

Community Wellness Guide

NorWest Community Health Centres is working on a Wellness Guide. The Community Wellness Guide would complement existing directories on local services, such as the Lakehead Social Planning Council's Community Information and Referral book and the Hard Times Handbook. The purpose of the Wellness Guide is to provide community members with the information they need to live better lives.

We have been meeting with members of the community to talk about what information they would like to see.

Topics To Date:

- Help for out of town medical emergencies and appointments
- Help for out of town family emergencies
- Seniors fraud
- Counseling and support for families
- Alzheimer's issues with older adults i.e. stages etc.
- Free youth programs
- How to address school problems
- Child development
- Information for people new to the city
- New hospital services
- Income subsidy programs
- How to advocate for your own medical needs
- Food security i.e. food banks etc.
- Used and free clothing depots
- Alcohol and drug information
- Pregnancy and health information
- Parenting courses
- Respite help for young parents
- How to grow your own garden
- Free furniture

We are developing fact sheets first. When all topics are completed, a booklet will be made of all the fact sheets. The fact sheets and booklets will be FREE to community members.

If you have any ideas on information you would like to see in a Wellness Guide, please contact Darren Borg, FOCUS Coordinator, NorWest Community Health Centres, at (807) 622-8235 or email dborg@norwestchc.org