



Centre de santé communautaire
CHIGAMIK
Community Health Centre

Spring

PROGRAM GUIDE

APRIL - JUNE 2025

HOW TO JOIN A PROGRAM

1. Visit 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. Alternatively, you can download the Zoom app by visiting the app store located on your mobile phone or tablet.

VISIT: WWW.CHIGAMIK.CA TO REGISTER

Spring Programs

SOCIAL CONNECTION

PROGRAMS	DESCRIPTION	DATE/TIME
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 on May 2 10:00am-11:00am
Nature Nurtures: Walk at Awenda Park	Join us for a rejuvenating walk through the scenic trails of Awenda Park. Nature Nurtures invites you to slow down, breathe deeply, and connect with the natural world. As we walk, we'll explore the healing benefits of nature, engage in mindful reflection, and enjoy the sights and sounds of the forest. This gentle-paced walk is open to everyone and designed to support well-being through movement, fresh air, and community connection.	Monday, May 5 1:00pm-3:00pm <i>*Located at Awenda Park</i>
Cultural Feast Practices: Why We Use Food in Ceremony	In Anishinaabe tradition, food is more than just nourishment—it is a gift from the land, carrying spirit, teachings, and connection to ancestors. This workshop explores the role of food in ceremony – from feasts to honour the spirits, to offerings given in gratitude. Participants will learn about traditional food protocols, the significance of sacred medicines in feasting, and how sharing food strengthens community and reinforces our relationship with the land.	Tuesday, May 13 9:00am-12:00pm
Harbour Hangouts: Mini Putt	Join us for Harbour Hangouts, a social club designed to connect people through enjoyable leisure activities. This session takes us to Balm Beach Mini Putt, where we'll enjoy a lighthearted round of mini golf, perfect for all skill levels. Whether you're aiming for a hole-in-one or just looking for a good time with great company, this outing is all about laughter, leisure, and community.	Thursday, May 22 1:00pm-3:00pm <i>*Located at Balm Beach Mini Putt, Tiny</i>
Nature Nurtures: Outdoor Nia	Experience the joy of movement in nature with Outdoor Nia, a fusion of dance, movement, and mindfulness set against the serene backdrop of the outdoors. This low-impact, body-positive practice encourages expressive movement, deep breathing, and a connection to both self and nature. Whether you're a seasoned Nia participant or trying it for the first time, this session invites you to move with freedom, release stress, and embrace the nurturing power of the outdoors.	Monday, June 2 1:00pm-3:00pm

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SOCIAL CONNECTION

PROGRAMS	DESCRIPTION	DATE/TIME
Harbour Hangouts: Berry Picking	Join us for Harbour Hangouts, a social club designed to connect people through enjoyable leisure activities. This session takes us to Fosters Family Farm, where we'll spend time picking fresh, local berries while enjoying the beauty of the outdoors. Whether you're filling a basket to take home or simply soaking in the fresh air and good company, this outing is all about connection, nature, and community.	Thursday, June 26 1:00pm-3:00pm <i>*Located at Fosters Family Farm, Midland</i>
Strawberry Harvesting	Reconnect with the land and the simple joy of harvesting fresh, sun-ripened strawberries. This hands-on experience invites you to slow down, savour the season, and enjoy the sweetness of nature's bounty. You will get to take home your own basket of strawberries!	June 2025 Date & time TBD <i>*Please sign up to the waitlist</i>

MENTAL HEALTH & ADDICTIONS

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, feelings, emotions, thoughts, lifestyle, relationship patterns, and power of choice.	Mondays 11:00am-12:00pm
Vivre l'instant présent IN FRENCH & ONLINE	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
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
Premiers soins en santé mentale IN FRENCH	This training program provides individuals with the knowledge and skills to identify and respond to mental health challenges and crises. Participants will gain confidence in supporting someone who may be facing a mental health issue or crisis. Upon completion, they will receive certification from the Mental Health Commission of Canada.	April 10-11 9:00am-4:00pm (County of Simcoe Office in Midhurst) April 28-29 9:00am-4:00pm (Midland Community Health Hub)

