



Centre de santé communautaire
CHIGAMIK
Community Health Centre

Fall

PROGRAM GUIDE

OCTOBER - DECEMBER 2019



CSC Chigamik CHC | 845 King St., Unit 10, Midland ON | L4R 0B7

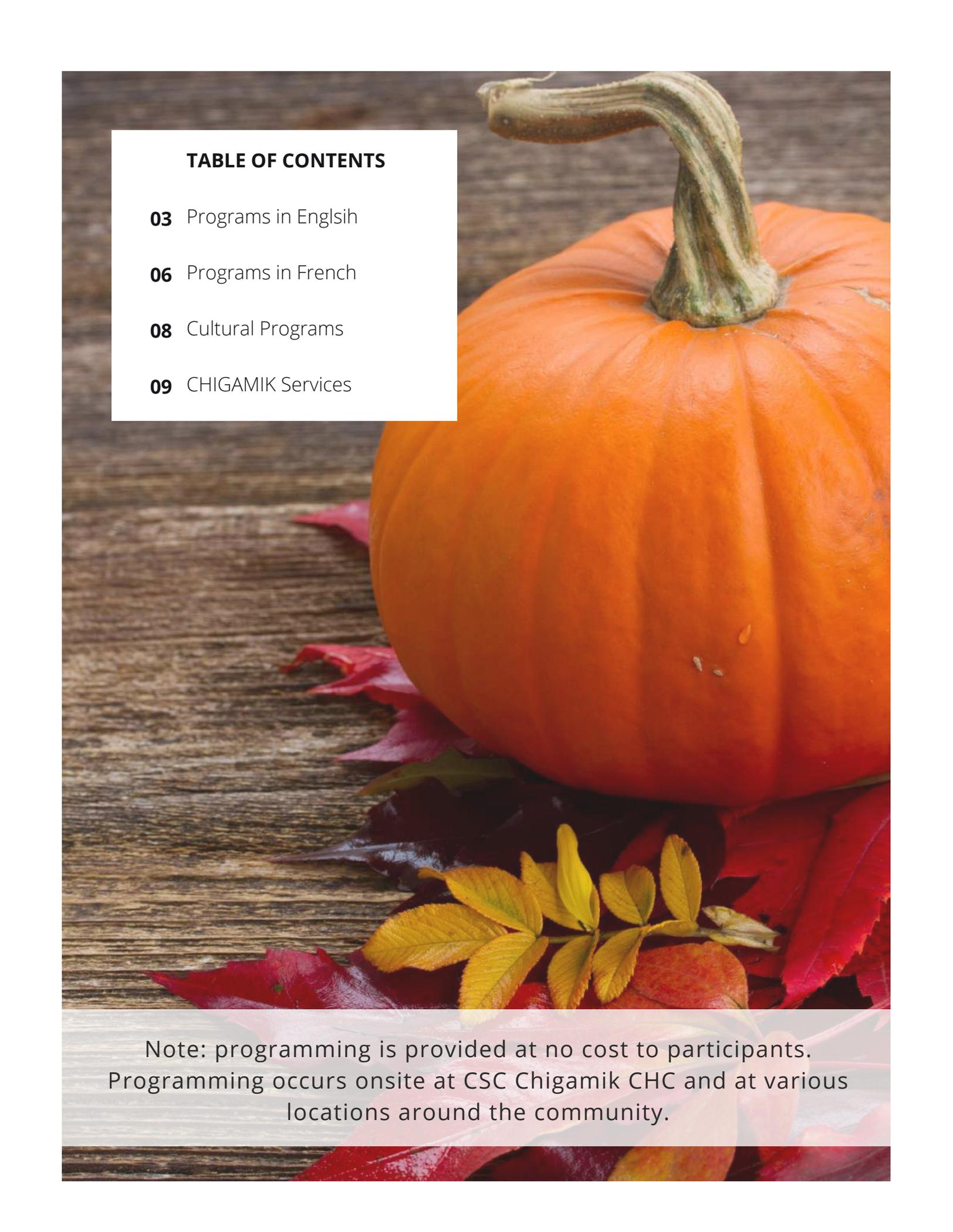


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Note: programming is provided at no cost to participants. Programming occurs onsite at CSC Chigamik CHC and at various locations around the community.



