

Community Wellness Team

Interlake-Eastern Regional Health Authority

SCHEDULE OF CLASSES & EVENTS

FEBRUARY 2025 *schedule may change at any time

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HEALTHY EATING

Craving Change®

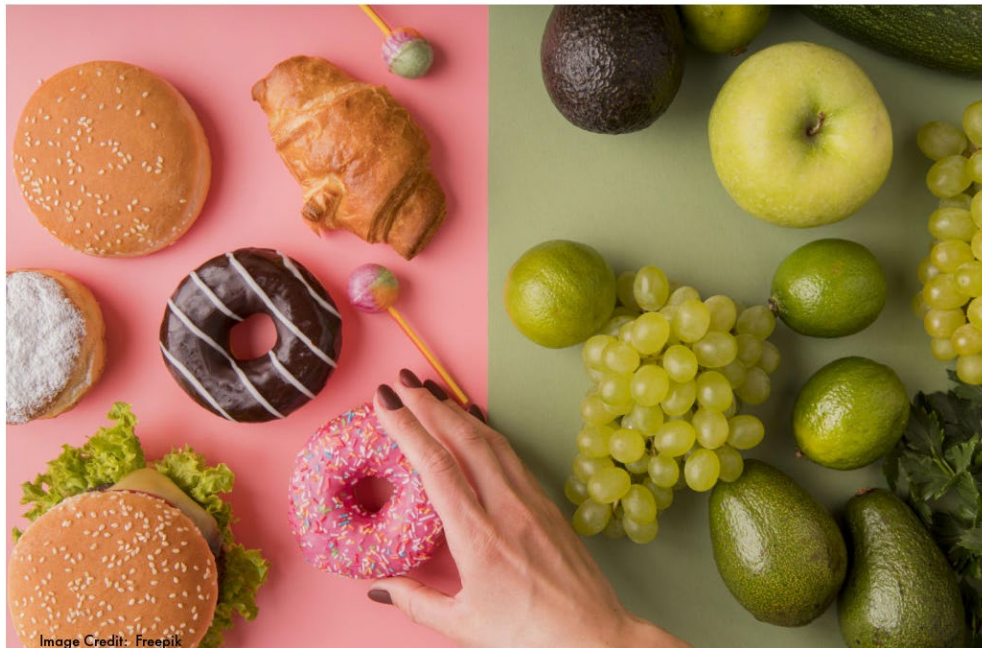
A how-to workshop for changing relationships with food.

Change your thinking, change your eating.

Are you craving change in your eating habits? Do you want to know more about why you eat the way that you do? Then this **FREE program** is the class for you!



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



To get on a mailing list to be notified when the next session is scheduled please email wellness@ierha.ca.

To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

Empowered Eating

A Develop a healthier relationship with food.

- Explore your current relationship with food.
- Explore feelings, beliefs, and behaviours around food.
- Explore new tools, ideas, and ways of thinking.

Empowered Eating



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**SCHEDULE SUBJECT TO CHANGE

HEALTHY BABY

HOW TO HAVE PLEASANT MEALTIMES

FEEDING LITTLES

Do you worry about what your children eat? or don't eat? Do you have questions about feeding your children or how to get them to eat new (or old) foods? or even eat at all? If yes, please join me Caroline Le Clair (Registered Dietitian) for a Virtual Class with tips on how to prevent meal time battles and what to do if they occur.

Call 1-877-979-9355 or email wellness@ierha.ca to register

Feeding Littles – How to have pleasant mealtimes

Thursday Feb. 27, 2025

10:00 am - 11:30 am

Online session via MS Teams - email wellness@ierha.ca to register.

To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE



Feeding Your Baby – Intro to solids

Thursday Mar. 27th, 2025

10:00 am - 11:30 am

Online session via MS Teams - email wellness@ierha.ca to register.

To register or for more information please email
wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

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

West side Interlake -Denise, 204-785-7708 or email 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,
or scan now to
get started.



