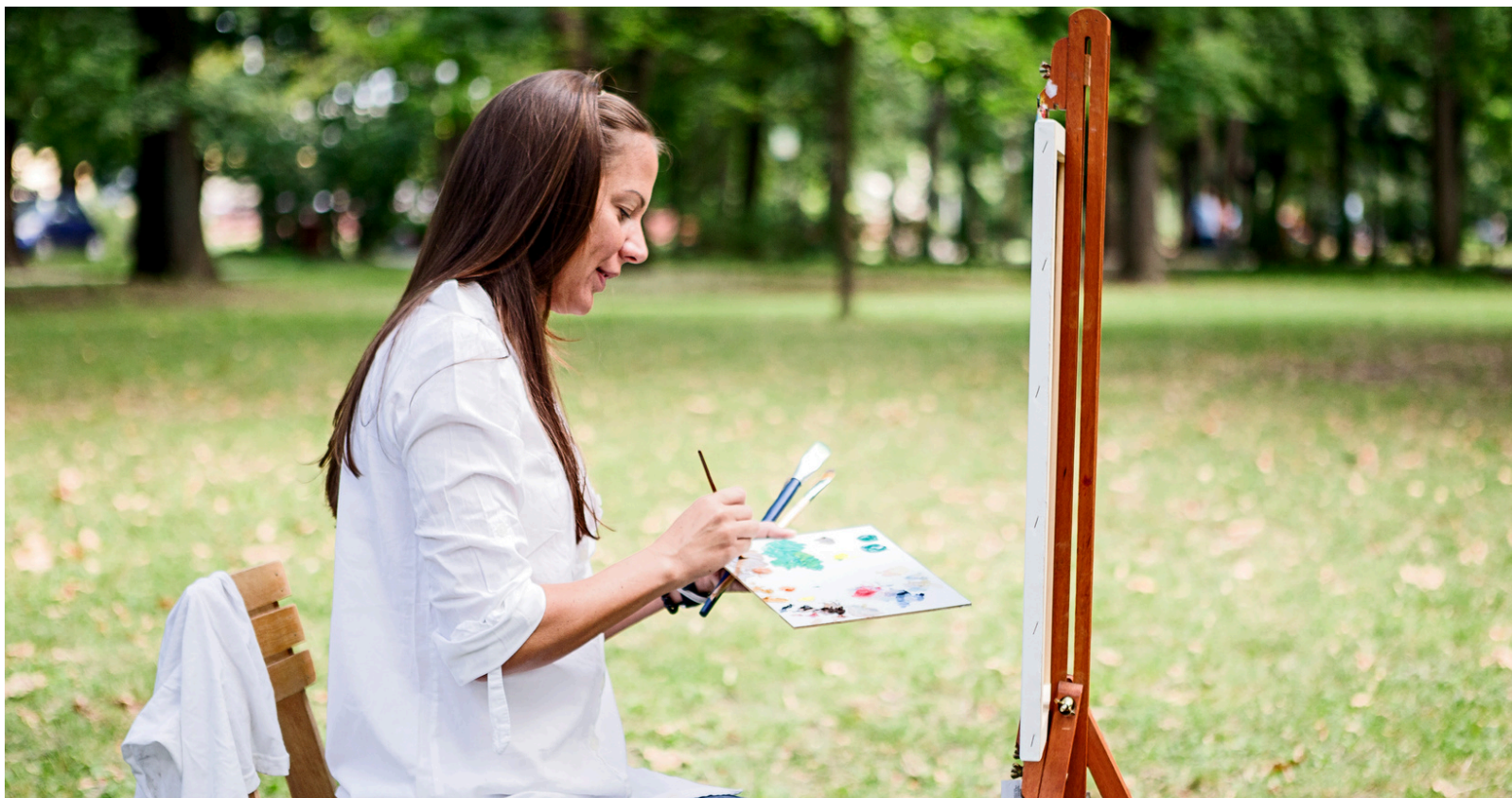


**South Georgian Bay
Community Health Centre**



SUMMER PROGRAM GUIDE

JULY - SEPTEMBER 2026

www.southgeorgianbaychc.ca



www.facebook.com/SouthGeorgianBayCHC



www.instagram.com/sgbchc



x.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 x5143 or register online at www.southgeorgianbaychc.ca/programs.