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MENTAL HEALTH & ADDICTIONS

PROGRAMS	DESCRIPTION	DATE/TIME
Mental Health & Wellbeing for Older Adults IN FRENCH & ONLINE	This three-part virtual series is designed to explore the unique mental health challenges faced by older adults and promote strategies for maintaining wellbeing in later life. Participants will gain insights into common mental health conditions, such as depression and anxiety, while learning about the factors that contribute to resilience and quality of life.	Wednesdays April 16, May 21, June 18 1:30pm-3:30pm
Women's Wellness Series	Join our transformative 12-week Women's Wellness Series to enhance your well-being through the holistic Medicine Wheel framework. This program focuses on physical, mental, emotional, and spiritual health, offering tools and strategies to improve every aspect of your life. Learn how to connect with your inner self through spiritual practices that promote purpose and inner peace.	Tuesdays starting May 6 1:00pm-3:00pm

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. <i>Note: This program welcomes all types of family structure (partners, single parents, queer and trans*, etc.)</i>	Third Monday of each month 1:00pm-2:00pm
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
Mama & Baby: DIY Texture Cube	Join us for a creative and engaging workshop where we'll craft DIY Texture Cubes, perfect for young children's sensory development! Using blocks and a variety of textured materials, participants will design and assemble cubes that encourage tactile exploration, fine motor skills, and early learning. These homemade sensory toys are a great way to support curiosity, problem-solving, and hands-on play for little ones.	Tuesday, April 8 1:00pm-3:00pm
Métis Large Lacing Beads Workshop	In this session, we'll dive into the art of Métis beading using kits that include wood beads and leather. This hands-on activity offers a gentle introduction to traditional beading techniques while providing a space for meaningful conversations.	Monday, April 21 1:00pm-3:00pm

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PERINATAL SUPPORT

PROGRAMS	DESCRIPTION	DATE/TIME
Métis Painted Wooden Paddles Workshop	Join us for a creative and meaningful session where we'll design our own painted wooden paddles. Using wood paddles, paint, and various supplies, participants will have the opportunity to express personal and cultural stories through art. As we paint, we will share stories—of our families, our journeys, and the significance of water and travel in our traditions.	Monday, June 16 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 ONLINE	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
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
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 April 1 3:30pm-4:30pm

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HEALTHY LIVING

PROGRAMS	DESCRIPTION	DATE/TIME
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 April 2 10:00am-11:00am
En santé d'la tête aux pieds IN FRENCH	Join our wellness series and learn how to keep healthy from your head to your toes! Each session will have a specific topic and we will provide you with information about community resources, supports, and programs available in the community. All instruction is provided in French.	Wednesdays April 2, May 7, June 4 12:30pm-2:30pm
Exercices physiques: Nia IN FRENCH	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.	Thursdays starting April 10 10:30am-11:30am
Traditional Tobacco 101	Join us for an introduction to Asemaa (traditional tobacco) and its sacred role in Indigenous cultures. This session will explore the history, teachings, and proper use of Asemaa in ceremony, prayer, and offering. Learn the difference between traditional and commercial tobacco, the significance of harvesting and preparing Asemaa with respect, and how it is used to build connections with the land, spirit, and community.	Tuesday, April 22 9:00am-12:00pm
Container Gardening Workshop	Join us for a hands-on Container Gardening Workshop, where you'll learn how to grow fresh, organic food in small spaces! Participants will receive a reusable, heavy-duty Bootstrap seed-starting kit, organic soil, and organic seeds to get started. This workshop will cover essential techniques for successful container gardening, including soil health, seed selection, and proper plant care. Take home informative handouts to support your gardening journey. Perfect for beginners and experienced gardeners alike!	Wednesday April 30 1:00pm-3:00pm
Healing Through Harvest	This hands-on, meal prep workshop is designed for individuals living with prediabetes, diabetes, or at risk of developing diabetes. Rooted in the connection between food and wellness, this workshop focuses on nutrient-dense, seasonal ingredients to create balanced, blood sugar-friendly meals. Participants will learn practical meal planning strategies, explore traditional and whole food approaches to nutrition, and prepare delicious, diabetes-conscious meals to take home.	Tuesdays April 29, May 27, June 24 10:00am-12:00pm
Dandelion Salve Making	Join us in a hands-on workshop where we honour traditional plant knowledge and the healing gifts of the land. Over two sessions, spaced six weeks apart, you'll learn to harvest and infuse natural ingredients like dandelion oil and blend them with beeswax to create your own soothing salve.	May, 2025 Date/time TBD <i>*Please sign up to the waitlist</i>

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