



WCHC

COMMUNITY
HEALTH CENTRE

UPDATE

FALL 2026

SERVING WOOLWICH WELLESLEY & WILMOT

Growing to Better Serve Our Communities

"growing toward a healthier tomorrow"

As our rural communities continue to grow, so does the Woolwich Community Health Centre (WCHC). There are over 5,000 residents not connected to primary care in the "W" townships of Waterloo Region. We are excited to share several important developments that will expand access to healthcare and strengthen our presence across Woolwich, Wellesley, and Wilmot Townships.

In St. Jacobs, WCHC is expanding our current location with a 3,600-square-foot addition to better meet the increasing demand for primary care services. The expansion will include eight new exam rooms and a dedicated community programming space, allowing us to welcome additional healthcare providers, increase access to primary care, and offer more health promotion and wellness programs for the community.



WCHC is also preparing to open a new location in New Hamburg, bringing our integrated model of care closer to residents of Wilmot Township. Located in the beautifully restored building at 95 Peel Street, the new site will provide expanded access to primary care, health promotion, and community services while giving new purpose to a cherished local landmark. We will be operating out of a temporary location in New Hamburg until the construction is completed. This exciting addition reflects our commitment to ensuring residents can access high-quality, compassionate care closer to home.

Our commitment to improving healthcare access also continues in Linwood. In partnership with the Township of Wellesley and with the support of generous local donors, construction is underway on a new Linwood Health Centre adjacent to the Linwood Community Centre. The new facility will replace the current nurse practitioner office with a larger, modern space that will offer primary healthcare services, an on-site pharmacy, and speciality services from Waterloo Region Health Network, ensuring residents have improved access to essential healthcare within their own community.

Together, these projects represent more than new buildings; they are an investment in healthier, more connected rural communities. As WCHC continues to grow, we remain committed to providing accessible, equitable, and integrated care that meets the evolving needs of our communities. We look forward to welcoming patients, clients, and community members into these new and expanded spaces in the months and years ahead.

Accepting New Patients

As WCHC continues to grow across the townships, we are pleased to welcome new patients to our community health centres! If you, or somebody you know, does not have a family doctor or nurse practitioner, WCHC may be able to help. Our expanding locations and growing team are increasing access to free team-based primary care for residents in our communities. To learn more about eligibility and how to register as a new patient, visit our website (or scan the QR code) or contact your nearest WCHC location. We look forward to supporting you on your health journey.



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Health and Wellness Programs

During the September-December 2026 season, Woolwich Community Health Centre is offering a combination of virtual (on Zoom), in-person and hybrid group sessions. Groups meeting in-person will have the location indicated in the session description.

All health and mental health education events are FREE. Registration is required. To register for the health and wellness sessions: visit our website www.wchc.on.ca and click on the Community Programs tab, then click Workshop/Fitness Class

WORKSHOP	DATE & TIME	LOCATION
FIRE SAFETY FOR SENIORS Woolwich Fire Department is committed to helping seniors live safely and empower older adults to reduce fire risks and respond in an emergency. Join this workshop to: build and reinforce life-saving fire safety knowledge, increase confidence in responding to fire emergencies, and reduce fire risks in the homes of older adults.	Thursday, September 24, 2026 1:00 - 2:30 PM	In-person & Zoom 10 Parkside Drive St. Jacobs
CANCER SCREENING WITH DR. NAIK Join us for an impactful workshop led by a doctor from the KW4 Ontario Health Team. Discover why regular cancer screening matters, understand what to expect during the process, and gain the knowledge that could help save your life. Open to all. Appointment booking for cancer screening will be available for our rostered patients at the end of the session.	Tuesday, September 29, 2026 6:00 - 8:00 PM	In-person & Zoom 10 Parkside Drive St. Jacobs
INDIGENOUS MEDICINE WHEEL Join Ben Willsted for an engaging Medicine Wheel workshop exploring Indigenous perspectives on balance, connection, and holistic well-being. Through stories, teachings, and discussion, participants will gain a deeper understanding of the Medicine Wheel as a foundation for personal growth, relationships, and living in harmony with ourselves, others, and the natural world. All are welcome.	Friday, October 2, 2026 TBD	In-person & Zoom 10 Parkside Drive St. Jacobs
MANAGING STRESS WITH A RARE OR CHRONIC DISEASE This workshop is designed for people living with chronic or rare diseases. Living with an illness can bring added stress. Understanding how stress affects you and learning ways to manage it are important steps toward building health literacy. In this workshop you will: learn what stress is and what it feels like, explore how stress is related to chronic or rare diseases, and learn strategies for coping with stress. <i>This workshop is a Health Matters Workshop from ABC Health Literacy.</i>	Monday, October 5, 2026 2:00 - 3:30 PM	In-person & Zoom 10 Parkside Drive St. Jacobs
PRACTICAL TIPS FOR BETTER HEARING Join us for a relaxed, informative workshop on hearing health and its impact on your safety, brain health, and overall well-being. We'll cover what to expect during a hearing test, practical ways to protect your hearing, the latest advances in hearing aid technology, and simple communication strategies to support conversations with people experiencing hearing loss.	Tuesday, October 6, 2026 1:30 - 3:00 PM	In-person & Zoom 10 Parkside Drive St. Jacobs
PROTECTING YOURSELF FROM FRAUD Join us for a discussion on how to better protect yourself and loved ones from fraud. We'll explore common scams such as phishing, identity theft, card fraud, and investment scams, as well as newer threats like deepfakes that can make fraud attempts appear more convincing than ever. You'll leave with practical tips, greater confidence, and helpful resources to recognize warning signs and take steps to stay safe.	Thursday, October 22, 2026 1:30 - 3:00 PM	In-person & Zoom 10 Parkside Drive St. Jacobs

