

## Tuesday, July 2, 2024

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### Dance Fitness

Date and Time: Tuesday, July 2 10:00 am - 11:00 am

Address: 363 Colborne Street

**What:**

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.

**When:**

Every Tuesday & Thursday

10:00-11:00am

January to December 2024

**Where**

Grand River Community Health Centre

363 Colborne Street, Brantford

For more info or to register please email [mbentia@grchc.ca](mailto:mbentia@grchc.ca) or call (519)-754-0777 ext. 251

### Paramedic Health Drop-In Clinic

Date and Time: Tuesday, July 2 10:00 am - 4:00 pm

Address: 363 Colborne Street

Our weekly Paramedic Health Clinic hours are expanding!

Drop in on Mondays from 10:00 a.m. to 4:00 p.m. AND Thursdays from 10:00 a.m. to 4:00 p.m. at Grand River Community Health Centre (363 Colborne Street, Brantford) in the SOS area.

Services offered include:

- Basic medical assessments
- Wound care
- Flu vaccinations
- Service navigation and support
- Sexually transmitted infections (STI) testing

No health card is required.

For more information please call (519) 754-0777 ext. 432 or [bbsos@grchc.ca](mailto:bbsos@grchc.ca)

## **Kitchen Confidence 101: Crockpot**

Date and Time: Tuesday, July 2 1:00 pm - 3:00 pm

Address: 363 Colborne Street

Looking to expand your knowledge and experience in the kitchen? Join us for our Kitchen Confidence class!

A free hands on cooking class where we will be learning how to make a chilli crockpot meal on Tuesday, July 2nd from 1:00 p.m. to 3:00 p.m.

For more information and to register please call Melissa at (519) 754-0777 ext. 479 or email at [msiegel@grchc.ca](mailto:msiegel@grchc.ca)

## **ID Clinic Drop-in**

Date and Time: Tuesday, July 2 5:00 pm - 7:00 pm

Address: 363 Colborne Street

Drop-in on Tuesdays from 5:00 - 7:00 p.m. and get help with applications for birth certificates, health cards, and photo ID card. No appointment necessary, first come first served.

When: Every Tuesday from 5:00 - 7:00 p.m.

Where: 363 Colborne Street, Brantford ON, Dietitian Room

Have questions? Please call Brad at (519) 754-0777 ext. 505 or email at [bkidder@grchc.ca](mailto:bkidder@grchc.ca)

## **Gentle Yoga**

Date and Time: Tuesday, July 2 5:00 pm - 6:15 pm

Address: 363 Colborne Street

Join long time volunteer Karen for free Gentle Yoga, Tuesday evenings from 5:00 - 6:15 p.m.

January to December 2024

No experience required, mats and equipment provided.

Grand River Community Health Centre

363 Colborne Street, Brantford

For more information or to register please contact Magdalena by email [mbentia@grchc.ca](mailto:mbentia@grchc.ca) or call (519) 754-0777 ext. 251

## **Wednesday, July 3, 2024**

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### **Easy Fit**

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

Address: 363 Colborne Street

Posture, balance, strength and endurance exercises to move with more confidence.

To register, contact Amanda at 519-754-0777 x273 or [awhite@grchc.ca](mailto:awhite@grchc.ca)

### **Caring for My COPD Program Orientation**

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

Address: 363 Colborne Street

Drop by our Men in Action group and learn from and chat with others!

Every Wednesday in Community Room A from 1:30 p.m. to 3:00 p.m.

Pre-registration not required!

For more information please reach out to Brad at (519) 754-0777 ext. 505 or email [bkidder@grchc.ca](mailto:bkidder@grchc.ca)

## Let's Cook Together

Date and Time: Wednesday, July 3 3:00 pm - 5:00 pm

Address: 363 Colborne Street

Let's Cook Together is a FREE cooking program where we cook together and learn from each other! You will learn simple and delicious meals and you can also bring in your own recipe for the group to make!

Every Wednesday starting June 5th to July 31st from 3:00 - 5:00 p.m. in our Community Kitchen.

For more information and to register please email Makeda at [mkafele-green@grchc.ca](mailto:mkafele-green@grchc.ca) or (519) 754-0777 ext. 222

## Thursday, July 4, 2024

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### Dance Fitness

Date and Time: Thursday, July 4 10:00 am - 11:00 am

Address: 363 Colborne Street

#### What:

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.

#### When:

Every Tuesday & Thursday

10:00-11:00am

January to December 2024

#### Where

Grand River Community Health Centre

363 Colborne Street, Brantford

For more info or to register please email [mbentia@grchc.ca](mailto:mbentia@grchc.ca) or call (519)-754-0777 ext. 251

## Paramedic Health Drop-In Clinic

Date and Time: Thursday, July 4 10:00 am - 4:00 pm

Address: 363 Colborne Street

Our weekly Paramedic Health Clinic hours are expanding!

Drop in on Mondays from 10:00 a.m. to 4:00 p.m. AND Thursdays from 10:00 a.m. to 4:00 p.m. at Grand River Community Health Centre (363 Colborne Street, Brantford) in the SOS area.

Services offered include:

- Basic medical assessments
- Wound care
- Flu vaccinations
- Service navigation and support
- Sexually transmitted infections (STI) testing

No health card is required.

For more information please call (519) 754-0777 ext. 432 or [bbsos@grchc.ca](mailto:bbsos@grchc.ca)

## Learn to Knit

Date and Time: Thursday, July 4 11:00 am - 12:30 pm

Address: 363 Colborne Street

Join us Thursdays from 11:00 a.m. to 12:30 p.m. in Community Room A and Learn to Knit!

