Centre de santé communautaire
CHIGAMIK
Community Health Centre

Fall

PROGRAM GUIDE

OCTOBER - DECEMBER 2026

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.

Program Full? Join the Waitlist

In the event that a program is full, participants are encouraged to join the waitlist, as spaces may become available.

Fall Programs

SOCIAL CONNECTION

Programs	Description	Date/Time
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 1:00 PM - 3:00 PM
SingWell: Group Singing Program for Lung Health	Join us each week for SingWell, a fun and inclusive group singing program designed to support people living with respiratory challenges such as COPD. Originally developed through The SingWell Project, a nationwide research initiative exploring the physical, mental, and social benefits of group singing, SingWell continues at CHIGAMIK as a welcoming community program focused on connection, wellbeing, and supporting respiratory health. No singing experience is needed. Caregivers are welcome too!	Fridays 10:00 AM - 11:00 AM
Harbour Hangouts	Join Cassandra Forget for Harbour Hangouts, where you'll find a welcoming space to try something new, enjoy meaningful activities, and connect with others in a supportive environment. Come as you are and enjoy time together in community. **Upcoming Sessions:** **Harbour Hangouts: Pumpkin Farm - October 13** Join Harbour Hangouts for a fun fall outing to Rice's Pumpkin Farm! Enjoy the sights and sounds of the season, spend time outdoors, connect with others, and take in all the farm has to offer. It's a great opportunity to get out in the community, socialize, and enjoy a classic autumn experience together. Please note: Transportation is required. **Harbour Hangouts: Cozy Charms Jewelry Making - November 10** Get creative with Harbour Hangouts at our Cozy Charms Jewelry Making session! Spend time connecting with others while designing and creating your own unique piece of jewelry to take home. Choose your favourite charms, get creative, and enjoy a relaxed and welcoming afternoon of crafting and conversation. No experience necessary—all materials will be provided. **Harbour Hangouts: Bowling - December 15** Join Harbour Hangouts for a fun afternoon of bowling! Get out in the community, enjoy some friendly competition, and connect with others in a relaxed and welcoming environment. Whether you're a seasoned bowler or picking up a bowling ball for the first time, everyone is welcome. No experience necessary—just come ready to have fun! Please note: Transportation is required.	Tuesday, October 13 1:00 PM – 4:00 PM Tuesday, November 10 1:00 PM - 4:00 PM Tuesday, December 15 1:30 PM – 4:00 PM

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SOCIAL CONNECTION

PROGRAMS	DESCRIPTION	DATE/TIME
Watercolour Card Making	Get creative and connect with others in this welcoming 6-week watercolour program! Explore loose watercolours, line and wash techniques, florals, mini landscapes, colour, values, and simple lettering while creating 12 handmade, all-occasion cards to take home. No need to be an expert — come enjoy the creative process, meet new people, and have fun making something beautiful together.	Mondays starting October 19 1:00 PM - 3:00 PM
The Holiday Brushstroke	Get creative this festive season with our 4-week Holiday Brushstrokes workshop! Perfect for beginners, this fun and welcoming watercolour series is a chance to learn new painting techniques, connect with others, and create beautiful handmade holiday cards to share with family and friends. Over the course of the program, participants will explore watercolour techniques while creating 16 unique holiday cards to take home and share with family and friends. No previous painting experience is needed — just come ready to create, laugh, and enjoy some festive social time!	Thursdays starting November 5 1:00 PM - 3:00 PM
The Mindful Thread	Step away from the holiday rush and enjoy three weeks of cozy, mindful holiday slow stitching! Slow stitching is a relaxing form of needlework that focuses on the creative process rather than speed or perfection. Using simple, intentional hand-stitching techniques with fabric scraps and thread, participants will explore sustainable crafting while creating unique holiday keepsakes and gifts. This beginner-friendly 3-week holiday series will introduce participants to beautiful hand-crafting traditions in a welcoming and relaxed environment. No experience is necessary — just bring your creativity and enjoy the process!	Thursdays starting December 3 1:00 PM - 3:00 PM

