



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 week 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 6 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
Bereavement Support Group	A six week peer support group where individuals can walk through the stages of grief and learn how to embrace one's own unique healing journey.	Ext. 231
Introduction to Mindfulness and Emotional Regulation	A 4 week mindfulness program that teaches introductory mindfulness and emotional regulation skills to people struggling with mental health challenges. People will learn mindful techniques to assist with the connection between body, thoughts and feelings, how the brain/body processes stress and emotions, tools for emotion regulation and develop resources for self-care.	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 tour. 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

Program	Brief Description	Contact
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
My Best Weight Program	Tired of yo-yo dieting only to regain weight? Join this program and access one-on-one and group sessions with Registered Dietitians and Nurses. Medical management supervised by an Endocrinologist and/or Nurse Practitioner.	Ext. 283
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
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
 Walking Group	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). Meet at the Spirit Catcher (downtown) and at the Bayfield Mall in the winter.	Ext. 291
Youth Health Connect	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.	Ext. 231

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