



**South Georgian Bay
Community Health Centre**



SPRING PROGRAM GUIDE

APRIL - JUNE 2026

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All in-person and online programs are FREE and open to everyone. To register, call 705.422.1888 x5143 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

Enjoy weekly walks while meeting and socializing with other members of the community! This group will walk the trails and walkways around the Community Health Centre. Participants will be embracing the benefits of being outdoors and feel better mentally and physically. The group will meet at the picnic tables to the West of the SGBCHC building.



GUIDED NATURE WALKS

April 3, May 1 & June 5 from 12:00 PM - 1:00 PM at Blueberry Trails

Join us for a relaxing walk along the scenic trails of Wasaga Beach. This gentle, comfortable-paced outing is perfect for anyone looking to enjoy fresh air, connect with nature, and spend time with others in the community. *Please note that walks are weather dependent.



DRAWING 101

April 13, May 11 & June 8 from 1:30 PM - 2:30 PM at the SGBCHC

Discover the joy of drawing in this creative and beginner-friendly workshop. Learn foundational techniques and build your skills step by step in a supportive environment. Drawing can help improve focus, problem-solving abilities, coordination, and fine motor skills, while also supporting self-expression and overall well-being. Each session offers something new, and no experience is required. All materials are provided – just bring your creativity!



CRAFT AND CONNECT

April 14, 28, May 12, 26, & June 9, 23 from 10:00 AM - 12:00 PM at the SGBCHC

Craft & Connect is a monthly group where participants can learn a new hands-on craft project while getting to know others in the community. Each month features a different theme, offering a fun way to build your creative skills and try something new. All materials are provided at no cost. Just bring your creativity and enjoy the experience!



DEATH CAFE

April 16 from 1:30 PM - 3:00 PM at the Wasaga Beach Library

May 21 from 1:00 PM - 2:30 PM at the Stayner Library

June 11 from 1:00 PM - 2:30 PM at the SGBCHC

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.

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MICROSTRETCHING

April 17, May 1, June 19 & June 26 from 10:00 AM - 12:00 PM at the SGBCHC

MicroStretching is a series of gentle, light stretches designed to support the body's natural healing abilities and improve flexibility. This relaxing practice can help reduce stress and tension, ease discomfort, and promote better sleep. In this workshop, you'll learn simple MicroStretching techniques and explore the potential benefits of this mindful form of movement. Sessions will focus on different areas of the body, alternating between upper and lower body stretches.



COLLINGWOOD EARTHFEST: SEED EXCHANGE

April 18 from 10:00 AM - 1:00 PM at the Collingwood Leisure Time Club

Join the CHC at this year's Collingwood EarthFest! Bring your seeds to share or pick up some new ones to grow! This is a great way to get to know your local community of gardeners. Whether you want to plant vegetables or flowers, there is something for everyone!



SIP AND CONNECT

April 21, May 19 & June 16, from 10:00 AM - 11:00 AM at the SGBCHC

Join us for a relaxed and welcoming social gathering where you can enjoy a refreshing beverage and great conversation. This is a wonderful opportunity to meet new people and spend time with others in the community. We'll meet at the picnic tables in the west parking lot at 14 Ramblewood Drive. In case of poor weather, the group will move indoors.



FOREST THERAPY NATURE WALK

April 22 from 11:00 AM - 12:30 PM at Duntroon Highlands

May 25 from 8:00 AM - 9:30 AM at Metcalfe

June 5 from 10:00 AM - 11:30 AM at Wasaga Dunes

Embrace nature and support your well-being through a guided forest therapy walk experience. Led by a Free Spirit Tours certified Forest Therapy Guide, each walk takes place at a slower, intentional pace, allowing participants to fully connect with the surrounding landscape.



PAINT AND PLANT KINDNESS

April 27 from 10:00 AM - 11:30 AM at the SGBCHC

Celebrate Community Trails Day by joining us for a fun and meaningful activity! Paint a rock with an uplifting message or design, then take a short walk together to place it along the trails to help spread happiness and joy. No artistic experience is needed – just bring your creativity and community spirit. The group will meet at the picnic tables to the West of the SGBCHC building. *All materials will be provided.

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RECIPE SWAPPERS

April 30, May 28 & June 25 from 1:30 PM - 2:30 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. 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!