Health and Wellness Programs *(continued)*

WORKSHOP	DATE & TIME	LOCATION
SERVICE CANADA OVERVIEW Join Service Canada for an informative session designed to help individuals better understand key federal programs and services, including: the Social Insurance Number, Employment Insurance, Canada Pension Plan, Old Age Security, the Canadian Dental Care Plan, and the Canada Disability Benefit. Participants will learn about eligibility criteria for key benefits, how to apply and access available support, and important program updates and resources. The session will also include opportunities to ask questions and receive helpful information directly from Service Canada representatives.	Friday, October 30, 2026 2:00 - 3:00 PM	In-person & Zoom 10 Parkside Drive St. Jacobs

Mental Health Programs

Join our mental health workshops of varying topics, facilitated by our counselling team.

To register: visit our website www.wchc.on.ca and click on the **Community Programs** tab, then click **Workshop/Fitness Class Booking**, or email/call Tariq at (tabdulhadi@wchc.on.ca) (519) 664 3794 ext. 222.

WORKSHOP	DATE & TIME	LOCATION
MINDFULNESS IN ACTION A 4-part series on the principles of a highly effective therapy approach called Acceptance and Commitment Therapy. This approach aims to develop your mindfulness skills, which can change your relationship with uncomfortable thoughts and feelings. By practicing a variety of skills provided in this group by an experienced clinician, you can change the way you think and take the power back from negative or destructive thinking and ultimately live a happier and healthier life. Facilitated by: Amelia Ballak (Counsellor) & Caley Klaassen (Counselling Student)	Friday, September 11 – October 2, 2026 1:00 - 2:00 PM	In-person & Zoom 10 Parkside Drive St. Jacobs
SMOKING AND VAPING CESSATION This 8-week group will help you build the skills, learn the strategies and gain the confidence to reduce or stop your smoking or vaping. This group is for adults 18+ who are motivated to change their smoking or vaping or those who have already stopped and want more support. Facilitated by: Aidan Herzog-McArthur (Counsellor)	Monday, September 14 – November 9, 2026 5:00 - 6:00 PM <i>No session on October 12 for Thanksgiving</i>	In-person only 10 Parkside Drive St. Jacobs
HELPING LOVED ONES WITH ADDICTION This 8-week group helps loved ones of people struggling with substance use build skills to support positive change while caring for their own well-being. This group is for adults 18+ who are family or significant others of people who are struggling with substance use and are not currently struggling with their own substance use. Facilitated by: Aidan Herzog-McArthur (Counsellor)	Monday, September 14 – November 9, 2026 6:30 - 7:30 PM <i>No session on October 12 for Thanksgiving</i>	In-person only 10 Parkside Drive St. Jacobs
THE ART OF WELLBEING: CREATIVITY FOR MENTAL WELLNESS A monthly creative wellness group exploring the connection between creativity and mental health. This group will provide a welcoming space to explore how creative expression can support emotional well-being, mindfulness, self-exploration, and stress management. Each session will feature a different creative activity, with no previous artistic experience or skills required. Come connect, create, and discover the benefits of creativity for your mental wellness. Facilitated by: Amelia Ballak (Counsellor) & Caley Klaassen (Counselling Student)	3rd Fridays, September 18 – December 18, 2026 2:00 - 3:00 PM	In-person only 10 Parkside Drive St. Jacobs

Nutrition Workshops

Join our nutrition workshops of varying topics to improve your health.

