



South Georgian Bay  
Community Health Centre



# WINTER PROGRAM GUIDE

JANUARY – MARCH 2020



@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 & Exercise Programs*



### **FOOD FIT**

*Tuesdays starting on January 7th from 5:00pm-8:00pm  
Wasaga Stars Arena, 425 River Rd. W, 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, January 21st from 2:00pm -3:30pm, SGBCHC  
Tuesday, March 17th from 10:00am-11:30am, SGBCHC*

Join our registered dietitian 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**

*Tuesdays starting on January 28th from 10:00am-12:00pm, 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  
Active Living Centre, 1620 Mosley Street, 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.*



# WINTER PROGRAM GUIDE



## **BUILDING BALANCE**

*Please call for available dates and times  
Collingwood YMCA and Wasaga Beach YMCA*

This 7-week program is an exercise-based fall prevention program that focuses on reducing the incidence of falls and injury for people who are fearful or have issues with falling. *\*Referrals to the program must be made through your health care provider.*



## **EXERCISE MAINTENANCE PROGRAM**

*Mondays & Wednesdays from 9:15am-10:15am, SGBCHC*

The secret to better health and wellbeing is exercise! This fitness group meets twice per week for easy to moderate cardio and resistance training.

---

## *Family Support Programs*



## **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.



## **MOTHELCARE & NEXT STEP**

*Wednesdays from 10:00am-12:00pm, SGBCHC*

This weekly, supportive drop-in program for low income pregnant women, mothers and their children (up to 36 months), provides nutritional, health, breastfeeding and parenting support. FREE prenatal vitamins, nutritious foods and grocery gifts are also available to take home. *\*On-site programming for children up to the age of 6 is available!*



## *Self-Management Programs*



### **LIVING A HEALTHY LIFE WITH CHRONIC PAIN**

*Starting on February 4th from 2:00pm-4:30pm, SGBCHC  
Starting on February 5th (in FRENCH) from 2:00pm-4:30pm  
Barrie CHC*

This free 6-week program is for anyone living with chronic pain. This could include but is not limited to lower back pain, pain from motor vehicle accidents, arthritis, migraines, fibromyalgia, and other pain related conditions. Each week individuals learn skills that can help them better manage their chronic pain symptoms, as well as challenges associated with chronic pain and improve their quality of life. Family members and/or caregivers are also welcome. *\*Anyone can register for this workshop.*



### **LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS**

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

This free 6-week program is for anyone living with any chronic condition. This could include diabetes, heart disease, arthritis, lung disease, as well as many other chronic health issues. Each week individuals learn skills that can help them better manage their symptoms as well as their daily lives. Family members and/or caregivers are also welcome. *\*Anyone can register for this workshop.*

## *Mental Health & Addictions Programs*



### **BEFRIENDING YOUR EMOTIONS**

*Tuesdays starting on March 31st from 6:00pm-7:30pm, SGBCHC*

Emotions are a part of life and essential to survival. This 4-part workshop will help individuals identify the way they respond to uncomfortable and negative emotions and learn how to “befriend” them to improve overall mental health and wellbeing.



## 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

*Mondays starting on March 2nd from 1:30pm-3:00pm, SGBCHC*

Mindfulness is a meditative practice that helps individuals learn how to live in the present moment. In this six-week program, participants will learn how to respond, rather than react to life's challenges, come to terms with things as they are, and engage in self compassion during times of suffering.

## A NEW SERVICE IN THE COMMUNITY



## RAPID ACCESS ADDICTION MEDICINE (RAAM) CLINIC

*Monday to Friday from 8:30am-3:30pm, SGBCHC*

The RAAM Clinic offers free, walk-in based services for individuals 16 years of age and older, who are seeking support for their use of substances. The clinic provides short term individual counselling and group support for those in early recovery. A multidisciplinary team will also provide medication support to better manage cravings and symptoms of withdrawal.



## Diabetes Programs



### DIABETES CONVERSATION GROUP

*Last Monday of each month from 1:00pm-2:00pm  
Wasaga Beach Public Library*

If you or a family member are living with diabetes or prediabetes, join us for this informal group where we will discuss topics of interest to group members, answer your questions, and provide an opportunity to connect with other people in the community who share similar experiences.



### PREDIABETES INFORMATION WORKSHOP

*Tuesday, February 25th from 10:00am-11:30am, SGBCHC*

Have you been told that you have prediabetes and want to learn more? Come and join our certified diabetes educators to discuss how to manage your prediabetes, and strategies on how to best delay progression into diabetes.



### DIABETES INFORMATION WORKSHOP

*January 23rd & March 19th from 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, and mental health strategies.

## Social & Cultural Programs



### 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.*



# WINTER PROGRAM GUIDE



## 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 materials will be provided at no cost.*



## MAKE YOUR OWN COFFEE COZY

*Wednesday January 22nd from 1:30pm-3:30pm, SGBCHC*

Have you ever wanted to dress up your coffee cup? In this fun and creative workshop, participants will learn how to make a reusable coffee cozy using various fabrics and decorative items. It's a great eco-friendly gift idea! *\*All materials will be provided at no cost.*



## STORYTELLING: THE NATIVE DRUM

*Wednesday February 26th from 1:30pm-3:30pm, SGBCHC*

Join Grant Ladouceur as he shares the history of the native drum and the importance it holds in cultural ceremony. Participants will also have the opportunity to play hand drums and learn Indigenous songs.



## SAVE THE BEES - PLANT THESE!

*Wednesday March 18th from 1:30pm-3:30pm, SGBCHC*

Many species of bees are on the brink of extinction. Join this educational and interactive workshop to help plant seeds and learn about the importance of planting certain flowers to help save our bee population. *\*All materials will be provided at no cost.*