

### **Programs for Aboriginal Populations**

#### Aboriginal Community Kitchens

A once-a-month community kitchen for Aboriginal participants in Thunder Bay. Health teaching is featured in each session.

#### Craft Program

A weekly craft program in Thunder Bay featuring beadwork and leatherwork, to instill pride in the Aboriginal culture. Features a quarterly feast.

### **Early Years and Family Programs**

#### Prenatal Program

A 12-week program for pregnant women in Thunder Bay. Features information on women's health issues, child development, infant care or nutrition. Usually run 3 times per year, with the summer session condensed to 6 weeks

#### Longlac Playgroup

A twice weekly playgroup for Longlac parents and children. The program features a monthly guest on health topics and a monthly session on nutrition.

#### Toddlers Program

A 12-week program for Thunder Bay moms and their toddlers. Features information on women's health issues, child development, and nutrition. Usually run twice per year, fall and winter.

#### Baby Food Making

4 yearly sessions on baby food making for Thunder Bay parents,

#### Mommy and Me

A 4-week cooking program for children ages 2 to 4 and their mothers in Longlac.

#### Nobody's Perfect Parenting program

An 8-week parenting program offered for Thunder Bay parents and caregivers. Childcare is provided.

#### For the love of Books

A 4-week program in Thunder Bay to encourage parent to read to their children, tell stories and encourage children to read. Story books are provided to participants.

### Breakfast Buddies

On a Friday every month in Thunder Bay, families get together to prepare and cook breakfast together, enjoy fun activities and hear a presentation on a health related topic.

### Triple P Parenting Program

We offer general parenting sessions in Thunder Bay as part of a multi-level, parenting and family support strategy with other community partners that aims to enhance the knowledge, skills and confidence of parents.

### Ginnogaming Head Start Nutrition

Monthly program to introduce children to concepts of healthy eating.

### School's Cool

A 72-hour school readiness program for children starting JK in the fall, where children develop their social, language, self help and reasoning skills.

### Mother Goose

This program can be offered for parents with infant, or for parents with toddlers. This program aims to develop language and promote child parent interaction through rhymes, songs and stories. Offered once a year in Longlac.

### Fair Start

Fair Start screening is offered to children ages 18 to 36 months, by CHC staff at Limbrick, Thunder Bay and Longlac site.

### Dental Services

In partnership with the Thunder Bay District Health Unit, where once a month where children up to age 18 are seen by a TBDHU hygienist. Fluoride varnish applications also done by a trained CHC staff. Offered in Longlac and Thunder Bay. Outreach to Limbrick site every second month for fluoride varnish and quarterly with a hygienist.

### Longlac Family Events

Family events organized in Longlac to coincide with Literacy Day, the Moosecalac Winter Carnival, Summerfest, Mother's Day, Father's Day, and Grandparent's Day.

### Toy Exchange

Longlac toy exchange event, once a year, usually late November or early December.

### **Programs for Older Adults and Seniors**

#### **Senior's Lunch**

A luncheon for 45 to 55 seniors featuring health talks (e.g. fraud prevention, fall prevention, etc.). Offered every second month in Longlac and monthly in Thunder Bay. The Thunder Bay program features blood checks prior to the lunch and transportation.

#### **Exercise Program**

A weekly one-hour exercise and active living program offered in Longlac and Thunder Bay (excluding summer). Includes warm up, stretches, aerobic and muscle strengthening.

#### **Walking Group**

A Longlac walking program offered from June to September to promote physical activity and reduce isolation.

#### **Senior's Blood Pressure Clinics**

Offered monthly as a clinic for Longlac seniors.

#### **Senior's Fall Injury Prevention**

A prevention program for seniors, to prevent falls and resulting injuries. Offered in Thunder Bay and in communities served by the Mobile Unit.

### **Diabetes Programs**

#### **Living with Diabetes**

A monthly program for Thunder Bay adults to learn more about living well and managing. Blood pressure and blood sugars can be measured.

#### **Diabetes Group**

An evening education and support group about managing diabetes, the role of exercise and healthy eating. Offered monthly in Longlac.

### **Nutrition Programs**

#### **Good Food Box Program**

A monthly non-profit program for families and individuals in Thunder Bay who want to purchase fresh, quality, and local produce at a lower price than shopping at a grocery store. A family box can be purchased for \$20 while an individual box is \$12. Boxes are ordered and paid for by the first Thursday of the month.

### Community Kitchen

A monthly program where participants cook several meals together to bring home. Basic shelf items are provided free of charge. Offered in Longlac from September until June.

### Youth Community Kitchen

A community kitchen offered during a semester at the Chateau Jeunesse High School in Longlac.

### Kids Food Fun

Age appropriate cooking program for Longlac youth as part of summer programming. Features information on healthy eating, health teaching, Hug a Tree program, etc.

### Kidz in the Kitchen

An age appropriate cooking program offered in the summer for children in Thunder Bay.

