

# The Four Villages Community Health Centre

## MENTAL HEALTH PROMOTION PROGRAMS



If you are looking for programs that are educational, improve your overall health, help you manage chronic conditions, help you with lifestyle changes and assist you with maintaining your activity – these programs are for you.

**We look forward to seeing you in our programs!**

### **Please note:**

- Programs are offered at various locations and times throughout the year.
- Some programs may be available infrequently based on demand.
- Some programs are offered off-site.
- Please call the contact person indicated for additional program information.

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**EXPRESSIVE ARTS:** This 10 week program is for women who would like to find creative ways to let go of stress through relaxation, self-expression using arts and connecting with others in a safe environment. Artistic experience is not required. For more information contact **Ela 416-855-1046.**

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**GETTING ON WITH LIFE AND ITS CHALLENGES:** This mental health recovery and skill development program focuses on increasing participants' knowledge of and skills for community living. This program offers a place where individuals living with mental health issues can interact with other members of their community in a safe environment. A steering committee meets weekly to develop a 10 week workshop series for the community twice a year. For more information contact **Rhonda at 416-703-9645 ext 233 or Antonella at 416-703-9645.**

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**HEALTHY WOMEN HEALTHY BABIES:** This weekly drop-in program is for pregnant women and women with new babies who are isolated, new to Canada or have financial difficulties. Enjoy weekly presentations about child safety, child development, breastfeeding, baby care, nutrition, cooking and more. The program is staffed by a Nurse, Dietitian and Community Health Worker, and is designed to support women through pregnancy as well as baby's first year. For more information contact **Gayle at 416-604-6452.**

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**KNITTING GROUP:** Calling all knitters! Join our drop-in knitting group where you can knit, chat, and make friends. Whether you've been knitting for years or just want to learn, this group is for you! For more information contact **Michelle at 416-604-6431.**

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**LIVING LIFE TO THE FULL FOR CAREGIVERS 55+:** Are you over 55 and caring for a family member, friend, or neighbour? In this 8 week group, you will use the principles of cognitive behavioural therapy (CBT) to learn more about mental well-being and how to make small changes to feel happier, less stressed and more in control. For more information contact **Chantal at 416-604-6440 or visit [www.LLTTF.ca](http://www.LLTTF.ca).**

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**MEMORY TECHNIQUE:** This 6 weeks workshop is designed for adults of all ages including seniors who are interested in sharpening their memory skills. The workshop is designed to stimulate memory, and participants will practice activities aiming to improve both short-term and long-term memory. For more information contact **Junko at 416-604-6453.**

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**MINDFULNESS FOR BEGINNERS:** Tune into what is happening now, both within yourself and around you. This 8 week program will teach you how to be more present and pay attention to everyday life, cope with negative emotions and meditate. For more information contact **Michelle at 416-604-6431.**

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**SURFING TSUMANIS:** A 20 week DBT skills group. This group is for people who have BPD or BPD traits as well as challenges with extreme emotion dysregulation and difficulty with impulsivity. People will need to have their own individual therapist at the time of the group. This group runs in partnership with Canadian Mental Health Association, Davenport Perth community Health Centre, Flemingdon Health Centre & Woodgreen Community Services. For more information please contact **Chantal 416-604-6440.**

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**YOGA FOR 50+:** This program runs for 8 weeks and graduates can participate in a monthly drop-in session. Relax and rejuvenate with gentle yoga catered to your needs and abilities. Options are available to accommodate various levels of mobility and fitness For more information contact **Junko at 416-604-6453.**

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**YOGA FOR 50+ (REVIEW CLASS):** This monthly drop-in class is ONLY for graduates of the 8 week program. Relax and rejuvenate with gentle yoga catered to your needs and abilities. Options are available to accommodate various levels of mobility and fitness For more information contact **Junko at 416-604-6453.**

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