



Centre de santé communautaire
CHIGAMIK
Community Health Centre

Winter

PROGRAM GUIDE

JANUARY - MARCH 2024

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 programs are accessed either via **Zoom** or **Microsoft Teams**. Registrants will receive an email 24 hours prior to the session date with the program access link and instructions. You may download Zoom or Teams onto your computer at any time by visiting zoom.us or www.microsoft.com/en-ca/microsoft-teams/download-app. Alternatively, you can download the Zoom or Teams app by visiting the app store located on your mobile phone or tablet.

VISIT: WWW.CHIGAMIK.CA TO REGISTER

Winter Programs

SOCIAL WELLBEING

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 11am-12pm
Vivre l'instant présent (Online) IN FRENCH	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 1pm-2pm
Mama Tribe (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.	Tuesdays 1pm-3pm
Tai Chi (In-person)	Participate in our revitalizing Tai Chi drop-in program! Experience an hour of rejuvenation that serves as an ideal mid-week break to boost both your physical and mental wellness. Whether you're an experienced practitioner or a newcomer, our skilled instructor will lead you through Tai Chi movements, promoting relaxation, balance, and mindfulness. <i>*No registration required – simply drop-in!</i>	Thursdays 12pm-1pm
Pop-Up Winter Wellness Market (In-person)	We hope to spread some warmth and care this winter season! Our pop-up market we will be offering blankets, hats, mitts, personal care items, chapstick, essential vitamins, and first aid necessities like band-aids and polysporin at no cost to community members. <i>*Located at the Guest House Parking Lot in Midland.</i>	January 2, 15, 29, February 12, 26 March 11, 25 9am-11am
Gentle Yoga for Mobility & Strength (In-person)	Relax and rejuvenate in a gentle slow flow yoga class led by a certified Trauma Sensitive Yoga teacher. Enhance strength, balance, and stress relief through tailored modifications and props. Learn techniques from soothing breath exercises to calming strategies, empowering you to handle daily stress. Participants will also have the opportunity to connect with each other, fostering a sense of togetherness and shared journey. <i>*Suitable for all skill levels.</i>	Tuesdays starting on January 9 3:30pm- 4:30pm

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NUTRITION

PROGRAMS	DESCRIPTION	DATE/TIME
NOURISH: Nutrition Essentials for Healthy Living (Online)	This workshop is tailored for those living with high cholesterol and/or high blood pressure. Empower yourself to make sustainable dietary changes and develop a healthy relationship with food. Participants will learn about healthy fats, sugar sources, and salt guidelines and explore Canada's Food Guide to learn valuable insights and online tools to support their health goals.	Third Thursday of each month 11am-12pm

CHRONIC DISEASE MANAGEMENT & PREVENTION

PROGRAMS	DESCRIPTION	DATE/TIME
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
SingWell (In-person)	Come and join us every week at SingWell, a lively and inclusive singing program designed for individuals facing respiratory challenges. SingWell is a nationwide research initiative, investigating the positive effects of group singing for those with COPD. Individuals with COPD and their caregivers are welcome to take part! <i>*Participation in the research aspect of the program is optional. However, if you wish to be involved in the research, a referral from a medical professional is required.</i>	Starting this Spring!
Managing Osteoarthritis of the Spine (Online & in-person)	Led by a physiotherapist from the Arthritis Society Canada, this workshop provides up-to-date information on managing osteoarthritis of the spine. Participants will gain an understanding of their diagnosis and possible causes of their pain. Simple daily exercises and strategies to help you in your day-to-day life will also be shared. Participants will have the opportunity to engage with others facing the same condition, and learn from each other's experiences.	Thursday January 18 10am-11:30am
Balancing Bone Health (Online & In-person)	Osteoporosis Canada has recently unveiled its latest guidelines for treating osteoporosis. This 2-week series will delve into each aspect of the updated guidelines, focusing on the management of low bone mass. Each week will feature a new topic, accompanied by a brief exercise session led by Chigamik's physiotherapist, Renée Scruton. These exercises are tailored specifically to individuals living with low bone mass or osteoporosis.	January 29, February 1, 5, 8 10am-11am

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PROGRAMS	DESCRIPTION	DATE/TIME
Managing Your Hip & Knee Osteoarthritis (Online & In-person)	When you are affected by osteoarthritis, everyday actions can be daunting. This workshop is led by Arthritis Society Physiotherapist Ingrid Beam and will provide you with up-to-date information on managing osteoarthritis in the hip and knee. Attending this workshop will help you learn about how therapeutic exercise, physical activity and weight management can decrease pain and strategies to manage your osteoarthritis symptoms. Participants will have the opportunity to interact with others who share their condition and understand their experiences.	Thursday February 15 10am-11:30am

STRONG WOMEN STRONG NATION PROGRAM

Chigamik's Strong Women Strong Nation (SWSN) Program works with women and their partners in North Simcoe Muskoka, specifically those who self-identify as First Nation, Métis, and Inuit. The program caters to individuals who may be planning a pregnancy, are currently pregnant, have children aged 0-6, or have recently faced a loss. Through Indigenous teachings, the program offers support and resources to promote physical, emotional, and spiritual health and wellbeing throughout the family's journey.

PROGRAMS	DESCRIPTION	DATE/TIME
Memengwaa Wellness Program (In-person)	Embark on a 13-week cultural wellness journey rooted in the teachings of Anishinaabe Miikaans (Little Roads). Delve into the exploration of personal belonging within each of the life stages, and learn how to use this knowledge to strengthen individual, familial, and community wellness. Participants will come together to share in a celebratory feast during the last week of the program .	Wednesdays starting on January 10 5pm-7pm
Indigenous Craft-Making Workshop (In-person)	Discover the art of making your own Indigenous crafts during this hands-on interactive workshop. Participants will learn the basics of working with various materials to make their own unique craft. All materials will be provided at no cost. This workshop is open to both parents and their children. <i>*Availability is limited.</i>	Thursday January 25 5pm-7pm
Create Your Own Baby Rattle (In-person)	Join this engaging and enriching workshop where attendees will get to craft a traditional baby rattle. Participants will not only gain hands-on experience, but will also gain a deeper understanding of the cultural significance embedded in every element of the creation process. <i>*All materials will be provided at no cost. Limited spots available.</i>	Tuesday February 6 5:30pm-7:30pm
Traditional Relationship Workshop (In-person)	Embark on a journey of understanding and connection! Rooted in Indigenous teachings, this workshop creates a space for participants to explore the foundations of authentic relationships. Through storytelling and interactive activities, participants will gain new insights, fostering a greater understanding of the purpose of relationships.	Tuesday February 13 5pm-7pm

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PROGRAMS	DESCRIPTION	DATE/TIME
Noopimnig: Introduction to Beading (In-person)	We invite you to explore the artistry of Indigenous beadwork. This hands-on workshop will offer a glimpse into the rich history and significance of beadwork within Indigenous cultures. Our experienced instructor will guide you through the basics of bead selection, colour symbolism, and traditional stitching techniques. Participants will have the opportunity to create their own beadwork piece.	Wednesday February 21 10am-4pm
Traditional Parenting Workshop (In-person)	In this 6-week program, participants are invited to engage in teachings and learnings grounded in Indigenous culture. This program serves as a bridge between past and present, fostering a deep understanding of the values and teachings passed down through generations, and shedding light on traditional parenting roles and responsibilities.	Wednesdays starting on March 6 10am-12pm

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