



South Georgian Bay
Community Health Centre



FALL PROGRAM GUIDE

SEPTEMBER - DECEMBER 2020



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@SouthGeorgianBayCommunityHealthCentre

www.southgeorgianbaychc.ca

All programs are FREE and open to everyone. Programs will be offered online using Zoom. See program description for registration details.



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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

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Online Exercise and Nutrition Programs



EXERCISE MAINTENANCE CLASS

Every Tuesday from 10:30am-11:30am

This gentle fitness group meets online for 45 minutes of low-impact exercise each 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. ** Call reception at 705.422.1888 to register.*



BUILDING BALANCE FALL PREVENTION EDUCATION

Mondays and Thursdays from 1:00pm-2:00pm

Rolling entry - Introductory session held on Tuesdays at 1:00pm

This 5-week online program provides education to help reduce the incidence of falls and injury for those who are fearful or have issues with falling. ** Contact your doctor or nurse practitioner for a referral into the program.*



FOOD FIT

*Wednesday Sept 30, Oct 7, 14, 21, 28, & Nov 4, 11 & 18
from 1:00pm-2:30pm*

This 8-week online program combines learning cooking skills and gentle movement with a side of nutrition education. Participants will cook from their own kitchen and be provided with take-home recipes and easy-to-understand nutrition information. ** Call reception at 705.422.1888 to register.*



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Online Chronic Disease Education Programs



NOURISHED: A DIABETES EDUCATION SERIES

*Tuesday October 20, 27, and November 3, and 10
from 6:00pm-7:30pm*

Join us online for a 4-week, weight inclusive mini-series that breaks down the pressure of diet culture and highlights the benefits of nourishing your body. Participants will learn specific nutrition and lifestyle strategies that they can choose from to help manage their diabetes. **Call reception at 705.422.1888 to register.*



HEART HEALTH MANAGEMENT

Thursday, November 19 and 26 from 1:00pm-2:30pm.

This two-part online series is designed to help participants better understand conditions that can impact their heart health. Participants will learn about a wide range of lifestyle strategies that may be helpful for them and will learn about medications that may be necessary for managing conditions. **Call reception at 705.422.1888 to register.*



UNDERSTANDING DIABETES AND PREDIABETES

Wednesday, September 23 from 10:00am-11:30am

This informal online workshop on diabetes and prediabetes is for anyone who has been recently diagnosed, who cares for those living with diabetes or prediabetes or would simply benefit from a review of management strategies. The workshop will cover a wide variety of topics including medication, exercise, nutrition, mental health and preventing complications. **Call reception at 705.422.1888 to register.*



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Online Social & Cultural Programs



HOBBIES & CRAFTS SOCIAL GROUP

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

Join us virtually to share your talents and hobbies with our weekly social group. Socialize with others online and stay connected while taking part in creative art projects. **Call 705.422.1888 x143 to register.*

Mental Health & Addictions Services



COGNITIVE BEHAVIOURAL THERAPY (CBT)

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. This 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.*



RAPID ACCESS ADDICTION MEDICINE (RAAM) CLINIC

Monday to Friday from 8:30am-3:30pm, SGBCHC

The RAAM Clinic is run by the Royal Victoria Regional Health Centre (RVH) and offers free, walk-in based services for individuals 16 years of age and older, who are seeking support for their use of substances. The clinic provides short-term, individual counselling and group support for those in early recovery. A multidisciplinary team will also provide medication support to better manage cravings and symptoms of withdrawal. **Walk-ins are accepted.*

All programs are FREE and open to everyone. Programs will be offered online using Zoom. See program description for registration details.

Online Self-Management Programs



LIVING A HEALTHY LIFE WITH CHRONIC PAIN

Mondays Sept 14, 21, 28, Oct 5, 19, 26 from 10:00am - 12:30pm

Fridays Oct 9, 16, 23, 30, Nov 6, 13 from 9:30am - 12:00pm

Mondays Nov 2, 9, 16, 23, 30 December 7 from 1:30pm - 4:00pm

Tuesdays Dec 1, 8, 15, 22, Jan 5, 12 from 9:30am - 12:00pm

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 in North Simcoe Muskoka can register for this program by calling 705.717.4744 or email dsm@sgbchc.ca.*



LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

Wednesdays Sept 9, 16, 23, 30, Oct 7, 14 from 9:30am - 12:00pm

Thursdays October 1, 8, 15, 22, 29, Nov 5 from 1:30pm - 4:00pm

Sundays November 1, 8, 15, 22, 29, Dec 6 from 2:00pm - 4:30pm

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 in North Simcoe Muskoka can register for this program by calling 705.717.4744 or email dsm@sgbchc.ca.*



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Family Support Programs



MOTHELCARE & NEXT STEP

Virtual meetings are held on Thursdays from 11:00am-12:00pm

This weekly, supportive program for low income pregnant women, mothers and their children (up to 36 months), provides nutritional, health, breastfeeding and parenting support. The program provides support with groceries and prenatal vitamins and can connect participants with other community resources. *Call 705.445.9770 x5230 to register for the weekly program.



YOUTH OUTREACH PROGRAM

Students should contact their guidance office 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, Our Lady of the Bay 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.



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Our virtual workshops are held through an online videoconferencing platform, 'Zoom'. 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.