Beginners and advanced welcome! Materials will be provided.

For more information please contact Gloria at [gord@grchc.ca](mailto:gord@grchc.ca) or call (519) 754-0777 ext. 223

## Stitch n' Chat

Date and Time: Thursday, July 4 1:00 pm - 3:00 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join online or in person for a weekly Stitch and Chat group

Are you a beginner or experienced knitter? All are welcome to our Stitch n' Chat group! Come by to work on your knitting or macrame skills

Every Thursday from 1-3 pm

Please email Gloria at [gord@grchc.ca](mailto:gord@grchc.ca) or call 519-754-0777 ext. 223 to join

## 2SLGBTQIA+ Community Connections

Date and Time: Thursday, July 4 6:00 pm - 7:30 pm

Address: 363 Colborne Street

We're thrilled to share that 2SLGBTQIA+ Community Connections is returning!

Beginning Thursday, February 1st, 2024, this social group is for community members 18+ and takes place on the first Thursday of every month from 6:00 to 7:30 pm

Join us as we gather, connect and socialize.

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

## Friday, July 5, 2024

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### Breakfast Club

Date and Time: Friday, July 5 9:30 am - 10:30 am

Address: 363 Colborne Street

Join us for coffee, tea, breakfast, and conversation!

All are welcome! Drop-in every Friday from 9:30 - 10:30 a.m. at 363 Colborne Street

For more information please contact Brad at [bkidder@grchc.ca](mailto:bkidder@grchc.ca) or call (519) 754-0777 ext. 505 or Melissa at [msiegel@grchc.ca](mailto:msiegel@grchc.ca) or ext. 479

## Drop-in Service Navigation

Date and Time: Friday, July 5 1:00 pm - 4:00 pm

Address: 363 Colborne Street

We are offering service navigation supports! Looking for more information on different resources and services? Wanting to get connected to community programs? Need help completing applications?

Drop in Mondays & Fridays from 1:00 to 4:00 p.m. and talk to a Service Navigator about your specific questions!

## Easy Fit

Date and Time: Friday, July 5 1:00 pm - 2:00 pm

Address: 363 Colborne Street

Posture, balance, strength and endurance exercises to move with more confidence!

For more information and to register please contact Amanda at (519) 754-0777 ext. 273 or [awhite@grchc.ca](mailto:awhite@grchc.ca)

## Sit Fit

Date and Time: Friday, July 5 2:00 pm - 3:00 pm

Address: 363 Colborne Street

Improve posture and strength using exercises in a chair!

For more information and to register please contact Amanda at (519) 754-0777 ext. 273 or [awhite@grchc.ca](mailto:awhite@grchc.ca)

## Monday, July 8, 2024

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### You're the Chef

Date and Time: Monday, July 8 10:00 am - 1:00 pm

Address: 363 Colborne Street

\*\*\*\*\*Registration is currently FULL\*\*\*\*\*

Calling all grade 5, 6, 7 or 8 students! Do you want to learn to cook?  
If so... You're the Chef is just for you!

What you will do:

- Prepare new recipes each day
- Eat the foods you make
- Have fun cooking with friends

You will learn to:

- Cook delicious recipes
- Use kitchen equipment
- Handle food safely

Once you have talked to your parents/guardians please register for the program by contacting Melissa Siegel at 519-754-0777 ext. 479 or [msiegel@grchc.ca](mailto:msiegel@grchc.ca)

## **Paramedic Health Drop-In Clinic**

Date and Time: Monday, July 8 10:00 am - 4:00 pm

Address: 363 Colborne Street

Our weekly Paramedic Health Clinic hours are expanding!

Drop in on Mondays from 10:00 a.m. to 4:00 p.m. AND Thursdays from 10:00 a.m. to 4:00 p.m. at Grand River Community Health Centre (363 Colborne Street, Brantford) in the SOS area.

Services offered include:

- Basic medical assessments
- Wound care
- Flu vaccinations
- Service navigation and support
- Sexually transmitted infections (STI) testing

No health card is required.

For more information please call (519) 754-0777 ext. 432 or [bbsos@grchc.ca](mailto:bbsos@grchc.ca)

## **Housing Resource Centre Drop-in Clinic**

Date and Time: Monday, July 8 1:00 pm - 3:00 pm

Address: 363 Colborne Street

We are excited to partner with the Housing Resource Centre (HRC)!

Drop-in on Mondays from 1:00 - 3:00 p.m. and speak with an HRC System Navigator.



Services include:

- Helping answer questions
- Assessing eligibility
- Support with completing applications
- Scheduling appointments

363 Colborne Street, Brantford ON

For more information please reach out to Lisa at [ldoan@grchc.ca](mailto:ldoan@grchc.ca)

## Drop-in Service Navigation

Date and Time: Monday, July 8 1:00 pm - 4:00 pm

Address: 363 Colborne Street

We are offering service navigation supports! Looking for more information on different resources and services? Wanting to get connected to community programs? Need help completing applications?

Drop in Mondays & Fridays from 1:00 to 4:00 p.m. and talk to a Service Navigator about your specific questions!

## Tuesday, July 9, 2024

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### Dance Fitness

Date and Time: Tuesday, July 9 10:00 am - 11:00 am

Address: 363 Colborne Street

#### **What:**

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.

