

**South Georgian Bay
Community Health Centre**



WINTER PROGRAM GUIDE

JANUARY - MARCH 2024

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All in-person and online programs are **FREE** and open to everyone. To register, call 705.422.1888 x143 or register online at www.southgeorgianbaychc.ca/programs.



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, system navigators, social workers etc.

Free community programs – such as food and nutrition workshops, chronic disease education, diabetes support groups, mindfulness workshops and others

Community development – to advocate for and 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.**



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Volunteer Program

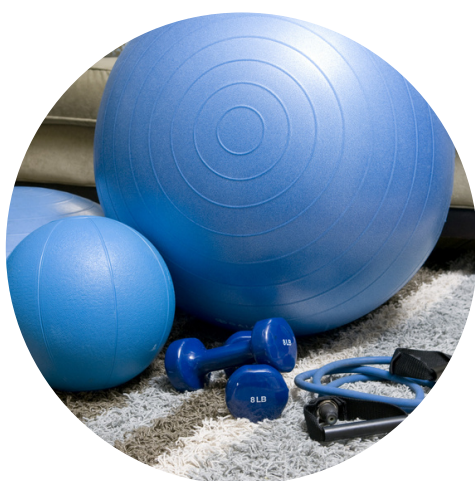


VOLUNTEERS NEEDED!

Volunteers are vital to the success of our Community Health Centre. For more information and to apply, please visit www.southgeorgianbaychc.ca/get-involved/volunteer.

Are you looking for an opportunity to give back to your community while gaining valuable experience? If so, we want to hear from you! We are looking for volunteers to facilitate groups and workshops about such topics as food and nutrition, budgeting, health & wellness, social connection, mental health and more! We seek to match every volunteer with a position that best suits their individual skills and interests.

Wellbeing & Social Programs



EXERCISE MAINTENANCE CLASS (ONLINE)

Every Tuesday and Friday from 9:15 AM – 10:15 AM

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.



LEARN HOW TO DRAW (IN-PERSON)

January 9, 16, 23, 30 from 1:00 PM – 2:30 PM at the South Georgian Bay CHC

Unleash your creativity and discover the art of drawing! This four-week workshop will guide you through drawing techniques, outlining simple shapes, still life, negative shapes, shadows, and basic human forms. Learning how to draw not only enhances mental health but also boosts problem-solving skills, sharpens focus, refines fine motor skills, improves coordination, and fosters self-expression. No prior experience is required. **All materials will be provided at no cost.*

All in-person and online programs are FREE and open to everyone. To register, call 705.422.1888 x143 or register online at www.southgeorgianbaychc.ca/programs.



KNITTING & CROCHETING SOCIAL GROUP (IN-PERSON)

Every other Wednesday starting on January 17 from 1:00 PM to 2:00 PM at the South Georgian Bay CHC

Knitting and crocheting is a relaxing and enjoyable hobby and a great way to connect with others. Come and join fellow community members to work on your own knitting project while socializing over a cup of coffee or tea. Share creative ideas, swap techniques and inspire each other! Participants are encouraged to bring their current knitting projects. **No registration required.*



GUIDED NATURE SNOWSHOEING (IN-PERSON)

January 18 & February 15 from 1:00 PM - 2:30 PM throughout the Wasaga Beach Trails

Embrace nature and feel better mentally and physically by taking part in a 1.5-hour guided nature snowshoeing experience! Led by Free Spirit Tours, the group will explore the local trails in the Wasaga Beach Provincial Parks. Instructions and equipment will be provided at no cost. **Please dress for the weather and bring a water bottle.*



TAXES 101 (IN-PERSON)

January 29 from 10:30 AM - 11:30 AM & February 19 from 2:00 PM - 3:00 PM at the South Georgian Bay CHC

Find out what you need to know before tackling your taxes! This workshop will assist you in preparing for tax deadlines and understanding the process of using your tax return. Participants will learn about the necessary personal data, information slips, and supporting documents required for filing taxes.



SPROUTS & MICROGREENS (IN-PERSON)

February 20 & March 19 from 6:00 PM - 7:00 PM at the South Georgian Bay CHC

Learn how to grow your own sprouts and microgreens - at home! Sprouts and microgreens are superfoods that are nutritionally dense and a great source of important vitamins and minerals. In this workshop, participants will receive materials and instructions on how to grow their own microgreens and sprouts at home, year-round! **All materials will be provided at no cost.*

All in-person and online programs are FREE and open to everyone. To register, call 705.422.1888 x143 or register online at www.southgeorgianbaychc.ca/programs.

Mental Health & Addictions Programs



HOSPICE GRIEF SUPPORT (IN-PERSON)

Tuesdays starting on January 16 to March 5 from 2:30 PM – 4:30 PM at the South Georgian Bay CHC

This 8-week grief and bereavement group led by the Hospice Georgian Triangle, provides support for grieving people and education about what grief is, how to cope, and common themes. The group will also draw on peer experiences of feelings of loss and how to process those feelings.

