

# Community Wellness Team

## Interlake-Eastern Regional Health Authority

### SCHEDULE OF CLASSES & EVENTS

### MARCH 2024

\*schedule may change at any time

|  |            |
|--|------------|
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Interlake-Eastern  
Regional Health Authority

# HEALTHY EATING

## Craving Change®

A how-to workshop for changing relationships with food.

Change your thinking, change your eating.

Are you craving change in your eating habits? Want to kick a bad habit? Do you struggle with your eating and want to learn how you can create a healthier you? Then this **FREE program** is the class for you!



**Craving Change®**  
"Is this Stomach, Mouth or Heart Hunger?"



Two upcoming sessions available:

- **Selkirk, MB**  
Date: Tuesdays April 23 to May 21 from 1:30 pm to 3:00 pm  
Location: 1<sup>st</sup> floor board room, 237 Manitoba Ave. Selkirk, MB
- **Online virtual session**  
Date: Thursdays May 9 to June 13 from 12:00 pm to 1:00 pm  
Location: Virtual session online with MS Teams

To register or get on the mailing list for future sessions please email [wellness@ierha.ca](mailto:wellness@ierha.ca) or call toll free 1-877-979-WELL (9355)

# INDIGENOUS FOODS AND RECIPES



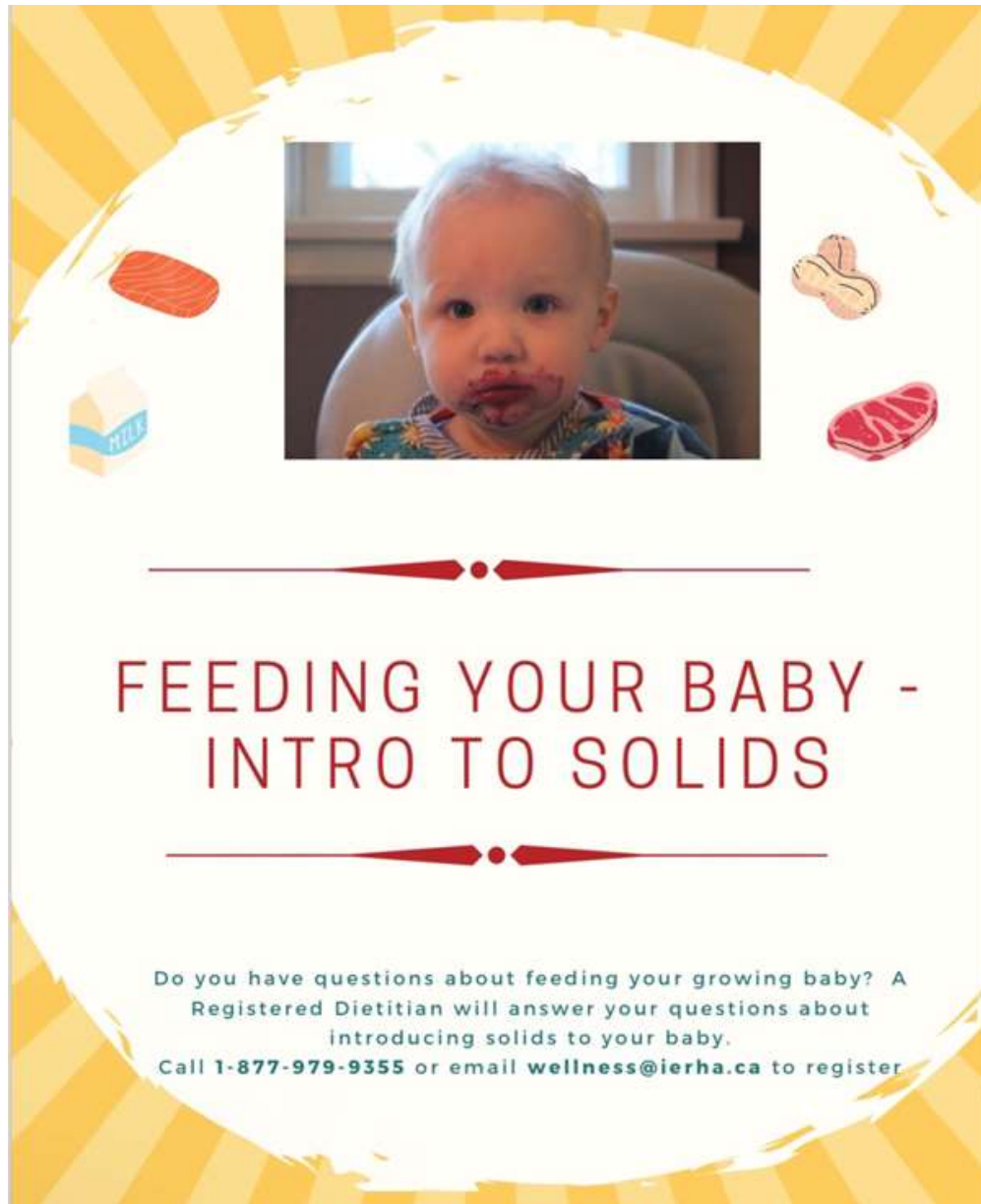
Food creates connections, sparks memories and bridges gaps. Tastes and aromas can bring us home and foster ties to our family, community and ancestors.