#### **When:**

Every Tuesday & Thursday

10:00-11:00am

January to December 2024

#### **Where**

Grand River Community Health Centre

363 Colborne Street, Brantford

For more info or to register please email [mbentia@grchc.ca](mailto:mbentia@grchc.ca) or call (519)-754-0777 ext. 251

## You're the Chef

Date and Time: Tuesday, July 9 10:00 am - 1:00 pm

Address: 363 Colborne Street

\*\*\*\*\*Registration is currently FULL\*\*\*\*\*

Calling all grade 5, 6, 7 or 8 students! Do you want to learn to cook?  
If so... You're the Chef is just for you!

What you will do:

- Prepare new recipes each day
- Eat the foods you make
- Have fun cooking with friends

You will learn to:

- Cook delicious recipes
- Use kitchen equipment
- Handle food safely

Once you have talked to your parents/guardians please register for the program by contacting Melissa Siegel at 519-754-0777 ext. 479 or [msiegel@grchc.ca](mailto:msiegel@grchc.ca)

## Kitchen Confidence 101: Fish Tacos

Date and Time: Tuesday, July 9 1:00 pm - 3:00 pm

Address: 363 Colborne Street

Looking to expand your knowledge and experience in the kitchen? Join us for our Kitchen Confidence class!

A free hands on cooking class where we will be learning how to make fish tacos on Tuesday, July 9th from 1:00 p.m. to 3:00 p.m.

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

## ID Clinic Drop-in

Date and Time: Tuesday, July 9 5:00 pm - 7:00 pm

Address: 363 Colborne Street

Drop-in on Tuesdays from 5:00 - 7:00 p.m. and get help with applications for birth certificates, health cards, and photo ID card. No appointment necessary, first come first served.

When: Every Tuesday from 5:00 - 7:00 p.m.

Where: 363 Colborne Street, Brantford ON, Dietitian Room

Have questions? Please call Brad at (519) 754-0777 ext. 505 or email at [bkidder@grchc.ca](mailto:bkidder@grchc.ca)

## Gentle Yoga

Date and Time: Tuesday, July 9 5:00 pm - 6:15 pm

Address: 363 Colborne Street

Join long time volunteer Karen for free Gentle Yoga, Tuesday evenings from 5:00 - 6:15 p.m.

January to December 2024

No experience required, mats and equipment provided.

Grand River Community Health Centre

363 Colborne Street, Brantford

For more information or to register please contact Magdalena by email [mbentia@grchc.ca](mailto:mbentia@grchc.ca) or call (519) 754-0777 ext. 251

## Gender Journey Brant

Date and Time: Tuesday, July 9 6:00 pm - 7:30 pm

Address: 363 Colborne Street

**A social group for trans and non-binary adults held at GRCHC! Join in for opportunities to make new connections.**

*Pre-registration required.*

Second and fourth Tuesday of every month

6:00-7:30pm

363 Colborne Street, Brantford

For more information or to register please email Lisa at [lidoan@grchc.ca](mailto:lidoan@grchc.ca) or call (519)-754-0777 ext. 252

# Wednesday, July 10, 2024

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## You're the Chef

Date and Time: Wednesday, July 10 10:00 am - 1:00 pm

Address: 363 Colborne Street

\*\*\*\*\*Registration is currently FULL\*\*\*\*\*

Calling all grade 5, 6, 7 or 8 students! Do you want to learn to cook?  
If so... You're the Chef is just for you!

What you will do:

- Prepare new recipes each day
- Eat the foods you make
- Have fun cooking with friends

You will learn to:

- Cook delicious recipes
- Use kitchen equipment
- Handle food safely

Once you have talked to your parents/guardians please register for the program by contacting Melissa Siegel at 519-754-0777 ext. 479 or [msiegel@grhc.ca](mailto:msiegel@grhc.ca)

## Easy Fit

Date and Time: Wednesday, July 10 11:00 am - 12:00 pm

Address: 363 Colborne Street

Posture, balance, strength and endurance exercises to move with more confidence.

To register, contact Amanda at 519-754-0777 x273 or [awhite@grhc.ca](mailto:awhite@grhc.ca)

## Men in Action

Date and Time: Wednesday, July 10 1:30 pm - 3:00 pm

Address: 363 Colborne Street

Drop by our Men in Action group and learn from and chat with others!

Every Wednesday in Community Room A from 1:30 p.m. to 3:00 p.m.

Pre-registration not required!

For more information please reach out to Brad at (519) 754-0777 ext. 505 or email [bkidder@grhc.ca](mailto:bkidder@grhc.ca)

## Let's Cook Together

Date and Time: Wednesday, July 10 3:00 pm - 5:00 pm

Address: 363 Colborne Street

Let's Cook Together is a FREE cooking program where we cook together and learn from each other! You will learn simple and delicious meals and you can also bring in your own recipe for the group to make!

Every Wednesday starting June 5th to July 31st from 3:00 - 5:00 p.m. in our Community Kitchen.

For more information and to register please email Makeda at [mkafele-green@grchc.ca](mailto:mkafele-green@grchc.ca) or (519) 754-0777 ext. 222

## Thursday, July 11, 2024

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### You're the Chef

Date and Time: Thursday, July 11 10:00 am - 1:00 pm

Address: 363 Colborne Street

\*\*\*\*\*Registration is currently FULL\*\*\*\*\*

Calling all grade 5, 6, 7 or 8 students! Do you want to learn to cook?  
If so... You're the Chef is just for you!

