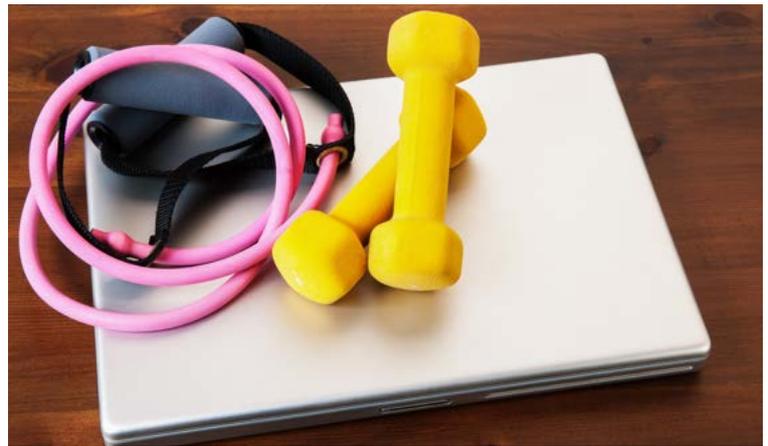




**South Georgian Bay
Community Health Centre**



SPRING PROGRAM GUIDE

APRIL - JUNE 2021



South Georgian Bay
Community Health Centre



@SouthGeorgianBayCommunityHealthCentre

www.southgeorgianbaychc.ca

All programs are FREE and open to everyone. Programs will be offered online using Zoom. See program description for registration details.



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, food, and mental health programs, and social support groups
- 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.**

As a community-governed organization, we actively encourage applications for board member positions year-round. If you are interested in representing the community on our board, email info@sgbchc.ca for an application.

All programs are FREE and open to everyone. Programs will be offered online using Zoom. See program description for registration details.

Online Physical Health Programs



EXERCISE MAINTENANCE CLASS

Every Tuesday from 9:30am-10:20am or 10:30am-11:20am

This gentle fitness group meets online for 50 minutes of low-impact exercise each week. This program is for anyone looking to increase their physical activity in a home setting. Participants will learn how to incorporate resistance training into their health routine, and learn balance exercises and stretching. Participants will receive a resistance exercise band upon registration. **Call reception at 705.422.1888 to register.*



BUILDING BALANCE FALL PREVENTION EDUCATION

Mondays and Thursdays from 1:00pm-2:00pm

Rolling entry - Introductory session held on Tuesdays at 1:00pm

This 5-week online program provides education on how to reduce the incidence of falls and related injuries. This program is for anyone who is fearful of falling or who has a history of falls. Participants will be assessed by the physiotherapist to determine their individual risk factors for falls, and will learn about exercises and strategies to reduce their risk of falling. **Contact your doctor/nurse practitioner for a referral.*

Online Social & Cultural Programs



HOBBIES & CRAFTS SOCIAL GROUP

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

Join us virtually to share your talents and hobbies with our weekly social group. The program is for anyone looking to stay connected online while taking part in creative art projects. Participants will be introduced to an activity the first Thursday of the month and continue working on the project throughout the month. May's theme is 'Planting a Pollinator Garden' - all supplies are provided. **Call 705.422.1888 x 143 to register.*

All programs are FREE and open to everyone. Programs will be offered online using Zoom. See program description for registration details.

Online Mental Health Services & Programs



COPING THROUGH COVID

*This program runs for 8-weeks, once a week for 1.5 hours
Call reception at 705.422.1888 to register*

This new 8-week mindfulness-based program, facilitated by a social worker and registered dietitian, will explore how the pandemic has affected individual's stress, anxiety and mood - and how these changes can influence eating patterns and overall wellbeing. Participants will learn how mindfulness practice can be used to cultivate wellness, self-compassion and a balanced approach to eating during these challenging times. This program is appropriate for anyone who would like support with their mental and emotional wellbeing.



ONTARIO STRUCTURED PSYCHOTHERAPY

Call reception at 705.422.1888 for more information

This mental health program, delivered in partnership with Waypoint Centre for Mental Health Care, is for people living with depression and/or anxiety and provides free access to Cognitive Behavioural Therapy (CBT) sessions in both English and French. This program is offered by telephone, video or through online learning to anyone 15 years of age or older living in the South Georgian Bay area. **Referrals to the program must be made by your family practitioner.*



WELLNESS CHECK-IN CALLS

For clients at the South Georgian Bay CHC only. Call reception to inquire about receiving a Wellness call from one of our providers

Clients who have a doctor or nurse practitioner at the South Georgian Bay CHC are encouraged to self-refer for a Wellness Check-in call. A staff member will call you to check-in, answer any questions you have about services/programs, and refer you to additional services, if needed. Call 705.422.1888 and request a Wellness Check-in call.