 **RRC** POLYTECH

To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

POWERFUL TOOLS FOR CAREGIVERS

Powerful Tools for Caregivers



Gimli New Horizons

Wednesdays, 1:30pm to 3:00PM:

WEEK 1 - March 5

WEEK 2 - March 12

WEEK 3 - March 19

WEEK 4 - March 26

WEEK 5 - April 2

WEEK 6 - April 9

Registration Deadline: February 26

Registration:

Email wellness@ierha.ca

or

Toll Free 1-877-979-9355

In just six weeks you will develop self-care tools to keep you well while you take on what can feel like an overwhelming role. Action-planning and solution-seeking throughout helps you apply new tools. Build skills to better care for yourself while caring for a loved one. Learn powerful tools that help you communicate better, cope with stress, and confidently manage your unique challenges.



Powerful Tools for Caregivers

Wednesdays, March 5 to April 9

1:30 pm to 3:00 pm

Online session via MS Teams - email wellness@ierha.ca to register.

To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

****SCHEDULE SUBJECT TO CHANGE**

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
or 204-632-3927

**Get Better
Together**

Skills to Cope. Support to Thrive. getbettertogether.ca

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

To get on a mailing list to be notified when the next session is scheduled
please email wellness@ierha.ca.

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wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

TOBACCO REDUCTION

Commit to Quit

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.

To get on a mailing list to be notified when the next session is scheduled please email wellness@ierha.ca.

<p>Tobacco Quit Card and Counselling Program</p> <ul style="list-style-type: none">• \$300 in nicotine patches and aids• Professional counselling sessions <p>See if you qualify!</p>  <p><small>Shunika Health Services</small></p>	<p>Programme de cartes et de counseling pour l'abandon du tabagisme</p> <ul style="list-style-type: none">• 300 \$ en timbres à la nicotine et produits d'aide à l'abandon du tabac• Séances de counseling professionnel <p>Informez-vous pour savoir si vous pouvez participer au Programme!</p>  <p><small>Shunika Health Services</small></p>
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[Click here to learn more.](#)
[Veillez cliquer ici pour la version française.](#)

To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

MENTAL WELLBEING

Practical Relaxation Series:

Sign up for one or more sessions! Each session is about one hour.

Explore simple relaxation techniques and get started on managing stress and improving your health and overall well-being today!

- **INTRO TO STRESS** – This hands-on session reviews causes of stress, relaxation response, and ways to manage stress. Focus: Deep breathing & guided imagery.
- **INTRO TO MINDFULNESS** – This session introduces mindfulness, which helps reduce stress by focusing awareness on the present moment.
- **INTRO TO REFRAMING OUR THOUGHTS** – Our thoughts can influence our feelings and actions. Improve your mood by thinking in a flexible and more balanced way!
- **PRACTICING GRATITUDE** – Practicing an “attitude of gratitude” can have health benefits such as less anxiety, better sleep and more happiness! Learn how to get started with as little as 5 minutes a day!

Mondays, January 13th to February 3rd

2:00 pm to 3:30 pm

Community Health Office Boardroom

1st Floor - 237 Manitoba Ave, Selkirk, MB

Email wellness@ierha.ca or call Toll Free 1-877-979-9355 to register.

Interlake-Eastern Regional Health Authority - Mental Health

IERHA 24 Hour Crisis Line

1-866-427-8628

204-482-5419

Klinik Crisis Line

1-888-322-3019

204-786-8686

Kids Help Line

1-800-668-6868

<https://kidshelpline.ca>

To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

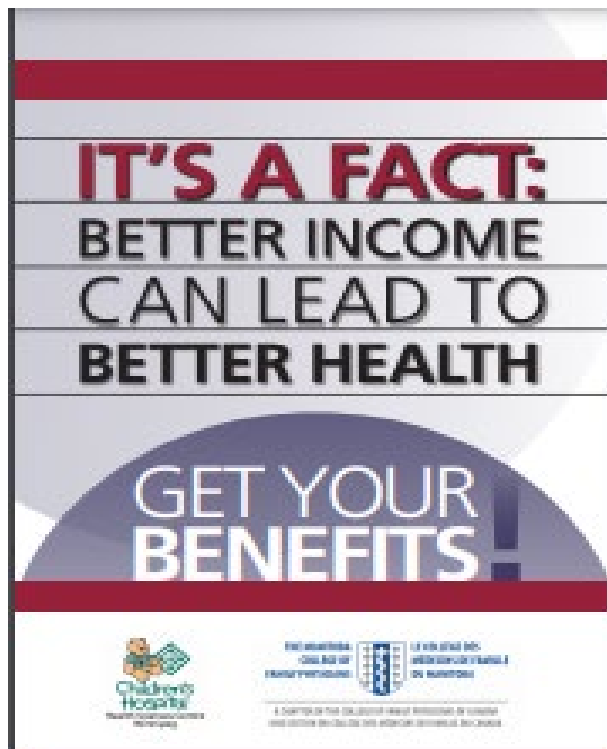
GET YOUR BENEFITS AND CREDITS

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



To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

Benefits Clinic

BENEFITS CLINIC

February 4, 2025

GET YOUR BENEFITS

Access various Community and Government

Services all in one place.

