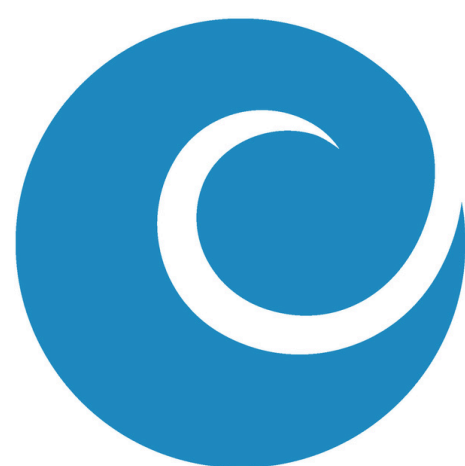




South Georgian Bay
Community Health Centre



FALL PROGRAM GUIDE

OCTOBER – DECEMBER 2026

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



South Georgian Bay
Community Health Centre

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Centre canadien
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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



FALL PROGRAM GUIDE

705.422.1888
programs@sgbchc.ca

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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.



NATURE WALKS

October 2 & November 13 from 11:00 AM - 12:00 PM at Wasaga Dunes

December 11 from 11:00 AM - 12:00 PM at Wasaga 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.*



DISCOVER DRAWING

October 5, November 9 & December 7 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.



FOREST THERAPY WALK

October 7 from 1:00 PM - 2:30 PM at the Nottawasaga Lookout

November 26 from 12:00 PM - 1:30 PM at Wasaga Dunes

December 15 from 1:00 PM - 2:30 PM at Oakview Woods

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.



WAX PAINTING

October 13 from 3:00 PM - 4:00 PM at the SGBCHC

October 14 from 10:00 AM - 11:00 AM at the SGBCHC

Come and enjoy a relaxed, hands-on activity where participants design and personalize their own candles! Explore colours, layers, designs and techniques and take home a one-of-a-kind piece that is uniquely yours.



DEATH CAFE

October 15 from 1:00 PM - 2:30 PM at the SGBCHC

November 19 & December 17 from 1:00 PM - 2:30 PM at the Wasaga Beach 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.*

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.



BUDGETING FOR SENIORS

October 29 from 11:00 AM - 12:00 PM at the Wasaga Beach Seniors Active Living Centre

Take control of your finances with confidence. This practical workshop is designed to help seniors create and maintain a realistic budget that supports their lifestyle and financial goals. Participants will learn strategies for managing monthly expenses, maximizing retirement income, tracking spending, and planning for unexpected costs. **This program is for ages 55+.*



OSTEOPOROSIS & FALLS PREVENTION

November 5 from 1:00 PM - 3:00 PM at the Collingwood Leisure Time Club

Your bones play an important role in keeping you active, independent, and strong. Join us for an informative and practical session focused on building healthy bones and reducing the risk of falls and fractures. In this session Osteoporosis Canada, a Registered Dietitian, and a Kinesiologist will provide helpful information and practical tips you can use in your everyday life. Come learn, ask questions, and discover practical steps you can take to protect your bones and prevent falls. Community partners will be providing local resources.



WRITER'S CIRCLE

November 5, 12, 19 & 26 from 1:30 PM - 3:00 PM at the Elmvale Library

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.*

Mental Health Programs



JOURNALLING

October 2 from 11:00 AM - 12:00 PM at the SGBCHC

Discover the power of putting pen to paper in this guided journaling workshop. Through simple prompts and reflective exercises, you'll explore your thoughts, build self-awareness, and create space for clarity, creativity, and personal growth. No writing experience is needed—just bring your curiosity and an open mind.



SOUND BATH

October 13 from 4:30 PM - 5:30 PM at Lotus Sound

Experience the calming power of sound. In partnership with Lotus Sound Collingwood, this experience 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.

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UNDERSTANDING OUR CONFLICT STYLES

October 14 from 11:00 AM - 12:00 PM at the Wasaga Beach Seniors Active Living Centre

Struggling with conflict? How we handle conflict can really affect our relationships and our well-being. The good news is that becoming more aware of five conflict styles can help us become less reactive and more creative when we are in difficult conversations. Developing an understanding of these five conflict styles can be a good first step in improving our communication when in conflict. Join us for this interactive session to learn some practical conflict strategies. **This program is for those ages 55+.*



POWER OF INTENTIONS

October 22 from 5:30 PM - 7:00 PM at the Elmvale Library

Discover how to set intentions that genuinely align with who you are and the life you want to create. Through guided reflection, simple grounding practices, and supportive group discussion, this workshop helps you clear mental space, shift your mindset and open the door to meaningful change. Participants will leave feeling centered, inspired, and empowered to move forward with clarity and purpose.



BURNOUT

October 30 from 11:00 AM - 12:00 PM at the SGBCHC

Learn to recognize the signs of burnout and develop practical strategies to restore energy, resilience, and balance. This interactive workshop explores the causes of burnout, effective stress management techniques, and sustainable habits that support long-term well-being in daily life.