To register: visit our website www.wchc.on.ca and click on the Community Programs tab, then click Workshop/Fitness Class Booking, or email/call Tariq at (tabdulhadi@wchc.on.ca) (519) 664 3794 ext. 222.

WORKSHOP	DATE & TIME	LOCATION
MANAGING CHOLESTEROL WITH NUTRITION Nutrition plays an important role in lowering your risk of chronic health issues like heart disease, which is one of the leading causes of death in Canada. This workshop will help you learn which foods raise your cholesterol, and which ones help to lower it. Learn practical tips from a dietitian to take control of your heart health today. Facilitated by: Brittany Trueman (Registered Dietitian)	Thursday, September 3, 2026 10:00 - 11:30 AM	In-person & Zoom 10 Parkside Drive St. Jacobs
GROCERY STORE TOUR WITH A DIETITIAN: IRON RICH FOODS ON A BUDGET Are you lacking energy and focus? Have you been told you have low iron? Join us to learn how to change your grocery shopping habits to increase your intake of dietary iron. Facilitated by: Katie Hortobagyi (Registered Dietitian)	Thursday, October 1, 2026 9:30 – 10:30 AM	Food Basics 600 Laurelwood Drive, Waterloo
STARTING SOLIDS WITH YOUR BABY Starting solids is an exciting time! This dietitian-led session will discuss the 'what', 'when' and 'how' to start solids with your baby. Parents, caregivers, and babies are welcome to attend. Facilitated by: Natalee Miller (Registered Dietitian)	Wednesday, October 7, 2026 11:00 AM - 12:00 PM	In-person & Zoom 10 Parkside Drive St. Jacobs
NUTRITION FOR HIGH BLOOD PRESSURE High blood pressure is known as a silent killer — you may not have any symptoms of this common chronic health issue. Join us to learn from a dietitian how to eat well to manage your blood pressure. Facilitated by: Brittany Trueman (Registered Dietitian)	Thursday, October 15, 2026 1:30 - 3:00 PM	In-person & Zoom 10 Parkside Drive St. Jacobs
NUTRITION FOR GUT HEALTH: TIPS FROM A DIETITIAN Do you have constipation, diarrhea, gas or bloating? Join us to learn about foods and eating strategies that support good digestion. Facilitated by: Katie Hortobagyi (Registered Dietitian)	Thursday, November 5, 2026 10:30 - 11:30 AM	In-person only 10 Parkside Drive St. Jacobs
DIETITIAN DROP-IN: LABEL READING AND UNDERSTANDING THE NUTRITION FACTS TABLE Do you need to eat more soluble fibre? Choose unsaturated fat instead of saturated fat? Eat 30g of protein at a meal? Let's figure this out together! Bring a food package that you want to better understand! Facilitated by: Katie Hortobagyi (Registered Dietitian)	Thursday, November 5, 2026 1:30 - 2:30 PM	In-person only 10 Parkside Drive St. Jacobs
GROCERY STORE TOUR WITH A DIETITIAN: NUTRITION FOR YOUR BONES Join us to learn how to adjust your grocery shopping habits to build strong bones. Bring your questions about Calcium, vitamin D and vitamin K! Facilitated by: Katie Hortobagyi (Registered Dietitian)	Thursday, November 19, 2026 1:00 - 2:00 PM	Food Basics 232 Arthur Street South, Elmira
DIETITIAN DROP-IN: LET'S TALK ABOUT A BALANCED PLATE What does a balanced meal or snack look like? What if I have food allergies or intolerances? Join a Dietitian to discussion healthy eating for kids and adults. Have a cup of tea and take home some budget-friendly recipes! Facilitated by: Katie Hortobagyi (Registered Dietitian)	Thursday, December 3, 2026 1:00 - 2:00 PM	In-person only 10 Parkside Drive St. Jacobs

Breastfeeding 101 – ONGOING PROGRAM FOR FAMILIES IN WELLESLEY

Suitable for families expecting to welcome an infant in the next 6 weeks, this workshop is offered monthly and taught by a Lactation Consultant. Learn what you need to know about feeding your baby to make those first days and weeks easier including tips to simplify pumping, increase milk supply, and get more sleep! (in-person in Wellesley only)



Date: Fourth Wednesday of every month

Time: 6:00 – 8:00 PM

Location: Woolwich Community Health Centre
– Wellesley Site
(1401 Queens Bush Rd., Wellesley)

