



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

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6
New Years Day- Centre Closed		◇Chair Yoga 1:30-2:15p ◇Transgender Gp 6-8p		◇FREE Preventative Dental by appt. call 622-8235 ◇Good Food Box \$ due today by 4p	
8	9	10	11	12	13
◇Arm Chair Exercises 1:30-2:30p	◇FASD Caregiver Program 5:30-8p ◇Anishnawbe Craft 6-8p	◇Chair Yoga 1:30-2:15p ◇Transgender Gp 6-8p	◇The Other Ten Percent 5-7p ◇ARAHP 5-8p	◇Mindful Movement 1030-1130a	
15	16	17	18	19	20
◇Arm Chair Exercises 1:30-2:30p	◇FASD Caregiver Program 5:30-8p ◇Anishnawbe Craft 6-8p	◇Chair Yoga 1:30-2:15p ◇Transgender Gp 6-8p ◇Families of choice 6-7:30p	◇Good Food Box 4:30 - 7p ◇ARAHP 5-8p		
22	23	24	25	26	27
◇Arm Chair Exercises 1:30-2:30p ◇Budget & Financial Empowerment 1-2:30p	◇FASD Caregiver Program 5:30-8p ◇Anishnawbe Craft 6-8p	◇Chair Yoga 1:30-2:15p ◇Transgender Gp 6-8p	◇The Other Ten Percent 5-7p ◇ARAHP 5-8p	◇Mindful Movement 1030-1130a	◇Gender Journeys 1-4p
29	30	31			
◇Arm Chair Exercises 1:30-2:30p ◇Triple P-Parenting Program 5:30-7:30	◇FASD Caregiver Program 5:30-8p ◇Anishnawbe Craft 6-8p	◇Chair Yoga 1:30-2:15p	Budget and Financial Empowerment Session: Monday, January 22 from 1-2:30p. Do you want to learn more about financial empowerment? This session is designed to get information to you about filing taxes, government benefits, and budgetting strategies. Call Jodi to learn more 626-7856.		

Details A-Z January download posters at www.norwesthc.org

Arm Chair Exercise	The Other 10%	FASD Caregiver Program
Mondays 1:30-2:30p. Chair exercises are a low-impact way for you to exercise & move without putting pressure & strain on your body. Light refreshments. For more info call Alanah 626-8483/Michelle 626-7854.	Thursdays, January 11th & 25th from 5-7p. The Other 10% is a group of self-identified LBGTTIQ +Questioning young people 12-25 year olds. Find on facebook or call 343-5000 for more info.	Tuesdays, 5:30p to 8 pm. 8 weeks. A Program for Parents, Caregivers, Partners, Siblings & Friends. Information, strategies and supports. Call 626-8485 to register.
Gender Journeys (Jan 27-March 17)	Limbrick Walk-In	Preventative Dental Care (FREE!)
Saturdays 1-4pm. Free 8-week group exploring gender identity, roles, and will provide reliable, up to date information on these topics. Call Jodi 626-7856 to register.	Wednesdays, Unit 87I; 1:30 to 4pm. Outreach & Urgent Care Clinic w/ a Nurse Practitioner. Closed Jan 3rd. 	Booking for Jan 5th and Feb 2nd. Call today for an appointment. Free dental screen and fluoride for all children. Call 622-8235 to register.
Mindful Movement	Chair Yoga	Good Food Box (GFB) & Sampling
Jan 12th & 26th from 1030-1130am at NorWest. Focus on body-mind connection. Accessible space, free & everyone welcome – no experience required. Jan 5th & 19th at 270 Windsor: back door at the Alpha Court Day Centre	Wednesdays, Jan 3-Feb 7. Low impact yoga; facilitated by a certified yoga instructor. Free of Charge, snack provided, accessible building on bus route and bus tickets upon request. Call Frances @ 624-3449 to register and for more information.	Pick-up Thursday, January 18th from 4:30-7pm. Bring bags. Veggies & fruit. \$15 individual & \$25 family size, pay by 4 pm Friday, Jan. 5th at reception or via Michelle 626-7854.
Parenting Programs (Triple P)	Transgender Support Group	Families of Choice
Parenting Programs are facilitated by Children's Centre Thunder Bay and hosted at NorWest. Contact the Parent Coordinator at 343-5000 for more info.	Wednesdays 6-8pm. For further information contact Rolande 626-8487 or Jodi 626-7856.	Wednesday, January 17th from 6-7:30 pm. at NorWest. Support group for families of lesbian, gay, bisexual, transgender, questioning, & intersex children & youth. Call 626-7856 for more info
Mobile Health Services* now accepting	Anishnawbe Craft Group-Drop In	Walk-in Clinic: Daily at 525 Simpson St.
For the following communities: Armstrong, Kaministiquia, Neebing, Nolalu, O'Connor, Shebandowan, and Upsala. For more information call Susan at 626-8474.	Tuesday nights: 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.	Monday to Thursday 4:30—8 p Friday 1-4 p Saturday & Sunday 10 a—3 p Regular Clinic Hours: 8:30a to 4:30 p or as scheduled by your providers