What you will do:

- Prepare new recipes each day
- Eat the foods you make
- Have fun cooking with friends

You will learn to:

- Cook delicious recipes
- Use kitchen equipment
- Handle food safely

Once you have talked to your parents/guardians please register for the program by contacting Melissa Siegel at 519-754-0777 ext. 479 or [msiegel@grchc.ca](mailto:msiegel@grchc.ca)

### Dance Fitness

Date and Time: Thursday, July 11 10:00 am - 11:00 am

Address: 363 Colborne Street

**What:**

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

ed with aerobic movements.

**When:**

Every Tuesday & Thursday

10:00-11:00am

January to December 2024

**Where**

Grand River Community Health Centre

363 Colborne Street, Brantford

For more info or to register please email [mbentia@grchc.ca](mailto:mbentia@grchc.ca) or call (519)-754-0777 ext. 251

**Paramedic Health Drop-In Clinic**

Date and Time: Thursday, July 11 10:00 am - 4:00 pm

Address: 363 Colborne Street

Our weekly Paramedic Health Clinic hours are expanding!

Drop in on Mondays from 10:00 a.m. to 4:00 p.m. AND Thursdays from 10:00 a.m. to 4:00 p.m. at Grand River Community Health Centre (363 Colborne Street, Brantford) in the SOS area.

Services offered include:

- Basic medical assessments
- Wound care
- Flu vaccinations
- Service navigation and support
- Sexually transmitted infections (STI) testing

No health card is required.

For more information please call (519) 754-0777 ext. 432 or [bbsos@grchc.ca](mailto:bbsos@grchc.ca)

## Learn to Knit

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

Address: 363 Colborne Street

Join us Thursdays from 11:00 a.m. to 12:30 p.m. in Community Room A and Learn to Knit!

Beginners and advanced welcome! Materials will be provided.

For more information please contact Gloria at [gord@grchc.ca](mailto:gord@grchc.ca) or call (519) 754-0777 ext. 223

## Stitch n' Chat

Date and Time: Thursday, July 11 1:00 pm - 3:00 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join online or in person for a weekly Stitch and Chat group

Are you a beginner or experienced knitter? All are welcome to our Stitch n' Chat group! Come by to work on your knitting or macrame skills

Every Thursday from 1-3 pm

Please email Gloria at [gord@grchc.ca](mailto:gord@grchc.ca) or call 519-754-0777 ext. 223 to join

## Friday, July 12, 2024

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### Breakfast Club

Date and Time: Friday, July 12 9:30 am - 10:30 am

Address: 363 Colborne Street

Join us for coffee, tea, breakfast, and conversation!

All are welcome! Drop-in every Friday from 9:30 - 10:30 a.m. at 363 Colborne Street

For more information please contact Brad at [bkidder@grchc.ca](mailto:bkidder@grchc.ca) or call (519) 754-0777 ext. 505 or Melissa at [msiegel@grchc.ca](mailto:msiegel@grchc.ca) or ext. 479

### You're the Chef

Date and Time: Friday, July 12 10:00 am - 1:00 pm

Address: 363 Colborne Street

\*\*\*\*\*Registration is currently FULL\*\*\*\*\*

Calling all grade 5, 6, 7 or 8 students! Do you want to learn to cook?  
If so... You're the Chef is just for you!

What you will do:

- Prepare new recipes each day
- Eat the foods you make
- Have fun cooking with friends

You will learn to:

- Cook delicious recipes
- Use kitchen equipment
- Handle food safely

Once you have talked to your parents/guardians please register for the program by contacting Melissa Siegel at 519-754-0777 ext. 479 or [msiegel@grhc.ca](mailto:msiegel@grhc.ca)

## Easy Fit

Date and Time: Friday, July 12 1:00 pm - 2:00 pm

Address: 363 Colborne Street

Posture, balance, strength and endurance exercises to move with more confidence!

For more information and to register please contact Amanda at (519) 754-0777 ext. 273 or [awhite@grhc.ca](mailto:awhite@grhc.ca)

## Drop-in Service Navigation

Date and Time: Friday, July 12 1:00 pm - 4:00 pm

Address: 363 Colborne Street

We are offering service navigation supports! Looking for more information on different resources and services? Wanting to get connected to community programs? Need help completing applications?

Drop in Mondays & Fridays from 1:00 to 4:00 p.m. and talk to a Service Navigator about your specific questions!

## Sit Fit

Date and Time: Friday, July 12 2:00 pm - 3:00 pm

Address: 363 Colborne Street



Improve posture and strength using exercises in a chair!

For more information and to register please contact Amanda at (519) 754-0777 ext. 273 or [awhite@grchc.ca](mailto:awhite@grchc.ca)

## **Monday, July 15, 2024**

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### **Paramedic Health Drop-In Clinic**

Date and Time: Monday, July 15 10:00 am - 4:00 pm

Address: 363 Colborne Street

Our weekly Paramedic Health Clinic hours are expanding!

Drop in on Mondays from 10:00 a.m. to 4:00 p.m. AND Thursdays from 10:00 a.m. to 4:00 p.m. at Grand River Community Health Centre (363 Colborne Street, Brantford) in the SOS area.

Services offered include:

- Basic medical assessments
- Wound care
- Flu vaccinations
- Service navigation and support
- Sexually transmitted infections (STI) testing

No health card is required.

For more information please call (519) 754-0777 ext. 432 or [bbsos@grchc.ca](mailto:bbsos@grchc.ca)

### **Housing Resource Centre Drop-in Clinic**

Date and Time: Monday, July 15 1:00 pm - 3:00 pm

Address: 363 Colborne Street

We are excited to partner with the Housing Resource Centre (HRC)!

