



South Georgian Bay  
Community Health Centre



# SPRING PROGRAM GUIDE

APRIL - JUNE 2019



@SouthGeorgianBayCommunityHealthCentre

[www.southgeorgianbaychc.ca](http://www.southgeorgianbaychc.ca)



South Georgian Bay  
Community Health Centre

Accredited by  
Canadian Centre  
for Accreditation



Agréé par  
Centre canadien  
de l'agrément

Welcome to the **South Georgian Bay Community Health Centre**. We are a non-profit, community-governed, charitable organization that focuses on the health and well-being of individuals in our community. We do this by providing everyone in our community with access to:

- Health care services** – such as doctors, nurse practitioners, dietitian, social workers, physiotherapist
- Free community programs** – such as exercise and food workshops, mom and baby support groups, youth services
- Community development** – to support important community issues such as housing and food insecurity

We recognize that health care is more than treating illness. Being healthy also means having the opportunity to work, socialize, eat healthy, learn, and contribute to one's community. Working together with our clients and our community is at the heart of our model of care, because in Community Health Centres: **Every One Matters.**

Supported by:



Ontario

North Simcoe Muskoka Local  
Health Integration Network



### FOOD FIT

*Please call for available dates and times  
Wasaga Stars Arena, Wasaga Beach*

Do you enjoy cooking or want to learn how to cook healthy meals? This program combines fun, hands-on cooking and exercise sessions to help you be the healthiest you can be. Participants will cook and share a meal together and make new connections in the community.



### HEART HEALTHY EATING

*Tuesday, May 14th from 10:00am -11:30am, SGBCHC*

Join our Registered Dietitians for an education session on eating well for your heart. Learn how to identify nutritious foods, create balanced meals, and tips and tricks to live a healthy lifestyle.



### CRAVING CHANGE

*Mondays starting on June 3rd from 6:00pm-8:00pm, SGBCHC*

This 4-week program helps participants develop a healthier relationship with food through a practical, skill-based approach. Understanding how our surroundings influence food choices, becoming aware of problematic eating triggers, and support strategies to implement every day are discussed.



### NORDIC POLE WALKING

*Tuesdays and Thursdays from 9:45am -11:00am  
Seniors Active Living Centre, Wasaga Beach*

Interested in trying pole walking? Come out and walk with peer instructors through local forest trails and along the Ontario Parks beach. Poles are provided by the SGBCHC and everyone is welcome to join. *\*No experience is necessary.*



## Youth Programs



### GIRL TALK

*Please call for a list of available dates and times*

This eight-week program was developed for young women and focuses on self-esteem, body image, relationships and dealing with stress. Participants have the opportunity to express themselves through various artistic projects, discussions, activities and guest speakers. *\*Interested teachers, schools and community partners are encouraged to contact the SGBCHC.*



### LEARNING HOW TO BREATHE

*Please call for a list of available dates and times*

This program is a mindfulness-based curriculum created for classroom or group settings. Participants will learn how to integrate mindfulness into daily life to improve attention span, emotion regulation, and stress management.



### YOUTH OUTREACH PROGRAM

*Students should contact their guidance office to book an appointment. All services are free and open to any student.*

This program provides outreach support to students at their high school (Collingwood Collegiate Institute, Stayner Collegiate Institute, Elmvale District High School, Jean Vanier Catholic High School). Health professionals are available to support students with their physical and emotional well-being.

## Self-Management Programs



### LIVING A HEALTHY LIFE WITH CHRONIC PAIN

*Starting on April 3rd from 1:30-4:00pm, Barrie*  
*Starting on April 11th from 10:00am-12:30pm, Alliston*  
*Starting on May 1st from 1:30-4:00pm, Midland*

This 6-week program is for adults of all ages who face the challenges of conditions such as arthritis, migraines, fibromyalgia, repetitive strain injury, phantom limb pain, back or neck pain etc.



## LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

*Starting on April 2nd from 1:30pm-4:00pm, Orillia*

*Starting on April 4th from 10:00am-12:30pm, Midland*

*Starting on April 24th from 1:30pm-4:00pm, Collingwood*

*Starting on April 24th from 1:30pm-4:00pm, Midhurst*

*Starting on May 1st from 1:30pm-4:00pm, Barrie*

*Starting on May 15th from 1:30pm-4:00pm, Barrie*

This 6-week program is for adults of all ages who face the challenges of conditions such as arthritis, migraines, fibromyalgia, repetitive strain injury, phantom limb pain, back or neck pain etc. This peer-led group meets for 2.5 hours every week.