South Georgian Bay
Community Health Centre

Accredited by
Canadian Centre
for Accreditation



Agréé par
Centre canadien
de l'agrément

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, nurses, social workers etc.

Free community programs – such as nutrition workshops, diabetes support groups, chronic disease education, mindfulness programs, social groups and more.

Community development – to support and advocate for 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 at Community Health Centres: **Every One Matters.**



Ontario Santé
Health Ontario



SUMMER PROGRAM GUIDE

705.422.1888
programs@sgbchc.ca

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

July 3, August 7 & September 4 from 12:00 PM - 1:00 PM at Blueberry Trails

July 10, August 7 & September 4 from 10:00 AM - 11:30 AM at Wasaga Sand Dunes

July 24, August 21 & September 18 from 10:00 AM - 11:30 AM at Wasaga Beach Sports Park

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.*



POLLINATOR GARDENING

July 13 from 10:00 AM - 11:00 AM at the SGBCHC

Join our Pollinator Gardening Workshop to learn how to create a vibrant, eco-friendly garden that supports bees, butterflies, hummingbirds, and other essential pollinators. Participants will explore native plants, seasonal planting tips, and simple habitat-building techniques that help strengthen local biodiversity. Perfect for beginners and experienced gardeners alike. Everyone goes home with a starter plant!



FOREST THERAPY NATURE WALK

July 13 from 7:00 PM - 8:30 PM at the Collingwood Arboretum

August 11 from 10:30 AM - 12:00 PM at Blueberry Trail

September 25 from 1:00 PM - 2:30 PM at Stayner EcoPark

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.



CRAFT AND CONNECT

July 14, 28, August 11, 25, September 8, 22 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!

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.



DEATH CAFE

*July 16 & August 20 from 1:00 PM - 2:30 PM at the Wasaga Beach Library
September 17 from 1:00 PM - 2:30 PM at the Stayner 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.*



GARDENING 101

July 17, August 14 & September 18 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.



PURPLE HILL LAVENDER FARM TOUR

July 20 at 1:00 PM at Purple Hill Lavender Farm, Creemore

Explore the beautiful lavender fields at Purple Hill Lavender Farm. Pack a small picnic, find a spot in the shade, or enjoy a walk throughout the 2.5 km trails located around the farm. This is your chance to take in all the beautiful scents and scenery!



GENTLE OUTDOOR YOGA

August 25, September 1, 8 & 15 from 9:30 AM - 10:30 AM at Stayner 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: FROM AWARENESS TO ACTION

September 1 from 6:00 PM - 7:30 PM at the SGBCHC

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.



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.



LEARN TO PAINT

September 14, 21 & 28 from 1:30 PM - 3:00 PM at the SGBCHC

Unlock your artistic potential and learn the fundamentals of painting with acrylics! From mastering basic colour mixing techniques to understanding material usage, you'll gain skills to bring your creative visions to life. Participants will learn different aspects of painting, drawing inspiration from provided photographs or your own personal imagery. No prior painting experience is necessary. **All materials will be provided at no cost.*



INTUITIVE TEA MAKING

September 16 from 2:00 PM - 4:00 PM at the SGBCHC

September 30 from 10:00 AM - 12:00 PM at the SGBCHC

In this Intuitive Tea Workshop, we'll slow down and explore the grounding, stabilizing energy of roots—plants that grow beneath the surface, anchoring, storing and sustaining life. Together, we'll sip herbal teas made from roots, taking time to notice their flavours, textures and the way they feel in the body. Each root offers something unique—from nourishment and digestive support to soothing and restoration. No prior experience is needed. Simply come with curiosity, a cup and a willingness to slow down.

Mental Health Programs



THERAPEUTIC ART: PAINTING TO MUSIC

September 14 & 21 from 9:30 AM - 11:30 AM at the SGBCHC

This 2-hour expressive wellness workshop combines creativity, mindfulness, and emotional exploration through art and music. Participants are encouraged to paint intuitively while listening to thoughtfully selected music, using colour, movement, and imagery to explore emotions, reduce stress, and build self-awareness. No artistic experience is required — the focus is on the creative process, not the final piece. The workshop offers a welcoming and supportive environment that encourages relaxation, self-expression, connection, and fun.

