



**South Georgian Bay  
Community Health Centre**



# WINTER PROGRAM GUIDE

**JANUARY - MARCH 2023**

[www.southgeorgianbaychc.ca](http://www.southgeorgianbaychc.ca)



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All in-person and online programs are FREE and open to everyone. Please see program description for registration details.

## Volunteer Program



### **VOLUNTEERS NEEDED!**

*Volunteers are vital to the success of our Community Health Centre. For more information and to apply, please visit [www.southgeorgianbaychc.ca/get-involved/volunteer](http://www.southgeorgianbaychc.ca/get-involved/volunteer).*

Are you looking for an opportunity to give back to your community while gaining valuable experience? If so, we want to hear from you! We are looking for volunteers to facilitate groups and workshops about such topics as food and nutrition, budgeting, health & wellness, mental health and more! We seek to match every volunteer with a position that best suits their individual skills and interests.

## Wellbeing & Social Programs



### **EXERCISE MAINTENANCE CLASS (ONLINE)**

*Every Tuesday and Friday from 9:15 AM - 10:15 AM*

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.

*\*To register, call reception at 705.422.1888 or register online at [www.southgeorgianbaychc.ca/programs](http://www.southgeorgianbaychc.ca/programs).*



### **BETTER SLEEP (IN-PERSON)**

*January 10th from 10:00 AM - 11:00 AM at the SGBCHC*

*February 23rd from 11:00AM - 12:00PM at the Wasaga Beach Library*

*March 2nd from 2:00 PM - 3:00 PM at the Clearview Library, Stayner*

Getting enough sleep is essential for maintaining optimal health and wellbeing. This workshop will help participants improve their sleep and feel more rested by using simple steps and relaxation techniques. Self-care practices will also be discussed. *\*To register, call reception at 705.422.1888 or register online at [www.southgeorgianbaychc.ca/programs](http://www.southgeorgianbaychc.ca/programs).*

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## GUIDED NATURE SNOWSHOEING (IN-PERSON)

***All hikes will be held from 1:00 PM - 2:30 PM***

*January 12th - meet at the Wasaga Beach RecPlex*

*January 26th - meet at the Wasaga Beach Sand Dunes*

*February 9th - meet at Schooner Town Trail Wasaga Beach*

*February 23rd - meet at Veterans Way Wasaga Beach*

Embrace nature and feel better mentally and physically by taking part in a 1.5-hour guided nature snowshoeing experience! Led by Free Spirit Tours, the group will explore the local trails in the Wasaga Beach Provincial Parks. Instructions and equipment will be provided at no cost. Please dress for the weather and bring a water bottle.

*\*To register, call reception at 705.422.1888 or register online at [www.southgeorgianbaychc.ca/programs](http://www.southgeorgianbaychc.ca/programs).*



All in-person and online programs are FREE and open to everyone. Please see program description for registration details.

## Mental Health & Addictions Programs



### **HOSPICE GRIEF SUPPORT GROUP (IN-PESRON)**

*Thursdays January 12th, 19th, 26th, February 2nd, 9th, 16th from 10:00 AM - 12:00 PM at the Wasaga Beach Library.*

This 6-week grief and bereavement group led by the Hospice Georgian Triangle, provides support for grieving people and education about what grief is, how to cope, and common themes. The group will also draw on peer experiences of feelings of loss and how to process those feelings. *\*To register, call reception at 705.422.1888 or register online at [www.southgeorgianbaychc.ca/programs](http://www.southgeorgianbaychc.ca/programs). Participants are asked to attend all six sessions.*



### **NEEDLE EXCHANGE PROGRAM (IN-PERSON)**

*Anyone in need of these services is encouraged to visit the SGBCHC during clinic hours. Trained staff are on-site to offer guidance or assistance.*

This harm-reduction program is offered in partnership with the Simcoe Muskoka District Health Unit. All exchange supplies are provided free of charge and no identifying information is requested. Available items include: Injection kits (new needles, spoons, alcohol swabs, sterile water, tourniquets, and when requested vitamin C), safe smoking kits, containers for the safe disposal of used needles, and other substance use equipment. Information about safer substance use and community supports is also available.



### **ONTARIO STRUCTURED PSYCHOTHERAPY**

*Call reception at 705.422.1888 for more information*

This mental health program, delivered in partnership with Waypoint Centre for Mental Health Care, is for people living with depression and/or anxiety and provides free access to Cognitive Behavioural Therapy (CBT) sessions in both English and French. *\*A referral by your primary healthcare provider or a self-referral can be made to access this program.*

All in-person and online programs are FREE and open to everyone. Please see program description for registration details.