MAKE YOUR OWN CLEANING PRODUCTS

May 4 & June 1 from 1:30 PM - 2:30pm at the SGBCHC

Life gets busy, and keeping your home clean can feel like one more thing on your to-do list. Join us for a fun, hands-on session where you'll learn how to make your own simple, affordable cleaning products. These DIY cleaners use gentle ingredients that are low-allergen and safe for pets. It's a great opportunity to get creative, learn new skills, and connect with others in your community. All supplies are provided at no cost.



GARDENING 101

May 15 & June 12 from 4:30 PM - 5:30 PM at the Wasaga Beach Community Garden

Explore the world of gardening, and learn about the many benefits it offers, such as exercise, connecting with nature, improving your diet, reducing stress and saving money. Each month, we'll explore new topics together, offering a great opportunity to connect with others in your community and cultivate your passion for gardening.



GENTLE OUTDOOR YOGA

June 9, 16, 23 & 30 from 9:30 AM - 10:30 AM at Ecopark

Stretch, breathe, and unwind with this calming outdoor gentle yoga class. Suitable for all levels, this slow-paced practice focuses on gentle movement, mindful breathing, and relaxation in a natural setting. Enjoy the fresh air while supporting flexibility, balance, and overall well-being. *Please bring your own mat.



OVARIAN CANCER 101

June 22 from 1:00 PM - 2:30 PM at the Collingwood YMCA

Did you know that survival outcomes for ovarian cancer have not changed in 50 years? Please join one of Canada's leading researchers who will outline the 'hard facts' of ovarian cancer, the most fatal cancer affecting women and individuals born with ovaries.



ART IN THE PARK

June 25 from 2:00 PM - 3:30 PM at the Oakview Park Pavillion

Unwind and get creative with art in the park! This relaxed, outdoor art class is designed for all skill levels. Enjoy fresh air, simple guided activities and the chance to express yourself while connecting with nature and your community. No experience needed. All supplies will be supplied at no cost.

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Mental Health Programs



THERAPEUTIC ART: COLOUR YOUR EMOTIONS

April 21 & 28 from 10:00 AM - 11:30 AM at the Stayner Library

Unlock your inner world and explore the power of colour and creativity in this 2-day therapeutic art workshop. This course is designed to help participants express, process and understand their emotions through the transformative medium of various artistic techniques. Over the course of two sessions, you'll be exploring how colours reflect your emotional state and how art can help you release and process complex feelings. You'll learn about the psychological effects of colour, connect with your emotions in new ways, and create unique artwork that reflects your inner experience.



VISION BOARD WORKSHOP

May 7 from 2:00 PM - 3:30 PM at the Collingwood Library

Spring is a season of renewal and new beginnings. Join us to create your own vision board and set meaningful intentions for the months ahead. This hands-on workshop will help you reflect on your goals, clarify your priorities, and create a visual reminder of what you hope to achieve. All materials are provided at no cost. You are also welcome to bring personal photos or meaningful items to include on your board.



SOUND BATH

May 26 from 4:30 PM - 5:30 PM at Lotus Sound

Experience the calming power of sound. In partnership with Lotus Sound in Collingwood, this workshop invites you to explore sound-based wellness practices designed to support your physical, emotional and spiritual health. Through soothing vibrations and mindful listening, you'll deepen your sense of grounding, connection and inner peace.



MINDFUL MEANDERS IN NATURE

May 27, June 3 & June 17 from 10:30 AM - 12:00 PM at Harbourview Park

Immerse in nature and embrace serenity on a mindful meander along Collingwood's waterfront. Guided by a Certified Mindfulness & Meditation Coach, these sessions blend mindful movement, walking, and simple meditation that can enhance wellbeing. No experience needed. *Includes some brisk walking. Please dress for the weather and bring water.



CBT: THE BASICS

June 2 & 3 from 3:00 PM - 4:30 PM at the Collingwood Library

This two-day workshop will introduce the basics of Cognitive Behavioural Therapy (CBT) to help participants manage their emotions. Through interactive activities, participants will learn how thoughts influence emotions and behaviours, identify thought patterns and practice and reframe negative self-talk. *This is a two-day workshop.