Facilitated by: Hillary Macguire (Lactation Consultant)

Contact for registration: Lauren Kells
(226) 972 3768 or lkells@wchc.on.ca

Walk & Talk

Do you enjoy going for a walk and looking for a group to go with? Join us as we meet up bi-weekly at local trails around our community to enjoy a nice walk and socialize together. Open to all ages and abilities. Dates, times, and locations will be sent out on an ongoing basis. (Pauses during Winter and resumes in Spring)

Date: Spring - Fall
(Bi-weekly from 9:00 – 10:00 AM on Tuesdays)

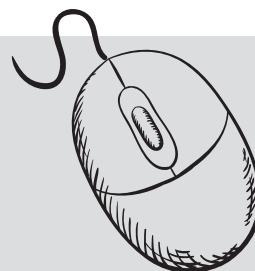
Contact for registration: Tariq Abdulhadi
tabdulhadi@wchc.on.ca
Or register online /
(519) 664 3794 ext. 222



TECH HELP AT WCHC

Need 1-on-1 assistance with your devices? Our free Tech Help program provides personalized support to help you navigate your devices, troubleshoot issues, and improve your comfort with your technology. Our 'tech expert' can help you with just about anything! Book a time with Tariq.

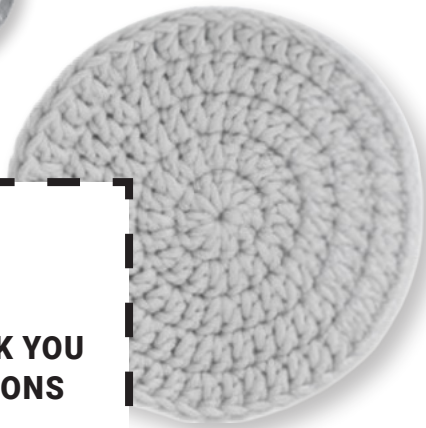
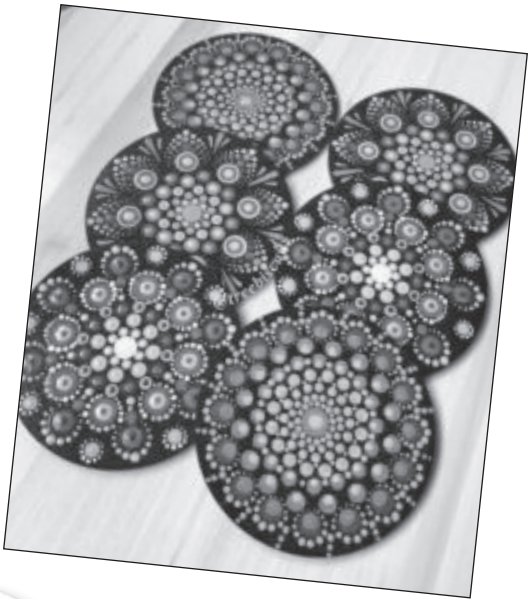
Contact for registration: Tariq Abdulhadi
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To subscribe to our newsletter
and receive electronically
visit our website
www.wchc.on.ca

Creative Art

WORKSHOP	DATE & TIME	LOCATION
Each session offers a unique art activity, making every class a new opportunity to learn, create, and connect with others in the community. Registration is filling up quickly, but a few spaces are still available. Those unable to secure a spot for this session are encouraged to send their contact information to lkells@wchc.on.ca to be placed on the contact list for next season. Visit our website to register and for more specific details. We look forward to welcoming both new and returning participants!	WELLESLEY: • September 14, 2026 – Book Folding • October 5, 2026 – Crocheting for Beginners • November 9, 2026 – Jewellery Bowl • December 14, 2026 – Decoupage Tree ST. JACOBS: • September 17, 2026 – Book Folding • October 19, 2026 – Crocheting for Beginners • November 12, 2026 – Jewellery Bowl • December 17, 2026 – Decoupage Tree 1:00 - 3:00 PM	In-person only • Bill Gies Rec. Centre 1401 Queens Bush Rd. • Woolwich Community Health Centre 10 Parkside Dr.



Thank You!

A VERY SPECIAL THANK YOU
TO THE WELLESLEY LIONS
FOR SUPPORTING
THIS PROGRAM!

Children and Youth Programs

Welcome to the WCHC Youth Centre!