The Recipe of the Month club is looking for input from YOU! Do you have a favourite traditional indigenous recipe?

Send it to the community wellness program at [wellness@ierha.ca](mailto:wellness@ierha.ca) and your recipe may be featured in an upcoming Community Wellness e-newsletter!

Feel free to include what makes it your favourite. Can't wait to hear from you!

# HEALTHY BABY



## Feeding Your Baby - Intro to Solids

Thursday March 21, 2024

10:00 am - 11:30 am

Online session via MS Teams - email [wellness@ierha.ca](mailto:wellness@ierha.ca) to register.



## Feeding Littles - How to have pleasant mealtimes

Thursday April 25, 2024

10:00 am - 11:30 am

Online session via MS Teams - email [wellness@ierha.ca](mailto:wellness@ierha.ca) to register.

## French webinar | Webinar en français

### Manger tôt. Manger souvent. L'introduction précoce des allergènes et la prévention des allergies alimentaires

(An early introduction of allergens and food allergy prevention)

March 11 @ 1:00 pm - 2:00 pm EDT

Please note: This session will be in French, to watch English sessions on this topic please visit [foodallergycanada.ca/earlyintro](https://foodallergycanada.ca/earlyintro).



**Objet du webinaire :** Apprenez comment prévenir les allergies alimentaires chez les bébés. Cette séance comprendra les recommandations actuelles de la Société canadienne de pédiatrie et de la Société canadienne d'allergie et d'immunologie clinique, des conseils pratiques pour introduire des aliments allergéniques aux bébés, les symptômes à surveiller qui indiquent une réaction allergique et comment la traiter si elle se produit.

Posez vos questions d'avance, au moment de l'inscription, afin que la Dre Primeau puisse y répondre.

**À propos de l'oratrice :** Dre Marie-Noel Primeau est allergologue pédiatrique et membre du service d'allergie-immunologie du CISSS de Laval ainsi que est chargée d'enseignement clinique pour le département de Médecine de l'Université de Montréal. Elle est une des cofondatrices de la Clinique d'allergie et d'asthme de Montréal. Dre Primeau est la vice-présidente de l'Association des allergologues et immunologues du Québec. Elle fait partie du comité scientifique d'Allergie Québec.



**Date du webinaire :** lundi, le 11 mars 2024 de 13h à 14h HAE

Pour s'inscrire [visiter leur site](#).

### French webinar: Eat Early. Eat Often. – early introduction of allergens and food allergy prevention



Register now for our upcoming webinar to learn how to help prevent food allergies in babies.

This session will include current recommendations from the Canadian Paediatric Society and the Canadian Society of Allergy and Clinical Immunology, practical ways to feed allergenic foods to babies, what to watch for in terms of an allergic reaction and how to treat them if they happen. This session is on March 11, 2024.

Please note: This session will be in **French only**, please visit [foodallergycanada.ca/earlyintro](https://foodallergycanada.ca/earlyintro) to watch English sessions on this topic.

To register for the French webinar, go to [Register now](#).

# Join us at Our Time Healthy Baby Drop-In



Interlake-Eastern Regional Health Authority's **Our Time Healthy Baby Program** is available for all pregnant individuals and parents with infants up to one year of age. Healthy Baby Community Programs help pregnant individuals and new parents connect with other parents, families and health professionals.



## Our Time Healthy Baby Program can offer:

- group sessions
- milk coupons
- recipe/meal bags
- information, support and resources on prenatal and postnatal nutrition & health, breastfeeding, parenting tips and lifestyle choices

### For free registration please contact:

East side Interlake- Robin, 204-345-0290 [rcyr@ierha.ca](mailto:rcyr@ierha.ca)

West side Interlake -Denise, 204-785-7708 or email [dwoloshyn@ierha.ca](mailto:dwoloshyn@ierha.ca)

Or call your local Public Health Nurse for more information, [Community Health Office locations.](#)



## MyBaby

### Get positive parenting support via email or text.

MyBaby has short videos that show how you can bond with your baby and help them grow and develop.

