



South Georgian Bay
Community Health Centre



SPRING PROGRAM GUIDE

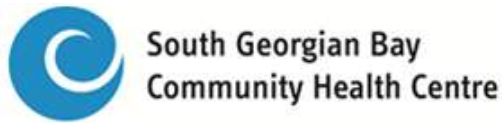
APRIL - JUNE 2020



@SouthGeorgianBayCommunityHealthCentre

www.southgeorgianbaychc.ca

To REGISTER for programs please call 705.422.1888. All programs are FREE and open to everyone. For more information visit 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

*Mondays starting on April 6th from 11:00am-2:00pm
Elmvale Arena, 14 George St., Elmvale ON, Springwater Room*

Do you enjoy cooking or want to learn how to cook healthy meals? This 12-week 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 19th 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

Tuesdays starting on April 28th 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 will be discussed.



NORDIC POLE WALKING

*Tuesdays and Thursdays from 9:45am -11:00am
Active Living Centre, 1620 Mosely 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! **No need to register, simply drop-in!*

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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



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 interactive program available to children up to the age of 36 months!*



YOUTH OUTREACH PROGRAM

Students should contact their guidance office to book an appointment. This service is free and open to all students.

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, Simcoe Shores Secondary School). A Registered Nurse is available to support students with their physical wellbeing and mental health navigation.

Self-Management Programs



LIVING A HEALTHY LIFE WITH CHRONIC PAIN

*Starting on April 28th from 1:30pm-4:00pm, Orillia Common Roof
Starting on May 13th from 1:30pm-4:00pm, Barrie CHC*

This 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 April 1st from 1:30pm-4:00pm, Barrie CHC
Starting on May 22nd from 9:30am-12:00pm, Chigamik CHC*

This 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.

Diabetes Programs



PREDIABETES INFORMATION WORKSHOP

Wednesday, May 6th from 1:30pm-3:00pm, 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

Thursday, May 21st 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.



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.

Mental Health & Addictions Programs



RAPID ACCESS ADDICTION MEDICINE (RAAM) CLINIC

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

The RAAM Clinic is run by the Royal Victoria Regional Health Centre (RVH) and 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.



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.*



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 difficult emotions and learn how to "befriend" them to improve overall mental health and wellbeing.

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! **Volunteer and friendly visitor training will be provided.*



HOBBIES & CRAFTS SOCIAL GROUP

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.*

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CREATIVE JOURNAL WORKSHOP

Tuesday, April 21st from 1:30pm-3:00pm, SGBCHC

Journaling is a great way to practice mindfulness, reduce depression, anxiety, stress and express creativity. This fun and interactive workshop will teach participants how to create a beautiful and personalized journal to take home. **All supplies will be provided at no cost.*



WORLD BEE DAY CELEBRATION!

Wednesday, May 20th from 1:30pm-3:00pm, SGBCHC

Join us for World Bee Day! In this workshop we'll celebrate all things bees by creating art projects such as painting rock bees for your garden and making fun beehive crafts. Participants will also learn about different plants and pollinator gardens that benefit the bee population. **All supplies will be provided at no cost.*



MAKE YOUR OWN FAMILY TREE PHOTO ALBUM

Tuesday, June 16th from 1:30pm-3:30pm, SGBCHC

A family tree photo album is a great way to capture your unique family history! In this workshop, participants will create a family tree album to take home using various arts and crafts. It's the perfect way to document your family's history and create a lasting gift for future generations. **Participants must bring in their own personal photos. All other materials will be supplied at no cost.*

