



NorWest Community Health Centres  
Centres de santé communautaire NorWest

**Location:** 525 Simpson Street  
**Tel:** (807) 622-8235  
www.facebook.com/NorWestCHC  
www.norwestchc.org

## Program Calendar

**February 2018**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b>	<b>2</b>	<b>3</b>
			◇ARAHP 5-8p	◇FREE Preventative Dental by appt. call 622-8235 ◇Good Food Box \$ due today by 4p	◇Heart Healthy meal Demo 10:30-12:30p  ◇Gender Journeys 1-4p
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
◇Triple P 5:30-7:30	◇FASD Caregiver Program 5:30-8p ◇Anishnawbe Craft 6-8p	◇ Eat Smart 10:30 to 12:30p ◇Chair Yoga 1:30-2:15p room 238 ◇Transgender Gp 6-8p	◇The Other Ten Percent 5-7p ◇ID clinic - registration needed ◇ARAHP 5-8p	◇Mindful Movement 1030-1130a	◇Gender Journeys 1-4p
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
◇Triple P 5:30-7:30	◇FASD Caregiver Program 5:30-8p ◇Anishnawbe Craft 6-8p	◇Chair Yoga 1:30-2:15p	◇Good Food Box 4:30 - 7p Pick-up ◇ARAHP 5-8p		◇Gender Journeys 1-4p
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>FAMILY DAY-Closure</b>	◇FASD Caregiver Program 5:30-8p ◇Anishnawbe Craft 6-8p	◇Chair Yoga 1:30-2:15p room 238 ◇Transgender Gp 6-8p	◇The Other Ten Percent 5-7p ◇ARAHP 5-8p	◇Mindful Movement 1030-1130a	◇Gender Journeys 1-4p
<b>26</b>	<b>27</b>	<b>28</b>			
◇Triple P 5:30-7:30	◇FASD Caregiver Program 5:30-8p  ◇Anishnawbe Craft 6-8p	◇ Hearing Screenings 10-12p ◇Chair Yoga 1:30-2:15p meditation room ◇safeTALK 5-8p ◇Transgender Gp 6-8p			

## Details A-Z February download posters at [www.norwesthc.org](http://www.norwesthc.org)

<b>Anishnawbe Craft Group-Drop In</b>	<b>Birth Certificate ID Clinic</b>	<b>Chair Yoga</b>
<b>Tuesday nights:</b> 6 to 8pm. Learn or practice skills in traditional arts & crafts. Coffee/Tea & snack. Call Rolande 626-8487 for info. We will begin in the new year, on January 9.	<b>Thursday, February 8th</b> from 130-4pm. To be eligible you must be low income or housing insecure. For those born in Ontario, Bring your birth & parental info. Register at 626-2271 or 626-8483	<b>Wednesdays 130-215p</b> , Low impact yoga; with a certified yoga instructor. Free of Charge, snack, accessible building, on bus route and bus tickets upon request. Register/Info: call Frances 624-3449.
<b>Eat Smart: Great Garbanzo</b>	<b>Families of Choice Update</b>	<b>Good Food Box (GFB) &amp; Sampling</b>
<b>Wednesday, Feb 7 from 1030am to 1230.</b> Learn with our nutrition worker about delicious and nutritious recipes. Call 626-7854 to register.	This program will not continue on. There were work conflicts and low attendance for this program. We appreciate the efforts of the facilitators of this group and the support and info they were able to pass on to our community.	<b>Pick-up Thursday, February 15th</b> from 4:30-7pm. Bring bags. Veggies & fruit. \$15 individual & \$25 family size, pay by 4 pm Friday, Feb. 2nd at reception or via Michelle 626-7854.
<b>Heart Healthy Low-sodium meal demo</b>	<b>Hearing Screenings (Free)</b>	<b>Mindful Movement</b>
<b>Feb 3 from 1030-1230.</b> Keep the flavor, cut the salt! Please R.S.V.P. by February 1st to Michelle Kolobutin at <a href="mailto:mkolobutin@norwesthc.org">mkolobutin@norwesthc.org</a> or call (807) 622-8235	<b>Feb 28th from 10-12p.</b> Do you think you have hearing loss? Does your family say you have a hearing loss? Please call 622-8235 to book your free hearing test today.	Free drop-in Feb 9th & 23rd from 1030-1130am at NorWest. Focus on body-mind connection. Accessible space & everyone welcome – no experience required. Feb 2nd & 16th at 270 Windsor, use the back door at the Alpha Court Day Centre
<b>Parenting Programs (Triple P)</b>	<b>Preventative Dental Care (FREE!)</b>	<b>SafeTALK: Wed, Feb 28th 5-8p,</b>
Parenting Programs are facilitated by Children's Centre Thunder Bay and hosted at NorWest. Contact the Parent Coordinator at 343-5000 for more info.	<b>Booking for Feb 2 and March 2:</b> Call today for an appointment. Free dental screen and fluoride for all children. Call 622-8235 to register.	safeTALK is 3 hour training that prepares those, over the age of 15, to identify persons with thoughts of suicide and connect them to suicide first aid resources. Register: <a href="http://www.surveymonkey.com/r/safetalk_feb28">www.surveymonkey.com/r/safetalk_feb28</a>
<b>The Other 10%</b>	<b>Transgender Peer support</b>	<b>Walk-in Clinic at 525 Simpson St.</b>
<b>Thurs., February 8th and 22th from 5-7p.</b> The Other 10% is a group of self-identified LBGTTIQ +Questioning young people 12-25 year olds. Find us on Facebook or call 343-5078 for more info.	Wednesdays 6-8pm. For further information contact Rolande 626-8487 or Jodi 626-7856.	<b>Monday to Thursday</b> 4:30—8 p <b>Friday</b> 1-4 p <b>Saturday &amp; Sunday</b> 10 a—3 p <b>Regular Clinic Hours:</b> 8:30a to 4:30 p or as scheduled by your providers