Diabetes Education Programs



DISCUSSING DIABETES: MEAL PLANNING

September 15 from 3:00 PM - 4:00 PM 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! ***Bonus Giveaway!** *One participant will receive a free Libre 3 Sensor along with a one-on-one coaching session with our Certified Diabetes Educator to learn how to use the sensor and better understand their glucose data.*



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.

Nutrition Programs



BRAIN HEALTH NUTRITION

July 15 & 22 from 1:30 PM - 3:30 PM at the SGBCHC

Join the Alzheimer Society of Simcoe County for a two-part Brain Health Series hosted in partnership with the SGBCHC. This interactive series will explore practical ways to support brain health and reduce the risk of dementia through everyday choices including physical activity, social connection, mental engagement, and healthy eating. Participants will learn about modifiable dementia risk factors, set realistic brain health goals, and gain practical nutrition tips for planning balanced meals and snacks. The series will also include hands-on activities, discussion, reflection, and a food demonstration featuring an energy-boosting snack and smoothie.



CHAT, CHOP, CREATE

July 16, August 20 & September 17 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!



MAKE AND TAKE: SALAD IN A JAR

July 21 from 6:00 PM - 7:00 PM at the SGBCHC

August 27 from 1:30 PM - 2:30 PM at the SGBCHC

Discover a fresh, fun, and practical way to enjoy healthy meals on the go! In this hands-on workshop, you'll learn how to create delicious, layered salads in jars that stay crisp and flavourful for days. You'll explore a variety of nutritious ingredients, creative flavour combinations, and simple prep techniques that make meal planning easy and enjoyable. By the end of the session, you'll build your own custom salad jar to take home, along with tips, recipes, and inspiration to keep your lunches exciting all week long.



MOTHECARE (ONLINE)

September 15 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.

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.



UNDERSTANDING MENOPAUSE AND NUTRITION

September 15 from 5:30 PM - 6:30 PM at the SGBCHC

Do you have questions about perimenopause and menopause? Join us as we welcome gynecologist Dr. Jennifer Tomas and our Registered Dietitian for quality information, evidence-based guidance and a welcoming space to ask questions and share experiences.



EATING HEALTHY FOR YOUR HEART

September 16 from 10:00 AM - 11:00 AM at E3 Community Services, Collingwood

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!



RECIPE SWAPPERS

September 24 from 1:30 PM - 2:30 PM at the SGBCHC

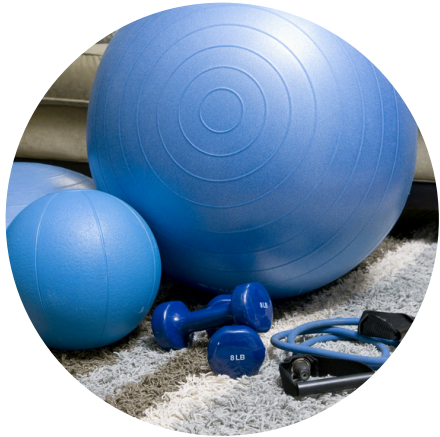
Join us for our themed Recipe Swap Club! Connect with others in the community while sharing favourite recipes, cooking tips, ingredient substitutions, and creative twists on classic dishes. It's a fun and welcoming way to discover new ideas, meet new people, and enjoy conversations about food. Participants are also welcome to bring a homemade creation to share with the group if they'd like.



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.

Self-Management Programs

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



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.



POWERFUL TOOLS FOR CAREGIVERS (ONLINE)

Tuesdays, July 14 to August 18 from 10:00 AM - 11:30 AM

Wednesdays, September 16 to October 21 from 2:00 PM - 3:30 PM

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)

Thursdays, July 16 to August 20 from 1:00 PM - 3:30 PM

Wednesdays, September 23 to October 28 from 1:30 PM - 4:00 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.



LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS (ONLINE)

Mondays, July 20 to August 31 from 9:30 AM - 12:00 PM

Tuesdays, September 22 to October 27 from 5:30 PM - 8:00 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 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.



CANCER THRIVING AND SURVIVING (ONLINE)

Mondays, September 28 to November 9 from 1:30 PM - 4:00 PM

This 6-week program is for anyone living with and/or affected by cancer. Each week, participants will learn practical skills, resources, and strategies to help them better manage their health, stay active in their daily lives and relationships, and feel a greater sense of control while living with cancer. Family members and/or caregivers are also welcome.