



Centre de santé communautaire
CHIGAMIK
Community Health Centre

Spring

PROGRAM GUIDE

APRIL - JUNE 2023

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.

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.

VISIT: WWW.CHIGAMIK.CA TO REGISTER

Spring 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
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
Caregiver Connections Group (In-person)	This monthly support group fosters caregiver connections for those supporting someone living with a life-limiting or age-related illness. Topics of discussion include care for the caregiver, community resources, dealing with stress, communication strategies and other related topics. This group is facilitated by a registered social worker and guest speakers from across the region.	Third Tuesday of each month 1pm-2:30pm
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
Going Through the Motions (In-person & Online)	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

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PROGRAMS	DESCRIPTION	DATE/TIME
Osteoarthritis of the Neck and Back (In-person & Online)	This workshop, led by physiotherapist Ingrid Beam from the Arthritis Society, will provide you with an understanding of your diagnosis and possible causes of your pain. Most importantly, it will provide you with strategies to help you better manage your health overall.	Tuesday, April 18th 1pm-2:30pm
Stay Active: Osteoarthritis of the Hip & Knee (In-person & Online)	In partnership with the Arthritis Society, this workshop will teach participants all they need to know about hip and knee osteoarthritis. This includes joint anatomy, pain management skills, and tips and tools to keep you as active as possible!	Thursday, May 11th 1pm-2:30pm
Living a Healthy Life with Chronic Conditions (In-person)	This 6-week program is for anyone living with a chronic condition. This could include diabetes, heart disease, arthritis, lung disease, as well as other chronic health issues. Each week individuals learn skills that will help them better manage their symptoms and support them in their daily lives. Topics include fatigue management, mind-body connection, action plans, physical activity and preventing falls, healthy eating, pain management, planning for the future and more. Family members and/or caregivers are also welcome. <i>*Please register at www.nsmselfmanagement.ca.</i>	Thursdays starting on May 18th 1pm-3:30pm
Keep Reaching: Managing Your Shoulder Pain (In-person & Online)	This online workshop, led by Ingrid Beam, physiotherapist from the Arthritis Society, will teach participants how to better understand their shoulder and how it functions as well as the possible causes of their pain. Healthy strategies, including good posturing and strengthening that can help ease symptoms and improve function, will also be discussed.	Thursday, June 8th 10am-11:30am

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

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PROGRAMS	DESCRIPTION	DATE/TIME
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. <i>*8 sessions (no class on April 20th).</i>	Thursdays starting on March 23rd 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
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
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 April 5th, May 3rd, June 7th 10am-12pm
Introduction to the Art of Tanning Fish Skin (In-person)	Over the years, Indigenous people from around the world have tanned fish skins. Fish skin tanning is a way to preserve the skin and creates strong water resistant leather-like material used for many practical items including clothing. Join Traditional Healer and Elder, Pamela Tremblay-Hayes, as she explains the art of turning fish skins into a leather-like material.	Tuesday, May 2nd 10am-11am
Meditating with the Light (In-person)	Join Traditional Healer, Troy Greene, as he hosts a Circle and teaches meditation techniques based on using the Light and sound. This workshop will promote relaxation and reduce stress. Participants will also have an opportunity to share their personal experiences.	Thursday, May 18th 1pm-2:30pm

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