



## ANNUAL REPORT 2021-2022

### Message from the Executive Director & Board President

The COVID-19 pandemic presented many unexpected challenges for all of us, but despite these challenges, we are so proud of how our staff, volunteers and partners came together, adapted, and rose to the challenges – always keeping our community at the forefront in everything they do.

The pandemic has shone a spotlight on the communities we serve, and how many have been impacted disproportionately. Through collaboration, innovation and a client-centric approach, we worked hard to help fill the gaps in our communities that needed it the most. As individuals and families continued to navigate through the pandemic, our Centre focused on providing the services and tools to help everyone cope – primary care services, food support programs, mental health counselling, traditional healing, redeploying staff to support Covid-19 testing and vaccination clinics and more.

Having never closed our doors, we learned how to pivot quickly to meet the emerging needs of our community, while balancing the need for in-person services and programs with the demand for virtual services.

As we close a year like no other and begin to look forward to a brighter future, we are continually inspired by the collective strength of this community, and are deeply indebted to our amazing staff and volunteers for their dedication and compassionate delivery of care to our clients and community. Thank you to everyone for your continued support.

Merci, Miigwetch, Thank you,

Suzanne Marchand  
Executive Director

Élise Robitaille  
Board President

### Remembering Brenda Jackson

**Chigamik lost one of its founding Board members and beloved friend.** As a founding member on the Chigamik Community Health Centre's Board of Directors, Brenda Jackson, otherwise known as Shining Thunderbird Woman, was a strong representative on the Chigamik Indigenous Board of Directors caucus. Brenda played an integral role in the formation of the Chigamik Board of Directors and the newly established bilingual and culturally-inclusive health care organization. Brenda encouraged the learning of local Indigenous history, cultural practices, governance structures and health care needs of our diverse community.

Even while experiencing significant health challenges, Brenda maintained her involvement with Chigamik's work and proved to be a valuable voice of knowledge and experience.

Brenda was well-respected and well-known in the wider community and her influence will continue to be felt for years to come. Chi Miiwetch Shining Thunderbird Woman for sharing your warm smile, kind heart and knowledge. You will be deeply missed.



# CSC CHIGAMIK CHC

BY THE NUMBERS 2021-2022

15,996

TOTAL CLIENT  
INTERACTIONS

3,841

Francophone Clients

6,414

Indigenous Clients



2,622

Mental Health and  
Addiction Appointments



435

Traditional Healing  
Appointments



428

French Language  
System Navigation  
Appointments



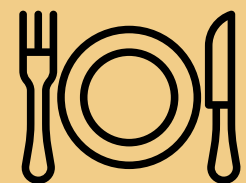
94%

of clients always feel **welcomed**  
and **comfortable** when visiting  
Chigamik



96%

of clients are satisfied with the  
**quality of service** they receive  
in the **language** of their choice



More than **1000+ people**  
accessed the Emergency  
Food Program

435

clients supported  
through the  
**Indigenous foot  
care** program



76 PEOPLE

accessed harm  
reduction supplies



96% of clients think their care providers spend enough time with them



# INDIGENOUS SERVICES & PROGRAMS

95

**Indigenous community workshops and programs** offered in-person and virtually

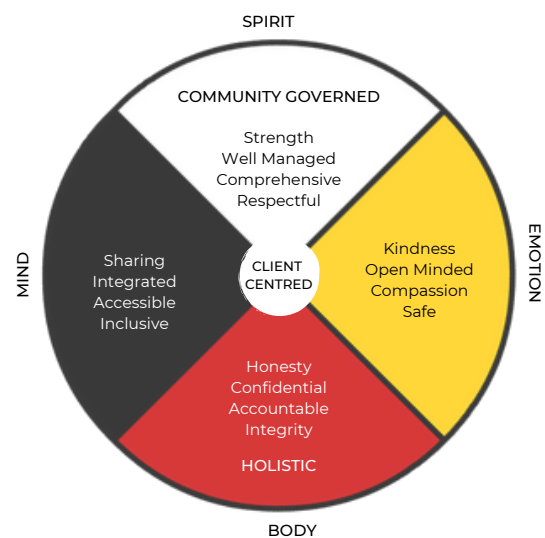
663

People attended our weekly **Ojibwe language** classes

This past year, we focused on providing our clients with Indigenous support services including Traditional Healing, Indigenous perinatal mental health services, doula support services, massage therapy, and diabetes foot care. We increased our Traditional Healing appointments year over year and provided 435 sessions, both virtually and in-person, to clients and members of our community. During the last fiscal year, **we provided 95 Indigenous community workshops and programs** including our weekly *Ojibwe Language* classes, *Traditional Medicine* workshops, *Moon Teachings*, *Women's Healing Circles* and more.