Sign up now to get weekly ideas and tips.

Visit [my-baby.ca](http://my-baby.ca),  
or scan now to  
get started.



 **RRC** POLYTECH

# GET BETTER TOGETHER



**Health Issues  
Used to  
Control  
Our Lives ...  
Now We Do.**

Are you sick and tired  
of feeling sick and tired?  
Join hundreds of Manitobans  
who've decided to start living  
better with their health issues  
through Get Better Together  
group workshops.

Fully-funded workshops are held  
across Manitoba. Get details at:  
[gbt@wellnessinstitute.ca](mailto:gbt@wellnessinstitute.ca)  
or 204-632-3927

**Get Better  
Together**

Skills to Cope. Support to Thrive. [getbettertogether.ca](http://getbettertogether.ca)

Get Better Together is coordinated by the Wellness Institute and supported by Manitoba Health and Regional Health Authorities.

To get on a wait list to be notified when the next Get Better Together session is scheduled please email [wellness@ierha.ca](mailto:wellness@ierha.ca).



# TOBACCO REDUCTION

A collaboration between:



Winnipeg Regional Health Authority  
Office régional de la santé de Winnipeg



Interlake-Eastern Regional Health Authority

## Commit to Quit



Join this virtual **5-class** group program to help you reduce or stop your tobacco or nicotine use. No cost.

Learn about:

- your triggers
- setting realistic goals
- behaviours that work
- strategies, tips and tricks
- how quit medications might work for you.

Virtual by MS Teams, phone-in option.

To register call 1-877-979-9355 or email [wellness@ierha.ca](mailto:wellness@ierha.ca)

Monday afternoons  
April 8 – May 6  
1:30 pm to 2:45 pm  
Online via MS Teams  
Registration deadline April 2  
Email [wellness@ierha.ca](mailto:wellness@ierha.ca)

Thursday evenings  
April 11 – May 9  
6:00 pm – 7:15 pm  
Online via MS Teams  
Register by April 2  
Email [wellness@ierha.ca](mailto:wellness@ierha.ca)



[Click here to learn more.](#)

[Veuillez cliquer ici pour la version française.](#)

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Health Canada's [Tools for a Smoke-Free Life](#) campaign launched in mid-November.

The campaign encourages adults who smoke, aged 35 and over, to learn more about the array of tools and supports that can help them quit smoking. The campaign features a variety of empowering testimonials from people who have successfully quit smoking. The messaging reinforces that quitting is possible and that combining effective approaches improves one's chances of success.



La campagne [Les outils pour une vie sans fumée](#) de Santé Canada a débuté en mi-novembre.

La campagne encourage les adultes qui fument, âgés de 35 ans et plus, à s'informer sur la gamme d'outils et de soutiens qui peuvent les aider à arrêter de fumer. La campagne présente divers témoignages encourageants de personnes qui ont réussi à arrêter de fumer. Le message souligne qu'il est possible d'arrêter de fumer et que la combinaison d'approches efficaces augmente les chances de réussite

# MENTAL WELLBEING

## Interlake-Eastern Regional Health Authority - Mental Health

IERHA 24 Hour Crisis Line

1-866-427-8628

204-482-5419

Klinic Crisis Line

1-888-322-3019

204-786-8686

Kids Help Line

1-800-668-6868

<https://kidshelpline.ca>

### Support for Your Mental Health

[Wellness Together Canada](#) provides free online resources, tools, apps and connections to trained volunteers and qualified mental health professionals when needed. Please click on the below icon to access the Wellness Together Canada site.

WELLNESS TOGETHER  
**Canada**

Mental Health and  
Substance Use Support



Is someone around you struggling with stress or anxiety? Learn how you can help a loved one who needs [#MentalHealth](#) or [#SubstanceUse](#) support.

Check out [Canadian Mental Health Association](#)'s great advice on listening in six simple steps: <https://ow.ly/ZawX50QjNGo>

# What happens when you call 9-8-8?



## You will hear a short recorded message

To let you know you are in the right place.



## You will hear a few short questions

Including whether you'd like to speak to someone in English or French.



## You will connect to a trained responder

If you need to wait for a short time, please stay with us – we will answer your call.