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Diabetes Education Programs



DISCUSSING DIABETES: MEAL PLANNING

April 28 from 6:00 PM – 7:00 PM at the SGBCHC

June 17 from 10:00 AM – 11:00 AM at E3 Community Services, Collingwood

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: WALK & TALK WITH A DIETITIAN

May 1 & 8 from 10:00 AM – 11:00 AM at the SGBCHC

Join our Certified Diabetes Educator and Registered Dietitian for a gentle walk along the scenic trails of Wasaga Beach. During this stroll, you'll learn how regular movement can support blood sugar management, explore small and realistic activity goals, and have the opportunity to ask general questions about living well with diabetes or pre-diabetes. *The group will meet at the picnic tables at the west side of the SGBCHC parking lot.



DIABETES INFORMATION GROUP: EATING WELL ON A GLP-1

May 25 from 1:00 PM – 2:00 PM at Breaking Down Barriers

Join the SGBCHC Diabetes Educator and Registered Dietitian for a Discussing Diabetes workshop hosted by Breaking Down Barriers. This session will explore a range of topics related to diabetes management, with a focus on eating well while using a GLP-1 medication (such as Ozempic). This workshop is ideal for individuals who are newly diagnosed, as well as those looking for an update on effective strategies for managing diabetes. *Caregivers are also welcome to attend.

Nutrition Programs



EATING HEALTHY FOR YOUR HEART

April 15 from 10:00 AM – 11:00 AM & June 2 from 6:00 PM – 7:00 PM at the SGBCHC

Join our Registered Dietitian for an interactive workshop on nutrition strategies to support heart health. Learn how to identify heart-healthy foods, build balanced meals, read nutrition labels, and separate myths from facts around cholesterol and heart disease. This workshop is ideal for anyone looking to manage blood pressure or cholesterol or simply eat well for a healthier heart!



CHAT, CHOP, CREATE

April 16, May 21 & June 18 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!

All in-person and online programs are FREE and open to everyone. To register, call 705.422.1888 x5143 or register online at www.southgeorgianbaychc.ca/programs.



MOTHELCARE (ONLINE)

April 21, May 19 & June 16 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.



LEARN TO GROW SPROUTS & MICROGREENS

May 5 from 6:00 PM - 7:00 PM at the SGBCHC

Learn how to grow your own sprouts and microgreens! Sprouts and microgreens contain high nutrient content that can be grown at home, all year round! Participants will receive materials and instructions on how to grow their own microgreens and sprouts learning various techniques.



BONE HEALTH

May 22 from 10:00 AM - 11:00 AM at the SGBCHC

Join our Registered Dietitian for a practical workshop focused on supporting strong bones at every age. Learn recommended calcium and protein needs, simple food sources to meet them, and everyday tips you can actually use! Participants will also be guided through creating a personal food journal to help build bone-healthy habits that fit their lifestyle!



MAKE YOUR OWN SOURDOUGH STARTER

June 11 from 2:00 PM - 3:00 PM at the Collingwood Library

Anyone who is interested in learning how to use sourdough starter should participate in this workshop! From creating and maintaining a starter, to mixing, shaping, baking and how to use your discard, you will gain the confidence to bake your own delicious sourdough creations at home!



PARENT AND CHILD NUTRITION SERIES

June 12 from 10:00 AM - 11:00 AM at the SGBCHC

Join our Registered Dietitian to discuss foods and nutrients to prioritize developmentally appropriate textures, and how and when to offer common allergens. In this hands-on workshop, you'll get meal ideas and resources to help with your baby feeding journey. Bring your questions and leave with great ideas! *This workshop focuses on 6-12 months.



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Self-Management Programs

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



LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS (ONLINE)

Wednesdays, April 15 to May 20 from 1:00 PM – 3:30 PM on Zoom

Thursdays, May 21 to June 25 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.



LIVING A HEALTHY LIFE WITH CHRONIC PAIN (ONLINE)

Tuesdays, April 21 to May 26 from 5:30 PM – 8:00 PM on Zoom

Mondays, May 25 to June 29 from 10:00 AM – 12:30 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.



POWERFUL TOOLS FOR CAREGIVERS (ONLINE)

Thursdays from April 30 to June 4 from 5:30 PM – 7:00 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.



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.

