


Barrie CHC 2018 Program guide

Program	Brief Description	Contact
Adult Anxiety Group	Are you or a member of your family struggling with anxiety that stops you from living a healthy, rich and fulfilling life? If the answer is yes, our 6-weeks anxiety support group is a great opportunity for you to learn new and effective ways of dealing with anxiety and overcoming past/present hurts, pain and fears. Take back your life, take back your health! Watch out for the next Anxiety Support Group.	Ext. 291
Youth Anxiety Group	Are you between the ages of 14 and 19 and struggling with anxiety? This is a 6 week support group with weekly 3 hours sessions. You learn about anxiety and new ways to cope and overcome it. You can talk to others who know what you are going through and set small goals for yourself. Come & join this summer group.	Ext 291
Women's Art Therapy Group	A six week program with weekly 2 ½ hour sessions. This group provides a safe and supportive place for creative expression and friendship. The group meets Thursdays from 9:30 am to 12 pm..	Ext. 291
Chronic Disease Self-Management (Living a Healthy Life)	A 6-week program with weekly 2 ½ hour classes. This series is for those living with arthritis, asthma, diabetes or other chronic conditions. Designed to help individuals learn skills to improve self-confidence and quality of life.	Ext. 273
Chronic Pain Self-Management	A 6-week program with weekly 2 1/2 hour classes. Designed to give individuals the tools and information to manage their health and chronic pain better.	Ext. 273
Cooking For 1 or 2	Learn the nutrition basics for older adults in this 5 week program. The weekly 2 ½ hour classes include nutrition talks, cooking and taste testing. The fifth week is an optional grocery store. Learn about cooking with new food (beans, chickpeas, kale) what to do with leftovers and receive recipes for 1 or 2. Come and join the fun!	Ext. 256
Fitness for Health 	A 6-week program designed to reduce barriers to exercise for anyone living with at least one chronic condition. All participants receive a 6 week complimentary membership to the City of Barrie Recreation Centres.	Ext. 291




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Grocery Store Tours	Please come join one of our Registered Dietitians on a tour of a local grocery store for tips on label reading and making healthy choices. The tours are held the last Monday of every month and open to anyone living with diabetes or prediabetes. Please register	Diabetes Management Centre (705) 734-9690
Group Lifestyle Balance	Do you have a family history of diabetes? Do you have Prediabetes or believe you are at risk for diabetes? Are you ready to make a change? Join our lifestyle coaches weekly and discover healthy eating for weight management and diabetes prevention, how to safely increase physical activity, problem solving, stress management and much more!	Ext. 256
Kitchen Conversations	A monthly 1 1/2 hour class focused on skill training and healthy eating to support people living with prediabetes and diabetes. Includes both education & cooking demonstrations.	Diabetes Management Centre (705) 734-9690
Storytime	Monthly drop-in program for young families with children from birth to age 4. This early childhood literacy program is on the 4 th Tuesday of each month 10 to 11:45. Children's activities, stories, songs and games. A Dietitian available to answer your nutrition questions. Grandparents and grandchildren welcome!	Ext. 281
SMART Programs (VON Program)	Low impact exercise program designed for seniors and individuals 55+ with chronic illnesses. The program aims to improve strength, balance, endurance and flexibility	V.O.N. (705) 737-5044 ext. 221
GLAD Program 	This 8 week program is an exercise and information program for people with mild to severe hip and knee osteoarthritis. It is 8 weeks long with weekly 1 1/2 hour classes lead by a physiotherapist. Find out the right way to move to reduce your symptoms of osteoarthritis. Past participants say they have less pain, take less pain medication and are more active as a result of the program.	Ext. 291




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Walking Group 	<p>This is a 7 week designated Heart Wise Exercise program, that is comprised of both physical activity and educational talks. Offered in the Spring, Fall and Winter (Indoor). Spirit Catcher (downtown) and at the Bayfield Mall in the winter.</p>	<p>Ext. 291</p>
Youth Health Connect	<p>Designed to decrease barriers young people face when accessing health care by providing resources, education, information and navigation. Provides a safe, confidential opportunity for youth to gather meaningful health information.</p>	<p>Ext. 231</p>



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