Address: 25 Curtis Avenue North, Paris ON

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:

Mondays May 5th, 12th & 26th

10:00 - 11:30 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, May 5 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

Happy Heart, Diabetes & Me

Date and Time: Monday, May 5 1:00 pm - 2:00 pm

Address: 363 Colborne Street

Join our free Happy Heart, Diabetes & Me group! Learn how to manage your heart health and diabetes through this one (1) hour information and cooking class. **Pre-registration for each 3-week session is required.**

When:

Monday, May 5th, 12th & 26th

1:00 - 2:00 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 Melissa at (519) 754-0777 ext. 479

Tuesday, May 6, 2025

Dance Fitness

Date and Time: Tuesday, May 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

Easy Fit

Date and Time: Tuesday, May 6 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

Basic Shelf

Date and Time: Tuesday, May 6 1:00 pm - 3:00 pm

Address: 363 Colborne Street

☐ Join our free Basic Shelf classes where you will learn basic cooking skills and get a free cookbook! **Pre-registration for each 4-week session is required.**

When:

Tuesdays from April 29th - May 20th, 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

ID Clinic Drop-in

Date and Time: Tuesday, May 6 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, May 6 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

Wednesday, May 7, 2025

Easy Fit

Date and Time: Wednesday, May 7 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, May 7 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, May 7 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, May 7 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

Beating Strong: Heart Health Workshop Series

Date and Time: Wednesday, May 7 2:00 pm - 3:30 pm

Address: 185 Robinson Street, Simcoe ON

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 health

art health! You do not need to attend all sessions if you do not wish to.

When:

Wednesdays May 7th, 14th & 21st

2:00 - 3:30 p.m.

Where:

Norfolk Family Health Team (185 Robinson St, Simcoe)

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

Food & Mood Cooking Class

Date and Time: Wednesday, May 7 2:30 pm - 4:00 pm

Address: 363 Colborne Street

For Mental Health Week 2025, join our Food & Mood cooking class and learn how food can impact your mental wellness! **Pre-registration is required.**

When:

Wednesday, May 7th, 2025

2:30 - 4:00 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

Thursday, May 8, 2025

Drop-in Outreach Clinic

Date and Time: Thursday, May 8 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, May 8 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, May 8 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, May 8 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

Brantford Cabaret

Date and Time: Thursday, May 8 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, May 9, 2025

Breakfast Club

Date and Time: Friday, May 9 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

Service Canada Outreach Drop-in Clinic

Date and Time: Friday, May 9 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

Emotional Eating Workshop

Date and Time: Friday, May 9 1:00 pm - 3:00 pm

Address: 363 Colborne Street

Do you reach for comfort foods as your main way to cope with emotions and feel like you need different strategies? For Mental Health Week 2025, join our Emotional Eating workshop and learn tips for coping differently. **Pre-registration is required.**

When:

Friday, May 9th, 2025

1:00 - 3:00 p.m.

Where:

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

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

Easy Fit

Date and Time: Friday, May 9 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, May 9 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, May 12, 2025

Notes and Beats

Date and Time: Monday, May 12 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

Pre-Diabetes Workshop Series

Date and Time: Monday, May 12 10:00 am - 11:30 am

Address: 25 Curtis Avenue North, Paris ON

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:

Mondays May 5th, 12th & 26th

10:00 - 11:30 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, May 12 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

Happy Heart, Diabetes & Me

Date and Time: Monday, May 12 1:00 pm - 2:00 pm

Address: 363 Colborne Street

Join our free Happy Heart, Diabetes & Me group! Learn how to manage your heart health and diabetes through this one (1) hour information and cooking class. **Pre-registration for each 3-week session is required.**

When:

Monday, May 5th, 12th & 26th

1:00 - 2:00 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 Melissa at (519) 754-0777 ext. 479

Tuesday, May 13, 2025

Dance Fitness

Date and Time: Tuesday, May 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 oggiebor@grchc.ca or call (519) 754-0777 ext. 233

Easy Fit

Date and Time: Tuesday, May 13 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

Basic Shelf

Date and Time: Tuesday, May 13 1:00 pm - 3:00 pm

Address: 363 Colborne Street

☐ Join our free Basic Shelf classes where you will learn basic cooking skills and get a free cookbook! **Pre-registration for each 4-week session is required.**

When:

Tuesdays from April 29th - May 20th, 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

ID Clinic Drop-in

Date and Time: Tuesday, May 13 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

Gentle Yoga

Date and Time: Tuesday, May 13 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, May 13 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, May 14, 2025

Easy Fit

Date and Time: Wednesday, May 14 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:

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

Drop-in Outreach Clinic

Date and Time: Wednesday, May 14 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, May 14 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

Beating Strong: Heart Health Workshop Series

Date and Time: Wednesday, May 14 2:00 pm - 3:30 pm

Address: 185 Robinson Street, Simcoe ON

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:

Wednesdays May 7th, 14th & 21st

2:00 - 3:30 p.m.

