

Friday, August 1, 2025

Breakfast Club

Date and Time: Friday, August 1 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, August 1 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, August 1 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

Tuesday, August 5, 2025

Easy Fit

Date and Time: Tuesday, August 5 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

Kitchen Confidence

Date and Time: Tuesday, August 5 1:00 pm - 3:00 pm

Address: 363 Colborne Street

☐ Join our free Kitchen Confidence classes where you can share recipes and recreate meals to enjoy together! **Pre-registration for each 4-week session or by topic is required.**

When and Topic:

Tuesday, July 8th, 2025 - One Pot

Tuesday, July 29th, 2025 - Fruit Preserves

Tuesday, August 5th, 2025 - Crockpot

Tuesday, August 12th, 2025 - Summer Salads

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, August 5 5:00 pm - 7:00 pm

Address: 363 Colborne Street

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

When:

Every Tuesday

5:00 - 7:00 p.m.

Where:

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

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

Wednesday, August 6, 2025

Drop-in Outreach Clinic

Date and Time: Wednesday, August 6 10:00 am - 11:00 am

Address: 452 Grey Street, Brantford

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

Clinic Hours:

1st, 2nd & 4th Wednesday of every month from 10:00 - 11:00 a.m. at Friendship House (452 Grey Street, Brantford)

We serve people who:

- Have difficulty making and keeping appointments
- Do not have a primary care provider
- Do not have a health card
- Are unhoused, precariously housed or street involved

Services offered:

- Wound care
- Blood pressure checks
- Injections and immunizations
- Supporting and obtaining Ontario identification
- Obtain harm reduction supplies

Easy Fit

Date and Time: Wednesday, August 6 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, August 6 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)

We serve people who:

- Have difficulty making and keeping appointments
- Do not have a primary care provider
- Do not have a health card
- Are unhoused, precariously housed or street involved

Services offered:

- Wound care
- Blood pressure checks
- Injections and immunizations
- Supporting and obtaining Ontario identification
- Obtain harm reduction supplies

Men in Action

Date and Time: Wednesday, August 6 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

Thursday, August 7, 2025

Learn to Knit

Date and Time: Thursday, August 7 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, August 7 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

2SLGBTQIA+ Community Connections

Date and Time: Thursday, August 7 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, August 8, 2025

Breakfast Club

Date and Time: Friday, August 8 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, August 8 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, August 8 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, August 11, 2025

Beating Strong: Heart Health Workshop Series

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

Address: 25 Curtis Avenue North, Paris 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:

Mondays August 11th, 18th & 25th

10:00 - 11:30 a.m.

Where:

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

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

Happy Heart, Diabetes & Me

Date and Time: Monday, August 11 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, August 11th, 18th & 25th

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, August 12, 2025

Easy Fit

Date and Time: Tuesday, August 12 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

Kitchen Confidence

Date and Time: Tuesday, August 12 1:00 pm - 3:00 pm

Address: 363 Colborne Street

☐ Join our free Kitchen Confidence classes where you can share recipes and recreate meals to enjoy together! **Pre-registration for each 4-week session or by topic is required.**

When and Topic:

Tuesday, July 8th, 2025 - One Pot

Tuesday, July 29th, 2025 - Fruit Preserves

Tuesday, August 5th, 2025 - Crockpot

Tuesday, August 12th, 2025 - Summer Salads

1:00 - 3:00 p.m.

Where:

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, August 12 5:00 pm - 7:00 pm

Address: 363 Colborne Street

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

When:

Every Tuesday

5:00 - 7:00 p.m.

Where:

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

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

Gender Journey Brant

Date and Time: Tuesday, August 12 5:30 pm - 7:30 pm

Address: 363 Colborne Street

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

When:

Every 2nd & 4th Tuesday of each month

5:30 - 7:30 p.m.

Where:

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

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

Wednesday, August 13, 2025

Drop-in Outreach Clinic

Date and Time: Wednesday, August 13 10:00 am - 11:00 am

Address: 452 Grey Street, Brantford

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

Clinic Hours:

1st, 2nd & 4th Wednesday of every month from 10:00 - 11:00 a.m. at Friendship House (452 Grey Street, Brantford)

We serve people who:

- Have difficulty making and keeping appointments
- Do not have a primary care provider
- Do not have a health card
- Are unhoused, precariously housed or street involved

Services offered:

- Wound care
- Blood pressure checks
- Injections and immunizations
- Supporting and obtaining Ontario identification
- Obtain harm reduction supplies

Easy Fit

Date and Time: Wednesday, August 13 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, August 13 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)

We serve people who:

- Have difficulty making and keeping appointments
- Do not have a primary care provider
- Do not have a health card
- Are unhoused, precariously housed or street involved

Services offered:

- Wound care
- Blood pressure checks
- Injections and immunizations
- Supporting and obtaining Ontario identification
- Obtain harm reduction supplies

Men in Action

Date and Time: Wednesday, August 13 1:30 pm - 3:00 pm

Address: 363 Colborne Street

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

When:

Every Wednesday

1:30 - 3:00 p.m.