## Family Support Programs



## MOTHERCARE

*Wednesdays from 12:30pm-2:30pm, SGBCHC*

MotherCare is a friendly and supportive drop-in program for pregnant women and new babies up to 8 weeks. The program promotes healthy pregnancies by providing support and information on issues such as breast-feeding, health and nutrition.

*\*Free milk, nutritious foods, and prenatal vitamins are provided.*



## NEXT STEP

*Wednesdays from 12:30pm-2:30pm, SGBCHC*

Next Step is a continuation of MotherCare and is geared for mothers and children ages 3 to 36 months. Nutritional and parenting support and the opportunity to speak with a dietitian and early childhood educator is provided. *\*On-site child development program is available for children accompanying their mother.*



## *Mental Health & Addictions Programs*



### **BETTER SLEEP GROUP**

*Starting on Tuesday, April 23rd from 2:00pm-4:00pm, SGBCHC*

This six-week program is for anyone who suffers from insomnia, including those who have difficulty falling asleep or staying asleep, or those who do not feel rested after a full night of sleep. Topics discussed include healthy sleep practices, understanding the impact of thoughts on sleep, and relaxation strategies.



### **MINDFULNESS MEDITATION WORKSHOP**

*Thursday, May 23rd from 1:00pm-2:30pm*

*Seniors Active Living Centre, Wasaga Beach*

This introductory workshop is facilitated by the SGBCHC in partnership with the Wasaga Beach Public Library. Participants will learn mindfulness techniques on how to be fully present in the moment and "respond" rather than "react" to experiences.

*\*To register please call 705-429-5481.*



### **COGNITIVE BEHAVIOURAL THERAPY (CBT)**

*Please call the SGBCHC for more information*

The South Georgian Bay CHC's CBT program is part of the North Simcoe Muskoka's Increasing Access to Structured Psychotherapy Program (IASP), in partnership with Waypoint Centre for Mental Health Care, and funded by the Government of Ontario. The program provides free access to CBT sessions in both English and French throughout Simcoe and Muskoka counties. *\*Referral to the program must be made by your primary care provider.*



### **MINDFULNESS MEDITATION**

*Starting on Tuesday, May 28th from 9:30am-11:00am, SGBCHC*

Mindfulness is a meditation practice to help individuals "come to terms with things the way they are." In this 6-week program, participants will learn how to live in the present moment, respond to life's challenges, and learn self-compassion.



## *Diabetes Programs*



### **PRE-DIABETES INFORMATION GROUP**

*Tuesday April 16th & June 18th from 6:00pm-7:30pm, SGBCHC*

Have you been told you have pre-diabetes and want to learn more? Come and join our certified diabetes educator to discuss how to manage your pre-diabetes, and strategies on how to best delay progression into diabetes. Topics include nutrition, lifestyle, exercise and how to support changes.



### **DIABETES INFORMATION GROUP**

*Every fourth Tuesday of each month  
1:00pm-2:00pm, Breaking Down Barriers, Collingwood*

Clients living with diabetes and family members will come together to learn about various aspects of diabetes. New and established treatment methods and how to manage your diabetes on a daily basis will be discussed. Topics such as safe physical activity, eating during holidays, managing mental health, and what to do when you are sick will be also be reviewed.



### **DIABETES INFORMATION WORKSHOP**

*Every third Wednesday of each month  
10:00am-11:30am, SGBCHC*

If you have recently been diagnosed with diabetes or if you would like a refresher on how to manage your diabetes, join us for an informal discussion. Different topics will be discussed such as food, medication, exercise, mental health, and what to do during different situations (travel, sickness, holidays).



## Social & Cultural Programs



### HOBBIES & HOT DRINKS

*Every Thursday from 1:30pm-3:00pm, SGBCHC*

Grab a hot drink and share your talents and hobbies with our weekly social group. Come out and socialize with others, while taking part in creative art projects. *\*All supplies and refreshments will be provided at no cost.*



### CARD CLUB

*Every Monday from 1:30pm-3:00pm, SGBCHC*

Do you like to play cribbage or cards, or have you always wanted to learn how to play? Come out to our interactive games session and meet others while taking part in a fun game of cribbage and cards. *\*Refreshments will be provided.*



### FRIENDLY VISITING

*Please call for a list of available dates and times*

Join our Friendly Visitor Team, and visit people in the community who have difficulties getting out of their home. Sometimes a friendly social visit is just what somebody needs! *\*Volunteer and friendly visitor training will be provided.*