Where:

Norfolk Family Health Team (185 Robinson St, Simcoe)

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

Thursday, May 15, 2025

Drop-in Outreach Clinic

Date and Time: Thursday, May 15 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, May 15 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 oggiebor@grchc.ca or call (519) 754-0777 ext. 233

Learn to Knit

Date and Time: Thursday, May 15 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, May 15 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

Brantford Cabaret

Date and Time: Thursday, May 15 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, May 16, 2025

Breakfast Club

Date and Time: Friday, May 16 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, May 16 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, May 16 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, May 16 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

Tuesday, May 20, 2025

Dance Fitness

Date and Time: Tuesday, May 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

Easy Fit

Date and Time: Tuesday, May 20 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

Basic Shelf

Date and Time: Tuesday, May 20 1:00 pm - 3:00 pm

Address: 363 Colborne Street

☐ Join our free Basic Shelf classes where you will learn basic cooking skills and get a free cookbook! **Pre-registration for each 4-week session is required.**

When:

Tuesdays from April 29th - May 20th, 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

ID Clinic Drop-in

Date and Time: Tuesday, May 20 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, May 20 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

Wednesday, May 21, 2025

Easy Fit

Date and Time: Wednesday, May 21 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, May 21 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, May 21 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, May 21 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

Beating Strong: Heart Health Workshop Series

Date and Time: Wednesday, May 21 2:00 pm - 3:30 pm

Address: 185 Robinson Street, Simcoe ON

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:

Wednesdays May 7th, 14th & 21st

2:00 - 3:30 p.m.

Where:

Norfolk Family Health Team (185 Robinson St, Simcoe)

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

Thursday, May 22, 2025

Drop-in Outreach Clinic

Date and Time: Thursday, May 22 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, May 22 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, May 22 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, May 22 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

Brantford Cabaret

Date and Time: Thursday, May 22 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

Breakfast Club

Date and Time: Friday, May 23 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, May 23 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, May 23 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 re**

quired.

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, May 26, 2025

Notes and Beats

Date and Time: Monday, May 26 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

Pre-Diabetes Workshop Series

Date and Time: Monday, May 26 10:00 am - 11:30 am

Address: 25 Curtis Avenue North, Paris ON

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:

Mondays May 5th, 12th & 26th

10:00 - 11:30 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, May 26 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

Happy Heart, Diabetes & Me

Date and Time: Monday, May 26 1:00 pm - 2:00 pm

Address: 363 Colborne Street

Join our free Happy Heart, Diabetes & Me group! Learn how to manage your heart health and diabetes through this one (1) hour information and cooking class. **Pre-registration for each 3-week session is required.**

When:

Monday, May 5th, 12th & 26th

1:00 - 2:00 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 Melissa at (519) 754-0777 ext. 479

Tuesday, May 27, 2025

Dance Fitness

Date and Time: Tuesday, May 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

Easy Fit

Date and Time: Tuesday, May 27 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

ID Clinic Drop-in

Date and Time: Tuesday, May 27 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, May 27 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, May 27 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, May 28, 2025

Belly Dancing

Date and Time: Wednesday, May 28 9:30 am - 10:30 am

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:

Last Wednesday of each month until July 30th, 2025

9:30 - 10:30 a.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

Easy Fit

Date and Time: Wednesday, May 28 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, May 28 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, May 28 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, May 29, 2025

Dance Fitness

Date and Time: Thursday, May 29 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, May 29 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, May 29 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, May 29 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

Brantford Cabaret

Date and Time: Thursday, May 29 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, May 30, 2025

Breakfast Club

Date and Time: Friday, May 30 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, May 30 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, May 30 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

<https://calendar.grandriverchc.ca>