MENTAL HEALTH & ADDICTIONS

PROGRAMS	DESCRIPTION	DATE/TIME
Mindful Mondays **ONLINE**	Join psychotherapist, Julien Laramée, for this mindfulness program that promotes a welcoming, non-judgmental environment to practice mindfulness exercises and explore different aspects of personal growth. Participants will develop a greater awareness of their senses, emotions, thoughts, personality, relationship patterns, and spiritual self.	Mondays 11:00 AM - 12:00 PM
Vivre l'instant présent **IN FRENCH & ONLINE**	Join psychotherapist, Julien Laramée, for this Mindfulness program that fosters a welcoming, non-judgmental environment to practice mindfulness exercises and explore different aspects of personal growth. Participants will develop a greater awareness of their senses, emotions, thoughts, personality, relationship patterns, and spiritual self.	Tuesdays 1:00 PM - 2:00 PM

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MENTAL HEALTH & ADDICTIONS

PROGRAMS	DESCRIPTION	DATE/TIME
Quit Café	Looking to quit smoking and need support? Join CHIGAMIK's Quit Café, a welcoming space to begin your journey toward a smoke-free life. Our smoking cessation support group offers guidance, encouragement, and access to Nicotine Replacement Therapy (NRT)—including patches, gum, lozenges, inhalers or sprays—free of charge for up to 26 weeks. *Note: Attendance at Quit Café group sessions will be required for participants who wish to receive NRT through CHIGAMIK.*	Thursdays 10:00 AM - 11:00 AM
Bloom: Grow Through What You Go Through	This monthly program is for women and self-identifying women who have experienced violence or trauma. Join us at Operation Grow—a unique community space created by and for women—to explore healing and personal growth through hands-on activities. Together, we create a safe and supportive space to connect, reflect, and bloom at your own pace. **Fall Sessions:** • **October 20:** Pumpkin Painting • **November 24:** Cozy Scents (Essential Oils) • **December 15:** Winter Wreath Creations	October 20, November 24, December 15 11:00 AM - 1:00 PM **Located at Operation Grow, Midland*
Common Ground (Men's Wellness Program)	Common Ground is an eight-week program designed to bring men together in a welcoming, supportive, and inclusive environment. Through a mix of community-based experiences and facilitated group discussions, participants will have opportunities to build social connections, try new activities, and develop healthy habits that support their overall well-being. Each week will alternate between an off-site community activity and a gathering for reflection, conversation, and learning. Community outings will introduce participants to local recreational, social, and wellness opportunities while encouraging them to step outside their comfort zones, explore new interests, and discover activities they may wish to continue after the program ends. No previous experience is needed—just come ready to connect, participate, and try something new.	Thursdays from Sept. 10 to Oct. 29 2:00 PM - 4:00 PM

CULTURAL PROGRAMS

PROGRAMS	DESCRIPTION	DATE/TIME
Create Your Own Aromatherapy Rollerballs	In this hands-on aromatherapy workshop, participants will create three pocket-sized essential oil rollerballs designed to support wellness during the winter months: Mood Reset, Reset & Revive, and Deep Peace. Learn about essential oils, explore simple self-care practices, and take home your personalized rollerball blends.	Wednesday, October 7 1:00 PM – 3:00 PM