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Online Chronic Disease Education Programs



HEART HEALTH MANAGEMENT

Call reception at 705.422.1888 to register

This two-part online series, facilitated by the CHC's Chronic Conditions Registered Nurse and Registered Dietitian is designed to help participants better understand conditions that can impact their heart health. Participants will learn about a variety of helpful lifestyle strategies and medications that may be necessary for managing conditions.



UNDERSTANDING DIABETES AND PREDIABETES

Call reception at 705.422.1888 to register

This online workshop is for individuals who have been recently diagnosed with diabetes or for anyone wanting an update on effective strategies for managing diabetes. The workshop will cover topics related to managing diabetes and prediabetes. The workshop will cover topics related to managing diabetes and prediabetes including new developments in diabetes care, medication, exercise, nutrition, mental health and preventing complications. Caregivers are also welcome.



DIABETES CONVERSATION GROUP

Registration is held through the Wasaga Beach Public Library. Call 705.429.5841 or visit www.wasagabeach.library.on.ca to register

If you or a family member are living with diabetes or prediabetes, join us online every month to discuss topics related to diabetes management. Participants will also have the opportunity to ask our Certified Diabetes Educators questions and connect with other people living with diabetes.

All programs are FREE and open to everyone. Programs will be offered online using Zoom. See program description for registration details.

Online Self-Management Programs



LIVING A HEALTHY LIFE WITH CHRONIC PAIN

Call 705.717.4744 for more information and to register

This 6-week program is for anyone living with chronic pain including, but 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 and challenges associated with chronic pain, in order to improve their quality of life. Family members and/or caregivers are also welcome.



LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

Call 705.717.4744 for more information and to register

This 6-week program is for anyone living with a 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 will help them better manage their symptoms and support them in their daily lives. Family members and/or caregivers are also welcome.



SOCIAL SUPPORT GROUP

Call 705.717.4744 for more information and to register

This 6-week program is an online and phone-in group for social connectedness. The workshops are developed for graduates of the Living a Healthy Life programs (see previous page), but anyone living with a chronic health condition or chronic pain is welcome to join. The leaders will integrate structured activities into the sessions, including brief check-ins, relaxation activities, breathing exercises, action planning, decision-making and problem-solving. Additional activities will be based on participant interests.

Community Programs & Services



MOTHELCARE & NEXT STEP

Go to <https://www.facebook.com/simcoecountycapc/> to register

These weekly programs provide fun and inclusive activities to support the development of healthy families. The programs are available to pregnant women and mothers with kids under three years. Participants will have access to program facilitators to speak about nutrition, health, parenting and child development.



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. *Walk-ins are accepted.



2-1-1 HELPLINE SOUTH GEORGIAN BAY

Call 2-1-1 to speak to a Community Navigator

This free, confidential helpline helps individuals connect with the services they need such as safe housing, food, community programs, income support, health care, legal services, income tax form support, crisis support, mental health support, and more. To access this service, dial 2-1-1 or visit 211ontario.ca.



SENIORS CONNECT PROJECT

Visit <https://bit.ly/3s4Extra> for more information

The Wasaga Beach Public Library has launched their Seniors Connect Project, which includes a tech lending library. There are 26 tablets that can be loaned for a period of three weeks at a time.

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Our virtual workshops are held through an online videoconferencing platform, 'Zoom'. Once you are registered, you will be sent an email with a Meeting ID and Password to join the virtual workshop, along with an informed consent to be signed.

HOW TO ZOOM

JOINING THE PROGRAM

1. Check your email inbox and junk box for an invite. Click the highlighted URL link.
2. If this is the first time you are using Zoom, you will be asked to download the Zoom desktop software. When the download is complete, open it and run the installation.
3. If you cannot download or run the desktop software, download the Zoom Cloud Meetings app on your Apple/Android smartphone or tablet to join, or join from your web browser. You will be required to sign in with a personal Zoom account if joining via your browser. Signing up for a Zoom account is free. The desktop software and mobile app do not require you to have a Zoom account to join.
4. You will be asked to enter a password (see your invitation email for the password).
5. It might take a minute for the provider to accept you into the ZOOM program/workshop as they check your identity.

AUDIO AND VIDEO

Depending on how your computer is set up, you have options for how to participate in the program.

1. Use computer audio – This uses your computer's microphone and speakers.
2. Use the phone – Provides a phone number for you to call in to the visit in addition to using the computer video.

You can also find this phone number along with the password on your invitation.

We suggest this option if your computer does not have audio or the quality is poor.

3. Click Start Video.
4. If your microphone is muted, click unmute to speak and then mute the audio again. Only the person speaking should have their audio on so that feedback is minimized. Feedback is also reduced if you wear headphones, but this is not needed.
5. If you need to stop your video or unmute, click the same button again.

LEAVE THE PROGRAM

1. Once the session has ended, click Leave in the bottom right corner of the task bar.
2. Click Leave Meeting again to confirm you want to exit the visit.

