

South Georgian Bay Community Health Centre



SPRING PROGRAM GUIDE

APRIL - JUNE 2024

www.southgeorgianbaychc.ca



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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.

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



KNITTING & CROCHETING SOCIAL GROUP (IN-PERSON)

Every other Wednesday continuing on April 10 to June 19 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.*



STRIDE & SOCIALIZE WELLNESS WALKS (IN-PERSON)

Tuesdays starting April 2 from 10:00 AM - 11:00 AM at the South Georgian Bay CHC (meet at the picnic tables located in the west parking lot).

Join our weekly walking group as we explore the scenic trails and pathways near the South Georgian Bay CHC in Wasaga Beach. These walks are more than just physical exercise, they are an opportunity to connect with nature and meet new people, all while contributing to your physical and mental wellbeing.

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LEARN HOW TO PAINT WITH ACRYLICS (IN-PERSON)

April 2, 9, 16 & 23 from 1:30 PM - 3:00 PM at the South Georgian Bay CHC

Unlock your artistic potential in a 4-week acrylic painting workshop! From colour mixing to composition, each session enhances your skills, fostering self-expression and mental wellbeing. No prior experience is required. All materials will be provided at no cost. **It is recommended that participants register for all four classes, as the skills build on each other.*



DEATH CAFÉ (IN-PERSON)

Second Tuesday of each month starting on April 9 from 6:00 PM - 7:30 PM at the South Georgian Bay CHC

This workshop offers a unique gathering, where individuals come together to share cake, sip tea, and engage in conversations about death. Unlike grief support or counselling sessions, Death Café is a discussion group with no set agenda or themes. Hosted by the SGBCHC, these sessions are led by a Pain and Palliative Symptom Management Nurse Consultant along with a representative from the SGBCHC.



FOREST THERAPY NATURE WALK (IN-PERSON)

April 22 from 1:00 PM - 2:30 PM at EcoPark in Stayner

Enjoy a guided nature walk with Free Spirit Tours! Led by a certified Forest Therapy Guide, this group walk is intended for participants to embrace nature and feel better mentally and physically by spending time outdoors and meeting other people in the community. **Please dress for the weather and bring a water bottle.*



TRIPLE P POSITIVE PARENTING (ONLINE)

April 23, May 28 & June 25 from 6:00 PM - 7:00 PM on Zoom

Triple P Positive Parenting is a program designed to provide parents with a toolbox of ideas rather than a guide on how to parent. Parents have the flexibility to select strategies that suit their family's needs and preferences. These workshops provide tip sheets and parenting tactics aimed at cultivating a safe, nurturing, and consistent environment for children. Each month, new topics will be explored including fostering happy, confident kids, establishing rules and routines, encouraging positive behaviours, prioritizing parental self-care, and more.

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.



DRAWING 101 (IN-PERSON)

April 30 from 1:30 PM - 3:00 PM at the South Georgian Bay CHC

Unleash your creativity and discover the art of drawing! Learning how to draw is an excellent opportunity to get creative and learn a new skill. This workshop is designed to provide you with the skills and tools to ignite your artistic talents! Learning how to draw not only enhances mental health but also boosts problem-solving skills, sharpens focus, refines fine motor skills, and fosters self-expression. No prior experience is required. **All materials will be provided at no cost.*



CREATE YOUR OWN VISION BOARD (IN-PERSON)

May 22 from 2:30 PM - 4:00 PM at the South Georgian Bay CHC

A vision board is a collage of images, words, positive affirmations, and symbols that represent your goals and aspirations and can be a powerful reminder of what you want to manifest in your life. In this workshop, participants will create their own vision board, focusing on specific areas in their lives such as career, home life, spiritual growth, health & wellbeing or relationships. **All materials will be provided at no cost.*



BUDGETING 101 (IN-PERSON)

May 30 from 2:00 PM - 3:00 PM at the Collingwood Public Library

In today's economic climate, the challenge of managing finances is more daunting than ever before. Join us for an interactive workshop where you'll gain valuable insights into effective budgeting strategies for managing money and accessing programs and resources in your area.

Mental Health & Addictions Programs



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.



MINDFULNESS MINI-SERIES (IN-PESRON)

All workshops will be held from 10:30 AM - 12:00 PM at the SGBCHC

Workshop #1 - April 3 - Peaceful Breathing

Workshop #2 - April 10 - Coping Mechanisms for the Body

Workshop #3 - April 17 - Self Compassion

Workshop #4 - April 24 - 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.



HOSPICE GRIEF SUPPORT (IN-PERSON)

Tuesdays starting on May 21 to July 2 from 2:00 PM - 4:00 PM at the Wasaga Beach Public Library

This 7-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 encouraged to attend all eight sessions.*

Chronic Disease Education Programs



UNDERSTANDING PREDIABETES AND DIABETES (IN-PERSON & ONLINE)

April 8 from 2:00 PM - 3:30 PM at the South Georgian Bay CHC & on Zoom

May 21 from 3:00 PM - 4:30 PM on Zoom

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.

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.



CHAT, CHOP, CREATE (IN-PERSON)

April 17 from 10:00 AM - 11:00 AM at the South Georgian Bay CHC

May 17 & June 21 from 10:00 AM - 11:00 AM at the Collingwood Youth Centre

Join us in this supportive workshop while boosting your confidence and knowledge in the kitchen! Overseen by our registered dietitian, this workshop provides participants with food skill-building information (chopping, measuring, using kitchen equipment), safe food handling, storage tips, nutrition education, food label reading, recipes and more! *A Good Food Box will be given away at each workshop.



DIABETES CONVERSATION GROUP (IN-PERSON)

May 27 from 3:00 PM - 4:00 PM at the Wasaga Beach Public Library

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.

Self-Management Programs



LIVING A HEALTHY LIFE WITH CHRONIC PAIN (ONLINE)

Wednesdays from April 10 to May 15 from 1:30 PM - 4:00 PM on Zoom

Tuesdays June 4 to July 9 from 5:30 PM - 8:00 PM on Zoom

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

This 6-week program is for anyone living with 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.

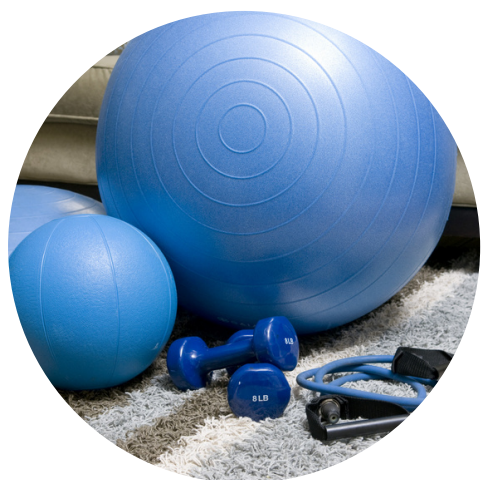
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POWERFUL TOOLS FOR CAREGIVERS (ONLINE)

*Tuesdays starting on April 16 to May 21 from 1:30 PM - 3:00 PM at the SGBCHC
Tuesdays starting on April 23 to May 28 from 5:30 PM - 7:00 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.



EXERCISE MAINTENANCE CLASS (ONLINE)

*Every Tuesday and Friday from 9:15 AM - 10:15 AM
To register call 705.717.4744 or visit www.nsmselfmanagement.ca/registration*

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.



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

*Thursdays from May 9 to June 13 from 2:00 PM - 4:30 PM on Zoom
To register call 705.717.4744 or visit www.nsmselfmanagement.ca/registration*

This 6-week program is for anyone living with 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.

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.

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.*