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CULTURAL PROGRAMS

PROGRAMS	DESCRIPTION	DATE/TIME
Leather Mitt Making Workshop	Learn the process of creating your own pair of handmade leather mitts in this hands-on workshop. Participants will work with leather while learning the techniques needed to assemble and finish their mitts to take home. *Please note: This workshop requires a higher level of dexterity - it involves detailed or sustained handwork and requires good hand strength, coordination, and independent crafting skills.*	Tuesday, November 24 1:00 PM – 4:00 PM
Winter Wellness Medicine Workshop	Prepare for the winter season with a hands-on workshop exploring traditional, home-based wellness preparations. Participants will learn how to make elderberry syrup, a soothing congestion salve, and fire honey to add to their winter wellness kit!	Monday, November 30 1:00 PM – 3:00 PM
Fabric Moccasin Making Workshop	Learn how to create your own moccasin pattern and make a cozy pair of fabric moccasins to take home. This hands-on workshop will guide participants through the process of creating comfortable, handmade moccasins to enjoy throughout the winter months. *Note: This workshop requires some dexterity — it involves detailed handwork and may require sewing, threading, cutting, tying, or working with smaller materials.*	Tuesday, December 15 10:00 AM – 2:00 PM

HEALTHY LIVING

PROGRAMS	DESCRIPTION	DATE/TIME
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. **No registration required – simply drop-in!*	Thursdays 12:00 PM - 1:00 PM
Chair Yoga Rhythms & Reflection	Chair Yoga Rhythms & Reflection combines gentle, accessible yoga movements with mindful breathing and rhythm-based practices. This session is designed to support relaxation, improve mobility, and create space for personal reflection.	Mondays starting October 5 10:30 AM - 11:30 AM

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HEALTHY LIVING

PROGRAMS	DESCRIPTION	DATE/TIME
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 October 6 3:30 PM – 4:30 PM
Groupe de marche en français	Walk, talk, and connect in French! Enjoy some fresh air, meet new people, and take in the beautiful views of Midland Harbour during this one-hour group walk — approximately 30 minutes out and 30 minutes back. Along the way, participants may also meet special guests from local community organizations and learn more about the services and supports available in the community. **Visit the registration page to see the full list of special guests joining us on our walks!*	Tuesdays starting October 6 6:15 PM - 7:30 PM
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 October 7 10:00 AM – 11:00 AM
Nia: Exercices physiques **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. Program facilitation is in French. **A hybrid option is also available for those who prefer to participate online—please notify the instructor in advance.*	Thursdays starting October 15 10:30 AM – 11:30 AM
Danse CHIGAMIK Dance! **BILINGUAL PROGRAM**	Danse Chigamik Dance offers a welcoming and supportive space to move freely, connect with yourself, and experience a sense of community. Once the music begins, there are no instructions, no choreography, and no conversation on the dance floor—just an opportunity for authentic movement and self-expression. Come as you are, move in your own way, and dance like no one is watching — together.	Wednesdays starting October 21 6:00 PM – 7:00 PM

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HEALTHY LIVING

PROGRAMS	DESCRIPTION	DATE/TIME
Bien-être des pieds et prévention des chutes **IN FRENCH**	Slow down and take a moment to care for your feet! This hands-on workshop explores the importance of foot health, self-care, and falls prevention while helping you reconnect with your body after movement and time outdoors. Participants will create their own herbal foot soak, foot scrub, and nourishing cuticle oil blend while learning simple ways to care for their feet, support circulation, and promote overall wellness. Leave feeling refreshed, grounded, and ready to step with confidence!	Friday, November 27 1:00 PM – 3:00 PM
Let's Shop Together	Let's Shop Together is a guided grocery store experience designed to help participants make informed food choices that support overall health and wellness. During this guided shopping experience, participants will learn how to read and compare nutrition labels, understand ingredient lists, and identify products that support heart health and healthy blood sugar management. Topics will include reducing sodium, added sugars, and unhealthy fats, while exploring nutritious and budget-friendly alternatives. Each participant will receive a grocery gift card to use during the session.	Fourth Tuesday of each month 10:00 AM – 11:00 AM

CHIGAMIK COMMUNITY AMBASSADORS

Our Community Ambassadors help you find the right supports for your health and wellbeing.

Through a social prescribing approach, they connect you to programs and services based on your needs, interests, and goals—whether that's joining a community program, accessing food or housing supports, or finding your way through the health system.

CONTACT INFORMATION

communityambassadors@chigamik.ca

705-527-4154 x7204

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