



Centre de santé communautaire
CHIGAMIK
Community Health Centre

Fall

PROGRAM GUIDE

OCTOBER - DECEMBER 2022





TABLE OF CONTENTS

- 03** Programs in English
- 05** Programs in French
- 06** Cultural Programs
- 08** Chigamik Services

IMPORTANT: When taking part in an in-person program, participants will be screened for COVID-19 symptoms and risk factors upon entering the building. All group participants will be required to practice physical distancing and wear a face mask at all times.

Fall Programs

in English

CHOOSE TO MOVE (ONLINE)

Join Chigamik's physiotherapist, Renée Scruton, for a weekly online exercise program for adults that focuses on overall strength while improving your core, posture, balance and having fun!

Wednesdays 11:00am-12:00pm

MINDFUL MONDAYS (ONLINE)

This mindfulness program fosters an accepting, nonjudgmental environment to practice mindfulness exercises and explore different topics each week. Participants will develop a greater awareness of their breath, senses, lifestyle, relationship patterns, power of choice, and how to mindfully manage pain.

**No experience is needed!*

Mondays 11:00am-12:00pm

MOTHERHOOD: MANAGING BOUNDARIES, BALANCE AND EXPECTATIONS (IN-PERSON)

Transitioning into motherhood is not easy and not always what we expect. In this six-part series, participants will learn about the importance and necessity of establishing healthy boundaries, being assertive and prioritizing self-care. The group will explore balance and wellbeing using the medicine wheel, and learn how to manage expectations in this new life-changing role.

**Wednesdays starting on October 19
9:30am-11:00am**

QUIT CAFÉ (IN-PERSON)

Do you want to quit smoking and need support? Chigamik's Quit Café is a good place to start! Join our smoking cessation support group. Nicotine Replacement Therapy (i.e. the patch, gum, lozenges or inhaler) is available for up to 26 weeks, at no cost.

Thursdays 10:00am-11:30am

MAMA TRIBE

(ONLINE & IN-PERSON)

Get a helping hand at this friendly and supportive peer support group for new moms and babies! This group provides an open discussion on various social, developmental and educational topics along with regular guest speakers. **The group will meet in-person on the last Tuesday of each month.*

Tuesdays 1:00pm-3:00pm

BALANCING BONE HEALTH (ONLINE)

In partnership with Osteoporosis Canada, this four-part, online learning series will focus on a new topic related to the management of low bone mass, followed by a short exercise session led by Chigamik's physiotherapist, Renée Scruton. Exercises are tailored specifically to individuals living with low bone mass or Osteoporosis and can help prevent future challenges brought on by the condition.

**Mondays starting October 17
10:00am-11:00am**

For more information or to sign-up for programs, please visit www.chigamik.ca/programs-new. All programs are **FREE!**

ANGEL ORNAMENT WORKSHOP (IN-PERSON)

Join our bereaved family community as we gather to create a beautiful holiday angel ornament in honor and memory of our babies gone too soon. Families can share ways they are honoring their loved ones, as well as challenges they may be facing around the holidays. This workshop is supported by our perinatal mental health counsellor and bereaved mothers in our community.

**Thursday December 1
1:00pm-3:00pm**

LIVING A HEALTHY LIFE WITH CHRONIC PAIN (IN-PERSON)

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. *To register, call 705.717.4744 or visit www.nsmselfmanagement.ca/registration.

**Tuesdays starting October 11
9:30am-12:00pm**

PRENATAL BREASTFEEDING CLASS (ONLINE)

You don't have to travel on your breastfeeding journey alone! This online class, hosted by an International Board Certified Lactation Consultant from the Midland Midwives by the Bay, covers a variety of topics to help support breastfeeding including: how your body makes milk, feeding cues, how to know if your baby is getting enough milk, different breastfeeding positions and more! Questions are encouraged!

**Fourth Tuesday of each month
6:30pm-8:00pm**

PARKINSON'S DANCE GROUP (ONLINE & IN-PERSON)

This fun and stimulating dance therapy program is for individuals with Parkinson's disease and their care partners. This program is designed to help participants improve balance, coordination and ease of motion.

Fridays 11:00am-12:00pm

HEART HEALTHY EATING (ONLINE)

This interactive workshop hosted by Chigamik's registered dietitian, Andrea Gillespie, focuses on lifestyle and dietary changes to help individuals achieve optimal health and wellbeing. Participants will learn how to read food labels and get the facts on fat, cholesterol, fibre and salt. Trends in nutrition including super foods, pulses and nutrition tips for weight management will also be discussed.

**Wednesday October 5
11:00am-12:00pm**

For more information or to sign-up for programs, please visit www.chigamik.ca/programs-new. All programs are FREE!