The WCHC Youth Centre is a space created with youth in mind. Whether you're looking for a place to hang out, meet new people, get creative, explore STEM activities, or access technology and electronics, the Youth Centre has it all. Designed to inspire connection and innovation, it's a place where youth can discover new interests, develop skills, and simply be themselves. Best of all, every program activity offered in the Youth Centre is completely **free of charge**.

DISCOVER OUR PROGRAMS AT THE WCHC YOUTH CENTRE

The WCHC Youth Centre is proud to offer a variety of engaging programs tailored to meet the needs of youth in our community:

- **Youth Centre Drop-In:** A welcoming space for Grades 1-12 students to relax, connect, and explore creative and recreational opportunities.
- **Mental Health & Wellness Programs:** Age-appropriate programs that support emotional well-being and build healthy coping skills for all ages.
- **Intergenerational Programs:** Once/month, youth and older adults come together to share experiences, learn new skills, and build meaningful connections through joint activities that encourage sharing experiences, relationship building, and community.
- **Special Events:** Seasonal celebrations, themed activity days, and community-wide gatherings happening throughout the year.
- **And more...**



VOLUNTEER OPPORTUNITIES

Looking to get involved and make a difference? The Youth Centre welcomes high school and post-secondary student volunteers who want to gain experience, support local youth, and help bring programs to life. Whether you're assisting with activities, sharing a special skill, or helping out at events, volunteering is a great way to build leadership skills and contribute to your community (and collect hours for high school). If you're interested in joining our volunteer team, reach out to us at wchcyouthcentre@gmail.com.

COMMUNITY PARTNERSHIPS

The WCHC Youth Centre values collaboration and is always open to connecting with local organizations, educators, and community groups. Partnerships help us expand opportunities for youth, explore new ideas, and strengthen community ties. If your organization is interested in working with us, we'd love to hear from you.

A NOTE ABOUT FUTURE PROGRAMMING

As the Youth Centre continues to grow, our programs may shift and evolve based on youth interests, community feedback, staffing capacities, and available resources. We're committed to staying flexible, creative, and responsive — and we appreciate your patience and support as we try new things, adjust where needed, and shape the future of the space together.

STAY CONNECTED WITH THE WCHC YOUTH CENTRE!

- Want to stay up-to-date with all the exciting programs and events happening at the WCHC Youth Centre? Follow us on Facebook and Instagram for the latest updates, program announcements, and more!
- Prefer something tangible? Stop by the Youth Centre to pick up our monthly updated calendar with all the details you need.
- If you have any questions please do not hesitate to connect with our team via email at wchcyouthcentre@gmail.com.



WCHC Youth Centre



@wchcyouth



@wchc.youthcentre

WCHC Fitness: September – December 2026

WCHC has a mix of in-person and virtual fitness classes available to you! All in-person fitness classes will take place at the Woolwich Community Health Centre at 10 Parkside Dr. in St. Jacobs. Online classes will be on Zoom, which you will receive a link for after registration.

To register for a fitness class, please visit our website at www.wchc.on.ca. If you are having difficulty registering online or have any questions, please email Tariq at tabdulhadi@wchc.on.ca or call (519) 664 3794 ext. 222. If you wish to pay via cash/cheque, please register online and select the "cheque" payment option, and address the cheque to Woolwich Community Health Centre and include, with the payment, a letter to indicate your full name, address, phone number, email address, emergency contact information, and which class(es) you'd like to register for. Your cash/cheque payment can be mailed or dropped off at our St. Jacobs location. Please note that all registrations are non-refundable.

FUNDAMENTAL FITNESS (ZOOM)		Instructor: Christina
Weight focused movements with some cardiovascular elements to keep us healthy and happy in day-to-day life. Hand weights, a chair and running shoes are all the equipment needed. Lots of variations available!		
Tuesdays 9:00 – 10:00 AM	September 8 – December 15, 2026	15 classes for \$75

BETTER BONES (IN-PERSON)		Instructor: Liz
For those who have osteoporosis or would like to reduce the risk of developing osteoporosis. Suggested equipment: weights or alternative, exercise band, small ball.		
Tuesdays 9:30 – 10:30 AM	September 8 – December 15, 2026	15 classes for \$75
Fridays 9:30 – 10:30 AM	September 11 – December 18, 2026	15 classes for \$75

Sold Out!

Sold Out!