Fall Programs

in English

CONCURRENT DISORDERS GROUP

Join us for this weekly drop-in Concurrent Disorders Group. This group focuses on discussion around issues related to substance use and mental health and how these issues affect each person's quality of life. **At the Wendat Boardroom*

Fridays 1-3pm

QUIT CAFE

Drop-in smoking cessation support group. Nicotine Replacement Therapy is available for 26 weeks at no cost.

Thursdays 10:00-11:30am

MIJIM MARKET

Visit the weekly food market for delicious fresh fruits and veggies. Low prices, local food, sense of community and open to everyone! **At Operation Grow in Midland. Free child minding!*

Mondays 2-5pm

MAMMA TRIBE

Get a helping hand in this drop-in peer support breastfeeding and social group for new moms and babies. **Nursing and breast feeding support is available!*

Wednesdays from 12:30-3:00pm

MOTHERCARE & NEXT STEP

This weekly 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!*

Wednesdays 9:30-3:30pm

CHOOSE TO MOVE

Join us for a weekly indoor exercise program for adults that focuses on moving during the cooler months! **At the Wyebridge Community Hall.*

**Starting Wednesday Oct. 2nd
11am-12pm**

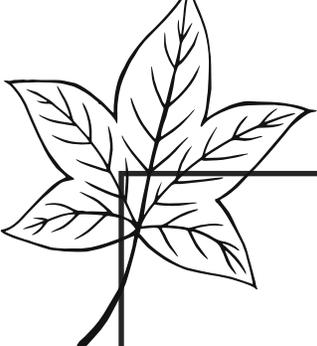
LABOUR AND BIRTH CLASS

Join the Midland Midwives, in partnership with the Simcoe Muskoka Health Unit, as they teach expectant parents about the physiology of labour and birth, what to expect, complications and pain relief options. It's a great opportunity to meet other pregnant women and families in the area, and get answers to your labour and birth questions.

**Wednesday December 4th
7-9pm**

For more information or to sign-up for programs, please visit www.chigamik.ca/programs or call 705.527.4154 x252.

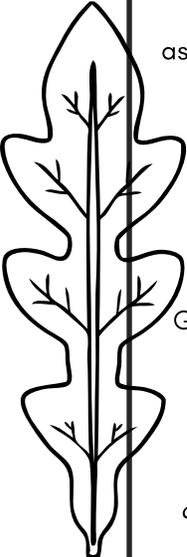
All programs are **FREE!**



CHOICE OF BIRTHPLACE

Deciding where to have your baby can be confusing. Come out to this informative workshop to learn about your options. The Midland Midwives will provide information on giving birth at the local hospitals as well as home birth. **Care providers and families not in midwifery care are welcome!*

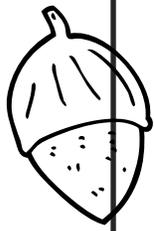
**Wednesday Oct. 16th
7-9pm**



DENTAL CLINIC

Georgian college dental hygiene students will be visiting Chigamik to provide free dental cleaning, polishing, professional fluoride treatment, and preventative oral care education sessions. **Severe dental needs cannot be addressed at this clinic. A referral letter will be given, if applicable.*

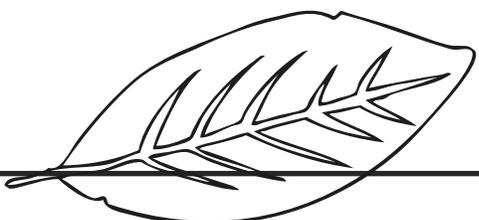
Friday Oct. 11th 8:30am-4:30pm



COMMUNITY HOLIDAY DINNER

Help us celebrate the holiday season with a delicious community meal! Participants will prepare dinner together and sit down to a delicious festive meal. A gift raffle and cookie decorating will also be enjoyed by all.

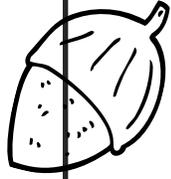
Tuesday Dec. 10th 5-7pm



INFANT MASSAGE WORKSHOP

Infant massage is a great way to bond with your baby. This workshop will teach you about the many benefits of infant massage. Abdominal massage to help with digestion and colic, and soothing and relaxing techniques to help baby sleep will also be discussed. Babies are welcome!

