

# Community Wellness Team

## Interlake-Eastern Regional Health Authority

### SCHEDULE OF CLASSES & EVENTS

JANUARY 2025 \*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? 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?"



## Craving Change

Wednesdays, January 29th to March 5th

12:00 pm to 1:00 pm

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

To register or for more information please email  
[wellness@ierha.ca](mailto: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



## Empowered Eating

Tuesdays, January 14th to February 4th

10:00 am to 12:00 pm

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

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

\*\*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](mailto: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](mailto:wellness@ierha.ca) to register.

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

\*\*SCHEDULE SUBJECT TO CHANGE



## Feeding Your Baby – Intro to solids

Thursday Jan. 30th, 2025

10:00 am - 11:30 am

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

To register or for more information please email  
[wellness@ierha.ca](mailto: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](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

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

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# PHYSICAL ACTIVITY

## No Gym Required

Free!



January 14, 21, 28  
10:30am-12:00pm

3 Part Series  
Online - MS Teams

You will learn:

- \* Where to begin
- \* Goal Setting
- \* Physical Activity Guidelines for Your Age Group
- \* Walking Programs
- \* Gentle Stretching & Body Weight Exercises

To Register: [wellness@ierha.ca](mailto:wellness@ierha.ca) or  
Toll Free 1-877-979-9355



### No Gym Required

Tuesdays, Jan. 14, 21, 28

10:30 am to 12:00 pm

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

To register or for more information please email  
[wellness@ierha.ca](mailto: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](mailto: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](mailto:wellness@ierha.ca) to register.

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

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# 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).

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

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# 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.

Afternoon or evening sessions available online via MS Teams or phone in option.

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

**Wednesday Afternoons**  
Jan. 15<sup>th</sup> to Feb. 12<sup>th</sup>, 2025  
1:30 pm – 2:45 pm  
Register by Jan. 8

**Wednesday Evenings**  
Jan. 15<sup>th</sup> to Feb. 12<sup>th</sup>, 2025  
6:00 pm – 7:15 pm  
Register by Jan. 8



**Tobacco Quit Card and Counseling Program**

- \$300 in nicotine patches and aids
- Professional counselling sessions

See if you qualify!

**Programme de cartes et de counseling pour l'abandon du tabagisme**

- 300 \$ en timbres à la nicotine et produits d'aide à l'abandon du tabac
- Séances de counseling professionnel

Informez-vous pour savoir si vous pouvez participer au Programme!

[Click here to learn more.](#)

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

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

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# 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 13<sup>th</sup> to February 3<sup>rd</sup>  
2:00 pm to 3:30 pm  
Community Health Office Boardroom  
1<sup>st</sup> Floor - 237 Manitoba Ave, Selkirk, MB

Email [wellness@ierha.ca](mailto:wellness@ierha.ca) or call Toll Free 1-877-979-9355 to register.

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### Interlake-Eastern Regional Health Authority - Mental Health

<b>IERHA 24 Hour Crisis Line</b>	<b>Klinik Crisis Line</b>	<b>Kids Help Line</b>
1-866-427-8628	1-888-322-3019	1-800-668-6868
204-482-5419	204-786-8686	<a href="https://kidshelpline.ca">https://kidshelpline.ca</a>

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

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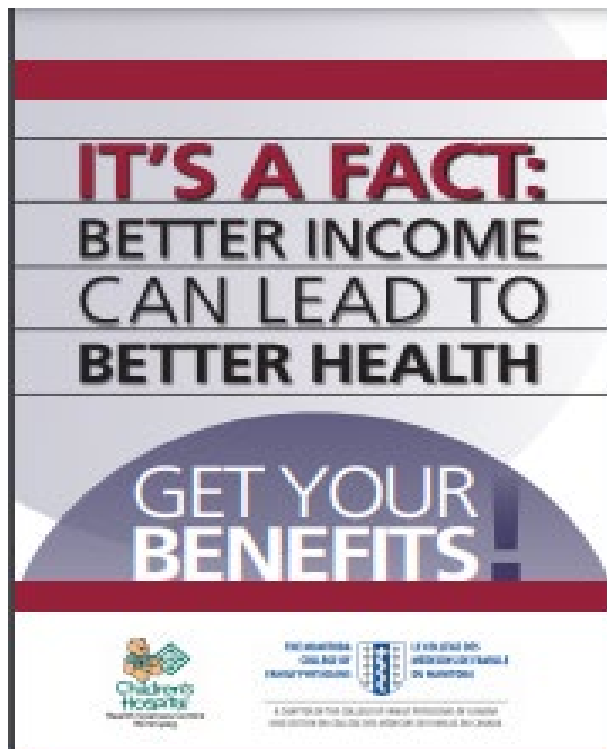
# GET YOUR BENEFITS AND CREDITS

