

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 Programs

Daycare Exercise and Health

Offered weekly at the Longlac daycare to introduce preschool and JK/SK children to concepts of active living and healthy eating.

Longlac Playgroup

Meets twice weekly for parents and children. Features a monthly guest on health topics and a monthly session on nutrition.

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

Two programs are offered in Longlac, one for parents with infant, and another for parents with toddlers. This program aims to develop language and promote child parent interaction through rhymes, songs and stories.

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.

Toddlers Program

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

Nobody's Perfect Parenting program

An 8-week parenting program for parents and caregivers offered three times a year in Thunder Bay. 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.

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.

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.

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. Outreach to Limbrick site every second month for fluoride varnish and quarterly with a hygienist.

Programs for 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.

Senior's Exercise

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.

Chateau Lac Senior's Exercise

A weekly one-hour exercise and active living program for seniors with limited mobility at Chateau Lac Senior's Residence in Longlac.

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.

Chateau Lac Community Garden

Community garden to promote the interaction amongst residents, to reduce the isolation of seniors, to share gardening skills, and grow healthy food.

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.

Stanford Diabetes Self-Management Program

A programs consisting of a 6 weekly 2.5 hour sessions for people with type 2 diabetes. Helps them develop skills for the day-to-day management of diabetes, to maintain or increase life activities.

Diabetes Community Kitchen

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

Nutrition Programs

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.

Chateau Lac Senior's Lunch

A modified bi-monthly senior's community kitchen for seniors with reduced mobility at the Longlac Chateau Lac Senior's Residence. Basic shelf items are provided free of charge.

Mom's Community Kitchen

Young moms cook several meals together for their families and contribute toward the cost of the food. Childcare is provided. Offered in Thunder Bay.

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 healthy eating, health teaching, Hug a Tree program, etc.

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.

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. Food items donated by a local grocery store increase the number of walk in clients. Features health teaching on the second Wednesday of every month.

Limbrick Hot Lunch

A weekly hot lunch for approximately 25 children during the school year, funded by the Thunder Bay Indian Friendship Centre.

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.

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 to Longlac parents and children on home safety.

Teens Program

A weekly program for Longlac teens in grade 7 and up during the school year. Features information on a specific topic and guest speakers.

School Programs

Armstrong School Program

There is also monthly school program for SK students at the Armstrong Public School during the school year, except for December and January. This program features a theme, circle time, snacks and activities.

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.

Fruitables Plus

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

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.

Children's Talking Circles

A 5-week school based program on traditional values for children at a neighboring school in Thunder Bay.

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.

Fetal Alcohol Spectrum Disorder

FASD Awareness Day

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

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 Parenting Program

An 8-week FASD Parenting program is offered to parents and caregivers twice a year in Thunder Bay. The program is co-facilitated with an FASD Parent Resource. 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.

Family Programs

Parenting

We offer parenting programs in Longlac and Thunder Bay. Sessions focus on parenting issues, and feature discussions, presentations, videos, and occasional guest speakers.

Kids Have Stress Too

A program to raise awareness of the stress children deal with in their lives. Provides practical tips for the school setting.

Longlac Family Events

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

Parent's Alcohol and Drug Awareness Presentations

Presentations to parents of at-risk children. Presentations include discussion of risk factors, sign and symptoms of adolescent substance abuse.

Community Programs

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.

Women's Life Skills

A nine-week skill-building program in Thunder Bay for women focusing on topics of interest to participants. Childcare is provided.

Community Wellness Guide Program

A program to provide people living in Thunder Bay with the information they need to lead better lives. Fact sheets will be used to in a variety of presentations on alcohol and drug abuse, injury prevention and chronic disease.

Stanford Chronic Disease Self-Management Program

A program consisting of a 6 weekly 2.5 hour sessions for people with chronic diseases. Helps them develop skills for the day-to-day management of their chronic disease, to maintain or increase life activities. Offered both in Longlac and Thunder Bay

Craving Change

A program for people in Thunder Bay who are struggling with their eating. Helps participants gain tools and the confidence to improve their relationship with food.

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.

Women's Walking Group

A weekly walking group for women, running from our Thunder Bay site, from approximately April to October.