



South Georgian Bay
Community Health Centre



FALL PROGRAM GUIDE

OCTOBER - DECEMBER 2019



@SouthGeorgianBayCommunityHealthCentre

www.southgeorgianbaychc.ca



South Georgian Bay
Community Health Centre

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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, social workers, physiotherapist

Free community programs – such as exercise and food workshops, mom and baby support groups, youth services

Community development – to support 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 in Community Health Centres: **Every One Matters.**

Interested in joining our **Board of Directors**? The South Georgian Bay CHC is looking for members of our community who would like to serve in a volunteer capacity on our Board of Directors. For more information, please call 705-422-1888 or info@sgbchc.ca.

Supported by:



Ontario

North Simcoe Muskoka Local
Health Integration Network



Food & Exercise Programs



FOOD FIT

*Tuesdays starting on September 24th from 5:00pm-8:00pm
Wasaga Stars Arena, Wasaga Beach*

Do you enjoy cooking or want to learn how to cook healthy meals? This program combines fun, hands-on cooking and exercise sessions to help you be the healthiest you can be. Participants will cook and share a meal together and make new connections in the community.



HEART HEALTHY EATING

Thursday, November 14th from 10:00am -11:30am, SGBCHC

Join our registered dietitians for an education session on eating well for your heart. Learn how to identify nutritious foods, create balanced meals, and tips and tricks to live a healthy lifestyle.



CRAVING CHANGE

Mondays starting on November 11th from 6:00pm-8:00pm, SGBCHC

This 4-week program helps participants develop a healthier relationship with food through a practical, skills-based approach. Understanding how our surroundings influence food choices, becoming aware of problematic eating triggers, and support strategies to implement every day are discussed.



NORDIC POLE WALKING

*Tuesdays and Thursdays from 9:45am -11:00am
Seniors Active Living Centre, Wasaga Beach*

Interested in trying pole walking? Come out and walk with peer instructors through local forest trails and along the Ontario Parks beach. Poles are provided by the SGBCHC and everyone is welcome to join. **No experience is necessary.*



BUILDING BALANCE

*Please call for available dates and times
Collingwood and Wasaga Beach YMCA*

This 7-week program is an exercise-based fall prevention program that focuses on reducing the incidence of falls and injury for people who are fearful or have issues with falling. **Referrals to the program must be made through your health care provider.*



EXERCISE MAINTENANCE PROGRAM

Mondays & Wednesdays from 9:15am-10:15am, SGBCHC

The secret to better health and wellbeing is exercise! This fitness group meets twice per week for easy to moderate cardio and resistance training.

Youth Programs



YOUTH OUTREACH PROGRAM

Students should contact their guidance office to book an appointment. All services are free and open to any student.

This program provides outreach support to students at their high school (Collingwood Collegiate Institute, Stayner Collegiate Institute, Elmvale District High School, Jean Vanier Catholic High School). Health professionals are available to support students with their physical and emotional well-being.



GIRL TALK

Please call for a list of available dates and times

This eight-week program was developed for young women and focuses on self-esteem, body image, relationships and dealing with stress. Participants have the opportunity to express themselves through various artistic projects, discussions, activities and guest speakers. **Interested teachers, schools and community partners are encouraged to contact the SGBCHC.*



Self-Management Programs



LIVING A HEALTHY LIFE WITH CHRONIC PAIN

*Starting on October 9th from 12:00pm-2:30pm, Rama
Starting on November 12th from 1:30pm-4:00pm, Orillia*

This free 6-week program is for anyone living with chronic pain. This could include but is 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, as well as challenges associated with chronic pain and improve their quality of life. Family members and/or caregivers are also welcome. **Anyone can register for this workshop.*



LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

*Starting on October 2nd from 1:30pm-4:00pm, Midhurst
Starting on October 23rd from 1:30pm-4:00pm, Barrie
Starting on October 25th from 2:00pm-4:30pm, Midland
Starting on October 29th from 2:00pm-4:30pm, Wasaga Beach*

This free 6-week program is for anyone living with any chronic condition. This could include diabetes, heart disease, arthritis, lung disease, as well as many other chronic health issues. Each week individuals learn skills that can help them better manage their symptoms as well as their daily lives. Family members and/or caregivers are also welcome. **Anyone can register for this workshop.*

Family Support Programs



AFTER BABY SUPPORT GROUP

Tuesdays starting on October 29th from 9:00am-11:30am, SGBCHC

Need support? You are not alone! This 8-week support group is for new moms who are experiencing mood changes after having a baby. Meet other moms in the community, learn new strategies and receive support to cope with challenges related to motherhood.