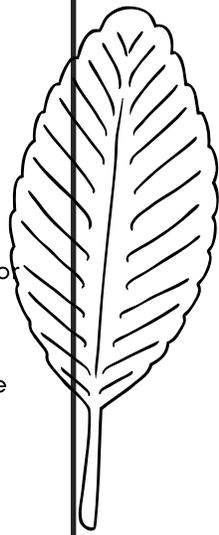
**Wednesday Nov. 13th
10am-12pm**



GOODBYE ANXIETY

Join this 12-week program that will discuss Cognitive Behaviour Therapy (CBT) skills to help you manage your anxiety. *Includes screening for eligibility.*

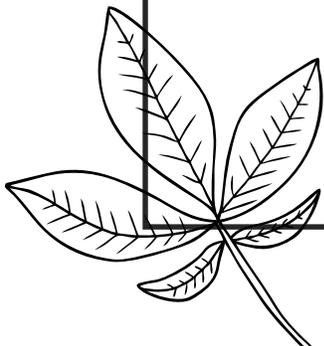
**Starting Thursday Sept 19th
1:30-3:00pm**



BABY WEARING 101

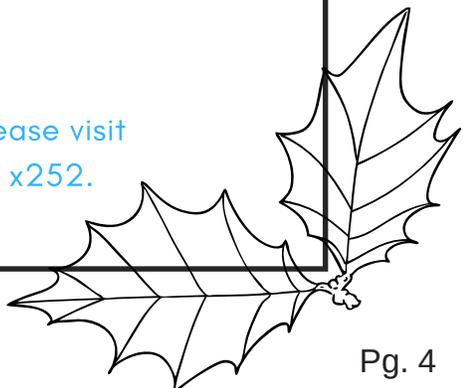
From baby wrapping to structured carriers for infants and toddlers, participants will have the opportunity to learn about different carriers. Bring in your own carrier to receive support, or explore new styles! Babies are welcome!

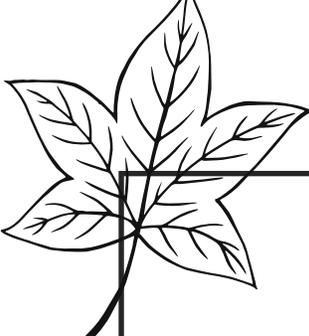
**Wednesday Oct. 16th
10am-12pm**



For more information or to sign-up for programs, please visit
www.chigamik.ca/programs or call 705.527.4154 x252.

All programs are **FREE!**



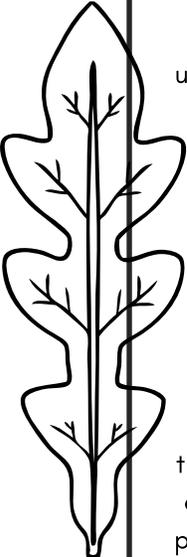


OSTEOARTHRITIS OF THE SPINE

Participants will learn strategies on how to live better with osteoarthritis of the neck or back in this three-hour workshop led by a physiotherapist from the Arthritis Society.

Topics will include learning how to better understand your diagnosis, possible causes of pain, as well as good posture habits and strategies for easing daily activities.

Thursday Dec. 12th 1-4pm



WATERCOLOUR WORKSHOP

Participants will be using natural dyes to create their own unique paint palettes that they can bring home. A variety of colours and canvases will be available to participants to practice their watercolouring techniques. **All ages are welcome!*

Tuesday Oct. 29th 10am-1pm



LGBT YOUTH GROUP

The goal of this drop-in group is to provide a relaxed place for LGBT youth to connect with each other in the community, access resources and support LGBT topics and issues.

This group is guided by the interests and imaginations of the youth involved and is facilitated by supportive adults!

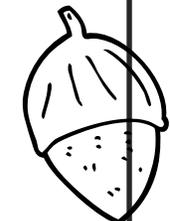
Every first and third Wednesday of each month