Drop-in on Mondays from 1:00 - 3:00 p.m. and speak with an HRC System Navigator.

Services include:

- Helping answer questions
- Assessing eligibility
- Support with completing applications
- Scheduling appointments

363 Colborne Street, Brantford ON

For more information please reach out to Lisa at [ldoan@grchc.ca](mailto:ldoan@grchc.ca)

## Drop-in Service Navigation

Date and Time: Monday, July 15 1:00 pm - 4:00 pm

Address: 363 Colborne Street

We are offering service navigation supports! Looking for more information on different resources and services? Wanting to get connected to community programs? Need help completing applications?

Drop in Mondays & Fridays from 1:00 to 4:00 p.m. and talk to a Service Navigator about your specific questions!

## Tuesday, July 16, 2024

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### Dance Fitness

Date and Time: Tuesday, July 16 10:00 am - 11:00 am

Address: 363 Colborne Street

#### **What:**

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.

#### **When:**

Every Tuesday & Thursday

10:00-11:00am

January to December 2024

#### **Where**

Grand River Community Health Centre

363 Colborne Street, Brantford

For more info or to register please email [mbentia@grchc.ca](mailto:mbentia@grchc.ca) or call (519)-754-0777 ext. 251

## **Kitchen Confidence 101: Pizza**

Date and Time: Tuesday, July 16 1:00 pm - 3:00 pm

Address: 363 Colborne Street

Looking to expand your knowledge and experience in the kitchen? Join us for our Kitchen Confidence class!

A free hands on cooking class where we will be learning how to make pizza on Tuesday, July 16th from 1:00 p.m. to 3:00 p.m.

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

## **Gentle Yoga**

Date and Time: Tuesday, July 16 5:00 pm - 6:15 pm

Address: 363 Colborne Street

Join long time volunteer Karen for free Gentle Yoga, Tuesday evenings from 5:00 - 6:15 p.m.

January to December 2024

No experience required, mats and equipment provided.

Grand River Community Health Centre

363 Colborne Street, Brantford

For more information or to register please contact Magdalena by email [mbentia@grchc.ca](mailto:mbentia@grchc.ca) or call (519) 754-0777 ext. 251

## **ID Clinic Drop-in**

Date and Time: Tuesday, July 16 5:00 pm - 7:00 pm

Address: 363 Colborne Street

Drop-in on Tuesdays from 5:00 - 7:00 p.m. and get help with applications for birth certificates, health cards, an

d photo ID card. No appointment necessary, first come first served.

When: Every Tuesday from 5:00 - 7:00 p.m.

Where: 363 Colborne Street, Brantford ON, Dietitian Room

Have questions? Please call Brad at (519) 754-0777 ext. 505 or email at [bkidder@grchc.ca](mailto:bkidder@grchc.ca)

## Wednesday, July 17, 2024

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### Easy Fit

Date and Time: Wednesday, July 17 11:00 am - 12:00 pm

Address: 363 Colborne Street

Posture, balance, strength and endurance exercises to move with more confidence.

To register, contact Amanda at 519-754-0777 x273 or [awhite@grchc.ca](mailto:awhite@grchc.ca)

### Caring for My COPD Program Orientation

Date and Time: Wednesday, July 17 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, July 17 1:30 pm - 3:00 pm

Address: 363 Colborne Street

Drop by our Men in Action group and learn from and chat with others!

Every Wednesday in Community Room A from 1:30 p.m. to 3:00 p.m.

Pre-registration not required!

For more information please reach out to Brad at (519) 754-0777 ext. 505 or email [bkidder@grchc.ca](mailto:bkidder@grchc.ca)

### Let's Cook Together

Date and Time: Wednesday, July 17 3:00 pm - 5:00 pm

Address: 363 Colborne Street

Let's Cook Together is a FREE cooking program where we cook together and learn from each other! You will learn simple and delicious meals and you can also bring in your own recipe for the group to make!

Every Wednesday starting June 5th to July 31st from 3:00 - 5:00 p.m. in our Community Kitchen.

For more information and to register please email Makeda at [mkafele-green@grchc.ca](mailto:mkafele-green@grchc.ca) or (519) 754-0777 ext. 222

## Thursday, July 18, 2024

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### Dance Fitness

Date and Time: Thursday, July 18 10:00 am - 11:00 am

Address: 363 Colborne Street

#### What:

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.

#### When:

Every Tuesday & Thursday

10:00-11:00am

January to December 2024

#### Where

Grand River Community Health Centre

363 Colborne Street, Brantford

For more info or to register please email [mbentia@grchc.ca](mailto:mbentia@grchc.ca) or call (519)-754-0777 ext. 251

### Paramedic Health Drop-In Clinic

Date and Time: Thursday, July 18 10:00 am - 4:00 pm

Address: 363 Colborne Street

Our weekly Paramedic Health Clinic hours are expanding!

Drop in on Mondays from 10:00 a.m. to 4:00 p.m. AND Thursdays from 10:00 a.m. to 4:00 p.m. at Grand River Community Health Centre (363 Colborne Street, Brantford) in the SOS area.

Services offered include:

- Basic medical assessments
- Wound care
- Flu vaccinations
- Service navigation and support
- Sexually transmitted infections (STI) testing

No health card is required.