MOTHECARE & NEXT STEP

New Time! Wednesdays from 10:00am-12:00pm, SGBCHC

This weekly, supportive drop-in program for pregnant women, mothers and their young children (up to 36 months) provides nutritional, health, breastfeeding and parenting support. FREE milk, prenatal vitamins, and nutritious foods are also available to take home. **On-site programs for children available!*

Mental Health & Addictions Programs



COGNITIVE BEHAVIOURAL THERAPY (CBT)

Please call the SGBCHC for more information

The South Georgian Bay CHC's CBT program is part of the North Simcoe Muskoka's Increasing Access to Structured Psychotherapy Program (IASP), in partnership with Waypoint Centre for Mental Health Care, and funded by the Government of Ontario. The program provides free access to CBT sessions in both English and French throughout Simcoe and Muskoka counties. **Referral to the program must be made by your primary care provider.*



BEFRIENDING YOUR EMOTIONS

Tuesdays starting on October 1st from 6:00pm-7:30pm, SGBCHC

Emotions are a part of life and essential to survival. This 4-part workshop will help individuals identify the way they respond to difficult and uncomfortable emotions and learn how to "befriend" them to improve overall mental health and wellbeing.



BETTER SLEEP GROUP

Mondays starting on October 21st from 3:30pm-5:00pm, SGBCHC

This six-week program is for anyone who suffers from insomnia, including those who have difficulty falling asleep or staying asleep, or those who do not feel rested after a full night of sleep. Topics discussed include healthy sleep practices, understanding the impact of thoughts on sleep, and relaxation strategies.



Diabetes Programs



DIABETES CONVERSATION GROUP

*Monday October 28th & November 25th from 1:00pm-2:00pm
Wasaga Beach Public Library*

If you or a family member are living with diabetes or pre-diabetes, join us for this informal group where we will discuss topics of interest to group members, answer your questions, and provide an opportunity to connect with other people in the community who share similar experiences.



PRE-DIABETES INFORMATION WORKSHOP

Wednesday December 4th from 1:30pm-3:00pm, SGBCHC

Have you been told that you have pre-diabetes and want to learn more? Come and join our certified diabetes educator to discuss how to manage your pre-diabetes, and strategies on how to best delay progression into diabetes.



DIABETES INFORMATION WORKSHOP

Thursday November 21st from 10:00am-11:30am, SGBCHC

If you have recently been diagnosed with diabetes or if you would like a refresher on how to manage your diabetes, join us for an informal discussion. Different topics will be discussed such as food, medication, exercise, and mental health strategies.

Social & Cultural Programs



FRIENDLY VISITING

Please call for a list of available dates and times

Join our Friendly Visitor Team, and visit people in the community who have difficulties getting out of their home. Sometimes a friendly social visit is just what somebody needs! **Friendly Visitor Training will be provided to all volunteers.*



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HOBBIES & CRAFTS SOCIAL GROUP

Every Thursday from 1:30pm-3:00pm, SGBCHC

Share your talents and hobbies with our weekly social group. Come out and socialize with others, while taking part in creative art projects. **All supplies will be provided at no cost.*



STORYTELLING: LEGEND OF THE DREAM CATCHER

Tuesday October 15th from 1:30pm-3:30pm, SGBCHC

Grab a coffee and join Grant Ladouceur as he shares the legend of the dream catcher. His cultural roots will inspire listeners to learn more about the legend and its history.



HOMEMADE SALVE MAKING WORKSHOP

Monday September 30th from 1:30pm-3:30pm, SGBCHC

In this workshop participants will learn how to make their own homemade salves using simple, chemical-free ingredients from your own backyard! Salves can be useful on a variety of conditions including cuts, bruises, stings, poison ivy and skin irritations. **All materials will be provided at no cost.*



COLLAGE MAKING: CREATING MEMORIES!

Monday November 11th from 1:30pm-3:30pm, SGBCHC

Explore ways to create fresh collages using old photos. Participants will learn how to create a story using a personal collection of photos and images. **Please bring your own personal photos to this workshop. All other materials will be provided at no cost.*



GUIDED NATURE WALKS

Wednesday October 16th from 10:00am-11:00am, SGBCHC

Monday October 21st from 10:00am-11:00am, SGBCHC

Tuesday November 5th from 1:30pm-2:30pm, SGBCHC

Enjoy some fresh air and clear your mind by joining a gentle nature walk. The group will be led by a guide from Free Spirit Tours who will share teachings about local Indigenous plants living right in your neighbourhood! **The group will meet at the SGBCHC.*