



Centre de santé communautaire  
CHIGAMIK  
Community Health Centre

# Summer

PROGRAM GUIDE

JULY - SEPTEMBER 2025

## HOW TO JOIN A PROGRAM

1. Visit [www.chigamik.ca](http://www.chigamik.ca) and click on "Register" under the "Programs/Courses" tab. Once you select the program you would like to attend, either login to your account or create a new user account. You will only need to create a user account one time.
2. Select the program you are interested in joining and click the green "register" button.
3. Once registered, you will receive a confirmation email that you have registered for the program.

## LOCATION

**All programs are available either in-person or online.**

**In-Person:** All in-person programs take place at the Midland Community Health Hub, located at 287 Bayshore Drive in Midland, unless specified otherwise.

**Online:** All online sessions are accessed on **'Zoom'**. If you sign up for an online program, 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](http://zoom.us). Alternatively, you can download the Zoom app by visiting the app store located on your mobile phone or tablet.

VISIT: [WWW.CHIGAMIK.CA](http://WWW.CHIGAMIK.CA) TO REGISTER

# Summer Programs

## SOCIAL CONNECTION

PROGRAMS	DESCRIPTION	DATE/TIME
Nature Nurtures: Walk at Awenda Park	Step into nature and explore the beautiful trails of Awenda Park on a guided walk that encourages meaningful connection and time to simply enjoy the outdoors. Perfect for those looking to try something new, spend time in nature, and enjoy the company of others in a relaxed, welcoming environment. Come solo or with a friend, bring comfortable shoes, and leave feeling connected to the land and those around you.	Monday, July 7 1:00pm-3:00pm  <i>*Located at Awenda Park</i>
Traditional Teachings 101: Water Ceremony	Explore the sacred significance of water in this introductory offering rooted in Indigenous teachings. This session provides a meaningful opportunity to reconnect with water and recognize its importance in all aspects of life. Participants are invited to deepen their understanding of water's role in supporting physical, emotional, and spiritual wellbeing, while reflecting on its relationship to all living things.	Thursday, July 17 2:00pm-4:00pm
Traditional Teachings 101: Sweetgrass	Discover the cultural significance of sweetgrass in this introductory session shared through Indigenous cultural teachings. Often referred to as the "hair of Mother Earth," sweetgrass is one of the Four Sacred Medicines and holds deep meaning in traditional practices. Participants will learn about its uses, teachings, and the important role it plays in Indigenous culture and ceremony.	Thursday, August 7 2:00pm-4:00pm
SingWell	Join us weekly for SingWell, a fun and inclusive singing group for individuals with respiratory challenges. No singing experience needed! SingWell is part of a nationwide research study on the benefits of group singing for those with COPD. Participation in the research is optional—you can decide at the first session. Caregivers are welcome too!	Fridays starting August 8 10:00am-11:00am
Harbour Hangouts: Mini Putt at Balm Beach	Join us for a laid-back outing to Balm Beach Mini Putt—perfect for adults looking to enjoy a summer afternoon in great company. Play at your own pace, soak up the sunshine, and connect with others in a relaxed and welcoming setting. It's a perfect way to unwind, meet new people, and make the most of a sunny afternoon.	Thursday, August 21 1:00pm-3:00pm  <i>*Located at Balm Beach Mini Putt, Tiny</i>