MINDFUL MONDAYS

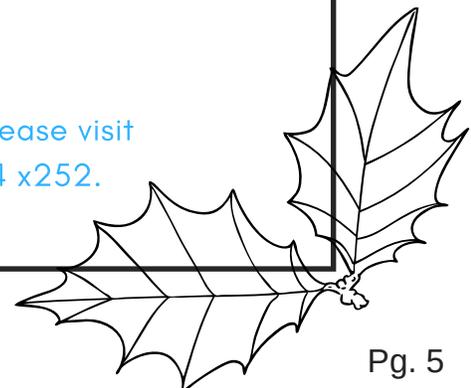
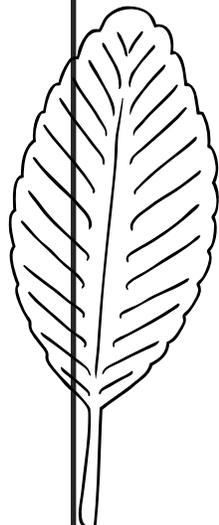
This drop-in class fosters an accepting, non-judgmental environment to learn and practice different mindfulness exercises and topics each week. Sample topics include learning how to breathe, awareness of your senses, the power of choice, and mindful pain management. **No experience is needed!*

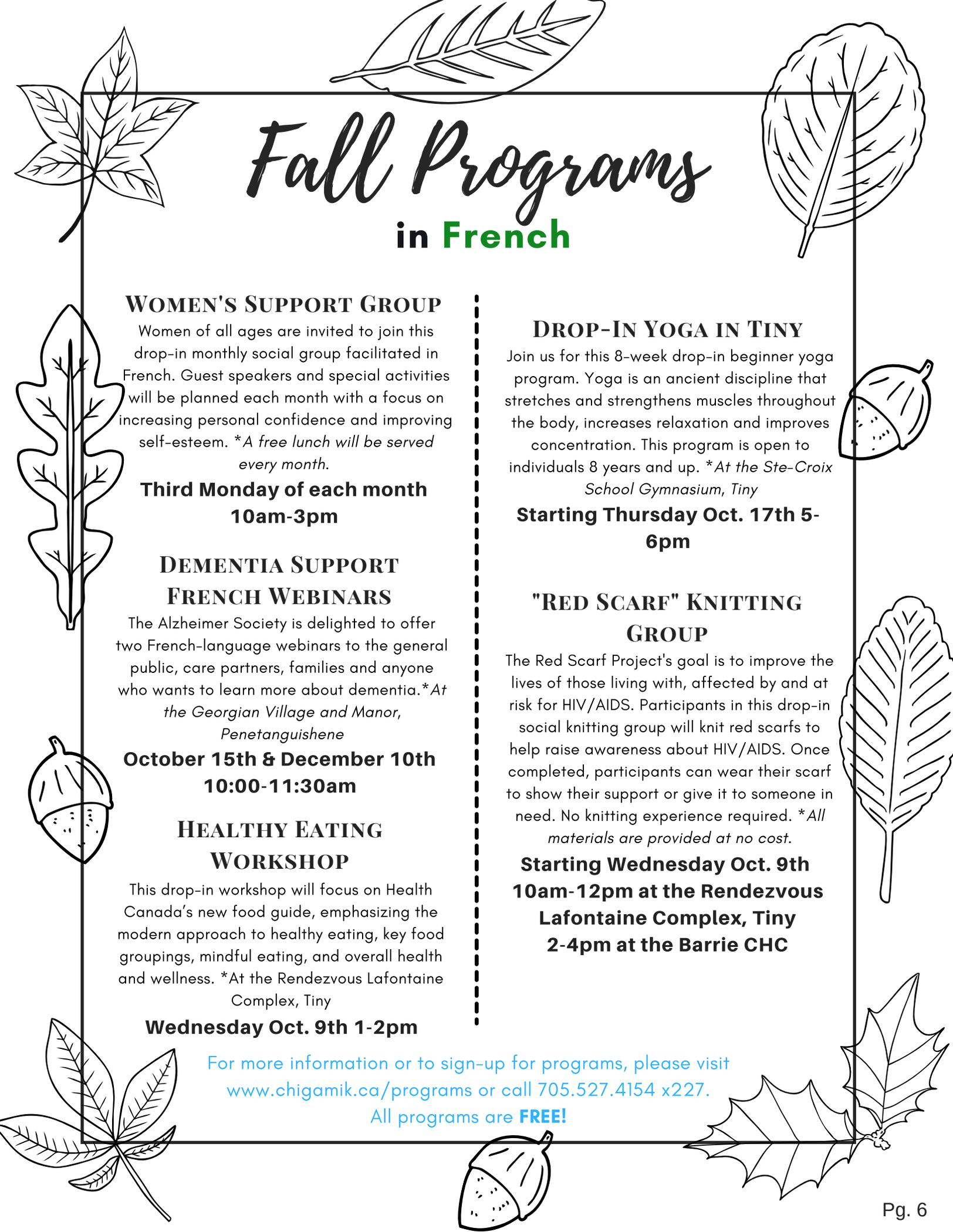
Mondays 11am-12pm



For more information or to sign-up for programs, please visit www.chigamik.ca/programs or call 705.527.4154 x252.

