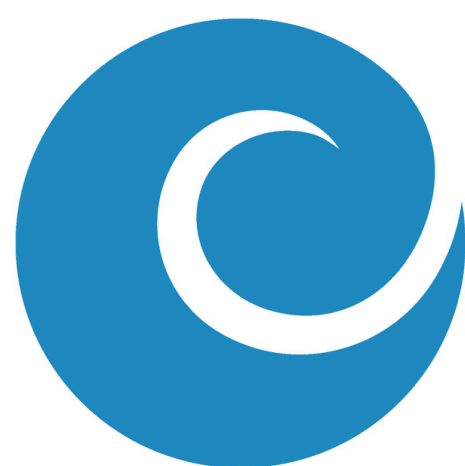




South Georgian Bay
Community Health Centre



FALL PROGRAM GUIDE

OCTOBER – DECEMBER 2025

www.southgeorgianbaychc.ca



www.facebook.com/SouthGeorgianBayCHC



www.instagram.com/sgbchc



twitter.com/SGB_CHC



www.linkedin.com/in/south-georgian-bay-community-health-centre

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.

Wellbeing & Social Programs



STRIDE & SOCIALIZE WELLNESS WALKS

Tuesdays & Thursdays from 9:30 AM – 10:30 AM at the SGBCHC (meet at the picnic tables located in the west parking lot of the Ramblewood Medical Building).

Join our weekly walking group! These walks offer a chance to meet new people, stay active, and boost your physical and mental wellbeing. ***Walks are weather dependent.*



NATURE WALKS

October 1, 8, 15, 22, 29 from 12:00 PM – 1:00 PM at the Blueberry Trail in Wasaga Beach

Enjoy a relaxing walk through the beautiful Blueberry Trails. Set at a comfortable pace, these walks are a great way to get fresh air, connect with nature, and spend time with members of your community. **Walks are weather dependent.*



CRAFT & CONNECT

October 8, 22, November 5, 19 & December 3, 17 from 10:00 AM – 12:00 PM (Dec. 3 from 2:00 PM – 3:00 PM) at the SGBCHC

Get creative and meet new people! This social group explores a new craft project each session, with all materials provided for free. Sign up online to see each month's theme. No experience needed—just bring your creativity!



FOREST THERAPY NATURE WALK

October 9 from 10:00 AM – 11:30 AM at the Oakview Trail

November 17 from 12:00 PM – 1:30 PM at Duntroon Highlands

December 12 from 3:00 PM – 4:30 PM at Metcalfe

Reconnect with nature on a guided walk through South Georgian Bay's trails. Enjoy a mix of brisk and slow-paced walking led by a certified Forest Therapy Guide. Breathe, move, and awaken your senses. **Dress for the weather and bring water!*



LEARN TO DRAW: INTRODUCTION TO A PORTRAIT

October 14, 21, 28 from 1:30 PM – 3:00 PM at the SGBCHC

Explore the basics of pencil drawing in this three-week series. You'll practice sketching hands and faces, then bring your skills together to create a final portrait. Bring a photo of your choice to work from. **Registration is for the full three-week series.*

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.



SIP & CONNECT

October 14, 28, November 11, 25 & December 9 from 10:30 AM – 11:30 AM at the SGBCHC outdoor picnic benches

Relax, sip a refreshing beverage, and enjoy great conversation with fellow community members. It's a chance to meet new people, connect, and unwind together. Weather permitting, the group will gather at the picnic tables in the west parking lot of the SGBCHC. In case of poor weather, we'll move the fun indoors.



DEATH CAFE

October 16 from 1:30 PM – 3:00 PM at the Wasaga Beach Public Library
November 25 from 2:00 PM – 3:30 PM at the Elmvale Public Library

This workshop offers a unique gathering, where individuals come together to share sweet treats, sip tea, and engage in conversations about death. This is not a grief support group but a space to share thoughts and conversations. *Guided by a Palliative Care Nurse.



MICROSTRETCHING

October 17, 31 & November 14, 28 from 10:00 AM – 12:00 PM at the SGBCHC

Discover the benefits of gentle, light stretching designed to support your body's natural healing and improve flexibility. MicroStretching can help reduce stress, ease tension, decrease pain, and even improve sleep. In this workshop, you'll learn simple techniques for both the upper and lower body. Join us for one session or come to all for a full-body stretching experience!



UNDERSTANDING CONFLICT STYLES

October 21 from 6:00 PM – 7:30 PM at the Elmvale Public Library

Conflict is a natural part of life, but the way we respond can shape our relationships and well-being. In this interactive 90-minute session, you'll explore five common conflict styles and learn how to approach difficult conversations with more awareness and creativity. Discover practical strategies to improve communication and feel more confident when navigating conflict.



