Programs Calendar

Thursday, June 1, 2023

Dance Fitness

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

Address: 363 Colborne Street

When:

Every Tuesday & Thursday

10:00-11:00am

January to December 2023

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.

Where

Grand River Community Health Centre

363 Colborne Street, Brantford

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

2SLGBTQIA+ Community Connections

Date and Time: Thursday, June 1 06:00 pm - 7:30 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

2SLGBTQIA+ Community Connections

Meets the first and third Thursday of each month from 6:00-7:30pm

Description: In-person social group for members of the 2SLGBTQIA+ community

For more info or to register please contact Lisa at ldoan@grchc.ca or 519-754-0777 ext. 252

For more 2SLGBTQIA+ programs and services at Grand River Community Health Centre please visit our webpage.

Friday, June 2, 2023

Breakfast Club

Date and Time: Friday, June 2 09:30 am - 10:30 am

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join us Friday mornings for Coffee/Tea, Breakfast & Conversation!

No registration required.

For more information contact Brad or Melissa.

Brad: 519-754-0777 ext 505

Melissa: 519-754-0777 ext 479

Belly Dancing Exercise Class

Date and Time: Friday, June 2 10:00 am - 11:00 am

Address: 363 Colborne Street

Join long-time dance teacher Tammy for a belly dance class! Learn the beautiful art of belly dance while exercising to improve coordination and posture. No experience necessary, whether you are a beginner or advanced, all are welcome.

To register or for more information please contact Magdalena by email mbentia@grchc.ca or call (519)-754-0777 ext. 251

Easy Fit

Date and Time: Friday, June 2 01:00 pm - 2:00 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

Sit Fit

Date and Time: Friday, June 2 02:00 pm - 3:00 pm

Address: 363 Colborne Street

Improve posture and strength using exercises in a chair. To register, contact Amanda at 519-754-0777 x273 or awhite@grchc.ca.

Tuesday, June 6, 2023

Cooking for One

Date and Time: Tuesday, June 6 01:00 pm - 3:00 pm

Address: 363 Colborne Street

Enjoy cooking small batch meals, adjusting recipes, and learning from each other.

Every Tuesday from May 30, 2023 to June 20th 2023

No-cost, open to all community members and GRCHC clients!

To register contact: Melissa, Dietitian at msiegel@grchc.ca; 519-754-0777 x 479

Gentle Yoga

Date and Time: Tuesday, June 6 05:00 pm - 6:15 pm

Address: 363 Colborne Street

Tuesdays

5:00-6:15pm

January to December 2023

Grand River Community Health Centre

363 Colborne Street, Brantford

For info or to register please email Magdalena at mbentia@grchc.ca or call (519)754-0777 ext. 251

Wednesday, June 7, 2023

Summer Salads Cooking Class

Date and Time: Wednesday, June 7 10:00 am - 12:00 pm

Address: 363 Colborne Street

Join our Summer Salads cooking class on June 7th, 2023 to learn some new recipes!

PLUS we are looking for volunteers. Want to volunteer in the community teaching healthy eating and cooking skills? Learn what a CFE does and how you can join!

To register and for more info contact: Melissa at 519-754-0777 ext. 479 msiegel@grchc.ca

Thursday, June 8, 2023

Gender Journey Brant

Date and Time: Thursday, June 8 06:00 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 Thursday of every month

6:00-7:30pm

363 Colborne Street, Brantford

For more information or to register please email Lisa at ldoan@grchc.ca or call

(519)-754-0777 ext. 252

Friday, June 9, 2023

Breakfast Club

Date and Time: Friday, June 9 09:30 am - 10:30 am

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join us Friday mornings for Coffee/Tea, Breakfast & Conversation!

No registration required.

For more information contact Brad or Melissa.

Brad: 519-754-0777 ext 505

Melissa: 519-754-0777 ext 479

Easy Fit

Date and Time: Friday, June 9 01:00 pm - 2:00 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

Sit Fit

Date and Time: Friday, June 9 02:00 pm - 3:00 pm

Address: 363 Colborne Street

Improve posture and strength using exercises in a chair. To register, contact Amanda at 519-754-0777 x273 or awhite@grchc.ca.

Monday, June 12, 2023

Mood for Thought: Anxiety and Depression

Date and Time: Monday, June 12 01:00 pm - 2:30 pm

Address: 363 Colborne Street

We are now accepting new members for our CBT (Cognitive Behavioural Therapy) skills group where you can receive understanding and support from others facing similar issues.

Mondays, June 12, 19, 26, 2023

1:00 p.m. - 2:30 p.m.

