



**South Georgian Bay  
Community Health Centre**



# SGBCHC PROGRAM GUIDE

**JANUARY - MARCH 2022**



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Community Health Centre



@SouthGeorgianBayCommunityHealthCentre

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

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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, social support groups, and 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.**

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 [board@sgbchc.ca](mailto:board@sgbchc.ca) for an application.

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## Wellbeing & Social Programs



### EXERCISE MAINTENANCE CLASS

*Every Tuesday and Friday from  
9:15am-10:15am OR 10:30am-11:30am*

This gentle fitness group meets online for 60 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. \*Call reception at 705.422.1888 or register online

<https://www.southgeorgianbaychc.ca/programs/>



### SAXENDA SUCCESS GROUP

*This program runs once a month for 1.5 hours*

Saxenda is a Health Canada approved drug used to help individuals who struggle with weight related medical issues. These monthly group sessions, facilitated by the CHC's Registered Nurse and Registered Dietitian, support participants who are interested in using Saxenda as a tool to develop healthier lifestyle habits. Participants will learn how to use Saxenda, while exploring a variety of lifestyle strategies, including healthy eating and exercise. Participants will have the opportunity to ask questions, share their successes and challenges, and learn from other each other during each session. \*Call reception at 705.422.1888 to register.



### HOBBIES & CRAFTS SOCIAL GROUP

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

Join us in-person to share your talents and hobbies with our weekly social group. The program is for anyone looking to stay connected while taking part in creative art projects. Participants will be introduced to an activity on the first Thursday of the month and continue working on the project throughout the month. \*Call 705.422.1888 x 143 or register online

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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 is designed to help individuals better understand conditions that can impact their heart health. Participants will learn about a wide range of useful lifestyle strategies and medications that may be necessary for managing conditions.



### UNDERSTANDING DIABETES AND PREDIABETES

*Tuesday, February 1st from 2:00pm - 3:00pm*

*Call reception at 705.422.1888 to register*

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



### DIABETES CONVERSATION GROUP

*Registration is held through the Wasaga Beach Public Library. Call 705.429.5841 or visit [www.wasagabeach.library.on.ca](http://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.

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## Mental & Addictions Health Services



### NEEDLE EXCHANGE PROGRAM

*Anyone in need of these services is encouraged to drop-in to the SGBCHC during clinic hours. Trained staff are on site to offer guidance or assistance.*

The Needle Exchange Program is a harm-reduction program run in partnership with the Simcoe Muskoka District Health Unit (SMDHU). All exchange supplies are provided free of charge and no identifying information is requested. Available items include: Injection kits (new needles, spoons, alcohol swabs, sterile water, tourniquets, and when requested vitamin C), safe smoking kits, containers for the safe disposal of used needles, and other substance use equipment. Information about safer substance use and community supports is also available.



### 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 to the SGBCHC Wellness Check-in call program. A staff member will call you to check-in, answer any questions you have about our programs and services and refer you to additional services, if needed. Call 705.422.1888 to request a Wellness Check-in call.

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## Online Self-Management Programs



### LIVING A HEALTHY LIFE WITH CHRONIC PAIN

*Fridays January 7, 14, 21, 28, February 4, 11 from 1:30 PM – 4:00 PM*  
*Thursdays February 3, 10, 17, 24, March 3, 10 from 6:00 PM – 8:30 PM*  
*Tuesdays February 22, March 1, 8, 15, 22, 29 from 9:30 AM – 12:00 PM*

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. \*Call 705.717.4744 or visit [nsmselfmanagement.ca](http://nsmselfmanagement.ca) to register



### LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

*Mondays January 17, 24, 31, February 7, 14, 28 (skip 21st for Family Day) from 11:30 AM – 2:30 PM*  
*Wednesdays February 23, March 2, 9, 16, 23, 30 from 1:00 PM – 3:30 PM*

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. \*Call 705.717.4744 or visit [nsmselfmanagement.ca](http://nsmselfmanagement.ca) to register

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## Online Self-Management Programs, Continued



### POWERFUL TOOLS FOR CAREGIVERS

Wednesdays February 9, 16, 23, March 2, 9, 16 from 1:30 PM - 3:00 PM

Powerful Tools for Caregivers is an evidence-based workshop that offers the skills and tools for taking care of yourself while also caring for someone else. By learning how to take care of your own health and well-being, you will have the tools and support to become a better caregiver. This workshop runs once a week for 6 weeks and is led by trained facilitators. \*Call 705.717.4744 or visit [nsmselfmanagement.ca](http://nsmselfmanagement.ca) to register



### UNE RÉGIME DE VIE SAINE POUR SURMONTER LA DOULEUR CHRONIQUE

Call 705.717.4744 for more information and to register

Ce programme s'adresse aux personnes qui vivent avec la douleur chronique, comme la douleur au bas du dos, la douleur à la suite d'un accident, l'arthrite, des migraines, la fibromyalgie et d'autres conditions causant de la douleur. Chaque semaine, l'atelier propose des stratégies pour mieux gérer les symptômes de la douleur chronique et mener une vie plus saine. Les membres de la famille et les proches aidants sont les bienvenus.



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## Community Programs



### 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 of age. Participants will have access to activities and speak to program facilitators 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 will help 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](http://211ontario.ca).