Update your Manitoba Health Card, SIN Application, ask about your Canadian Pension Plan, get information about Manitoba Supports for Persons with Disabilities, Vaccination Card application/information, Flu Vaccination and COVID Vaccination Available. Naloxone Training from MHRN, Child Special Allowance Settlement Applications, ask about Pharmacare and Rent Assist, Status Card Application/Renewal print a copy of your Proof of Income, and much more!

**Location: Huddle Selkirk
806 Manitoba Avenue**

Time: 10:00 a.m. – 3:00 p.m.

Service Canada

Canada Revenue Agency

Employment & Income Assistance

Manitoba Supports for Persons with Disabilities – Sara Riel

Huddle Selkirk

IERHA

MHRN

Southern Chiefs Organization

To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

****SCHEDULE SUBJECT TO CHANGE**

CANADIAN DENTAL CARE PLAN

Canadian Dental Care Plan

Accessible. Affordable. Essential.





Eligibility

To qualify, you must:

- ✓ not have access to dental insurance
- ✓ be a Canadian resident for tax purposes
- ✓ have an adjusted family net income of less than \$90,000
- ✓ have filed your tax return in the previous year

The Canadian
Dental Care Plan
(CDCP) will help make
the cost of dental care
more affordable for up
to **9 million**
eligible Canadian
residents.



How to Apply

CDCP Application Phases	
Group	Online applications open
Seniors aged 65 or older	Now (started May 1, 2024)
Adults with a valid Disability Tax Credit certificate	Now (started June 27, 2024)
Children under the age of 18	Now (started June 27, 2024)
All remaining eligible Canadian residents	In 2025

Oral health care is important to your overall health and well-being. Regular visits reduce the risk of health problems.

In 2022, 1 in 4 Canadians reported avoiding visiting an oral health professional due to the cost.

Every Canadian deserves accessible, affordable and essential dental care.



For more details on the CDCP and eligibility criteria, visit Canada.ca/dental



Government of Canada / Gouvernement du Canada

Canada

To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

COMMUNITY PARTNER EVENTS



Winnipeg Beach School
Wednesdays February 5 - March 26
6:30-8:30PM
\$20



Circle of Security Parenting

Learning Objectives:

- Understand the emotional world of your child
- Support the management of emotions
- Enhancing your child's self-esteem



**Limited Space
to register**
rec@winnipegbeach.ca
Childcare Available- limited room

For more information
204-389-5126 or rec@winnipegbeach.ca



To register or for more information please email
wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

**LOOKING FOR A JOB?
WE CAN HELP**

**NORTH
EASTMAN
EMPLOYMENT
SERVICES**

**IS A FREE PROGRAM OPEN TO
EVERYONE**

Whether you are currently unemployed or looking to further your career, you can book one-on-one sessions with our facilitators to assist with all your employment needs.

To schedule an appointment or to use the resource area please contact us by phone 431-770-3970 or email jobs@northees.ca

**4 Park Ave. Lac du Bonnet
Walk-in's Welcome**

**FUNDING PROVIDED BY:
The Government of Canada
The Manitoba Government**

**JOB SEARCH
ASSISTANCE**

**DEVELOP A
RESUME &
COVER LETTER**

**CAREER
PLANNING**

**BASIC COMPUTER
SKILLS**

INTERVIEW PREP

RESOURCE AREA

**EQUIPPED
WITH
COMPUTERS,
TELEPHONE,
PHOTOCOPIER,
SCANNER &
PRINTER, JOB
BOARD &
INFORMATION
KIOSK**

To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

SELKIRK EMPLOYMENT SERVICES



Looking for a Job?
We can help
We are located at 218A
Manitoba Ave.

WALK-INS WELCOME

Call 204-482-8290 or Email jobs@selkirkes.ca

To register or for more information please email
wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

SUPPORT GROUP

Facing Forward After Cancer Support Group



A support group open to all Manitobans who have completed treatment for any type of cancer within the last two years.