363 Colborne St. E. Brantford, ON - Boardroom

For registration and inquiries :

Beth Pearson, Social Worker

519 754 0777 ext. 437

bpearson@grchc.ca

Tuesday, June 13, 2023

Cooking for One

Date and Time: Tuesday, June 13 01:00 pm - 3:00 pm

Address: 363 Colborne Street

Enjoy cooking small batch meals, adjusting recipes, and learning from each other.

Every Tuesday from May 30, 2023 to June 20th 2023

No-cost, open to all community members and GRCHC clients!

To register contact: Melissa, Dietitian at msiegel@grchc.ca; 519-754-0777 x 479

Gentle Yoga

Date and Time: Tuesday, June 13 05:00 pm - 6:15 pm

Address: 363 Colborne Street

Tuesdays

5:00-6:15pm

January to December 2023

Grand River Community Health Centre

363 Colborne Street, Brantford

For info or to register please email Magdalena at mbentia@grchc.ca or call (519)754-0777 ext. 251

ID Clinic Drop-In

Date and Time: Tuesday, June 13 05:00 pm - 7:00 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

We are offering an in-person, ID Clinic drop-in service at GRCHC

Anyone is welcome to drop by every Tuesday from 5-7pm to get assistance with completing applications for birth certificates, health cards and photo ID

No registration required!

For more information contact:

Brad at bkidder@grchc.ca or(519) 754-0777 ext. 505

Wednesday, June 14, 2023

Let's Cook Together

Date and Time: Wednesday, June 14 03:00 pm - 5:00 pm

Address: 363 Colborne Street

Join us to learn new recipes and to cook delicious simple meals, or share with the group beloved recipes that remind you of home!

Wednesdays from 3-5 pm June 14th to August 16th

For more info or to register please contact Makeda at mkafele-green@grchc.ca

Free program open to community members and GRCHC clients

Thursday, June 15, 2023

Line Dancing Class

Date and Time: Thursday, June 15 10:00 am - 11:00 am

Address: 363 Colborne Street

The amazing Joan will be facilitating Line Dancing/Dancerzie classes with modified movements that will focus on dance steps done to aerobic and oldies music! There will be no arm movements however you are welcome to incorporate these into your workout.

Classes will be offered during the month of June every Tuesday and Thursday from 10-11 am

For info or to register please email Magdalena at mbentia@grchc.ca or call (519)754-0777 ext. 251

Friday, June 16, 2023

Breakfast Club

Date and Time: Friday, June 16 09:30 am - 10:30 am

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join us Friday mornings for Coffee/Tea, Breakfast & Conversation!

No registration required.

For more information contact Brad or Melissa.

Brad: 519-754-0777 ext 505

Melissa: 519-754-0777 ext 479

Easy Fit

Date and Time: Friday, June 16 01:00 pm - 2:00 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

Sit Fit

Date and Time: Friday, June 16 02:00 pm - 3:00 pm

Address: 363 Colborne Street

Improve posture and strength using exercises in a chair. To register, contact Amanda at 519-754-0777 x273 or awhite@grchc.ca.

Saturday, June 17, 2023

GRCHC Booth at Brantford Pride

Date and Time: Saturday, June 17 12:00 pm - 4:00 pm

Address: 363 Colborne Street

Join us at Brantford Pride on June 17th from 12-4 pm at Mohawk Park

51 Lynwood Drive, Brantford

Monday, June 19, 2023

Happy Heart, Diabetes & Me

Date and Time: Monday, June 19 01:00 pm - 3:00 pm

Address: 363 Colborne Street

Join in-person for a 1 hour education and exercise class + 1 hour cooking demonstration and nutrition talk on a monthly topic related to heart health and blood sugar management.

Contact Melissa Siegel, RD: msiegel@grchc.ca or (519) 754-0777 ext. 479 OR Amanda White, R. Kin.: awhite@grchc.ca or (519) 754-0777 ext. 273

Topics Include:

- **February 13th** - Plant Based Options & Driving with Diabetes
- **March 20th** - Mediterranean Diet & Risk factors for Heart Disease
- **April 17th** - Carbohydrate Label Reading & Blood Sugar Management
- **May 15th** - Soup Recipe & Sick Day Management for Diabetes
- **June 19th** - Power of Protein & Foot Assessments
- **July 17th** - Facts on Fats & Exercise Routine
- **August 21st** - Role of Fibre & Medications while Exercising for Diabetes
- **September 18th** - Sodium Substitutes & Hypertension
- **October 16th** - Carbohydrate Label Reading & Risk Factors for Heart Disease

Mood for Thought: Anxiety and Depression

Date and Time: Monday, June 19 01:00 pm - 2:30 pm

Address: 363 Colborne Street

We are now accepting new members for our CBT (Cognitive Behavioural Therapy) skills group where you can receive understanding and support from others facing similar issues.

