






Barrie Community Health Centre 2019 Program Guide



Address: 490 Huronia Rd. Barrie, Ontario, L4N 6M2
Main Line: (705) 734-9690 | **Fax:** (705) 734-0239
Website: <http://www.bchc.ca> | <mailto:admin@bchc.ca>

Program	Brief Description	Contact
Adult Anxiety Group	Do you struggle with anxiety that stops you from living a healthy, rich and fulfilling life? If the answer is yes, our 6 week anxiety 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 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
Living a Healthy Life with Chronic Conditions (Self-Management)	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
Living a Healthy Life with 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

Program	Brief Description	Contact
Chronic Low Back Pain	If you suffer with chronic low back pain, this 6 week program with weekly 1 1/2 hour sessions instructed by a Registered Physiotherapist is designed to help you understand the difference between pain that hurts vs pain that is harmful, learn pain control strategies, proper lifting techniques and customized core strengthening exercises as well as spinal anatomy and the role posture plays in your back pain. A referral from your Family Physician is required.	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
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.	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.	Ext. 283
 GLAD Program	This 7 week program is an exercise and education program for people with mild to severe hip and/or knee osteoarthritis. It is held on Tues. and Thurs. afternoons for 1 1/2 hours and is led by a physiotherapist. Find out the right way to move to reduce your symptoms of osteoarthritis. Past participants say they have less pain and are more active as a result of the program.	Ext. 291

Program	Brief Description	Contact
 Walking Group	<p>This is a designated Heart Wise Exercise program, that is comprised of both physical activity and educational talks. The group is lead by a physiotherapist, community health worker and volunteers with guest speakers on a variety of topics. It is offered throughout the Spring, Summer and Fall and then in the Winter we meet indoors. Meet at the Spirit Catcher (downtown) and at the Bayfield Mall in the winter.</p>	Ext. 291
Seniors CARE Exercise Program	<p>Group exercise classes offered for frail seniors in partnership with Waypoint. Classes are 2 times/week for 12 weeks with a focus on balance, coordination, upper and lower extremity strength. Each class is 2 hours (1hr exercise, 1hr cognitive stimulation / education) and delivered by Registered Kinesiologists with access to an SGS Physiotherapist.</p>	Ext. 208 or 209
New Mentality	<p>Partnering with New Path's New Mentality Program, this is a youth advisory counsel with the assistance of two adult allies. The team will consist of 2 youth facilitators as well as 2-3 other youth who will get together to brainstorm special events and or, educational opportunities for the youth in Barrie. At then end of every month the advisory group will run drop-in style events for local youth to attend.</p>	Ext. 231
Youth Hub	<p>This is a safe place for youth to enjoy fun activities, connect with other youth, and learn about different topics that might be of interest to them. We have partnered with different agencies like Youth Haven, The city of Barrie, the Downtown Barrie Public Library and CMHA. We meet every 2nd Tuesday of the month at the downtown public library from 4-6. During the school year we will also have meet every 4th Thursday at the Allandale Recreational Centre from 10:45am-1:15pm.</p>	Ext. 231
Fitness for Health (Youth)	<p>Do you enjoy working out? Do you want to meet new people? This program is geared for youth wanting to lead healthier lives. The program will be coming in the summer and participants will receive a complimentary 6 week membership to Allandale, Holly and East Bayfield community centres. This is a great program to get youth to be more active as well as teach them the fundamentals of exercise. Our physiotherapist will be leading this program alongside of our community health worker and a fitness instructor from the City of Barrie.</p>	Ext. 231