

Health & Wellness Programs Open to KDCHC Clients, Volunteers and the Community

All programs held at KDCHC (44 Francis St. South) unless noted

Fall 2017

Name of Group	Meeting Date	Time
Art Class	Thursdays (6 weeks) Oct 12th to Nov 16th Questions? Call Lori 519-745-4404 ext. 224 Childcare must be requested by September 12 th .	5:30 pm - 7:00 pm
Breathing Class	Thursdays, November 23 to December 14 Must pre-register Call 519-745-4404 Jannah at ext. 230	6:00 pm -7:30pm
Craving Change (A how-to workshop for changing your relationship with food)	Tuesdays (6 weeks) Sept. 26 th to October 24 th plus Nov.7 th Must pre-register Call 519-745-4404 Penny ext.244 or Charla ext 242	2:30- 4:30 pm
Culture Kitchen (A monthly program that promotes healthy eating through cultural cuisines)	4 th Friday of every month Call Almira 519-745-4404 ext. 209 or Charla ext. 242	10:30 am - 1:00 pm
Eat Well, Spend less (formerly known as Living on a Survival Budget) Pre-registration required	2 nd and 4 th Monday of the month To register call Charla 519-745-4404 ext. 242.	1:00 pm - 4:00 pm
Gardening Program Workshops and Activities	February 14 until November 8 2 nd and 4 th Tuesday of the month - Gardening workshop (2 nd Tuesday) - Gardening Activity (4 th Tuesday) Call Almira 519-745-4404 ext.209	9:30 am - 12:00 pm
Gardening Program Tasting Tuesday (From the garden to the table: Tasting Tuesday is an opportunity to explore a variety of vegetables and recipes with a COOKING)	Tuesdays: Sept. 26 Call Almira 519-745-4404 ext.209	9:30am - 12:00pm
Healthy Eating, Healthy Living in Canada (A ten week program for new Canadians)	Tuesdays, Oct 10 – Dec 12 Call Almira 519-745-4404 ext.209	10 am - 1:00pm
I.D Clinic (get/replace Health Card, birth certificate or Verification of Status, and other ID information)	Tuesdays (drop-in at St. John's Kitchen and YWCA) Wednesdays (outreach at HofF, oneROOF, YWCA) By appointment : Call Doug (519) 745-4404 ext. 207	10:00 am – 1:00 pm
Learn to Knit	Mondays (8 weeks) September 25 th to November 20 th . Call Nicole 519-745-4404 ext.234	10:00 am - 11:30 am
Preparing for 65 (provides information and resources for people as they turn 65) Eligibility- 55 plus with lower incomes.	Wednesdays (6 weeks) November 8 th to December 13 th . Call Nicole 519-745-4404 ext.234	1:30 to 3:30pm.
Skill for Self Advocacy (A six week program that helps people enhance their self advocacy and communication skills).	Wednesdays, Sept 20 – Oct 25, 2017 Call Almira 519-745-4404 ext.209	9:30am -12:00pm
Take Charge (Chronic Disease Self-management) Registration required.	Mondays (6 weeks) October 16 –November 20. Call Charla 745-4404 ext. 242 or Gebre ext.208	1:00 pm – 3:30 pm
Walking Group (Drop-in) Runs spring, summer, fall (outdoor) and winter (Indoor).	Thursdays Call Almira 519-745-4404 ext.209	10:00 am - 11:30 am
Yoga (KDCHC Yoga) Must be referred by KDCHC staff and register before attending. Limited spaces available.	Wednesdays (8 weeks) September 20 th to December 20 th Call Nicole 519-745-4404 ext.234 or Almira ext.209	10:30 pm -11:30pm