YOGA (ZOOM)		Instructors: Rasha & Christina
Practice of being with whatever arises moment to moment, coordinating breath, movement, and concentration. A multilevel yoga practice that incorporates flow sequence, focusing on alignment, balance, flexibility, and breathing. This class is suitable for everyone as many variations and modifications are provided.		
Wednesdays 7:15 – 8:15 PM	September 9 – December 16, 2026	15 classes for \$200

STRENGTH TRAINING (IN-PERSON)		Instructor: Melanie
As we age, we naturally lose muscle mass, so it is important to practise strength training to maintain, if not increase, muscle mass. Strength/resistance training helps to build bone density, protect joints from injury, contributes to better balance and ability to do daily activities, not to mention burning calories and keeping our bodies lean. This class will teach basic foundational strength exercises with a focus on repetition, proper form, and encouragement to gradually lift heavier weights than you may be used to.		
Wednesdays 9:00 – 9:45 AM	September 9 – December 16, 2026	11 classes for \$55
Wednesdays 11:00 – 11:45 AM	September 9 – December 16, 2026	11 classes for \$55

Sold Out!

PILATES BASED STRENGTH & STRETCH (IN-PERSON)		Instructor: Melanie
This 45-minute class will combine strengthening exercises with a focus on core and control, with stretching and mobility built in to provide a full body workout that is gentle on the joints while still challenging the muscles and mind.		
Wednesdays 10:00 – 10:45 AM	September 9 – December 16, 2026	11 classes for \$55

Sold Out!

CHAIR CORE, BALANCE & MORE (STANDING PILATES INSPIRED) (ZOOM)		Instructor: Christina
This beautiful combination class will have you sitting taller and feeling better with combinations of seated core movement, stretching and strengthening. We will be moving our bodies with the intention of alignment for day to day life.		
Wednesdays 9:00 – 10:00 AM	September 9 – December 16, 2026	15 classes for \$75

FARM COLUMN

The Autumn Season is Transforming Working Family Farms Across the Waterloo Region into Vibrant Agritourism Hubs.

(BY: PAULA BALLAK, COMMUNITY OUTREACH NURSE)

As cooling temperatures arrive, our local agricultural community shifts from heavy field harvesting to welcoming neighbors through corn mazes, pumpkin patches, and bustling farm markets. This seasonal transformation is more than just a marketing trend; it serves as a critical economic bridge that keeps family farms sustainable amidst modern industry challenges. The benefits extend well beyond harvest farms. Local dairy and livestock producers also thrive as more of us venture into the countryside, drive down long country laneways, and stop at farm stores for fresh meat, locally produced dairy, and some of the best whipped butter or richest chocolate milk you'll ever taste.

Some of my fondest childhood memories are driving to my grandparents' farms and stopping along the way at farm produce stands, flower tables and corn cob wagons. Living in the city, we had a small farmers market on Saturday mornings in the summer/fall, but nothing like you would find at the roadside stands.

When thinking about upcoming fall events, and looking at the harvest celebrations and offerings, I googled Waterloo Region Harvest....and what popped up?

Waterloo Region's harvest route is officially known as the **Fields & Flavours Trail**. It is a self-guided agritourism journey featuring nearly 20 local farms, country markets, and dining experiences. The route highlights the region's agricultural roots, allowing you to pick your own produce, meet makers, and shop for local goods. See here for their website:

<https://explorewaterloo.ca/fields-flavours-trail/>

I truly had no idea this existed! I knew that our area is rich in Agricultural and Mennonite Heritage - and I have many favourite farms and store fronts that I shop at, some all year round, but the Fields & Flavours Trail has introduced me to a few more.

When you choose a local pick-your-own patch or purchase decorative gourds straight from a farm stand, you are actively sustaining our rural landscapes. Buying directly from farms keeps rural areas viable and prevents open farmland from being developed. Supporting our local farmers provides higher profit margins, allowing farming families to keep their land instead of selling to developers. It also encourages farmers to plant diverse crops like pumpkins, berries, and gourds, which improves soil health while building both an emotional and financial investment in preserving our local farms. Not only that, but it's also fun!

Beyond the financial impact, these autumn experiences, connections, and events bridge the gap between urban consumers and rural food producers. They educate the next generation about where their food comes from while fostering the knowledge and understanding that our community and region work together to help support one another.