MICRO HABITS

November 27 from 10:30 AM - 12:00 PM at the SGBCHC

Discover how small, consistent actions can lead to meaningful, lasting change. In this interactive workshop, you'll learn the science behind micro habits, identify simple behaviors that fit naturally into your daily routine, and learn skills to incorporate micro habits to build momentum toward your goals—one small step at a time.



SELF CARE

December 8 from 2:00 PM - 3:00 PM at the Elmvale Library

Self-care can be anything that you do to keep yourself mentally, emotionally, physically, socially and spiritually healthy. Join us for a self-care workshop and learn a new skill in bath salt making to help enhance the time you need to treat yourself. Self-care will improve your overall health, can increase productivity and focus. Taking care of yourself allows you to recharge and rejuvenate.



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COMMUNICATING BOUNDARIES

December 9 from 11:00 AM – 12:30 PM at the Wasaga Beach Seniors Active Living Centre

Learn effective strategies to share personal boundaries with others and minimize conflicts. This workshop equips you with practical tools to foster understanding and harmony in your interactions. *This group is for those ages 55+.

Diabetes Education Programs



DIABETES INFORMATION GROUP

November 23 from 1:00 PM – 2:00 PM at Breaking Down Barriers and on Zoom

Join us for an engaging diabetes workshop led by a Certified Diabetes Educator and Registered Dietitian, featuring practical nutrition education and a live cooking demonstration. Learn how to prepare delicious, balanced meals that support healthy blood sugar management while gaining simple tips for meal planning, portion control, and making healthier food choices for everyday life.



DISCUSSING DIABETES: DIABETES FRIENDLY BAKING

December 2 from 2:30 PM – 3:30 PM at E3 Community Services

Discover how to bake delicious treats that are diabetes-friendly without sacrificing flavour. In this workshop you'll learn smart ingredient swaps, balanced recipes, and practical baking techniques to create desserts that support healthier blood sugar management.

Nutrition Programs



ECO-FRIENDLY MEALS FOR YOUTH

September 22 & October 20 from 4:00 PM – 5:30 PM at the Clearview Youth Centre

Are you a youth between the ages of 12 and 18 and live in Clearview? Discover how to cook delicious, healthy meals using minimal ingredients. In this hands-on workshop, youth will prepare low-cost recipes they can recreate at home. This fun and interactive program encourages healthy eating while building confidence in the kitchen.



FERMENTING

October 1 from 5:30 PM – 7:00 PM at the Collingwood Youth Centre

November 6 from 11:00 AM – 12:30 PM at the Collingwood Youth Centre

Discover the art of fermentation in this hands-on workshop! Learn the fundamentals of safely fermenting vegetables and other foods using simple techniques and natural ingredients. You'll gain practical skills, take home your own jar of fermented food, and leave with the confidence to continue fermenting at home.

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.



BONE HEALTH

October 7 from 2:30 PM – 3:30 PM at E3 Community Services

November 4 from 10:00 AM – 11:00 AM at the Wasaga Beach Seniors Active Living Centre

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!



MOTHERCARE (ONLINE)

October 20 & November 17 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.



CHAT, CHOP, CREATE

October 22, November 19 & December 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!



CANNING

October 27 from 5:00 PM – 6:30 PM at the Collingwood Youth Centre

November 24 from 1:00 PM – 2:30 PM at the Collingwood Youth Centre

Join our hands-on canning workshop and learn the basics of safely preserving fresh fruits, vegetables, jams, and more. You'll gain practical skills, take home your own jar of preserved food, and leave with the confidence to continue canning at home. Perfect for beginners and anyone interested in seasonal food preservation.



FOOD AND MOOD

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

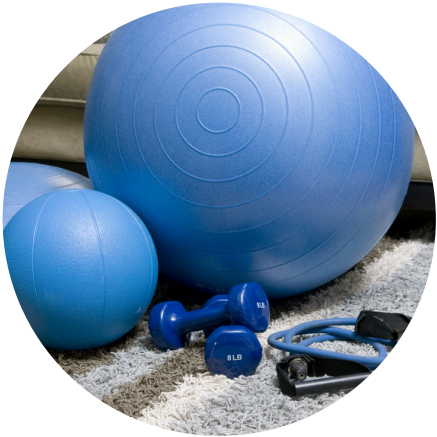
Join our Registered Social Worker and Registered Dietitian to explore how our moods can affect how we eat. Through the creation of your own Food and Mood Self-care Toolbox, we will learn strategies to help us better nourish our mind and body.



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.



LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS (ONLINE)

Wednesdays, October 7 to November 11 from 1:00 PM – 3:30 PM

Thursdays, November 12 to December 17 from 9:30 AM – 12:00 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.



LIVING A HEALTHY LIFE WITH CHRONIC PAIN (ONLINE)

Mondays, October 19 to November 23 from 10:00 AM – 12:30 PM

Tuesdays, November 17 to December 22 from 5:30 PM – 8:00 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.



POWERFUL TOOLS FOR CAREGIVERS (ONLINE)

Thursdays, November 5 to December 10 from 10:00 AM – 11:30 AM

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.