All programs are **FREE!**





Fall Programs in French

WOMEN'S SUPPORT GROUP

Women of all ages are invited to join this drop-in monthly social group facilitated in French. Guest speakers and special activities will be planned each month with a focus on increasing personal confidence and improving self-esteem. **A free lunch will be served every month.*

**Third Monday of each month
10am-3pm**

DEMENTIA SUPPORT FRENCH WEBINARS

The Alzheimer Society is delighted to offer two French-language webinars to the general public, care partners, families and anyone who wants to learn more about dementia. **At the Georgian Village and Manor, Penetanguishene*

**October 15th & December 10th
10:00-11:30am**

HEALTHY EATING WORKSHOP

This drop-in workshop will focus on Health Canada's new food guide, emphasizing the modern approach to healthy eating, key food groupings, mindful eating, and overall health and wellness. **At the Rendezvous Lafontaine Complex, Tiny*

Wednesday Oct. 9th 1-2pm

DROP-IN YOGA IN TINY

Join us for this 8-week drop-in beginner yoga program. Yoga is an ancient discipline that stretches and strengthens muscles throughout the body, increases relaxation and improves concentration. This program is open to individuals 8 years and up. **At the Ste-Croix School Gymnasium, Tiny*

Starting Thursday Oct. 17th 5-6pm

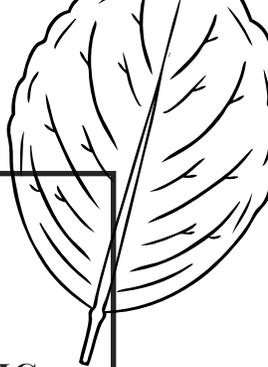
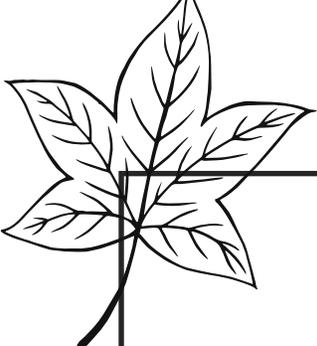
"RED SCARF" KNITTING GROUP

The Red Scarf Project's goal is to improve the lives of those living with, affected by and at risk for HIV/AIDS. Participants in this drop-in social knitting group will knit red scarfs to help raise awareness about HIV/AIDS. Once completed, participants can wear their scarf to show their support or give it to someone in need. No knitting experience required. **All materials are provided at no cost.*

**Starting Wednesday Oct. 9th
10am-12pm at the Rendezvous
Lafontaine Complex, Tiny
2-4pm at the Barrie CHC**

For more information or to sign-up for programs, please visit
www.chigamik.ca/programs or call 705.527.4154 x227.

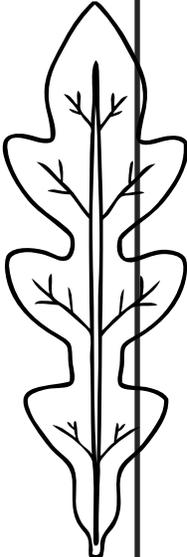
All programs are **FREE!**



YOGA IN BARRIE

Join us for this 8-week beginner yoga program. Yoga is an ancient discipline that stretches and strengthens muscles throughout the body, increases relaxation and improves concentration. This program is open to individuals 8 years and up. *At the Frère-André school gymnasium, Barrie

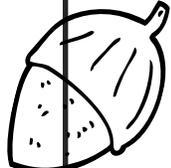
**Tuesdays starting Oct. 1st
6-7pm**



CARE FOR THE CAREGIVER

This workshop will provide caregivers with the tools needed to help preserve self-care. Community resources, and support strategies will be shared to help manage stress and prevent isolation that caregivers may experience. *In collaboration with L'union Culturelle des Franco-Ontariennes.