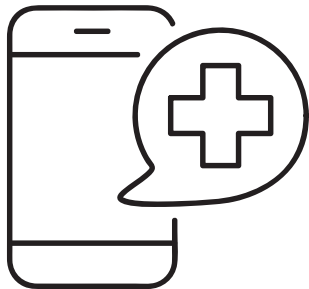
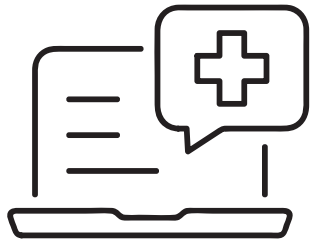
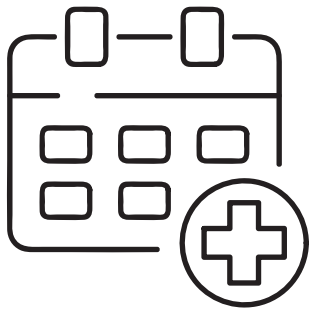
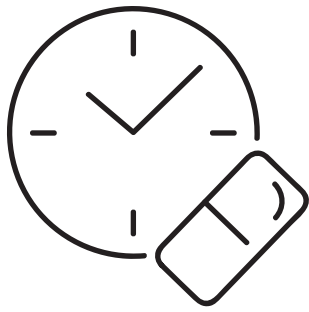
AUTUMN TRADITIONS IN OUR TOWNSHIPS

Supporting our agricultural roots is simple and rewarding, thanks to several classic fall events taking place across our neighboring townships this season:

- **Wellesley Township Fall Fair (August 28–29, 2026):** Returning to the Bill Gies Recreational Centre under the banner theme "Field to Feast," this historic fair features a traditional parade, ambassador programs, a lively cake auction, and youth activities.
- **New Hamburg Fall Fair (September 17–20, 2026):** Hosted by the dedicated volunteers of the Wilmot Agricultural Society at the Jacob Street fairgrounds, this four-day celebration showcases excellent homecraft exhibits, 4-H livestock shows, a demolition derby, and educational agricultural displays.
- **Wellesley Apple Butter and Cheese Festival (September 26, 2026):** A spectacular autumn staple celebrating its rich local heritage with famous apple fritters, traditional farm tours, and rows of local street vendors.

This autumn, skip the big-box grocery displays and take a short drive through the townships of Waterloo Region. Whether you are getting lost in a corn maze, purchasing fresh apple cider, or wandering the fairgrounds, your investment stays directly in our community and supports our friends, neighbours and agricultural families!

Primary Care Appointment



BOOK YOUR APPOINTMENTS ONLINE – ANYTIME, ANYWHERE!

We are proud to continue offering a convenient way to connect with your health care team at Woolwich Community Health Centre (WCHC). Registered clients can now book eligible follow-up appointments online through our website, making it easier than ever to access the care you need.

Whether you're at home, at work, or on the go, you can schedule an appointment whenever it's most convenient for you.

Our secure online booking system is available 24 hours a day, 7 days a week, giving you the flexibility to book without having to wait for our phone lines to open.

WHY BOOK ONLINE?

Online booking is designed to make managing your health care simple and stress-free. With just a few clicks, you can:

- Book eligible follow-up appointments at a time that works for you
- Access appointment booking 24 hours a day, 7 days a week
- Avoid waiting on hold during busy phone periods
- Choose from available appointment times with your provider
- Book from your computer, tablet, or smartphone

The booking system is safe, secure, and easy to use, helping you spend less time scheduling appointments and more time focusing on your health.

GETTING STARTED IS EASY

Using online booking is simple.

1. Visit the WCHC website.
2. Select the Online Appointment Booking option.
3. Choose your provider.
4. Select an available appointment time.
5. Confirm your booking.

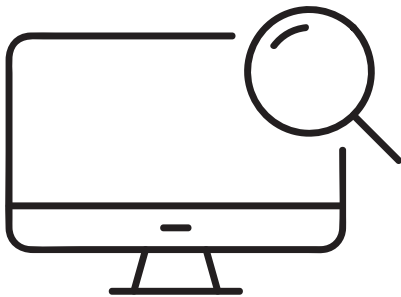
That's it! Your appointment will be booked in just a few minutes.

If you're using the system for the first time, we've created a short step-by-step video tutorial to guide you through the process. The video walks you through each stage of booking an appointment and is available on our website whenever you need it. You can also scan the QR code on this page to be directed to the instructional video.

PREFER TO CALL?

No problem! Phone booking is still available for anyone who prefers to speak with a member of our team. Our staff are always happy to help you schedule your appointment or answer any questions you may have.

Online booking is simply another option that gives you more flexibility and convenience when accessing your care.



WE'RE MAKING CARE MORE ACCESSIBLE

At Woolwich Community Health Centre, we're always looking for ways to improve your experience. Introducing online appointment booking is one more step toward making health care more accessible, convenient, and centred around your needs.