Mondays, June 12, 19, 26, 2023

1:00 p.m. - 2:30 p.m.

363 Colborne St. E. Brantford, ON - Boardroom

For registration and inquiries :

Beth Pearson, Social Worker

519 754 0777 ext. 437

bpearson@grchc.ca

Tuesday, June 20, 2023

Line Dancing Class

Date and Time: Tuesday, June 20 10:00 am - 11:00 am

Address: 363 Colborne Street

The amazing Joan will be facilitating Line Dancing/Dancerzie classes with modified movements that will focus on dance steps done to aerobic and oldies music! There will be no arm movements however you are welcome to incorporate these into your workout.

Classes will be offered during the month of June every Tuesday and Thursday from 10-11 am

For info or to register please email Magdalena at mbentia@grchc.ca or call (519)754-0777 ext. 251

Cooking for One

Date and Time: Tuesday, June 20 01:00 pm - 3:00 pm

Address: 363 Colborne Street

Enjoy cooking small batch meals, adjusting recipes, and learning from each other.

Every Tuesday from May 30, 2023 to June 20th 2023

No-cost, open to all community members and GRCHC clients!

To register contact: Melissa, Dietitian at msiegel@grchc.ca; 519-754-0777 x 479

Gentle Yoga

Date and Time: Tuesday, June 20 05:00 pm - 6:15 pm

Address: 363 Colborne Street

Tuesdays

5:00-6:15pm

January to December 2023

Grand River Community Health Centre

363 Colborne Street, Brantford

For info or to register please email Magdalena at mbentia@grchc.ca or call (519)754-0777 ext. 251

ID Clinic Drop-In

Date and Time: Tuesday, June 20 05:00 pm - 7:00 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

We are offering an in-person, ID Clinic drop-in service at GRCHC

Anyone is welcome to drop by every Tuesday from 5-7pm to get assistance with completing applications for birth certificates, health cards and photo ID

No registration required!

For more information contact:

Brad at bkidder@grchc.ca or(519) 754-0777 ext. 505

Wednesday, June 21, 2023

Indigenous Peoples Day Event

Date and Time: Wednesday, June 21 01:00 pm - 4:00 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join us to enjoy a livestream of CBC programming that showcases First Nations, Métis and Inuit perspectives and experiences on National Indigenous Peoples Day (June 21).

The event will be from 1-4 pm on Wednesday June 21st at Grand River Community Health Centre in the Community Rooms.

No registration required. If you have any questions please contact Magdalena at mbentia@grchc.ca or call (519)754-0777 ext. 251

The program is as follows:

1 pm: We Will Stand Up

nîpawistamâsowin: We Will Stand Up weaves a profound narrative encompassing the filmmaker's own adoption, the stark history of colonialism on the Prairies, and a transformative vision of a future where Indigenous children can live safely on their homelands

2 pm: Inendi

With a pandemic threatening to take our elders, Sarain Fox gathers stories from her auntie and matriarch, Mary Bell, who holds the family's history: the legacy, the trauma, the truth.

3 pm: Birth of a Family

In this deeply moving feature-length documentary, three sisters and a brother meet for the first time. Removed from their young Dene mother during the infamous Sixties Scoop, they were separated as infants and adopted into families across North America.

Let's Cook Together

Date and Time: Wednesday, June 21 03:00 pm - 5:00 pm

Address: 363 Colborne Street

Join us to learn new recipes and to cook delicious simple meals, or share with the group beloved recipes that remind you of home!

Wednesdays from 3-5 pm June 14th to August 16th

For more info or to register please contact Makeda at mkafele-green@grchc.ca

Free program open to community members and GRCHC clients

Thursday, June 22, 2023

Line Dancing Class

Date and Time: Thursday, June 22 10:00 am - 11:00 am

Address: 363 Colborne Street

The amazing Joan will be facilitating Line Dancing/Dancerzie classes with modified movements that will focus on dance steps done to aerobic and oldies music! There will be no arm movements however you are welcome to incorporate these into your workout.

Classes will be offered during the month of June every Tuesday and Thursday from 10-11 am

For info or to register please email Magdalena at mbentia@grchc.ca or call (519)754-0777 ext. 251

Drop-In Free Confidential Testing and Information

Date and Time: Thursday, June 22 03:30 pm - 6:30 pm

Address: 363 Colborne Street

Want to know your status? Come see us on June 22, and get tested for HIV, Hepatitis C, Gonorrhea, Chlamydia and/or Syphilis. No appointment needed. Testing and results are confidential. Agency booths as well as naloxone and basic CPR training on-site.