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## SOCIAL CONNECTION

PROGRAMS	DESCRIPTION	DATE/TIME
Traditional Natural Dye Workshop	Discover the art and tradition of natural dyeing in this hands-on workshop with Hunter Corbiere. This session invites participants to explore how plants and natural materials can be used to create beautiful, meaningful colours. Come ready to learn, create, and connect in a welcoming space that honours traditional practices and Indigenous ways of knowing.	Wednesday, August 27 10:00am-4:00pm
Harvest Practices & Basket Making	Take part in an engaging session that honours the traditional practices of harvesting and basket making. Participants will learn about respectful harvesting techniques, seasonal cycles, and the cultural significance of gathering materials from the land. This hands-on experience offers a meaningful way to connect with nature, community, and Indigenous knowledge.	Tuesday, September 8 10:00am-12:00pm
Three Sisters Teaching & Tasting	Experience the rich connection between Indigenous knowledge, culture, and food at the Three Sisters Teaching & Tasting. This meaningful gathering explores the traditional teachings of corn, beans and squash, known as the Three Sisters. Discover their cultural significance in Indigenous agriculture and community and enjoy a shared tasting that brings these teachings to life.	Tuesday, September 16 10:00am-12:00pm
Harbour Hangouts: Apple Picking	Spend a summer day at Barrie Hill Farms enjoying the simple pleasure of apple picking! This adults-only outing is a great way to try something new, meet people, and soak up the beauty of the season. Whether you're a first-time visitor or a seasoned picker, come ready to breathe in the fresh air, fill your basket with fresh apples, and take part in a relaxed and social afternoon.	Thursday, September 18 1:00pm-3:00pm
Apple Picking	Join us at Barrie Hill Farms for a fun and family friendly day of apple picking! This special outing is designed for parents and their little ones to enjoy the fresh autumn air, pick apples together, and create lasting memories outdoors. It's a wonderful way to connect with nature, get a bit of light activity, and head home with a basket of freshly picked apples for everyone!	Date & time TBD  <i>*Please sign up to the waitlist</i>
Blueberry Harvesting	Spend a sweet summer morning blueberry picking at Tiny Acres. This family-friendly outing invites parents and young children to explore the berry fields, fill their baskets with juicy blueberries, and enjoy time together in nature. It's a fun and relaxing way to get outside, learn where our food comes from, and make delicious memories.	Date & time TBD  <i>*Please sign up to the waitlist</i>

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## MENTAL HEALTH & ADDICTIONS

PROGRAMS	DESCRIPTION	DATE/TIME
Mindful Mondays <b>ONLINE</b>	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, feelings, emotions, thoughts, lifestyle, relationship patterns, and power of choice.	Mondays 11:00am-12:00pm  <i>*This program is on pause for the summer and will resume in September.</i>
Vivre l'instant présent <b>IN FRENCH &amp; ONLINE</b>	Join psychotherapist, Julien Laramée, for this Mindfulness program that fosters an accepting, nonjudgmental environment to practice mindfulness exercises and to develop a greater awareness of your senses, feelings, emotions, thoughts, lifestyle, relationship patterns, and power of choice.	Tuesdays 1:00pm-2:00pm  <i>*This program is on pause for the summer and will resume in September.</i>
Quit Café	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-11:30pm
Women's Wellness Series	Take part in a transformative 12-week Women's Wellness Series designed to support your well-being through the holistic teachings of the Medicine Wheel. This program explores physical, mental, emotional, and spiritual health, offering tools and practices to bring balance to all areas of life. Connect with your inner self, discover a deeper sense of purpose, and explore spiritual practices that promote healing and inner peace.	Tuesdays starting September 16 1:00pm-3:00pm

## PERINATAL SUPPORT

PROGRAMS	DESCRIPTION	DATE/TIME
Mama Tribe	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.	Tuesdays 1:00pm-3:00pm
Financial Wellness After Baby	Welcoming a new baby comes with both joy and new financial responsibilities. Paula Wilimek, Senior Financial Advisor, leads a supportive session on managing your financial wellness after baby. This workshop provides a welcoming, judgment-free space to ask questions, gain practical advice, and build a stronger financial foundation for your growing family.	Tuesday, July 15 1:00pm-3:00pm