## 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



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

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# 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](https://Canada.ca/dental)



# BREASTCHECK SCREENING CLINICS



## BreastCheck Cancer Screening Clinic Clinique de dépistage du cancer du sein du programme BreastCheck

**TEULON**  
**Teulon Memorial**  
**Hospital**

**162-3rd Avenue S.E.**

**Dec 30,2024-Jan 3, 2025**

**Women age 50-74 should call for  
an appointment:  
1-855-95-CHECK**

[cancercare.mb.ca/breastcheck](http://cancercare.mb.ca/breastcheck)

**TEULON**  
**Hôpital Hunter**  
**Memorial**

**162,3e avenue S.-E.**

**30 déc 2024-3 janv 2025**

**Les femmes âgées de 50 à 74 ans devraient  
téléphoner pour prendre un rendez-vous :  
1-855-952-4325**

[cancercare.mb.ca/breastcheck-f](http://cancercare.mb.ca/breastcheck-f)

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

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# COMMUNITY PARTNER EVENTS

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

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# 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](mailto:jobs@selkirkes.ca)

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

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Manitoba Lung Association

B R E A T H E

## Ready to start your journey to a healthier, smoke-free life?

### Our next challenge starts on January 1st!

Join our 14-Day "New Year, New You" Challenge and take the first steps toward quitting smoking for good. With daily motivation, practical tips, and a supportive online community, you'll be empowered to make lasting changes. Whether you're just starting your quit journey or need a reset, this challenge is designed to support you every step of the way.

### Here's What You'll Get:

- **Daily Emails:** Stay inspired with expert-backed tips, strategies, and encouragement delivered straight to your inbox.
- **Supportive Community:** Connect with others on the same journey through our private Facebook group.
- **Quit Resource:** Access our free "That's It, I Quit!" guide packed with tools and insights for a successful quit.
- **Exclusive Prizes:** Complete the challenge and be entered to win a special prize by filling out our wrap-up survey!

**Start the New Year Strong. Start Your Smoke-Free Journey Today!**

Visit [ManitobaQuits: New Year, New You Challenge](#) to register.

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

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# Packing it in:



## Creating a Plan to Quit Smoking



~ A 1-hour overview of the steps to Quit Smoking successfully ~

~ Live online, via MS Teams on January 22, 2025 at 6:00pm ~

This class is helpful on its own or use it as an introduction for the virtual group program, Commit to Quit. Available live online OR as a recorded session.

Visit [Packing it in: Creating a Plan to Quit Smoking \(wrha.mb.ca\)](https://www.wrha.mb.ca/programs/commit-to-quit) to see the recording or to register.

Brought to you by Winnipeg Regional Health Authority

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

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Image of computer : <https://www.vectorportal.com/vector/man-behind-computer-desk/23737>

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](mailto: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](mailto:peersupport@marchofdimes.ca) or  
1-888-540-6666 to get involved.

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

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

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

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# 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



4p  
palliative manitoba



To register or for more information please email  
[wellness@ierha.ca](mailto: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 3<sup>rd</sup> Thursday of the Month

(starting April 18<sup>th</sup>, 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](mailto: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](mailto: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](mailto: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 24: September – December 2024](#)



VOLUME 23  
MAY - AUG  
2024

# SENIOR CENTRE WITHOUT WALLS

## IN THIS ISSUE

WINNIPEG HUMANE SOCIETY  
THE WOLSELEY EXPEDITION OF 1870  
LONG COVID

FREE TELEPHONE GROUP  
ACTIVITIES FOR MANITOBANS 55+

\*Large  
print  
versions  
of this  
guide are  
available.

For more information or to register:  
204-956-6440 (Winnipeg)  
1-888-333-3121 (Toll-free)  
[info@aosupportservices.ca](mailto: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.

To register or for more information please email  
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