### Chronic Disease Food Demos

Workshops for Thunder Bay clients with chronic diseases such as diabetes.

### Learn to Cook

A series of workshops to increase basic cooking skills. Offered several times a year in Thunder Bay.

### Baby Food Making

4 yearly sessions on baby food making for Thunder Bay parents.

### Mommy and Me

A 4-week cooking program for children ages 2 to 4 and their mothers in Longlac.

## **Outreach**

### Armstrong Family Program

A program for Armstrong Families, featuring a community kitchen, as well as fruits and vegetables to try. It is held at the Ni-Gik-Keam Drop In Centre, usually on the third Thursday of every month except December and January.

### Limbrick

Every Wednesday, we hold a walk in clinic at Limbrick Place in Thunder Bay. A Nurse Practitioner is available to care for health concerns such as coughs, colds, earaches, sore throats, and immunization

### Limbrick Summer Program

With other community partners, we offer a summer youth program Monday to Friday during summer months.

### Dental Services

In partnership with the Thunder Bay District Health Unit. Features four yearly visits where children up to age 18 are seen by a TBDHU hygienist. Fluoride varnish provided every second month.

### Shelter House Outreach

A Community Health Worker provide outreach services during an NP run urgent care clinic weekly on Thursdays at Shelter House in Thunder Bay from approximately 10 am to 4 pm.

### Assef Court Outreach

A program for Thunder Bay's Assef Court residents twice a month on Thursdays. May feature health teaching, blood pressure clinics, the Good Food Box monthly, and a host site for other community programs.

## **School Programs**

### Roots of Empathy

A classroom program where a parent and baby visit monthly with a facilitator. The program teaches human development and nurtures the growth of empathy. The facilitator conducts a pre and post visit with a classroom in Thunder Bay and Longlac.

### Healthy Snacks

A school program offered twice a month for approximately 400 students in Longlac to introduce them to fruits and vegetables, while providing nutrition education.

### Chateau Jeunesse Community Kitchen

A community kitchen offered in the local French High School twice a month.

### Kids Fitness Program

A one-hour weekly for approximately 50 children in JK and SK in Longlac schools from January to May.

### Physical Education Program

A one-hour program twice a month for approximately 130 students from grades 1 to 7 in Longlac schools from January to May.

### Ealgenest Nutrition and Cooking

A monthly school based nutrition and cooking program in Longlac.

### School Presentations

Presentations to students in various grades according to the needs expressed by the schools. Possible topics include bullying prevention, boundaries, sexual health, healthy weights, etc. Can be adjusted to fit the school curriculum. Offered in Longlac and Thunder Bay.

## Youth Programs

### Baby Sitting

A 12-session program offered in Longlac and Thunder Bay, featuring information on how to become a babysitter, safety plans, and activities for babies and children.

### Home Alone

A program offered for Longlac and Thunder Bay children on home safety.

### Kids Food Fun

Age appropriate cooking program for Longlac youth as part of summer programming. Features healthy eating, health teaching, Hug a Tree program, etc.

### Limbrick Summer Program

With other community partners, we offer a summer youth program Monday to Friday during summer months.

## Fetal Alcohol Spectrum Disorder

### FASD Training and Consultation

The FASD Coordinator has completed the Health Canada FASD Trainer program and delivers presentations, and four day training sessions for FASD Resource Persons. Non-medical assessment and referrals for diagnostics are also provided.

### FASD Caregiver Program

An 8-week program is offered for caregivers of individuals with FASD. Offered twice a year in Thunder Bay. Childcare is provided by specially trained child care workers.

### FASD Community Kitchens

Community kitchens twice a month for youth at the Thunder Bay site. Each program features an educational component.

### FASD Awareness Day

Host an annual FASD Awareness Day event in Longlac and Thunder Bay.

## **Financial Literacy Programs**

### Financial Literacy

A 5-week financial literacy program offered early evening in Thunder Bay. Child care and a meal are provided. The program is offered twice a year in Thunder Bay. Information on financial literacy may also be provided to participants of other programs such as community kitchens, on a one-to-one basis.

### Income Tax Services

A trained Revenue Canada Volunteer will assist Thunder Bay client with the completion of Income Tax forms. The program runs mid March to May. This service is free of charge and is offered once a year. Clients are seen on a first come first serve bases.

## **Community Programs**

### Longlac Family Events

Family events organized in Longlac to coincide with Literacy Day, the Moosecalac Winter Carnival, Summerfest, Mother's Day, Father's Day, and Grandparent's Day.

### Tai Chi Exercise

A weekly one-hour exercise and active living program offered in Longlac for individuals with health concerns.

### Health Promotion Workshops

Offered in response to community requests on topics such as healthy weights, money management, stress management, anger management, etc.

### Life Skills

A nine-week skill-building program in Thunder Bay for focusing on topics of interest to participants. Program may be for women or men only.