We were pleased to receive permanent funding for the *Strong Women, Strong Nation* program and hired a full-time Indigenous perinatal mental health counsellor and two doulas to help support Indigenous mothers and families during pregnancy, birth, and postpartum.

We honoured the **National Day for Truth and Reconciliation** on September 30th with an inaugural sacred fire and community event at the Midland Community Health Hub. Over **400 community members** attended this special day.



*CSC Chigamik CHC's values are grounded in the Medicine Wheel*

## FRANCOPHONE SERVICES & PROGRAMS

Over the past year, Chigamik worked with local French schools, municipalities, and community partners to improve access to health care services and community programs in French. Our French Language System Navigator helped over 200 Francophone individuals navigate their health care needs, and we provided **117 community workshops and programs in French** including our two permanent weekly programs, *Mindful Mondays* and our *Grouille ou Rouille* exercise program. In celebration of Franco-Ontarian day, we honoured local French

artists living in North Simcoe and celebrated the rich French cultural history in our area.



*Chigamik Board members and staff celebrating Franco-Ontarian day*

Our cultural services and programs play a big role in the **health and wellbeing** of many of our **clients** living in North Simcoe Muskoka.

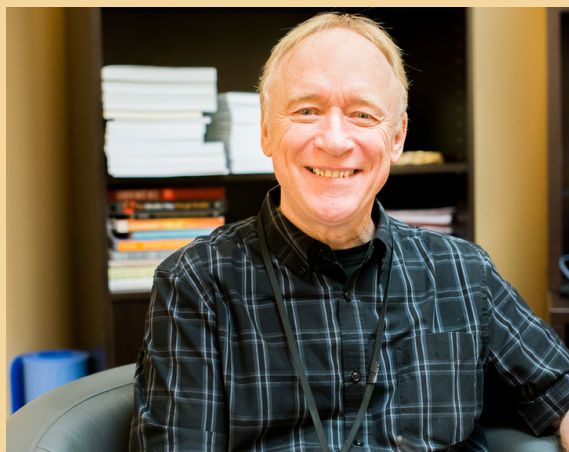
# BUILDING A STRONG, COLLABORATIVE COMMUNITY

## FOOD SECURITY

In response to the financial burden COVID-19 had on the North Simcoe community, Chigamik continued offering its Emergency Food Program and food vouchers throughout the year and provided 20 families living in North Simcoe with “ready to cook” meals for the holidays. Since the launch of the Emergency Food program, **over 1000 individuals and families** have benefited from this service. Thank you to our community partners - *United Way Simcoe Muskoka, Community Food Centres Canada*, and our volunteers for their incredible support.



*Tonya Pinkney prepping our holiday hampers*



*Chigamik's Psychotherapist, Julien Laramée offers weekly Mindfulness classes*

## MENTAL HEALTH & ADDICTIONS SUPPORT

Over the past year, our mental health professionals **provided over 2,600** one-on-one mental health and addiction counselling appointments for our primary care clients and community members. They also played an important role in the development of our community programs and offered a weekly *Mindfulness Meditation* workshop in French and English.

## NORTH SIMCOE ONTARIO HEALTH TEAM

Building a strong, collaborative community is a priority for Chigamik and we work hard to create partnerships that build capacity for a healthy, accessible and sustainable community. Over the past year, the North Simcoe Ontario Health Team (NSOHT) has been working towards creating a connected health and social care system focused on what is most important to our local community. Being one of the core partners, Chigamik contributed to the NSOHT's work plan and leadership table, while focusing on improvements in digital health and social issues that affected our community throughout the pandemic.



*Every Child Matters flags at half-mast on September 30th*

## THANKS, MERCI, MIIGWETCH

We are very fortunate to have an incredible team of staff, students and volunteers who provided our community with exceptional primary healthcare, community programs and services. We also sincerely thank our partners and supporters for their commitment to improve the health and wellbeing of our community.

**Over 2,600 one-on-one mental health and addiction appointments were provided.**