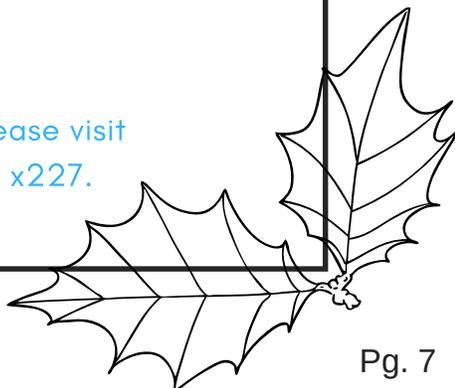
Thursday Dec. 5th 2-3pm



NIA: MOVEMENT & MUSIC

Are you looking for an exercise routine that will keep you in great shape and help you rediscover the joy of movement? The NIA exercise workshop is a mind and body physical conditioning program and is open to anyone. Beginners are welcome! *At Notre Dame Elementary School, Collingwood

**October 21st & November 18th
5:00-6:30pm**



For more information or to sign-up for programs, please visit
www.chigamik.ca/programs or call 705.527.4154 x227.

All programs are **FREE!**



Fall Cultural Programs

YOUTH BEADING CIRCLE

Youth ages 12-25 are invited to join Chigamik's beading circle. Participants can work at their own pace while learning the basics of beading to create a unique piece of art. **At the North Simcoe Youth Hub: HERO Centre*

**Every other Tuesday starting
Sept. 17th 4-6pm**

AFTER BABY GROUP

This 7-week support group is for new moms who are experiencing mood changes after baby. The group will discuss coping and self-care strategies and understand imbalances through the use of the medicine wheel.

**Tuesdays starting Oct. 15th
5:00pm-6:30pm**

TRADITIONAL MASSAGE

Join Métis Healer Pamela Tremblay-Hayes in a practical, hands-on Traditional Massage workshop. Upon completing the workshop, participants will be able to conduct a basic neck, arm and hand massage to family members. **Please wear a short sleeve shirt.*

Tuesday Nov. 5th 1:00-3:30pm

DRUMMING CIRCLE

Peer-led drop-in group that teaches participants how to play the hand drum while singing Indigenous songs.

Mondays 6-8pm

OJIBWE LANGUAGE

DROP-IN PROGRAM

This weekly drop-in program provides a safe space for Indigenous and non-Indigenous individuals to explore the Ojibwe language at a beginner level and focus on the cultural importance of the language.

Wednesdays 5-7pm

CORN MOON MEDICINES

During this workshop Grandmother Pauline Shirt will share teachings about the 13 moons including the Fall Equinox and four sacred food teachings. **Participants are invited to take part in a potluck lunch.*

Thursday Oct. 3rd 10am-3pm

SWEAT LODGE

Join Medicine Man, Jake Agoneh, for a purification ceremony for individuals (all gender) seeking healing through cleansing, in a respectful and inclusive environment.

Wednesday Oct. 9th 5:30-9pm

WINTER SOLSTICE EVENT

Join Elder and honoured Traditional Healer, Pauline Shirt in a Winter Solstice ceremony. The day will begin with a lunch followed by a two hour solstice ceremony.

Thursday Dec. 19th 10am-3pm

For more information or to sign-up for programs, please visit www.chigamik.ca/programs or call 705.527.4154 x252.

All programs are **FREE!**



Chigamik Services

Our services are developed to respond to the specific and diverse needs of our community. Working together with our clients and our community is at the heart of our model of care. We work with partners and community members to understand local issues, build local connections and deliver local solutions to address the health needs of our community.

Chigamik offers the following services at no cost:

- Biidaaban Doula Collective
- CBT Psychotherapy
- Community Outreach
- Dietitian Services*
- French Language System Navigation
- Indigenous Perinatal Mental Health Services
- Kin-nod-mo-win Diabetes Program
- Massage Therapy
- Diabetes Foot Care
- Mental Health and Addictions Counselling*
- Mental Health Walk-In Clinic
- Midland Midwives
- Mijjim Community Food Market
- Naturopathic Medicine*
- North Simcoe Community Health Link
- Physiotherapy*
- Primary Health Care*
- Telemedicine
- Traditional Healing

*Must be a CSC CHIGAMIK CHC rostered primary health care client to receive this service.

For more information about our services, please visit www.chigamik.ca or call 705.527.4154. All programs and services are **FREE!**