


BCHC Program Guide 2017


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. 293
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. 291
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. 291
Cooking For 1 or 2	Learn the nutrition basics for older adults in this 4 week program. The weekly 2 ½ hour classes include nutrition talks, cooking and taste testing. Week 4 is a grocery store (optional) . 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. 291
 <u>Fitness for Health</u>	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
<u>GLAD Program</u>	This program is for people with mild to severe hip and knee osteoarthritis . It is lead by a physiotherapist and is 8 weeks long with weekly 1 1/2 hour classes. Find different ways to move to reduce your symptoms of osteoarthritis. Past participants say they have less pain, take fewer medications and are more active.	Ext. 291
<u>Grocery Store Tours</u>	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 are open to anyone living with diabetes or prediabetes. Please register with the Diabetes Management Centre.	Diabetes Management Centre (705) 734-9690

For Information call : 705-734-9690
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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 and cooking demonstrations.	Diabetes Management Centre (705) 734-9690
<u>Storytime</u>	Storytime is a 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. 291
 Walking Group	A 6-week physical activity and education program offered Spring, Fall and Winter (Indoor). The program takes place at the Spirit Catcher (downtown) in spring and fall and Bayfield Mall in the winter.	Ext. 291
Women’s Art Therapy Group	This group provides a safe and supportive place for creative expression and friendship. The group meets Thursdays from 10am to 12pm in the community room.	
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. 293
<u>Youth Fitness For Health</u>	This is a 6 week program for anyone between the ages of 13 – 17. The group meets twice a week 1:30 to 3:30. All participants receive a 6 week membership to the City of Barrie Recreation Centres.	Ext. 291
<u>Youth Health Connect</u>	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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