For more information please call (519) 754-0777 ext. 432 or [bbsos@grchc.ca](mailto:bbsos@grchc.ca)

## Learn to Knit

Date and Time: Thursday, July 18 11:00 am - 12:30 pm

Address: 363 Colborne Street

Join us Thursdays from 11:00 a.m. to 12:30 p.m. in Community Room A and Learn to Knit!

Beginners and advanced welcome! Materials will be provided.

For more information please contact Gloria at [gord@grchc.ca](mailto:gord@grchc.ca) or call (519) 754-0777 ext. 223

## Stitch n' Chat

Date and Time: Thursday, July 18 1:00 pm - 3:00 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join online or in person for a weekly Stitch and Chat group

Are you a beginner or experienced knitter? All are welcome to our Stitch n' Chat group! Come by to work on your knitting or macrame skills

Every Thursday from 1-3 pm

Please email Gloria at [gord@grchc.ca](mailto:gord@grchc.ca) or call 519-754-0777 ext. 223 to join

# Friday, July 19, 2024

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## Breakfast Club

Date and Time: Friday, July 19 9:30 am - 10:30 am

Address: 363 Colborne Street

Join us for coffee, tea, breakfast, and conversation!

All are welcome! Drop-in every Friday from 9:30 - 10:30 a.m. at 363 Colborne Street

For more information please contact Brad at [bkidder@grchc.ca](mailto:bkidder@grchc.ca) or call (519) 754-0777 ext. 505 or Melissa at [msiegel@grchc.ca](mailto:msiegel@grchc.ca) or ext. 479

## Drop-in Service Navigation

Date and Time: Friday, July 19 1:00 pm - 4:00 pm

Address: 363 Colborne Street

We are offering service navigation supports! Looking for more information on different resources and services? Wanting to get connected to community programs? Need help completing applications?

Drop in Mondays & Fridays from 1:00 to 4:00 p.m. and talk to a Service Navigator about your specific questions!

## Easy Fit

Date and Time: Friday, July 19 1:00 pm - 2:00 pm

Address: 363 Colborne Street

Posture, balance, strength and endurance exercises to move with more confidence!

For more information and to register please contact Amanda at (519) 754-0777 ext. 273 or [awhite@grchc.ca](mailto:awhite@grchc.ca)

## Sit Fit

Date and Time: Friday, July 19 2:00 pm - 3:00 pm

Address: 363 Colborne Street

Improve posture and strength using exercises in a chair!

For more information and to register please contact Amanda at (519) 754-0777 ext. 273 or [awhite@grchc.ca](mailto:awhite@grchc.ca)

## **Monday, July 22, 2024**

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### **Paramedic Health Drop-In Clinic**

Date and Time: Monday, July 22 10:00 am - 4:00 pm

Address: 363 Colborne Street

Our weekly Paramedic Health Clinic hours are expanding!

Drop in on Mondays from 10:00 a.m. to 4:00 p.m. AND Thursdays from 10:00 a.m. to 4:00 p.m. at Grand River Community Health Centre (363 Colborne Street, Brantford) in the SOS area.

Services offered include:

- Basic medical assessments
- Wound care
- Flu vaccinations
- Service navigation and support
- Sexually transmitted infections (STI) testing

No health card is required.

For more information please call (519) 754-0777 ext. 432 or [bbsos@grchc.ca](mailto:bbsos@grchc.ca)

### **Housing Resource Centre Drop-in Clinic**

Date and Time: Monday, July 22 1:00 pm - 3:00 pm

Address: 363 Colborne Street

We are excited to partner with the Housing Resource Centre (HRC)!

Drop-in on Mondays from 1:00 - 3:00 p.m. and speak with an HRC System Navigator.

Services include:



- Helping answer questions
- Assessing eligibility
- Support with completing applications
- Scheduling appointments

363 Colborne Street, Brantford ON

For more information please reach out to Lisa at [ldoan@grchc.ca](mailto:ldoan@grchc.ca)

## Drop-in Service Navigation

Date and Time: Monday, July 22 1:00 pm - 4:00 pm

Address: 363 Colborne Street

We are offering service navigation supports! Looking for more information on different resources and services? Wanting to get connected to community programs? Need help completing applications?

Drop in Mondays & Fridays from 1:00 to 4:00 p.m. and talk to a Service Navigator about your specific questions!

## Tuesday, July 23, 2024

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### Dance Fitness

Date and Time: Tuesday, July 23 10:00 am - 11:00 am

Address: 363 Colborne Street

#### **What:**

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.

#### **When:**

Every Tuesday & Thursday

10:00-11:00am

January to December 2024

#### **Where**

Grand River Community Health Centre

363 Colborne Street, Brantford

For more info or to register please email [mbentia@grchc.ca](mailto:mbentia@grchc.ca) or call (519)-754-0777 ext. 251

## Gentle Yoga

Date and Time: Tuesday, July 23 5:00 pm - 6:15 pm

Address: 363 Colborne Street

Join long time volunteer Karen for free Gentle Yoga, Tuesday evenings from 5:00 - 6:15 p.m.

January to December 2024

No experience required, mats and equipment provided.

Grand River Community Health Centre

363 Colborne Street, Brantford

For more information or to register please contact Magdalena by email [mbentia@grchc.ca](mailto:mbentia@grchc.ca) or call (519) 754-0777 ext. 251

## ID Clinic Drop-in

Date and Time: Tuesday, July 23 5:00 pm - 7:00 pm

Address: 363 Colborne Street

Drop-in on Tuesdays from 5:00 - 7:00 p.m. and get help with applications for birth certificates, health cards, and photo ID card. No appointment necessary, first come first served.