## The responder will listen without judgment

Whatever you're facing, the responder you connect to will give you space to talk through your problems, and help you find ways to keep yourself safe.

**If you're thinking about suicide or worried about someone you know, 9-8-8 is here for you, 24/7/365.**



**Suicide Crisis Helpline**

9-8-8: Suicide Crisis Helpline is funded by the Government of Canada

# GET YOUR BENEFITS AND CREDITS OBTENEZ VOS PRESTATIONS ET VOS CRÉDITS

It's important to file an income tax return even if you have no income, a low income, or are on social assistance. Filing an income tax return can unlock benefits and credits that you may be eligible to receive, putting more money back into your pocket, and improving your health and lifestyle.

Take a look at the Get Your Benefits booklet and/or the Canada Revenue website to find out about benefits such as the Canada Child Benefit, GST/HST Credit, Canada Workers Benefit, Disability Tax Credit, and many others.

Call Revenue Canada to ask about benefits: 1-800-387-1193



## CANADIAN DENTAL CARE PLAN

**Applying for the Canadian Dental Care Plan**

You can apply only if you received a letter inviting you to apply for the Canadian Dental Care Plan. Letters will be sent in stages from December 2023 to March 2024 to people 70 years of age and over who may be eligible, starting with those over 87 years. Call the automated phone system before April 30, 2024 to complete your application.

**Call to Apply** → **Choose your Language** → **Apply**

Call 1-833-537-4342. For English, press 1. For French, press 2. To apply, press 1.

**Identification (ID) Needed to Apply** → **Written Language**

Enter Your Application Code found on the top right corner of your invitation letter. Enter your Social Insurance Number (SIN) found on your SIN card or many income tax documents. Select your preferred language for future written correspondence. For English, press 1. For French, press 2.

**Private Dental Coverage** → **Public Dental Coverage** → **Decision**

You will be asked if you have access to any private dental benefits through:  
 a) your employer or a family member's employer benefits;  
 b) your pension (previous employer) or a family member's pension benefits; or  
 c) an insurance or benefits company that you or a family member purchase from.  
 1 = Yes 9 = No

You will be asked if you have public dental coverage through a social program offered by your province or territory and/or the federal government. This information is being collected to coordinate the payment of dental claims should you qualify for the Canadian Dental Care Plan.  
 1 = Yes 9 = No

You will hear a message that confirms whether you qualify. You will also receive a letter explaining this decision in about 15 business days. If you qualify, your coverage will begin on the date provided in your welcome package from Sun Life. The package will arrive within 3 months after you apply.

Please note that this information is valid until April 30, 2024. For the most up-to-date information on CDCP, please visit [Canada.ca/dental](https://Canada.ca/dental)



# TEEN CLINIC

Open every second Wednesday

Jan. 31 / Feb. 14, 28 /

Mar. 13, 27 /

Apr. 10, 24

**WHITEMOUTH COMMUNITY CLUB**

61 FIRST STREET

Noon - 4 pm

Call 204-348-2291 for an appt.

Walk-ins welcome.

# Well4U

Whether you've been newly diagnosed with a health condition or chronic disease that you want to manage, or your desire is to maintain, or even improve health to prevent future, or further health concerns, this 7-module program will support you to:

- reflect on various lifestyle factors that impact your health
- identify potential areas you want to try to do differently;
- add movement into your day; and
- provide strategies to sustain your changes over time.

Developed by regulated health professionals

## Movement Series

Welcome to the [movement component](#) of Well4U. Before you begin the movement module or any new exercise program please ensure you have reviewed the [before you begin module](#) and have filled out the [Get Active questionnaire](#). If you have any questions or concerns, please contact your health care provider and/or qualified exercise professional before beginning.

The movement section has been created with people new or newer to exercise in mind. You will need the following:

- To wear comfortable clothing that you can move in
- To wear proper athletic shoes for light exercise
- Have water and a towel nearby
- You may want a chair close to you to use for balance or seated exercises
- If you choose to use hand weights, have a light pair ready.
- If you do not have hand weights you can use water bottles or soup cans.
- If you choose to do floor exercises you may want a mat to lie on

Finally – remember to work at your own pace, take breaks as you need. You do not have to do all the movements as presented or stay on the beat of the music. Remember to drink water throughout the movement module. If you experience faintness, dizziness, pain or shortness of breath at any time you should STOP immediately.

# Grief Support Groups



This program offers a safe environment where grieving individuals can speak openly about their feelings. Please note that this is not a crisis or professional service, but rather a friendly support program, led by trained volunteers.