Fall Programs

in French

LIVING IN THE PRESENT MOMENT (ONLINE)

Join psychotherapist, Julien Laramée, for this online Mindfulness program that fosters an accepting, nonjudgmental environment to practice mindful exercises. Participants will learn how to mindfully manage stress and develop a greater control over their lives. **No previous mindfulness experience is necessary!*

Tuesdays 1:00pm-2:00pm

GET HEALTHY FROM HEAD TO TOE! (IN-PERSON)

Learn. Apply. Have fun! These are the ingredients to wellbeing for the body, mind and spirit. In this workshop, participants will learn how to recharge their mind and body through mindfulness and other techniques. Topics will also include supports related to anxiety, PTSD, and grief.

Snacks and refreshments will be shared!

**Third Wednesday of each month
starting on October 19
1:00pm-4:00pm**

GROUILLE OU ROUILLE (ONLINE)

Join Chigamik's physiotherapist, Renée Scruton, for a weekly online exercise program in French that focuses on overall strength training, while improving your core, posture, balance and having fun!

Mondays 1:00pm-2:00pm

NIA! (ONLINE)

Join us for this fun and energizing online exercise series called NIA! NIA is a powerful fusion of dance, martial arts and mindfulness that uses holistic movements and wellness practices to address every aspect of your life - body, mind and spirit. This group will be exploring an exercise routine called "Levity."

**No experience is necessary!*

**Thursdays starting on October 19
7:00pm-8:15pm**

For more information or to sign-up for programs, please visit
www.chigamik.ca/programs-new. All programs are FREE!

Fall Cultural Programs

OJIBWE LANGUAGE GROUP: THE FUNDAMENTALS

(ONLINE)

This weekly online 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.

NEW TIME! Tuesdays

5:30pm-7:00pm

LIGHT MEDITATION **(ONLINE)**

Traditional Healer Troy Greene invites you to create time and space for personal insight and reflections guided by Light. Teachings related to the development of inner wisdom may be shared. Bring an open mind and cultivate your ability to listen.

Friday November 18

1:00pm-3:00pm

THE MEDICINE WHEEL HAS TURNED: UNDERSTANDING THE WINTER SEASON **(ONLINE)**

We have witnessed the manifestation of spring, summer and autumn and we welcome the North Power. Participants in this teaching will learn about the gifts presented by the North Power and how to achieve balance within, while preparing for the new cycle of spring.

Thursday December 1

10:00am-12:00pm

CONVERSATIONAL OJIBWE LANGUAGE GROUP

(ONLINE)

This weekly group is for anyone who is well-versed in the Ojibwe language fundamentals and wants to take the next step in their learning journey. The group focuses on conversations and sentence structure in the Ojibwe language. **Participants should have a solid foundation of the Ojibwe language before attending this group.*

Mondays 4:30pm-6:00pm

FOREST HEALING WALK

(IN-PERSON)

You are invited to enjoy the briskness of the autumn air and become immersed in a landscape of brilliant fall colours. Together, with Traditional Practitioner Brian George, participants will exchange stories and honour Mother Earth with a Smudge and a Tobacco (samaa) offering. The group will observe mother nature and let the great West Power of autumn bathe them in understanding, power, mystery and beauty.

**Participants will meet at Chigamik Community Health Centre and carpool to a local forest. This is an outdoor event so please dress appropriately. It is suggested that you pack a lunch to carry with you. Refreshments will be provided.*

Tuesday October 18

10:00am-1:00pm

For more information or to sign-up for programs, please visit
www.chigamik.ca/programs-new. All programs are FREE!

HOW TO JOIN AN ONLINE PROGRAM

1. Visit www.chigamik.ca/programs-new and either login to your account or create a new user account. You will only need to create a user account one time. *It is very important that you complete the registration all the way through. If you do not, you will not be registered into your selected programs.
2. Select the program you are interested in joining and click the 'go to next step' button at the end of the page.
3. Once registered, you will receive a confirmation email that you have registered for the program.

WHERE

All sessions are accessed on the virtual video conferencing platform called 'Zoom'. You will receive an email 24 hours prior to the session date with a zoom access link and instructions.

You may download Zoom onto your computer at any time by visiting **zoom.us**. Alternatively, you can download the Zoom app by visiting the app store located on your mobile phone or tablet.

COST

All programs are provided at no cost to the community. We always appreciate feedback on our program offerings. Please share your program experiences with us by visiting www.chigamik.ca/contact-us/ and completing the form provided.

For more information or to sign-up for programs, please visit www.chigamik.ca/programs-new. 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
- Dietitian Services*
- French Language System Navigation
- Indigenous Diabetes Foot Care
- Indigenous Massage Therapy
- Indigenous Perinatal Mental Health Support
- Kin-Nod-Mo-Win Diabetes Program
- Mental Health and Addictions Counselling*
- Midland Midwives By the Bay
- Needle Exchange/Harm Reduction Support
- 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 or to sign-up for programs, please visit www.chigamik.ca/programs-new. All programs are FREE!