We encourage all registered clients to give online booking a try. We hope you'll find it to be a fast, easy, and convenient way to manage your follow-up appointments.

Thank you for being part of the WCHC community. We look forward to continuing to support your health and wellness every step of the way.

BOOK ONLINE

Visit our website to access online appointment booking and watch our step-by-step instructional video. You can also scan the QR code on this page to watch the step-by-step instructional video on how to book your appointment online.

www.wchc.on.ca

Immunization For All Ages

WCHC has launched a new project to bring vaccination clinics closer to the rural townships. The purpose of this project is to improve immunization rates through education, and improved accessibility at our sites in St. Jacobs, Linwood, Wellesley, and other central locations. The immunization project is funded by the Public Health Agency of Canada (PHAC). We will provide routine immunization for children and adults. If you need more information about the project and immunization, call Paula at (226) 338 4132 or email pballak@wchc.on.ca

Impfen Fa Aule Ella

Woolwich Community Health Centre haben an niet project aunjefongt tom die impfen klinnikj dichtabie, butakaunt shtaut brinjen. Dit project es jemeent tom en bätren jelieeheit watch brinjen von impfen an tom daut leichta moaken, bie aule dree klinnikj shtäden, St. Jacobs, Linwood, Wellesley an mea meddelja shtäden. Dit impfen project es betolt von die Public Health Agency of Canada (PHAC). Wie woaren aule jeweeneleje impfen aunbeeden fa kinja uk groote menschen. Wan jie mea informazion fält von dit impfen project, foon ooda email Paula bie (226) 338 4132, pballak@wchc.on.ca (translated by Anna Wall)

Financial contribution:



Public Health
Agency of Canada

Agence de la santé
publique du Canada

WOOLWICH COMMUNITY HEALTH CENTRE

PO Box 370, 10 Parkside Dr.
St. Jacobs, ON N0B 2N0
Tel: (519) 664 3794
Fax: (519) 664 2182

ST. JACOBS HOURS OF OPERATION

Monday	9:00 am - 8:00 pm
Tuesday	9:00 am - 8:00 pm
Wednesday	9:00 am - 5:00 pm
Thursday	9:00 am - 8:00 pm
Friday	9:00 am - 5:00 pm

*Lab Services (for registered patients only)
by appointment only.*

WCHC (WELLESLEY SITE)

PO Box 187, 1401 Queen's Bush Rd.
Wellesley, ON N0B 2T0
Tel: (519) 656 9025
Fax: (519) 656 9027

WTCHC HOURS OF OPERATION

Monday	9:00 am - 8:00 pm
Tuesday	9:00 am - 8:00 pm
Wednesday	9:00 am - 5:00 pm
Thursday	9:00 am - 8:00 pm
Friday	9:00 am - 5:00 pm

*Lab Services (for registered patients only)
by appointment only.*

WCHC (LINWOOD SITE)

Open at select times by appointment only.
Please call the Wellesley office at
(519) 656 9025 to book an appointment.

ADDITIONAL SERVICES 9 and 10 Parkside Dr.

St. Jacobs Dental Care

**ACCEPTING NEW PATIENTS
AND EMERGENCIES**

Dr. Mira Nusaputra, D.D.S.
Tel: (519) 664 2434
www.stjacobsdentalcare.ca

Martin's Guardian Pharmacy

Alan Martin, Pharmacist
Tel: (519) 664 3785
Fax: (519) 664 2170
www.martinspharmacy.ca

St. Jacobs Midwives (9 Parkside Drive)

Andrea Horst, Administrator
Tel: (519) 664 2542
Fax: (519) 664 1815
www.stjacobsmidwives.on.ca

St. Jacobs Naturopathic Clinic

Raza Shah B.Sc., N.D.
Jennifer Kadlec, Osteopathic Candidate
Tel: (519) 664 1050
www.stjacobsnaturopathic.com

Woolwich Counselling Centre

Woolwich Counselling Centre run a variety of Winter/Spring Workshops and Groups for children, youth and adults.

- Glad to Be Me (ages 4 to 7)
- Caregiver Support Group
- Grief Group for Seniors
- Parenting Children with ADHD Group
- Building Better Boundaries

...And many more workshops



WE ARE ON THE WEB!



[X.com/WoolwichCHC](https://twitter.com/WoolwichCHC)



[@woolwichchc](https://www.instagram.com/woolwichchc)



[@wchcyyouth](https://www.instagram.com/wchcyyouth)



www.wchc.on.ca



Woolwich Community Health Centre