Every Wednesday, 11: 30 a.m. - 1:00 p.m.
January 8 - February 26, 2025

CancerCare Manitoba, 675 McDermot Ave., 1st Floor, Room ON1010
or virtually through MS Teams.

To register, or for more information, please contact Hannah at 431-761-1145.



To register or for more information please email
wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

****SCHEDULE SUBJECT TO CHANGE**



Peer Support Group Volunteer Opportunities

March of Dimes Canada's After Stroke program is recruiting peer support group volunteers with lived experience of stroke in the Interlake-Eastern Region of Manitoba.

Peer support groups bring together people impacted by stroke in a safe and welcoming environment, where they share hope, support and resources. Group volunteers play an important role in providing leadership, while motivating and supporting participants in a compassionate way.



Contact our team at
peersupport@marchofdimes.ca or
1-888-540-6666 to get involved.

To register or for more information please email
wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

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.

To register or for more information please email
wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

****SCHEDULE SUBJECT TO CHANGE**

Support Group

Grief, Loss, Stress



The purpose of our program is to provide a safe and supportive environment where individuals of all ages can speak openly about their feelings.

The group experience is based on respect for each other and is led by trained volunteers.

We hope you will join us to share and listen with others who are struggling with loss, stress, grief, and well-being in our daily lives.

Pinawa Alliance Church

1 Bessborough Avenue

2nd & 4th Thursday of every month at 7 pm

Beginning October 10th

"fostering more compassionate communities that create spaces for connection, support, and meaning during difficult times"



For more information:
Contact Pat Porth
Two Rivers: 204-345-1227 or
ldbtorivers@gmail.com



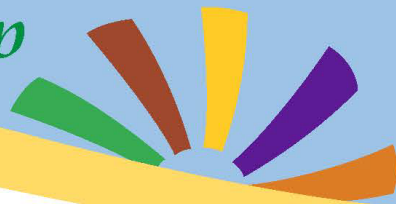
4p
palpative manitoba



To register or for more information please email
wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

Grief Support Group



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.

RM and Town of Lac du Bonnet

Lac du Bonnet District Health Centre

Monday evenings at 7 pm beginning November 4th
for 8 consecutive weeks

Drop-In Grief Support Groups are available in Seven Sisters, Whitemouth & Pinawa. Check out our website or contact us below for dates & locations.

“fostering more compassionate communities that create spaces for connection, support, and meaning during difficult times”



To register, please contact:
Pat Porth @ Two Rivers Seniors
204-345-1227 or
ldbtorivers@gmail.com



To register or for more information please email
wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

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.

Whitemouth & Seven Sisters:

Whitemouth

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

Seven Sisters

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

Grief Support Groups are also available in Lac du Bonnet and Pinawa. Please contact us or visit our website for more info. Please join us!

“fostering more compassionate communities that create spaces for connection, support, and meaning during difficult times”



To register or for information:
Contact Sandra McGonigal
Two Rivers: 204-348-4610 or
whitemouthtworivers@gmail.com



To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE



Offered in proud
partnership with:



Care Partner Support Groups

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

Pinawa

The Ironwood Gardens

(West/Yellow Wing)

40 Vanier Ave

The 3rd Thursday of the Month

(starting April 18th, 2024)

1 – 3 pm

For more information and to register, contact:

Samantha Holland
First Link Regional Team Lead
204-268-4752
alzne@alzheimer.mb.ca

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

To register or for more information please email
wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

Seniors Tea & Tales

Lutheran Church of the Cross, 253 McArthur Avenue
1:30 - 3:00 pm, second Monday of each month

Lac du Bonnet!



Tea & Tales is a safe space to talk about your mental health, mood disorder, 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

www.moodmb.ca

Seniors Tea & Tales

Gordon Howard Centre | 384 Eveline Street, Selkirk
Every Thursday from 1:00 - 2:30 pm



Tea & Tales is a safe space to talk about your mental health, mood disorder, 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

204-891-2956

100-4 Fort Street, Winnipeg, MB

interlake@moodmb.ca

www.moodmb.ca

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To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

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 PROGRAM](#)

[Vol 25: January – April 2025](#)



To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

****SCHEDULE SUBJECT TO CHANGE**