## FOUR LOCATIONS TO CHOOSE FROM:

### Pinawa

Alliance Church  
2nd Thursday of the month  
7-9pm

### Lac du Bonnet

Abundant Life Church  
3rd Week in March  
Dates & times TBD



### Whitemouth

Redeemer Lutheran Church  
1st Tuesday of the month  
2-4pm

### Seven Sisters

74147 Brookfield RD  
4th Wednesday of the month  
10am-12pm

To Register or for Information  
Contact Marj Wiebe at Two  
Rivers: 204-753-2962 or  
[pinawatworivers@gmail.com](mailto:pinawatworivers@gmail.com)



4P  
palpative manitoba





## Care Partner Support Groups



Support group meetings offer the opportunity for care partners to meet and share information and feelings about their experiences of caring for a person living with dementia.

### Whitemouth (in-person)

#### Redeemer Lutheran Church

135 Henderson Ave, in the basement

First Wednesday of the month  
from 1:30 - 3 pm

Third Wednesday of the month  
from 6 - 7:30 pm

[alzne@alzheimer.mb.ca](mailto:alzne@alzheimer.mb.ca)



Visit [alzheimer.mb.ca](http://alzheimer.mb.ca) for the full list of support group sessions available in Manitoba.



*The Alzheimer Society is an inclusive space for people of different abilities, religions, cultures and the 2SLGTBQ+ community.*

For more information and to register, contact Samantha Holland, First Link® Regional Team Lead at [alzne@alzheimer.mb.ca](mailto:alzne@alzheimer.mb.ca) or 204-268-4752.

# Seniors Tea & Tales

Lutheran Church of the Cross, 253 McArthur Avenue  
1:30 - 3:00 pm, first Monday of each month starting March 4

*Lac du  
Bonnet!*



*Tea & Tales is a safe space to talk about your mental health, mood disorders, life's daily struggles, and everything in between. No judgment, come as you are. We look forward to meeting you!*



**MDAM**  
MOOD DISORDERS  
ASSOCIATION OF MANITOBA

Helping People  
Help Themselves



📞 204-250-4958

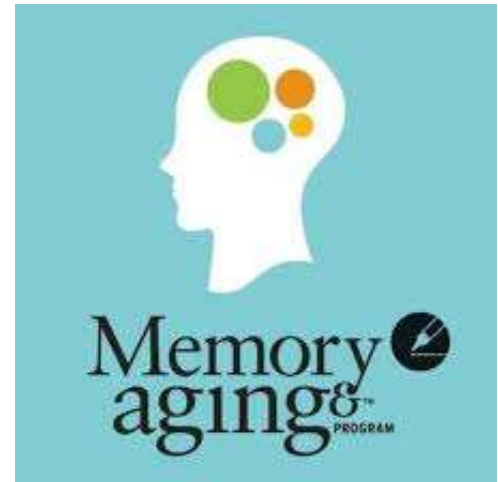
📍 253 McArthur Avenue

✉️ [mixedprogram@moodmb.ca](mailto:mixedprogram@moodmb.ca)

🌐 [www.moodmb.ca](http://www.moodmb.ca)

While some degree of memory change is a normal part of aging, research shows there are effective strategies and skills you can use to help you remember the things that are important to you. Does this sound familiar?

- Did I turn off the stove?
- Where did I put my glasses?
- What was I about to do?
- When is his birthday?
- What was it that they told me the other day?



Please join us at the **Gordon Howard Centre 384 Eveline**

**Street in Selkirk.** You will understand what memory is and how it changes with age. Uncover which factors can impact your memory for the better or for the worse. Explore lifestyle changes that can help improve your memory. Practice memory strategies. Improve your ability to recall everyday things. Build confidence in your memory. The program was developed for older adults but adults of all ages are welcome to attend. If you are experiencing normal age-related memory changes, or want to learn to protect and improve your brain health, join us.

