



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

April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
			Resistance Band Exercises 11-12p Chair Yoga 130-230p	FASD Caregiver program 1-3pm	GOOD FRIDAY	
4	5	6	7	8	9	10
Gender Journey Alumni (GJA) 12-3p		Community Food Market 1-4p	Resistance Band Exercises 11-12p Chair Yoga 130-230p	FASD Caregiver program 1-3pm		
11	12	13	14	15	16	17
(GJA) 12-3p		Community Food Market 1-4p	Resistance Band Exercises 11-12p Chair Yoga 130-230p	FASD Caregiver program 1-3pm		
18	19	20	21	22	23	24
(GJA) 12-3p		Community Food Market 1-4p	Resistance Band Exercises 11-12 Storytelling and Drumming 1-2p Chair Yoga 130-230p	FASD Caregiver program 1-3pm Bannock Bingo 1-2p	Craft Delivery	
25	26	27	28	29	30	
(GJA) 12-3p		Community Food Market 1-4p	Resistance Band Exercises 11-12p Chair Yoga 130-230p	FASD Caregiver program 1-3pm		

Details A-Z March download posters at www.norwestchc.org

Gender Journey Alumni	Virtual Chair Yoga	Resistance Band Exercises
Every Sunday from 12-3p. Drop in for Gender Journey Alumni who completed the program. To register email erikhalvorsen19@gmail.com	With Christine by Zoom on Wednesday afternoons from 1:30 to 2:30 pm. To register call Naomi at 626-7879.	Join us once a week for a free virtual exercise class using resistance bands. Please call Naomi @ 626-7879 to register. Bands supplied by NorWest Community Health Centres
Craft Kits: Mar 19th	Bannock Bingo	Storytelling and Drumming with Lori
Craft kits are for registered craft group participants but people are welcome to register if kits have not exceeded the limit. Please call Nancy Thompson @ 626-7870 for more information and to register before Apr 12th.	1-2 PM, please register by Apr 14th with Nancy Thompson @ 626-7870. Bingo cards will be ready for pick up on the Monday prior to Bingo date	Please call 1-855-436-3635 at 12:50 – dial code is 2108008#- no need to register just phone in and listen!
The Other 10 Percent	Community Food Market	FASD Caregiver Program
Every other Thursday from 5:30-7:00p. The Other 10 Percent is a group of self-identified LBGTTIQ +Questioning people ages 12-25. via Zoom, lead by Children’s Centre Thunder Bay. For more information contact Katie at 252-9578 and give your phone number and valid email address.	In partnership with Roots to Harvest, the market provides an opportunity for anyone to access fresh fruits and vegetables at reduced prices. Questions? Contact Michaela @ 626-8484. 	A program for Parents, Caregivers, Partners, Siblings & Friends This online program will provide information, strategies and support to those caring for individuals on a daily basis with a Fetal Alcohol Spectrum Disorder. Participants must register by calling 626-8485 or emailing mparkes@norwestchc.org
Path 525: Safe Injection Site	NWCHC is only open for essential appointments	Call-in Walk-in Clinic: (807) 622-8235
Open Monday to Saturday from 10a-6p.	Our team is available for telephone and virtual visits as scheduled by your providers.	Monday to Thursday 4 – 8pm Friday 1 – 4 pm Saturday & Sunday 10 am – 3 pm