RECIPE SWAPPERS

October 21, November 18 & December 16 from 3:30 PM – 4:30 PM at the SGBCHC

Join us once a month for our themed recipe swap club. Come out for your chance to meet new people and learn about their favourite recipes and share your own recipes. Participants are encouraged to swap tricks and any substitutions or additional ingredients to try, while getting to know members of the community. If you would like to bring your own creation to share with the group, then please do so!

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.



TEA MAKING

October 22 from 1:30 PM – 3:30 PM at the SGBCHC

If you love tea, this workshop is for you! Explore 12 unique herbs—some familiar and some brand new—and learn how to blend them into your own personalized tea. Guided by your senses of scent, taste, and touch, you'll discover the flavours and wellness benefits of each herb. By the end, you'll create an intuitive blend that's perfectly suited to your body and spirit.



CANDLE MAKING

November 5 & December 11 from 2:00 PM – 3:00 PM at the SGBCHC

Discover the art of candle making in this hands-on workshop. You'll create your own soy candles to bring a touch of calm and mindfulness into your daily routine. Crafting with your hands can boost confidence, spark creativity, and provide a sense of accomplishment—all while connecting with others in your community.

Mental Health Programs



THERAPEUTIC ART: COLOUR YOUR EMOTIONS

October 6 from 1:30 PM – 3:30 PM at the SGBCHC

November 10 & December 1 from 9:30 AM – 11:30 AM at the SGBCHC

Explore your emotions through the power of colour and creativity in this therapeutic art workshop. No art experience is needed—just bring yourself and your curiosity! You'll discover how colours reflect your emotional state, learn to express and process feelings through painting, and create artwork that reflects your inner world. Join one or all workshops—each session offers a unique experience.



STRESS LESS: MANAGING FEELINGS OF STRESS & ANXIETY FOR TEENS

October 7 from 6:00 PM – 7:00 PM at the SGBCHC

Feeling stressed or anxious? Join this fun, interactive workshop for teens led by a Registered Social Worker. Through games, activities, and group chats, you'll explore what stress and anxiety feel like, why they happen, and learn practical ways to calm your mind and handle tough emotions.



MINDFULNESS, MOVEMENT & MEDITATION

October 9 & 23 from 10:30 AM – 12:00 PM at Harbourview Park in Collingwood

Connect with nature and explore mindfulness through a blend of movement, meditation, and mind-body practices. Led by a Certified Mindfulness & Meditation Coach, this session helps you discover inner calm and awareness. No experience is needed! **The sessions include some brisk walking. Please dress for the weather and bring water.*

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.



WRITER'S CIRCLE

October 30, November 6 & 13 from 1:30 PM - 3:30 PM at the SGBCHC

Join a supportive space where we write together, share first drafts, and give encouraging feedback. Explore your story and find your voice in an environment of respect, courage, and creativity. Beginners are welcome! Led by a facilitator trained by the Writers Collective of Canada. *Registration is for the full three-week series.

Diabetes Education Programs



DISCUSSING DIABETES

*October 2 from 10:00 AM - 11:30 AM at the Wasaga Beach Public Library
November 18 from 2:00 PM - 3:30 PM at the Collingwood Public Library*

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. Workshop topics may include new developments in diabetes care, medication, exercise, nutrition, mental health and preventing complications.



DISCUSSING DIABETES: MEAL PLANNING

October 6 from 10:00 AM - 11:30 AM at the SGBCHC

Join us for an informative and practical workshop designed to help individuals living with diabetes make healthier food choices. Learn how to plan balanced meals, manage blood sugar levels and read food labels with confidence!



DISCUSSING DIABETES: DIABETES-FRIENDLY BAKING

November 4 from 3:30 PM - 4:30 PM at the SGBCHC

Discover how to enjoy baked goods without compromising your health. This informative workshop teaches you how to make delicious, diabetes-friendly treats using lower sugar and higher fibre ingredients. Learn baking tips, ingredient swaps and portion control strategies to help manage blood sugar.



DIABETES INFORMATION GROUP

November 25 from 1:00 PM - 2:30 PM at Breaking Down Barriers & Zoom

If you or a family member are living with diabetes or prediabetes, join us for a discussion on managing diabetes effectively. Connect with others and get your questions answered by our Certified Diabetes Educator.

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.

Nutrition Programs



MAKE YOUR OWN SOURDOUGH STARTER

October 6 & 16 from 10:00 AM – 11:30 AM at the Collingwood Youth Centre

Explore the art of sourdough in this hands-on workshop series. In the first session, learn creative ways to use sourdough discard in recipes like crackers, pancakes, and muffins—perfect for reducing waste and boosting your baking skills. In the second session, dive into making sourdough bread from scratch, including creating and maintaining a starter, mixing, shaping, and baking your own delicious loaves. Suitable for beginners and experienced bakers alike!