Questions? Please call 519-754-0777 ext. 432 or email bbsos@grchc.ca

Gender Journey Brant

Date and Time: Thursday, June 22 06:00 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 Thursday of every month

6:00-7:30pm

363 Colborne Street, Brantford

For more information or to register please email Lisa at ldoan@grchc.ca or call

(519)-754-0777 ext. 252

Friday, June 23, 2023

Breakfast Club

Date and Time: Friday, June 23 09:30 am - 10:30 am

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join us Friday mornings for Coffee/Tea, Breakfast & Conversation!

No registration required.

For more information contact Brad or Melissa.

Brad: 519-754-0777 ext 505

Melissa: 519-754-0777 ext 479

Easy Fit

Date and Time: Friday, June 23 01:00 pm - 2:00 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

Sit Fit

Date and Time: Friday, June 23 02:00 pm - 3:00 pm

Address: 363 Colborne Street

Improve posture and strength using exercises in a chair. To register, contact Amanda at 519-754-0777 x273 or awhite@grchc.ca.

Monday, June 26, 2023

Mood for Thought: Anxiety and Depression

Date and Time: Monday, June 26 01:00 pm - 2:30 pm

Address: 363 Colborne Street

We are now accepting new members for our CBT (Cognitive Behavioural Therapy) skills group where you can receive understanding and support from others facing similar issues.

Mondays, June 12, 19, 26, 2023

1:00 p.m. - 2:30 p.m.

363 Colborne St. E. Brantford, ON - Boardroom

For registration and inquiries :

Beth Pearson, Social Worker

519 754 0777 ext. 437

bpearson@grchc.ca

Tuesday, June 27, 2023

Line Dancing Class

Date and Time: Tuesday, June 27 10:00 am - 11:00 am

Address: 363 Colborne Street

The amazing Joan will be facilitating Line Dancing/Dancerzie classes with modified movements that will focus on dance steps done to aerobic and oldies music! There will be no arm movements however you are welcome to incorporate these into your workout.

Classes will be offered during the month of June every Tuesday and Thursday from 10-11 am

For info or to register please email Magdalena at mbentia@grchc.ca or call (519)754-0777 ext. 251

Gentle Yoga

Date and Time: Tuesday, June 27 05:00 pm - 6:15 pm

Address: 363 Colborne Street

Tuesdays

5:00-6:15pm

January to December 2023

Grand River Community Health Centre

363 Colborne Street, Brantford

For info or to register please email Magdalena at mbentia@grchc.ca or call (519)754-0777 ext. 251

ID Clinic Drop-In

Date and Time: Tuesday, June 27 05:00 pm - 7:00 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

We are offering an in-person, ID Clinic drop-in service at GRCHC

Anyone is welcome to drop by every Tuesday from 5-7pm to get assistance with completing applications for birth certificates, health cards and photo ID

No registration required!

For more information contact:

Brad at bkidder@grchc.ca or(519) 754-0777 ext. 505

Wednesday, June 28, 2023

Let's Cook Together

Date and Time: Wednesday, June 28 03:00 pm - 5:00 pm

Address: 363 Colborne Street

Join us to learn new recipes and to cook delicious simple meals, or share with the group beloved recipes that remind you of home!

Wednesdays from 3-5 pm June 14th to August 16th

For more info or to register please contact Makeda at mkafele-green@grchc.ca

Free program open to community members and GRCHC clients

Thursday, June 29, 2023

Line Dancing Class

Date and Time: Thursday, June 29 10:00 am - 11:00 am

Address: 363 Colborne Street

The amazing Joan will be facilitating Line Dancing/Dancerzie classes with modified movements that will focus on dance steps done to aerobic and oldies music! There will be no arm movements however you are welcome to incorporate these into your workout.

Classes will be offered during the month of June every Tuesday and Thursday from 10-11 am

For info or to register please email Magdalena at mbentia@grchc.ca or call (519)754-0777 ext. 251

Friday, June 30, 2023

Breakfast Club

Date and Time: Friday, June 30 09:30 am - 10:30 am

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join us Friday mornings for Coffee/Tea, Breakfast & Conversation!

No registration required.

For more information contact Brad or Melissa.

Brad: 519-754-0777 ext 505

Melissa: 519-754-0777 ext 479

Easy Fit

Date and Time: Friday, June 30 01:00 pm - 2:00 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

Sit Fit

Date and Time: Friday, June 30 02:00 pm - 3:00 pm

Address: 363 Colborne Street

Improve posture and strength using exercises in a chair. To register, contact Amanda at 519-754-0777 x273 or awhite@grchc.ca.