When: Every Tuesday from 5:00 - 7:00 p.m.

Where: 363 Colborne Street, Brantford ON, Dietitian Room

Have questions? Please call Brad at (519) 754-0777 ext. 505 or email at [bkidder@grchc.ca](mailto:bkidder@grchc.ca)

## Gender Journey Brant

Date and Time: Tuesday, July 23 6:00 pm - 7:30 pm

Address: 363 Colborne Street

**A social group for trans and non-binary adults held at GRCHC! Join in for opportunities to make new connections.**

*Pre-registration required.*

Second and fourth Tuesday of every month

6:00-7:30pm

363 Colborne Street, Brantford

For more information or to register please email Lisa at [lidoan@grchc.ca](mailto:lidoan@grchc.ca) or call (519)-754-0777 ext. 252

## **Wednesday, July 24, 2024**

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### **Easy Fit**

Date and Time: Wednesday, July 24 11:00 am - 12:00 pm

Address: 363 Colborne Street

Posture, balance, strength and endurance exercises to move with more confidence.

To register, contact Amanda at 519-754-0777 x273 or [awhite@grchc.ca](mailto:awhite@grchc.ca)

### **Men in Action**

Date and Time: Wednesday, July 24 1:30 pm - 3:00 pm

Address: 363 Colborne Street

Drop by our Men in Action group and learn from and chat with others!

Every Wednesday in Community Room A from 1:30 p.m. to 3:00 p.m.

Pre-registration not required!

For more information please reach out to Brad at (519) 754-0777 ext. 505 or email [bkidder@grchc.ca](mailto:bkidder@grchc.ca)

### **Let's Cook Together**

Date and Time: Wednesday, July 24 3:00 pm - 5:00 pm

Address: 363 Colborne Street

Let's Cook Together is a FREE cooking program where we cook together and learn from each other! You will learn simple and delicious meals and you can also bring in your own recipe for the group to make!

Every Wednesday starting June 5th to July 31st from 3:00 - 5:00 p.m. in our Community Kitchen.

## Thursday, July 25, 2024

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### Dance Fitness

Date and Time: Thursday, July 25 10:00 am - 11:00 am

Address: 363 Colborne Street

#### What:

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.

#### When:

Every Tuesday & Thursday

10:00-11:00am

January to December 2024

#### Where

Grand River Community Health Centre

363 Colborne Street, Brantford

For more info or to register please email [mbentia@grchc.ca](mailto:mbentia@grchc.ca) or call (519)-754-0777 ext. 251

### Paramedic Health Drop-In Clinic

Date and Time: Thursday, July 25 10:00 am - 4:00 pm

Address: 363 Colborne Street

Our weekly Paramedic Health Clinic hours are expanding!

Drop in on Mondays from 10:00 a.m. to 4:00 p.m. AND Thursdays from 10:00 a.m. to 4:00 p.m. at Grand River Community Health Centre (363 Colborne Street, Brantford) in the SOS area.

Services offered include:

- Basic medical assessments
- Wound care
- Flu vaccinations
- Service navigation and support
- Sexually transmitted infections (STI) testing

No health card is required.

For more information please call (519) 754-0777 ext. 432 or [bbsos@grchc.ca](mailto:bbsos@grchc.ca)

## Learn to Knit

Date and Time: Thursday, July 25 11:00 am - 12:30 pm

Address: 363 Colborne Street

Join us Thursdays from 11:00 a.m. to 12:30 p.m. in Community Room A and Learn to Knit!

Beginners and advanced welcome! Materials will be provided.

For more information please contact Gloria at [gord@grchc.ca](mailto:gord@grchc.ca) or call (519) 754-0777 ext. 223

## Stitch n' Chat

Date and Time: Thursday, July 25 1:00 pm - 3:00 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join online or in person for a weekly Stitch and Chat group

Are you a beginner or experienced knitter? All are welcome to our Stitch n' Chat group! Come by to work on your knitting or macrame skills

Every Thursday from 1-3 pm

Please email Gloria at [gord@grchc.ca](mailto:gord@grchc.ca) or call 519-754-0777 ext. 223 to join

## Friday, July 26, 2024

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## Breakfast Club

Date and Time: Friday, July 26 9:30 am - 10:30 am

Address: 363 Colborne Street

Join us for coffee, tea, breakfast, and conversation!

All are welcome! Drop-in every Friday from 9:30 - 10:30 a.m. at 363 Colborne Street

For more information please contact Brad at [bkidder@grchc.ca](mailto:bkidder@grchc.ca) or call (519) 754-0777 ext. 505 or Melissa at [msiegel@grchc.ca](mailto:msiegel@grchc.ca) or ext. 479

## Drop-in Service Navigation

Date and Time: Friday, July 26 1:00 pm - 4:00 pm

Address: 363 Colborne Street

We are offering service navigation supports! Looking for more information on different resources and services? Wanting to get connected to community programs? Need help completing applications?

Drop in Mondays & Fridays from 1:00 to 4:00 p.m. and talk to a Service Navigator about your specific questions!

## Easy Fit

Date and Time: Friday, July 26 1:00 pm - 2:00 pm

Address: 363 Colborne Street

Posture, balance, strength and endurance exercises to move with more confidence!

For more information and to register please contact Amanda at (519) 754-0777 ext. 273 or [awhite@grchc.ca](mailto:awhite@grchc.ca)

## Sit Fit

Date and Time: Friday, July 26 2:00 pm - 3:00 pm

Address: 363 Colborne Street

Improve posture and strength using exercises in a chair!

