



**Central
Community
Health
Centre**

MARCH

COMMUNITY EVENTS



Good Food Box at SW Public Health -
Order before **Mar. 6th** (pick up on
Mar. 16th at various locations)
- \$17/box - contact SW Public Health

'You're the Chef' for Adults at
Destination Church
-register with SW Public Health
before **Apr. 8th**

Mar. 6th - Movie Matinee for Family
PD Day - St Joseph's High School

Mar. 9th - International Women's
Day Celebration St.Thomas-Elgin
Public Art Centre
- Free (Registration required)

Mar. 21st - Signs of Spring Pop-Up
Market @ The Nook - Free Event

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 9:00am-2:00pm Arthritis Society	3 9:00am-3:00pm Arthritis Society	4 6:00-8:00pm St. Thomas Elgin Rainbow Alliance Meeting	5	6	7
9 9:00am-2:00pm Arthritis Society	10 9:00am-3:00pm Arthritis Society 9:30-11:30am Coffee Corner	11	12 9:30am-3:00pm Mobile Unit Outreach	13	14
16 9:00am-2:00pm Arthritis Society 6:00-7:30pm Suicide Support Group	17 9:00am-2:00pm Arthritis Society 9:30-11:30am Coffee Corner 	18	19 9:30am-3:00pm Mobile Unit Outreach 	20	21
23 9:00am-2:00pm Arthritis Society	24 9:00am-3:00pm Arthritis Society 9:30-11:30am Coffee Corner	25	26 9:30am-3:00pm Mobile Unit Outreach	27	28 10:00am-1:00pm 'You're the Chef' for Kids
30 9:00am-2:00pm Arthritis Society	31 9:00am-3:00pm Arthritis Society 9:30-11:30am Coffee Corner	1	2	3	4

***Please check the following page for program details,
contact information, and program restrictions.***



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Arthritis Society - Physiotherapy, Occupational Therapy, Counselling and Information. *Open to clients and community members. Appointment required. For more information, contact 519-433-2191 ext 1230 or visit arthritis.ca.*

Coffee Corner - Join us for coffee and snacks on Tuesdays from 9:30-11:30am and visit with other clients and people from the community. *Open to clients and community members. Registration not required. Contact the health promoter at ext. 401 for more information.*

Mobile Unit Outreach - In partnership with the Mennonite Community Services, a Nurse Practitioner will provide basic primary care services to the Mennonite and Amish Community. *Contact the health promoter at ext. 401 for more information.*

Needle Exchange Program - Come to our Centre to anonymously access equipment (sharps containers, ties, safer inhalation equipment, rigs, cookers, and condoms) and information on harm reduction. *We will attempt to see you right away, however there may be a short wait time. Open to clients and community members. Contact the health promoter at ext. 401 for more information.*

St. Thomas-Elgin Rainbow Alliance - St. Thomas-Elgin community-led group to advocate, plan, and promote events for LGBTQ2S+ education, awareness, and acceptance. *Contact Sara at ext. 427 for more information.*

Suicide Support Group - For those who are or have been affected by a suicide death. Participants will have the opportunity to receive support from peers, gain understanding about grief and loss, and learn coping strategies and understanding on how to move forward. *Open to clients and community members. Registration not required. Contact Kate at ext. 410 or Darryl at ext. 422 for more information.*

Systems Navigation - Need help accessing community supports? *Contact Alicia at ext. 428 to book an appointment. CCHC clients only.*

'You're the Chef' for Kids - A cooking program where caregivers and their children 7+ learn tips and ideas for making healthy, tasty recipes together. *Open to clients and community members. Registration required. Please contact Cathy from SWPH at 519-631-9900 ext. 1251 for more information.*

Central Community Health Centre

359 Talbot Street, and St. Thomas, ON N5P 1B7

T: 519-633-7989

Facebook: @centralchc

info@centralchc.com

www.centralchc.com