**Participants are asked to attend all eight sessions.*



MINDFULNESS MINI-SERIES (IN-PERSON)

All workshops will be held from 1:30 PM – 3:00 PM at the Springwater Public Library in Elmvale

Workshop #1 – January 23 – Peaceful Breathing

Workshop #2 – January 30 – Coping Mechanisms for the Body

Workshop #3 – February 6 – Self Compassion

Workshop #4 – February 13 – Awareness of Self

The Mindfulness Mini-Series is made up of four workshops and uses a gentle, nurturing lens, to teach participants how to become aware of their thoughts, feelings, sensations, and surrounding environment. The group will also practice positive coping skills that can be incorporated into everyday situations to bring a sense of calm throughout the day. This program is open to everyone, regardless of previous mindfulness experience.



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. **A referral by your primary healthcare provider or a self-referral can be made to access this program.*

All in-person and online programs are **FREE** and open to everyone. To register, call 705.422.1888 x143 or register online at www.southgeorgianbaychc.ca/programs.

Chronic Disease Education Programs



UNDERSTANDING PREDIABETES AND DIABETES (IN-PERSON & ONLINE)

January 9 from 2:00 PM – 3:30 AM on Zoom

February 21 from 10:00 AM – 11:30 AM on Zoom

March 5 from 6:00 PM – 7:30 PM at the Springwater Public Library, Elmvale

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



DIABETES CONVERSATION GROUP (IN-PERSON)

January 22 from 1:00 PM – 2:00 PM at the South Georgian Bay CHC

If you or a family member are living with diabetes or prediabetes, join us 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.



HEART HEALTHY EATING (IN-PERSON & ONLINE)

February 7 from 10:00 AM – 11:30 AM at the South Georgian Bay CHC & Zoom

Do you have high cholesterol, a history of heart disease or want to learn more about how to eat well for your heart? Join the South Georgian Bay CHC's registered dietitian for a discussion on how nutrition impacts heart health. Participants will learn how to identify heart healthy foods, create balanced meals, read nutrition labels, discuss myths and facts about heart healthy eating and more.



HOME CANNING (IN-PERSON)

March 13 from 2:30 PM – 4:00 PM at the South Georgian Bay CHC

Are you interested in mastering the art of healthy home food preservation? Join this workshop to gain insights into safe canning practices, the types of foods suitable for canning, essential equipment requirements, and a selection of nutritious, beginner-friendly recipes!

All in-person and online programs are FREE and open to everyone. To register, call 705.422.1888 x143 or register online at www.southgeorgianbaychc.ca/programs.

Self-Management Programs



LIVING A HEALTHY LIFE WITH CHRONIC PAIN (IN-PERSON & ONLINE)

January 10, 17, 24, 31, February 14, 21 from 1:00 PM – 3:30 PM at the Orillia Rec Centre

January 16, 23, 30, February 6, 13, 20 from 5:30 PM – 8:00 PM on Zoom

March 14, 21, 28, April 4, 11, 18 from 10:00 AM – 12:30 PM on Zoom

To register call 705.717.4744 or visit www.nsmselfmanagement.ca/registration

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. Topics include mind-body connection, sleep, action planning, dealing with difficult emotions, physical activity, better breathing, healthy eating, problem-solving, stress management, working with your healthcare team and more. Family members and/or caregivers are also welcome.



POWERFUL TOOLS FOR CAREGIVERS (ONLINE)

January 19, 26, February 2, 9, 16, 23 from 11:00 AM – 12:30 PM on Zoom

March 5, 12, 19, 26, April 2, 9 from 1:30 PM – 3:00 PM on Zoom

To register call 705.717.4744 or visit www.nsmselfmanagement.ca/registration

Caring for a family member or friend with a chronic condition can be physically, emotionally, and financially draining. This 6-week self-care educational program for family caregivers builds the skills caregivers need to take better care of themselves as they provide care for others. Participants learn how to minimize the potentially negative impacts of caregiving, with an emphasis on self-care and empowerment. Led by experienced class leaders, this free workshop consists of six 90-minute class sessions held once per week. Class participants are given *The Caregiver Helpbook* to accompany the class and provide additional resources.

All in-person and online programs are FREE and open to everyone. To register, call 705.422.1888 x143 or register online at www.southgeorgianbaychc.ca/programs.



LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS (IN-PERSON & ONLINE)

*January 11, 18, 25, Feb 1, 8, 15 from 1:30 PM – 4:00 PM at the South Georgian Bay CHC
February 14, 21, 28, March 6, 13, 20 from 9:30 AM – 12:00 PM on Zoom
To register call 705.717.4744 or visit www.nsmselfmanagement.ca/registration*

This 6-week program is for anyone living with a chronic condition. This could include diabetes, heart disease, arthritis, lung disease, as well as other chronic health issues. Each week individuals learn skills that will help them better manage their symptoms and support them in their daily lives. Topics include fatigue management, mind-body connection, action plans, problem-solving, dealing with difficult emotions, physical activity and preventing falls, healthy eating, pain management, communication skills, planning for the future and more. Family members and/or caregivers are also welcome.

Community Programs



HOPE & HEALING GROUP (IN-PERSON)

Every other Friday from 9:00 AM – 10:00 AM & 12:00 PM – 1:00 PM at the South Georgian Bay CHC. To register call 705 444 2511

This drop-in program, led by My Friend's House, is designed to support women and their children who have experienced abuse. It provides a secure space for connecting with others and participating in counselling sessions facilitated by My Friend's House professionals, available in both group and individual sessions.



RAPID ACCESS ADDICTION MEDICINE (RAAM) CLINIC

Monday to Friday from 8:30 AM–3:30 PM at the South Georgian Bay CHC

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.



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.