MOTHERCARE (ONLINE)

October 14 from 1:00 PM – 2:00 PM on Zoom

This supportive online group is for prenatal women up to six weeks postpartum. Led by Community Action Programs for Children (CAPC) facilitators and the SGBCHC Registered Dietitian, sessions cover prenatal nutrition, breastfeeding, food skills, and more. Connect, learn, and get expert guidance. Contact CAPC to see if you are eligible: catulpa.on.ca/programs/capc-cpnp.



HEART HEALTHY EATING

October 14 from 6:00 PM – 7:00 PM at the SGBCHC

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 SGBCHC'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.



CHAT, CHOP, CREATE

October 16 & November 20 from 1:30 PM – 2:30 PM at the SGBCHC

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!



GROW YOUR OWN INDOOR HERB GARDEN

October 20 from 2:00 PM – 3:00 PM at the SGBCHC

Come and plant your own herb garden and watch it grow! In this hands-on session, you'll learn how to grow, preserve, store, and cook with fresh herbs.

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.



FOOD AND MOOD

October 21 from 6:00 PM – 7:00 PM at the SGBCHC

Join a Registered Social Worker and Registered Dietitian to explore how your mood can influence your eating habits. Create your own Food & Mood Self-Care Toolbox and learn practical strategies to better nourish both your mind and body.



PARENT & CHILD NUTRITION SERIES

1:30 PM – 2:30 PM at the Collingwood EarlyON Centre

Intro to Solids (October 27): Join our Registered Dietitian to learn which foods and nutrients to prioritize, developmentally appropriate textures, and how and when to introduce common allergens. You'll receive meal ideas and practical resources to support your baby's feeding journey.

Postpartum Nutrition (November 24): Discover how to nourish yourself during the "fourth trimester" with guidance from our Registered Dietitian. Topics include fluid and fibre needs, protein- and nutrient-rich grab-and-go snacks, and creating a nutrition plan to help you stay well. **Bring your questions—babies and partners are welcome to attend both sessions!*



OSTEOPOROSIS AND FALLS PREVENTION

November 6 from 1:15 PM – 3:15 PM at the Collingwood YMCA

Learn how to keep your bones strong and lower your risk of falls and fractures. This event, led by Osteoporosis Canada, a Registered Dietitian, a Kinesiologist, and local community partners, covers bone health, nutrition, physical activity, and practical fall prevention tips.



LAYERED COOKIE JAR

November 27 & December 8 from 1:30 PM – 2:30 PM at the SGBCHC

Join this hands-on workshop to create your own layered cookie jar. Learn how to make healthier ingredient swaps without losing flavour, and take home a delicious treat—or gift it to someone special!



PASTA MAKING

December 2 from 2:00 PM – 3:30 PM at the Elmvale Public Library

Have you ever wanted to make pasta from scratch? Now's your chance! Join this hands-on workshop to learn how to make homemade pasta while enjoying the benefits of physical activity, cost savings, and nutritious, delicious meals.

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

To register for the below programs, call 705.717.4744 or visit www.nsmselfmanagement.ca/registration



POWERFUL TOOLS FOR CAREGIVERS (ONLINE)

Thursdays, October 9 to November 13 from 2:00 PM – 3:30 PM on Zoom

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 classes held once per week. Participants are given The Caregiver Helpbook to accompany the class.



LIVING A HEALTHY LIFE WITH CHRONIC PAIN (ONLINE)

Wednesdays, October 15 to November 19 from 1:00 PM – 3:30 PM on Zoom

Tuesdays, November 4 to December 8 from 5:30 PM – 8:00 PM on Zoom

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.

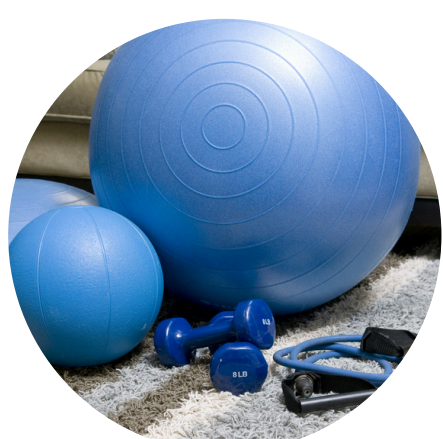


LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS (ONLINE)

Thursdays, November 6 to December 11 from 1:00 PM – 3:00 PM on Zoom

Mondays, November 10 to December 15 from 9:30 AM – 12:00 PM on Zoom

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. Family members and/or caregivers are also welcome.



EXERCISE MAINTENANCE CLASS (ONLINE)

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

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.