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## PERINATAL SUPPORT

PROGRAMS	DESCRIPTION	DATE/TIME
Maawanji'idiwag (We Gather)	This is a monthly drop-in sharing circle for Indigenous individuals that are either pregnant or one year post-partum, and their families in our region. This gathering is an opportunity to come together, feast, and connect with one another in a welcoming and supportive environment. Each drop-in offers a chance to share stories, experiences, and wisdom, fostering a sense of community as you move through your pregnancy journey and beyond. Note: This program welcomes all types of family structure (partners, single parents, queer and trans*, etc.)	Third Monday of each month 1:00pm-2:00pm
Maawanji'idiwag: DIY Metis Family Peg Doll	Celebrate identity, culture, and family in this hands-on creative workshop for pregnant and postpartum individuals who self-identify as Indigenous. In a warm and supportive space, participants will create their own Métis-inspired family peg dolls while connecting through art and storytelling. Come as you are and enjoy a relaxed, culturally grounded experience. All materials are provided.	Monday, July 21 1:00pm-3:00pm
Mama & Baby: DIY Non-Toxic + Edible Playdough	Join us for a creative and engaging workshop where you and your little one will make your own non-toxic, edible playdough using simple, baby-safe ingredients! This hands-on activity is perfect for exploring sensory play, encouraging early development, and creating sweet bonding moments. It's a great opportunity for postpartum mamas to connect, get messy, and enjoy a relaxed, supportive space for playful learning.	Tuesday, July 29 1:00pm-3:00pm

## HEALTHY LIVING

PROGRAMS	DESCRIPTION	DATE/TIME
Bloom: Grow Through What You Go Through	This monthly program is designed for women / self-identifying women who have faced violence or other trauma. This program invites participants to cultivate both inner and outer growth through a series of enriching activities that incorporate the kitchen, the farm, fitness and movement, crafts, Dress for Success, mindfulness and journaling. <i>*Operation Grow is a community hub combining a vertical farm, an inspected kitchen, a yoga and meditation hall, meeting rooms, and shower and laundry facilities. All aspects of this social enterprise have been informed by the women it serves.</i>	First Wednesday of each month 9:00am-12:00pm  <i>*Located at Operation Grow</i>
Choose to Move <b>ONLINE</b>	Join 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

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## HEALTHY LIVING

PROGRAMS	DESCRIPTION	DATE/TIME
Tai Chi	Discover the transformative power of Tai Chi! Begin each session with a 20-minute workout featuring gentle, flowing movements and postures designed to enhance balance and flexibility. Following this, immerse yourself in personalized instruction from our experienced instructor, who will guide you through the ancient art of movement and mindfulness. Embrace the harmony of Tai Chi and unlock a healthier, more balanced you! *No registration required – simply drop-in!	Thursdays 12:00pm-1:00pm
Exercices physiques: Nia <b>IN FRENCH</b>	Join us for a dynamic and inclusive program that combines the joy of movement with the benefits of physical exercise. Whether you're looking to improve flexibility, strength, or simply want to move with joy, this program offers a supportive environment for everyone to express themselves and stay active.	Mondays from June 9 to July 28 10:30am-11:30am
Slow Flow Chair Yoga Level 2	This chair based class is designed for individuals with some prior yoga experience. This program will connect movement with our breath, creating a practice that may enhance strength, flexibility, and balance. This Slow Flow Yoga is ideal for those who are familiar with basic yoga movements and are looking to expand their practice and improve their physical capabilities, as we continue to connect with our inner self.	Tuesdays starting July 8 3:30pm-4:30pm
Gentle Chair Yoga Level 1	Gentle Chair Yoga offers an accessible way to experience the benefits of yoga. This beginner class is designed for participants who may have physical limitations, and or no previous yoga experience. Participants will have a choice to use the chair for seated or standing postures. This program focuses on improving flexibility, strength, and balance while also promoting relaxation.	Wednesdays starting July 9 10:00am-11:00am
Healing Through Harvest: Water	Healing Through Harvest: Water invites participants to explore the sacred connection between water, wellness, and community through Indigenous teachings and traditions. Through meaningful activities, participants will honour water's role in supporting physical, emotional, and spiritual wellbeing. This reflective and experiential program offers a space for learning, healing, and connection, all centered around the life-giving power of water.	Tuesday, July 29 10:00am-3:00pm
Série pour femmes: Circuit de services <b>IN FRENCH</b>	Join us for a unique program designed for women. Visit and discover three local community agencies and learn about their services and programs. This interactive "service circuit" promises something for the body, mind and soul.  Agencies include: Colibri, centre pour les femmes francophones de Simcoe, CSC CHIGAMIK CHC and Canadian Mental Health Association- Simcoe Branch.	Mondays starting September 15 1:30pm-3:30pm

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