For more information and to register please contact Amanda at (519) 754-0777 ext. 273 or [awhite@grchc.ca](mailto:awhite@grchc.ca)

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## Monday, July 29, 2024

## Paramedic Health Drop-In Clinic

Date and Time: Monday, July 29 10:00 am - 4:00 pm

Address: 363 Colborne Street

Our weekly Paramedic Health Clinic hours are expanding!

Drop in on Mondays from 10:00 a.m. to 4:00 p.m. AND Thursdays from 10:00 a.m. to 4:00 p.m. at Grand River Community Health Centre (363 Colborne Street, Brantford) in the SOS area.

Services offered include:

- Basic medical assessments
- Wound care
- Flu vaccinations
- Service navigation and support
- Sexually transmitted infections (STI) testing

No health card is required.

For more information please call (519) 754-0777 ext. 432 or [bbsos@grchc.ca](mailto:bbsos@grchc.ca)

## Housing Resource Centre Drop-in Clinic

Date and Time: Monday, July 29 1:00 pm - 3:00 pm

Address: 363 Colborne Street

We are excited to partner with the Housing Resource Centre (HRC)!

Drop-in on Mondays from 1:00 - 3:00 p.m. and speak with an HRC System Navigator.

Services include:

- Helping answer questions
- Assessing eligibility
- Support with completing applications
- Scheduling appointments

363 Colborne Street, Brantford ON

For more information please reach out to Lisa at [lidoan@grchc.ca](mailto:lidoan@grchc.ca)

## Drop-in Service Navigation

Date and Time: Monday, July 29 1:00 pm - 4:00 pm

Address: 363 Colborne Street

We are offering service navigation supports! Looking for more information on different resources and services? Wanting to get connected to community programs? Need help completing applications?

Drop in Mondays & Fridays from 1:00 to 4:00 p.m. and talk to a Service Navigator about your specific questions!

## Tuesday, July 30, 2024

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### Dance Fitness

Date and Time: Tuesday, July 30 10:00 am - 11:00 am

Address: 363 Colborne Street

#### What:

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.

#### When:

Every Tuesday & Thursday

10:00-11:00am

January to December 2024

#### Where

Grand River Community Health Centre

363 Colborne Street, Brantford

For more info or to register please email [mbentia@grchc.ca](mailto:mbentia@grchc.ca) or call (519)-754-0777 ext. 251

### Gentle Yoga



Date and Time: Tuesday, July 30 5:00 pm - 6:15 pm

Address: 363 Colborne Street

Join long time volunteer Karen for free Gentle Yoga, Tuesday evenings from 5:00 - 6:15 p.m.

January to December 2024

No experience required, mats and equipment provided.

Grand River Community Health Centre

363 Colborne Street, Brantford

For more information or to register please contact Magdalena by email [mbentia@grchc.ca](mailto:mbentia@grchc.ca) or call (519) 754-0777 ext. 251

## **ID Clinic Drop-in**

Date and Time: Tuesday, July 30 5:00 pm - 7:00 pm

Address: 363 Colborne Street

Drop-in on Tuesdays from 5:00 - 7:00 p.m. and get help with applications for birth certificates, health cards, and photo ID card. No appointment necessary, first come first served.

When: Every Tuesday from 5:00 - 7:00 p.m.

Where: 363 Colborne Street, Brantford ON, Dietitian Room

Have questions? Please call Brad at (519) 754-0777 ext. 505 or email at [bkidder@grchc.ca](mailto:bkidder@grchc.ca)

## **Wednesday, July 31, 2024**

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### **Easy Fit**

Date and Time: Wednesday, July 31 11:00 am - 12:00 pm

Address: 363 Colborne Street

Posture, balance, strength and endurance exercises to move with more confidence.

To register, contact Amanda at 519-754-0777 x273 or [awhite@grchc.ca](mailto:awhite@grchc.ca)

## Learn to Paint

Date and Time: Wednesday, July 31 1:00 pm - 3:00 pm

Address: 363 Colborne Street

\*\*\*\*\*Currently FULL\*\*\*\*\*

Learn to use acrylic paint!

Materials will be provided.

No experience needed.

All are welcome!

Wednesday, July 31st, 2024

1-3 pm

Grand River Community Health Centre in Community Boardroom

363 Colborne Street, Brantford

For information and to be added to the waitlist please email Lisa at [lidoan@grchc.ca](mailto:lidoan@grchc.ca) or call (519) 754-0777 ext . 252

## Men in Action

Date and Time: Wednesday, July 31 1:30 pm - 3:00 pm

Address: 363 Colborne Street

Drop by our Men in Action group and learn from and chat with others!

Every Wednesday in Community Room A from 1:30 p.m. to 3:00 p.m.

Pre-registration not required!

For more information please reach out to Brad at (519) 754-0777 ext. 505 or email [bkidder@grchc.ca](mailto:bkidder@grchc.ca)

## Let's Cook Together

Date and Time: Wednesday, July 31 3:00 pm - 5:00 pm

Address: 363 Colborne Street

Let's Cook Together is a FREE cooking program where we cook together and learn from each other! You will learn simple and delicious meals and you can also bring in your own recipe for the group to make!

Every Wednesday starting June 5th to July 31st from 3:00 - 5:00 p.m. in our Community Kitchen.

For more information and to register please email Makeda at [mkafele-green@grchc.ca](mailto:mkafele-green@grchc.ca) or (519) 754-0777 ext. 222

<https://calendar.grandriverchc.ca>