



Centre de santé communautaire
CHIGAMIK
Community Health Centre

Chigamik Connects

APRIL & MAY EDITION

Bringing online programs to your home during the pandemic!



VISIT: WWW.CHIGAMIK.CA TO REGISTER

HOW TO JOIN

1. Visit www.chigamik.ca/programs/online-programs/ and select the program you are interested in joining.
2. Click the 'register now' button and complete the registration form. Please include a valid email address.
3. Once registered, you will be emailed consent forms within two business days to complete electronically (instructions found within the email). *Consent forms must be completed prior to the start of each program.*

WHERE

All sessions are accessed on the virtual video conferencing platform called 'Zoom'. 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.

COST

All programs are provided at no cost to the community. We always appreciate feedback on our program offerings. Please share your program experiences with us by visiting www.chigamik.ca/contact-us/ and completing the form provided.

Chigamik Connects

April & May 2020 Edition

Mindful Mondays

Dates: Mondays on April 13, 20, 27 and May 4, 11, 18, 25

Time: 11:00 – 11:30am

Details: Join Psychotherapist Julien Laramée for this online Mindfulness class that fosters an accepting, nonjudgmental environment to practice mindful exercises and explore different topics each week. Participants will develop a greater awareness of their breath, senses, lifestyle, relationship patterns, power of choice, and how to mindfully manage stress. No previous mindfulness experience is necessary!

Mama Tribe

Dates: Tuesdays on April 14, 21, 28 and May 5, 12, 19, 26

Time: 1:00 – 3:00pm

Details: Calling all mamas! Join Registered Nurse, Chantal Newburn and Social Worker, Melissa Maidment in this online peer support group for expecting or new mamas. The group will provide an open discussion on various social, developmental and educational topics. It's a great opportunity to get together and support each other virtually during this challenging time of physical distancing!

Choose to Move

Dates: Wednesdays on April 15, 22, 29 and May 6, 13, 20, 27

Time: 11:00 – 12:00pm

Details: Join Physiotherapist, Renée Scruton every Wednesday for her popular Choose to Move classes! She'll take you through a gentle exercise program designed to work on overall strengthening while focusing on improving your core, posture and balance. These sessions are ideal for older adults who are interested in staying physically active during the pandemic from the comfort of their home!

Hectic to Happy

Date: Thursday, April 23

Time: 7:00 – 8:00pm

Details: Being a new mom can be overwhelming at times, especially during a pandemic! The added stress of keeping your children busy and connected, all while staying home and social distancing can be frustrating. In this workshop, Doula, Tasha Robitaille, will provide you with the tools and resources to start feeling productive and present in your daily life. You will learn how to make the ultimate shift from feeling worried and overwhelmed as a new mom, to feeling confident, productive and present in life. The workshop will also provide you with techniques to establish a plan for your mindset and home and create a routine that will help you stay calm and productive with your kids and family.

Learn Anishinaabemowin (Ojibway Language)

Dates: Thursdays on April 23, 30 and May 7, 14

Time: 1:00 – 3:00pm

Details: This four-part series will provide a safe and encouraging space for Indigenous and non-Indigenous individuals to explore the Ojibwe language at a beginner level. Language Instructor, Mitch Akerman, will guide participants through various Ojibwe language lessons including how to introduce yourself, learning the alphabet and pronunciation, nouns, basic sentence structure, and asking and answering simple questions. This program is ideal for aspiring or novice language learners of any age.

Online Caregiver Support Group (FRENCH)

Date: Thursdays on April 23 and May 21

Time: 1:00 - 2:00pm

Details: Join our online caregiver support group to learn about various coping strategies to help you adapt to change, while obtaining useful community resources that may benefit you in a time of crisis. This workshop is in collaboration with *l'Union Culturelle*.

***Please note that this program will be provided in French only.**

Change the Pain

Dates: Fridays on April 24 and May 22

Time: 12:00 – 1:00pm

Description: These online sessions hosted by Dance Therapist, Rebecca Barnstaple, invite you to explore the physical, emotional and spiritual components of dance therapy, especially for those living with chronic pain. These sessions provide a series of movements that can be followed individually or with a partner in the comfort of your own home. Bring your curiosity, find a comfortable place to sit, stand or lie down, and get ready to listen to your body in a new way. These sessions are suitable for people living with any type of chronic pain.

A CBT Response to the Pandemic

Dates: Mondays on April 27 and May 4

Time: 11:00 – 12:00pm

Details: Stress is a natural, physiological response that involves a complex interaction between our mind, body and environment. However, too much stress can overtax our body's physical and mental natural resources. Cognitive Behaviour Therapy (CBT) provides individuals with techniques to modify stress-producing thoughts and improve coping capabilities. Join Psychotherapists, Trent Simons and Natalie Doherty, as they help you explore how your thoughts, images, beliefs and attitudes impact your current state of stress. This workshop will provide you with the tools to better manage the challenges you are faced with today, especially during the pandemic.

Online Craft Tutorial (FRENCH)

Date: Wednesdays on April 29 and May 27

Time: 1:00 - 1:30 pm

Details: Join us for a fun online craft tutorial using everyday household items. This tutorial will show you how to create multiple crafts that you will be able to do on your own time. It's a great way to stimulate creativity, without having to purchase materials!

***Please note that this program will be provided in French only.**

Nourish to Flourish

Date: Thursday, April 30

Time: 3:30 – 4:30pm

Details: This online workshop hosted by Registered Practical Nurse, Erin Steele, will explore how to live and eat sustainably for the planet and on a minimal budget. Participants will learn how to choose plant-based food alternatives to improve health, reduce waste, and spend less on grocery bills!

Dancing with Uncertainty

Dates: Fridays on May 1 and May 15

Time: 11:00 – 12:00pm

Description: Our world can be confusing at times, especially during a pandemic! Improvisation – responding “in the moment” to whatever life throws at us – is an important life skill that anyone can learn and improve on over time. In this workshop, Dance Therapist, Rebecca Barnstaple will teach a series of movement sessions that will help you feel calm while stimulating your creativity and ability to adapt to changing situations. Drawing on practices such as the IMPROVment® Method (www.improvment.us), Rebecca will guide you on a journey of movement using your own source of resilience and adaptation as a guide. Come and dance with us! No experience is necessary.