



South Georgian Bay
Community Health Centre



SUMMER PROGRAM GUIDE

JUNE - SEPTEMBER 2020



South Georgian Bay
Community Health Centre



@SouthGeorgianBayCommunityHealthCentre

www.southgeorgianbaychc.ca



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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.**

Supported by:



Ontario

North Simcoe Muskoka Local
Health Integration Network

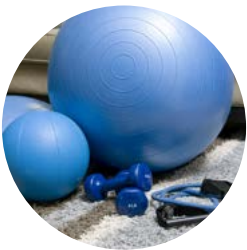
Food and Exercise Programs



CRAVING CHANGE (ZOOM)

Please call reception for available dates and times

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 will be discussed.



EXERCISE MAINTENANCE CLASS (ZOOM)

Please call reception for available dates and times

This gentle fitness group meets online for 45 minutes every week. This program is open to everyone and includes resistance training for upper and lower body, balance exercises and stretching. Participants will receive a resistance exercise band upon registration. *Exercise bands can be picked up at the SGBCHC.



BUILDING BALANCE EDUCATION (ZOOM)

Please call reception for available dates and times

This 5-week program provides virtual education on fall prevention to reduce the incidence of falls and injury for those who are fearful or have issues with falling. *Referral to the program must be made through your health care provider.



Mental Health & Addictions Programs



COGNITIVE BEHAVIOURAL THERAPY (CBT)

Please call reception for more information

The South Georgian Bay CHC's CBT program is part of the Ontario Structured Psychotherapy Program, in partnership with Waypoint Centre for Mental Health Care. The program is for people living with depression and/or anxiety and provides free access to CBT sessions in both English and French.

The program is offered by telephone, video or through online learning to anyone 15 years of age or older living in the South Georgian Bay area. **Referrals to the program must be made by your primary care provider.*

Social & Cultural Programs



HOBBIES & CRAFTS SOCIAL GROUP (ZOOM)

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

Join us virtually to share your talents and hobbies with our weekly social group. Socialize with others and stay connected, while taking part in creative art projects. Program will occur virtually.



Self-Management Programs



LIVING A HEALTHY LIFE WITH CHRONIC PAIN (ZOOM)

Thursdays July 9, 16, 23, 30, August 6, 13 from 10:00am - 12:30pm
Wednesdays Aug 12, 19, 26, Sept 2, 9, 16 from 10:00am - 12:30pm
Tuesdays Sept 1, 8, 15, 22, 29, October 6 from 1:30pm - 4:00pm
Mondays Sept 14, 21, 28, Oct 5, 19, 26 from 10:00am - 12:30pm
To register call 705.717.4744 or email dsmesgbchc.ca

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. **Anyone can register for this program.*



LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS (ZOOM)

Wednesdays July 8, 15, 22, 29, August 5, 12 from 2:00 - 4:30pm
Fridays August 7, 14, 21, 28, Sept 4, 11 from 9:30am - 12:00pm
Wednesdays Sept 9, 16, 23, 30, Oct 7, 14 from 9:30am - 12:00pm
To register call 705.717.4744 or email dsmesgbchc.ca

This 6-week program is for anyone living with a 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 will help them better manage their symptoms and support them in their daily lives. Family members and/or caregivers are also welcome. **Anyone can register for this program.*



Family Support Programs



MOTHECARE & NEXT STEP

Virtual meetings are held on Thursdays from 11:00am-12:00pm
To register, please call 705.445.9770 x5230

This weekly, supportive program for low income pregnant women, mothers and their children (up to 36 months), provides nutritional, health, breastfeeding and parenting support. If you need support with groceries, community resources, prenatal vitamins, and more, please visit the Facebook page: @Simcoe County CAPC CPNP- MotherCare & Next Step.



YOUTH OUTREACH PROGRAM

Students should contact their guidance office in September to book a virtual appointment. This service is free and open to all students.

This program provides outreach support to students through their high school (Collingwood Collegiate Institute, Stayner Collegiate Institute, Elmvale District High School, Jean Vanier Catholic High School, Simcoe Shores Secondary School). A Registered Nurse is available for virtual appointments during the school year to support students with their physical wellbeing and mental health navigation.



Our virtual workshops are held through an online videoconferencing platform, 'Zoom for Healthcare'. Once you are registered, you will be sent an email with a Meeting ID and Password to join the virtual workshop, along with an informed consent to be signed.

HOW TO ZOOM

JOINING THE PROGRAM

1. Check your email inbox and junk box for an invite. Click the highlighted URL link.
2. If this is the first time you are using Zoom, you will be asked to download the Zoom desktop software. When the download is complete, open it and run the installation.
3. If you cannot download or run the desktop software, download the Zoom Cloud Meetings app on your Apple/Android smartphone or tablet to join, or join from your web browser. You will be required to sign in with a personal Zoom account if joining via your browser. Signing up for a Zoom account is free. The desktop software and mobile app do not require you to have a Zoom account to join.
4. You will be asked to enter a password (see your invitation email for the password).
5. It might take a minute for the provider to accept you into the ZOOM program/workshop as they check your identity.

AUDIO AND VIDEO

Depending on how your computer is set up, you have options for how to participate in the program.

1. Use computer audio – This uses your computer's microphone and speakers.
2. Use the phone – Provides a phone number for you to call in to the visit in addition to using the computer video.

You can also find this phone number along with the password on your invitation.

We suggest this option if your computer does not have audio or the quality is poor.

3. Click Start Video.
4. If your microphone is muted, click unmute to speak and then mute the audio again. Only the person speaking should have their audio on so that feedback is minimized. Feedback is also reduced if you wear headphones, but this is not needed.
5. If you need to stop your video or unmute, click the same button again.

LEAVE THE PROGRAM

1. Once the session has ended, click Leave in the bottom right corner of the task bar.
2. Click Leave Meeting again to confirm you want to exit the visit.



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