


Program Details A-Z

Aboriginal Community Kitchen	Anishnawbe Craft Group
3rd Wednesday of the month; 5 to 8 pm Join a small group that gets together monthly and cooks meals. Pay \$5 by the first of the month to take home two or three meals. Call Rolande at 622-8235 x8487 to register	Tuesday night; 6 to 8 pm Learn or practice skills in traditional arts & crafts such as beading, leatherwork and earrings. Call Rolande 622-8235 x8487 for more information
Breakfast Buddies	Community Kitchen (FASD)
4th Friday of the month; 9 to 1130 am Cook breakfast while your children play; with special activities for all. Call Jodi 622-8235 x2261 for info	2 Thursdays per month; 10am to 1pm Nutrition and cooking program for all ages. Call Maureen at 626-8485 to register and obtain the schedule
FASD Caregiver Program	
Monday evenings; 600 to 830 pm Eight week program to share information, strategies and support to parents and caregivers of individuals with FASD. Call Maureen at 626-8485 to register	
Grey Hares Exercise Program	Good Food Box (GFB)
Thursday at Ogden Community Centre-Rainbow Room; 1230 to 130 pm One-hour exercise and active living program. Includes warm up, stretches, aerobic and muscle strengthening. Call Debbie at 622-8235 x2285 for more info.	GFB pick-up dates are on the calendar & from 300 pm -730 pm (bring your reusable bags). Veggies & seasonal fruit. \$12 for individual and \$20 for the family size, pay on or before the 1st Thus in the month. Call Jodi at 622-8235 ext 2261
Limbrick Outreach	Play & Learn
Wednesdays at Unit 87I; 130 to 430 pm Weekly outreach and Urgent Care Clinic with a Nurse Practitioner	Mondays from 1:00 to 330 pm. Mom & tot program ages 0-4 years. Childcare & snacks are provided. Call Karen or Genevieve at 622-8234 to register
Preventative Dental Care	Seniors Lunch-A-Month
1st Friday of the Month by appointment For children up to 18 without a Dentist & parents are without dental coverage or means to pay. Call 622-8235 to register	Last Monday of the month; 11am to 1 pm. Join us for soup and sandwiches, fun and conversation! Rides available. Call Debbie at 622-8235 x2285 to register
Shelter House Outreach	Speech & Language Services
Thursdays; 1100 am to 430pm in the Board Room. Weekly outreach and Urgent Care Clinic with a Nurse Practitioner	For Children up to 4 years. For more information, call Karen at 622-8235
Women's Skills Building Program	NorWest Clinic Hours
Tuesdays from 1-3 pm 8 week positive skill building experience features topics such as recognizing your strengths, relationships and boundaries, etc. Debbie: 622-8235 x2285 to register	Mon – Fri from 8:30 am to 4:30 pm Urgent Care Walk-In: Mon – Thurs 4:30pm - 8:00pm and Friday 1:00pm - 4:00pm Phone: 622-8285 Address: 525 Simpson St., Thunder Bay Web: www.norwestchc.org