

Shift the conversation

Community Health and Well-Being Week

September 30 - October 4, 2013
Barrie Community Health Centre

DAY	STAFF LEAD	FOCUS	GUEST/ SPEAKER	ACTIVITIES	TIME
Monday, September 23	Kelly	Alzheimer's Awareness (for community members)	Laura-Lynn from Alzheimer Society	<ul style="list-style-type: none"> - Coffee Cart and refreshments - General information about dementia - Steps to increase your brain health - Interactive brain activities - Brain boosting snacks 	<p>Coffee Break 9:00 am - 4:00 pm</p> <p>Guest Speaker 1:30 pm – 3:00 pm</p>
Monday, September 23	Lorna	Café Connect (drop in, for community members)	<p>Information tables on:</p> <ol style="list-style-type: none"> 1. Brain boosting snacks & smoothie demonstration 2. Health Promotion Programs 3. Barrie Good Food Box 4. Diabetes Management Centre 5. Samaritan House 5. Alzheimer Society Simcoe County 	<ul style="list-style-type: none"> - Booths set up in Community Room offering information and resources to the community - Discuss future drop-in program ideas with community members and community partners - Participants can share feedback for informal needs assessment 	10:00 am – 12:00 pm

Tuesday, October 1	David	Volunteer Recognition (for Barrie CHC volunteers)	David and Lorna	<ul style="list-style-type: none"> - Resiliency activities - Light refreshments 	10:00 am – 12:00 pm
Friday, October 4	Lorna	Father Involvement Group Conversation Café (for Service Providers)		<ul style="list-style-type: none"> - Brian Russell, Toronto Parent Educator and author of Step-by-Step: Engaging Fathers in Programs for Families (a systematic guide for planning and implementing strategies for engaging fathers) - Craig Brochmann, Kizhaay Anishinaabe Niin Worker (translation “I am a Kind Man”) at the Enahtig Healing Lodge and Learning Centre in Simcoe County will share inspiring stories about the program he facilitates changing the lives of men who are struggling with violence against women 	8:30 am – 3:30 pm Children’s Aid Society 60 Bell Farm Rd., Unit 7, Barrie **Register by Friday, September 27**