



Centre de santé communautaire
CHIGAMIK
Community Health Centre

Winter

PROGRAM GUIDE

JANUARY - MARCH 2023

HOW TO JOIN A 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.

All sessions are provided in-person or accessed on 'Zoom'. If the program is being offered online, 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.

All programs are provided at no cost to the community. For more information or to sign-up for programs, please visit www.chigamik.ca/programs-new.

VISIT: WWW.CHIGAMIK.CA TO REGISTER

Winter Programs

Programs in English

PROGRAMS	DESCRIPTION	DATE/TIME
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.	Mondays 11am-12pm
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.	Mondays starting on January 23rd 10am-11am
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. <i>*The group will meet in-person on the last Tuesday of each month.</i>	Tuesdays 1pm-3pm
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 11am-12pm
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 10am-11:30pm
Stretching Your Food Dollars (Online)	Eating healthy doesn't have to break the bank! Join Chigamik's dietitian, Andrea Gillespie, as she provides strategies on how to stretch your food dollar while still maintaining a healthy diet. Participants will learn tips on grocery shopping and menu ideas that will help you do more with less.	Thursday, January 19th 11am-12pm
Going Through the Motions (Online & In-person)	This lively dance therapy program is designed for people with movement disorders such as Parkinson's Disease and Multiple Sclerosis. Dance therapist, Rebecca Barnstaple offers adaptable movement strategies that can be applied in a range of settings accompanied by music. Care partners and friends are welcome.	Fridays 11am-12pm

Programs in French

PROGRAMS	DESCRIPTION	DATE/TIME
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 1pm-2pm
Vivre l'instant présent (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.	Tuesdays 1pm-2pm
Nia (Online)	Nia is a holistic movement practice that draws on elements of dance, martial arts and mindfulness. Join Nia certified teacher Céleste Lalonde, for a fun and energizing experience fueled by music. *8 sessions.	Thursdays starting on January 12th 7pm-8:15pm

Cultural Programs

PROGRAMS	DESCRIPTION	DATE/TIME
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. <i>*Participants should have a solid foundation of the Ojibwe language before attending this group.</i>	Mondays 4:30pm-6pm
Spring Equinox (In-person)	Join Chigamik and community partners for an Indigenous community celebration of the Spring Equinox. Events include a sacred fire, bannock and maple syrup sampling, and a spiritual walk in nature to welcome new life and a new season. <i>*Catering will be provided by First Nation member Christine Miles.</i>	Monday, March 20th 10am-3pm
Fundamentals Ojibwe Language Group (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.	Tuesdays 5:30pm-7pm

PROGRAMS	DESCRIPTION	DATE/TIME
Mamas & Melodies (In-person)	This 6 part workshop will explore the many benefits of music, movement, melodies and culture. Workshops include music and dance therapy, drum making, and the teaching of traditional drumming songs and lullabies. <i>*Babies and toddlers are welcome!</i>	Wednesdays starting on January 18th 10:30am-12pm
Spirit Sharing Circle (In-person)	Join Traditional Healing Coordinator and Elder, Brian George, in a sharing circle that invites reflection on Spirit and culture. Discussion topics will include how to connect, engage, and maintain our relationship with Spirit in our everyday lives. The group will also share experiences and learn from different traditions and cultures. Drumming, songs, and sacred objects are welcome in the circle. Participants are invited to bring food to share. <i>*In the spirit of truth and reconciliation, all peoples are welcome to take part in the circle.</i>	Wednesdays January 11th, February 1st, March 1st 11am-1pm

Weekly Schedule at a Glance

Monday	Tuesday	Wednesday	Thursday	Friday
Mindful Mondays (online) 11am-12pm	Vivre L'instant Présent (online) 1pm-2pm	Choose to Move (online) 11am-12pm	Quit Café (In-person) 10am-11:30am	Going Through the Motions (Online & In-person) 11am-12pm
Grouille ou Rouille (online) 1pm-2pm	Mama Tribe (online & In-person) 1pm-3pm		NIA (online) 7pm-8:15pm	
Conversational Ojibwe Language Group (Online) 4:30pm-6pm	Fundamentals Ojibwe Language Group (Online) 5:30pm-7pm			

*For a full list of winter programs, please see program list above.

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