



South Georgian Bay
Community Health Centre



SUMMER PROGRAM GUIDE

JULY - SEPTEMBER 2019



@SouthGeorgianBayCommunityHealthCentre

www.southgeorgianbaychc.ca



South Georgian Bay
Community Health Centre

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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 & Exercise Programs



FOOD FIT

*Tuesdays starting on September 17th from 5:00pm-8:00pm
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, September 17th 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 September 9th from 6:00pm-8:00pm, SGBCHC

This 4-week program helps participants develop a healthier relationship with food through a practical, skills-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.*



Self-Management Programs



LIVING A HEALTHY LIFE WITH CHRONIC PAIN

Starting on September 10th from 2:00-4:30pm, Wasaga Beach

Starting on September 11th from 1:30pm-4:00pm, Barrie

This 6-week program is for adults of all ages who face the challenges of chronic pain with conditions such as arthritis, migraines, fibromyalgia, repetitive strain injury, phantom limb pain, back or neck pain etc. In this program, participants and their caregivers will learn strategies to better cope with symptoms and activities of daily life. Family members and/or caregivers are also welcome to attend. **Referral from a healthcare professional is not needed to attend.*



LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

Starting on August 21st from 1:00pm-3:30pm, Barrie

Starting on September 6th from 9:30am-12:00pm, Orillia

Starting on September 10th from 1:30pm-4:00pm, Orillia

This 6-week program is for anyone with a chronic condition such as diabetes, heart disease, arthritis, lung disease, and other chronic health issues. In this program, participants and their caregivers will learn strategies to better cope with symptoms and activities of daily life. Family members and/or caregivers are also welcome to attend. **Referral from a healthcare professional is not needed to attend.*



Mental Health & Addictions Programs



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.*

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.*



Diabetes Programs



PRE-DIABETES INFORMATION WORKSHOP

Thursday September 12th from 10:00am-11:30am, 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 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 & CRAFTS SOCIAL GROUP

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

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.*



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! **Friendly Visitor Training will be provided to all volunteers.*