



NorWest Community Health Centres  
Centres de santé communautaire NorWest



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

## Program Calendar

### January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
Programs are virtual (zoom) or by telephone due to Covid19. All programs are registered (see back for details)		Community Food Market is at Limbrick Resource Centre, Unit 97 1-4p			NEW YEARS DAY	
3	4	5	6	7	8	9
Gender Journey Alumni (GJA) 12-3p		Tai Chi 2-3p	Chair Yoga 130-230p	The Other 10% 530-7p		
10	11	12	13	14	15	16
(GJA) 12-3p	Prenatal Class 10-12p	Community Food Market 1-4p Tai Chi 2-3p	Chair Yoga 130-230p			
17	18	19	20	21	22	23
(GJA) 12-3p		Community Food Market 1-4p Tai Chi 2-3p	Chair Yoga 130-230p	Bannock Bingo 1-2p The Other 10% 530-7p		
24	25	26	27	28	29	30
(GJA) 12-3p		Community Food Market 1-4p Tai Chi 2-3p	FASD Virtual Training 1-3p Chair Yoga 130-230p			

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

Gender Journey Alumni	Virtual Chair Yoga	Tai Chi
Every Sunday from 12-3p. Drop in for Gender Journey Alumni who completed the program. To register email <a href="mailto:erikhalvorsen19@gmail.com">erikhalvorsen19@gmail.com</a>	With Christine by Zoom on Wednesday afternoons from 1:30 to 2:30 pm. To register call Naomi at 626-7879.	Offered weekly, To pre-register for a group call Debbie 626-7861.
Craft Kits: Jan 20th	Bannock Bingo	Prenatal Virtual Class
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 Jan 15th.	1-2 PM, please register by Jan 14th with Nancy Thompson @ 626-7870. Bingo cards will be ready for pick up on the Monday (Jan 18th) prior to Bingo date	Zoom w/NorWest Registered Midwife, Jenni Huntly. Some Topics: What to expect in Labour & Birth/ During Covid, Preparing for immediate postpartum, Stress Management and Relaxation, Infant Feeding. To register, contact <a href="mailto:jhuntly@norwesthc.org">jhuntly@norwesthc.org</a> .
The Other 10 Percent	FASD Virtual Training	Community Food Market
Every other Thursday from 5:30-7:00p. The Other 10 Percent is a group of self-identified LBGTTIQ +Questioning people ages 12-25. This program is currently online (via Zoom) and lead by Children's Centre Thunder Bay. If you want to join, you will need to connect with Katie at 252-9578 and give your phone number and valid email address for Zoom invite. NorWest Community Health Centres is currently not hosting onsite due to Covid19.  	Perseverative and Fixated Behavioural Patterns: How to manage them Presented by: Melanie Morrow, Psychological Associate in Thunder Bay. Who should join the training: Caregivers, Healthcare Providers, Front Line workers Social workers, Educators, Addiction & Mental Health Workers. Wednesday, January 27th 1:00pm-3:00pm Cost: Free! Zoom presentation Registration required (limited seats available) Contact Maureen (807-626-8485) or Alanah (807-626-8483) for additional information	<b>Where: Limbrick Resource Centre, Unit 97</b> <b>When: Tuesdays, 1-4 pm.</b> In partnership with Roots to Harvest, the market provides an opportunity for anyone to access fresh fruits and vegetables at reduced prices. At the market, your money goes further than it would at a grocery store and you can head home with loads of fresh ingredients to prepare healthy meals. Questions? Contact Michaela @ 626-8484. Market will be closed Jan 5th.  
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.	<b>Monday to Thursday 4 – 8pm</b> <b>Friday 1 – 4 pm</b> <b>Saturday &amp; Sunday 10 am – 3 pm</b>