Where:

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

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

Pre-Diabetes Workshop Series

Date and Time: Wednesday, August 13 2:00 pm - 3:30 pm

Address: 185 Robinson Street, Simcoe 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:

Wednesdays August 13th, 20th & 27th

2:00 - 3:30 p.m.

Where:

Norfolk Family Health Team (185 Robinson St, Simcoe)

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

Thursday, August 14, 2025

Learn to Knit

Date and Time: Thursday, August 14 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, August 14 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

Friday, August 15, 2025

Breakfast Club

Date and Time: Friday, August 15 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, August 15 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, August 15 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, August 18, 2025

Beating Strong: Heart Health Workshop Series

Date and Time: Monday, August 18 10:00 am - 11:30 am

Address: 25 Curtis Avenue North, Paris 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:

Mondays August 11th, 18th & 25th

10:00 - 11:30 a.m.

Where:

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

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

Happy Heart, Diabetes & Me

Date and Time: Monday, August 18 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, August 11th, 18th & 25th

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, August 19, 2025

Easy Fit

Date and Time: Tuesday, August 19 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, August 19 5:00 pm - 7:00 pm

Address: 363 Colborne Street

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

When:

Every Tuesday

5:00 - 7:00 p.m.

Where:

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

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

Wednesday, August 20, 2025

Easy Fit

Date and Time: Wednesday, August 20 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, August 20 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)

We serve people who:

- Have difficulty making and keeping appointments
- Do not have a primary care provider
- Do not have a health card
- Are unhoused, precariously housed or street involved

Services offered:

- Wound care
- Blood pressure checks
- Injections and immunizations
- Supporting and obtaining Ontario identification
- Obtain harm reduction supplies

Caring for My COPD Program Orientation

Date and Time: Wednesday, August 20 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, August 20 1:30 pm - 3:00 pm

Address: 363 Colborne Street

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

When:

Every Wednesday

1:30 - 3:00 p.m.

Where:

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

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

Pre-Diabetes Workshop Series

Date and Time: Wednesday, August 20 2:00 pm - 3:30 pm

Address: 185 Robinson Street, Simcoe 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:

Wednesdays August 13th, 20th & 27th

2:00 - 3:30 p.m.

Where:

Norfolk Family Health Team (185 Robinson St, Simcoe)

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

Thursday, August 21, 2025

Learn to Knit

Date and Time: Thursday, August 21 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, August 21 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

Friday, August 22, 2025

Breakfast Club

Date and Time: Friday, August 22 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, August 22 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, August 22 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, August 25, 2025

Beating Strong: Heart Health Workshop Series

Date and Time: Monday, August 25 10:00 am - 11:30 am

Address: 25 Curtis Avenue North, Paris 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 he

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

When:

Mondays August 11th, 18th & 25th

10:00 - 11:30 a.m.

Where:

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

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

Happy Heart, Diabetes & Me

Date and Time: Monday, August 25 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, August 11th, 18th & 25th

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, August 26, 2025

Easy Fit

Date and Time: Tuesday, August 26 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, August 26 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

Gender Journey Brant

Date and Time: Tuesday, August 26 5:30 pm - 7:30 pm

Address: 363 Colborne Street

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

When:

Every 2nd & 4th Tuesday of each month

5:30 - 7:30 p.m.

Where:

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

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

Wednesday, August 27, 2025

Drop-in Outreach Clinic

Date and Time: Wednesday, August 27 10:00 am - 11:00 am

Address: 452 Grey Street, Brantford

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

Clinic Hours:

1st, 2nd & 4th Wednesday of every month from 10:00 - 11:00 a.m. at Friendship House (452 Grey Street, Brantford)

We serve people who:

- Have difficulty making and keeping appointments
- Do not have a primary care provider
- Do not have a health card
- Are unhoused, precariously housed or street involved

Services offered:

- Wound care
- Blood pressure checks
- Injections and immunizations
- Supporting and obtaining Ontario identification
- Obtain harm reduction supplies

Drop-in Outreach Clinic

Date and Time: Wednesday, August 27 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)

We serve people who:

- Have difficulty making and keeping appointments
- Do not have a primary care provider
- Do not have a health card
- Are unhoused, precariously housed or street involved

Services offered:

- Wound care
- Blood pressure checks
- Injections and immunizations
- Supporting and obtaining Ontario identification
- Obtain harm reduction supplies

Men in Action

Date and Time: Wednesday, August 27 1:30 pm - 3:00 pm

Address: 363 Colborne Street

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

When:

Every Wednesday

1:30 - 3:00 p.m.

Where:

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

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

Pre-Diabetes Workshop Series

Date and Time: Wednesday, August 27 2:00 pm - 3:30 pm

Address: 185 Robinson Street, Simcoe 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:

Wednesdays August 13th, 20th & 27th

2:00 - 3:30 p.m.

Where:

Norfolk Family Health Team (185 Robinson St, Simcoe)

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

Thursday, August 28, 2025

Learn to Knit

Date and Time: Thursday, August 28 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, August 28 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

Friday, August 29, 2025

Breakfast Club

Date and Time: Friday, August 29 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

<https://calendar.grandriverchc.ca>