## Chronic Disease Education Programs



### **UNDERSTANDING DIABETES AND PREDIABETES (ONLINE)**

*January 31st from 2:00 PM - 3:30 PM*

*March 15th from 10:00 AM - 11:30 AM*

This online workshop covers all topics related to managing diabetes and prediabetes. This program is for individuals who have been recently diagnosed or for anyone wanting an update on effective strategies for managing diabetes. Topics include new developments in diabetes care, medication, exercise, nutrition, mental health and preventing complications. Caregivers are also welcome.

*\*To register, call reception at 705.422.1888 or register online at [www.southgeorgianbaychc.ca/programs](http://www.southgeorgianbaychc.ca/programs).*



### **DIABETES CONVERSATION GROUP (IN-PERSON)**

*Registration is held through the Wasaga Beach Public Library. Call 705.429.5841 or visit [www.wasagabeach.library.on.ca](http://www.wasagabeach.library.on.ca) to register.*

If you or a family member are living with diabetes or prediabetes, join us online every month to discuss topics related to diabetes management. Participants will also have the opportunity to ask our Certified Diabetes Educators questions and connect with other people living with diabetes.



All in-person and online programs are FREE and open to everyone. Please see program description for registration details.

## Self-Management Programs



### **LIVING A HEALTHY LIFE WITH CHRONIC PAIN (ONLINE)**

Fridays January 13, 20, 27, February 3, 10, 17 from 1:30 PM – 4:00 PM

Thursdays February 9, 16, 23, March 1, 8, 15 from 1:30 PM – 4:00 PM

Wednesdays March 15, 22, 29, April 5, 12, 19 from 9:30 AM – 12:00 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. Many topics are covered from the lens of chronic pain including mind-body connection, sleep, action planning, dealing with difficult emotions, physical activity, better breathing, healthy eating, problem-solving, stress management, working with your healthcare team and more. Family members and/or caregivers are also welcome. *\*To register, call 705.717.4744 or visit [www.nsmsselfmanagement.ca/registration](http://www.nsmsselfmanagement.ca/registration).*



### **LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS (ONLINE)**

Wednesdays January 11, 18, 25, February 1, 8, 15 from 1:30 PM – 4:00 PM

Tuesdays February 7, 14, 21, 28, March 7, 14 from 9:30 AM – 12:00 PM

Mondays March 13, 20, 27, April 3, 10, 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 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. Topics include fatigue management, mind-body connection, action plans, problem-solving, dealing with difficult emotions, physical activity and preventing falls, healthy eating, pain management, communication skills, planning for the future and more. Family members and/or caregivers are also welcome. *\*To register, call 705.717.4744 or visit [www.nsmsselfmanagement.ca/registration](http://www.nsmsselfmanagement.ca/registration).*

All in-person and online programs are FREE and open to everyone. Please see program description for registration details.



## POWERFUL TOOLS FOR CAREGIVERS (ONLINE)

Thursdays January 12, 19, 26, February 2, 9, 16 from 10:00 AM – 11:30 AM  
Fridays February 10, 17, 24, March 3, 10, 17 from 1:00 PM – 2:30 PM

Caring for a family member or friend with a chronic condition can be physically, emotionally, and financially draining. 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 class sessions held once per week. Class participants are given *The Caregiver Helpbook* to accompany the class and provide additional resources. \*To register, call 705.717.4744 or visit [www.nsmselfmanagement.ca/registration](http://www.nsmselfmanagement.ca/registration).



## UNE RÉGIME DE VIE SAINE POUR SURMONTER LA DOULEUR CHRONIQUE (EN LIGNE)

Call 705.717.4744 for more information and to register

Ce programme s'adresse aux personnes qui vivent avec la douleur chronique, comme la douleur au bas du dos, la douleur à la suite d'un accident, l'arthrite, des migraines, la fibromyalgie et d'autres conditions causant de la douleur. Chaque semaine, l'atelier propose des stratégies pour mieux gérer les symptômes de la douleur chronique et mener une vie plus saine. Les membres de la famille et les proches aidants sont les bienvenus.



All in-person and online programs are FREE and open to everyone. Please see program description for registration details.

## Community Programs



### **MOTHELCARE & NEXT STEP (ONLINE)**

*Go to [www.facebook.com/simcoecountycapc](https://www.facebook.com/simcoecountycapc) to register*

These weekly programs provide fun and inclusive activities to support the development of healthy families. The programs are available to pregnant women and mothers with children under three years of age. Participants will have access to activities and discuss nutrition, health, parenting and child development.



### **RAPID ACCESS ADDICTION MEDICINE (RAAM) CLINIC**

*Monday to Friday from 8:30 AM-3:30 PM, 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.



### **2-1-1 HELPLINE SOUTH GEORGIAN BAY**

*Call 2-1-1 to speak to a Community Navigator*

This free, confidential helpline will help individuals connect with the services they need such as safe housing, food, community programs, income support, health care, legal services, income tax form support, crisis support, mental health support, and more. \*To access this service, dial 2-1-1 or visit [211ontario.ca](https://211ontario.ca).