**Sessions are Wednesdays May 1<sup>st</sup> 8<sup>th</sup> and 15<sup>th</sup> 2024 10:00 am to 11:30 am in the Gordon Howard Main Floor Boardroom. Space is limited so register soon.**

**To register call :204-482-2092**





# Does Parenting Feel Really Stressful?

## This program can help



### WHAT IS BEAM

**BEAM** is a 12 week app-based program designed by parents, for parents.

It has been shown to reduce mental health problems and improve parent-child relationships

### WHAT TO EXPECT

- **Expert-led videos** on parenting and family mental health
- One-on-one **peer coaching**
- **Tracking** to see your progress
- An **online forum** to connect with other parents
- **Systems navigation** support

### ELIGIBILITY

- 18 years or older & living in MB
- Parenting a 2-5 year old child
- Experiencing depression, anxiety, anger, and/or parenting stress

Scan to take our screener or visit [redcap.link/beam](https://redcap.link/beam)



Contact us at [beam.research@umanitoba.ca](mailto:beam.research@umanitoba.ca)

Learn more at [thebeamprogram.com](https://thebeamprogram.com)

Participants can receive up to \$140

This research has been approved by Research Ethics Board at the University of Manitoba, Fort Garry campus  
Principal Investigator: Dr. Leslie E. Roos, Department of Psychology (REB approval number: HE2023-0161)



# SENIOR CENTRE WITHOUT WALLS

[Senior Centre Without Walls through A & O: Support Services for Older Adults](#) offers free educational and recreational programs over the phone. The program reaches out to socially isolated older adults 55+ living in Manitoba. Individuals and groups are welcome. There is no cost to register. **We will call in all registered participants 10 minutes before programming begins. Participants will also be given a toll-free number to access programs on their own if needed (no pins or access codes required).**

Please view our current Program Guide in the attachment provided. The guide will be live on our website, along with a fillable worksheet to register right away.

In our guide you will find the following topics plus a whole lot more!

[CLICK HERE FOR THE SENIOR CENTRE WITHOUT WALLS WINTER PROGRAM](#)

**A&O**

VOLUME 22  
JAN - APR  
2024

# SENIOR CENTRE WITHOUT WALLS

**IN THIS ISSUE**

- GREEN ACTION CENTRE
- THE ARTISTS SERIES
- WINNIPEG SYMPHONY ORCHESTRA.

**\*Large print versions of this guide are available.**

**FREE TELEPHONE GROUP ACTIVITIES FOR MANITOBBANS 55+**

For more information or to register:  
204-956-6440 (Winnipeg)  
1-888-333-3121 (Toll-free)  
info@aosupportservices.ca  
200-207 Donald St., Winnipeg, MB R3C 1M5

All participants will be called in ten minutes prior to the program start time using our audio conferencing system. Participants will also be provided with a toll-free number should they need to call themselves in. Information about this system and FAQs will be provided upon registration.

COME FOR COFFEE AND CONVERSATION

**MONTHLY PARENT AND CAREGIVER SUPPORT GROUP**

PARENTING IS HARD...LET'S TALK ABOUT IT.  
A GROUP FOR CAREGIVERS OF NEURODIVERGENT CHILDREN, YOUTH AND ADULTS.

Red River North CTS Inc.

**JOIN US THE 3RD MONDAY OF EACH MONTH  
12:30 - 3:00PM RED RIVER NORTH CTS INC.  
BOARDROOM, B-511 ROBINSON AVE., SELKIRK**

E-mail [rsugden@redrivernorthcts.com](mailto:rsugden@redrivernorthcts.com) or text 204-688-6698 for info

PF is a rare disease, and it can be challenging to find other people who share your experiences.

# YOU'RE NOT ALONE!

## Join a SUPPORT GROUP for pulmonary fibrosis



Scan the code  
to learn more:

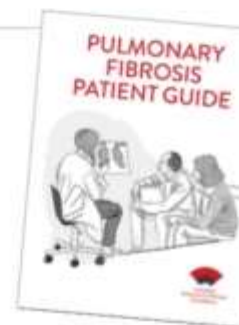


The Canadian Pulmonary Fibrosis Foundation invites you to participate in one of our support groups. Join other people affected by PF across the country to share ideas and experiences and to support one another.



To find the Pulmonary Fibrosis Patient Guide and other resources, visit:

**Cpff.ca**



La FP est une maladie rare. Vous pouvez donc avoir du mal à trouver d'autres personnes qui vivent la même chose que vous.

# VOUS N'ÊTES PAS SEULS!

## Rejoignez notre GROUPE DE SOUTIEN pour la fibrose pulmonaire



Scannez le code  
pour en savoir plus:



La Fondation canadienne de la fibrose pulmonaire vous invite à participer à notre groupe de soutien en français. Réunir virtuellement avec d'autres personnes affectées par la FP à travers le pays afin de partager des idées, des expériences et de vous soutenir les uns les autres.



Pour trouver Le Guide du Patient  
sur le Fibrose Pulmonaire et  
d'autres ressources, visitez:

**Cpff.ca**

