

Community Wellness Team

Interlake-Eastern Regional Health Authority

SCHEDULE OF CLASSES & EVENTS

*schedule may change at any time

FEBRUARY 2024

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Interlake-Eastern
Regional Health Authority

HEALTHY EATING

Craving Change®

A how-to workshop for changing relationships with food.

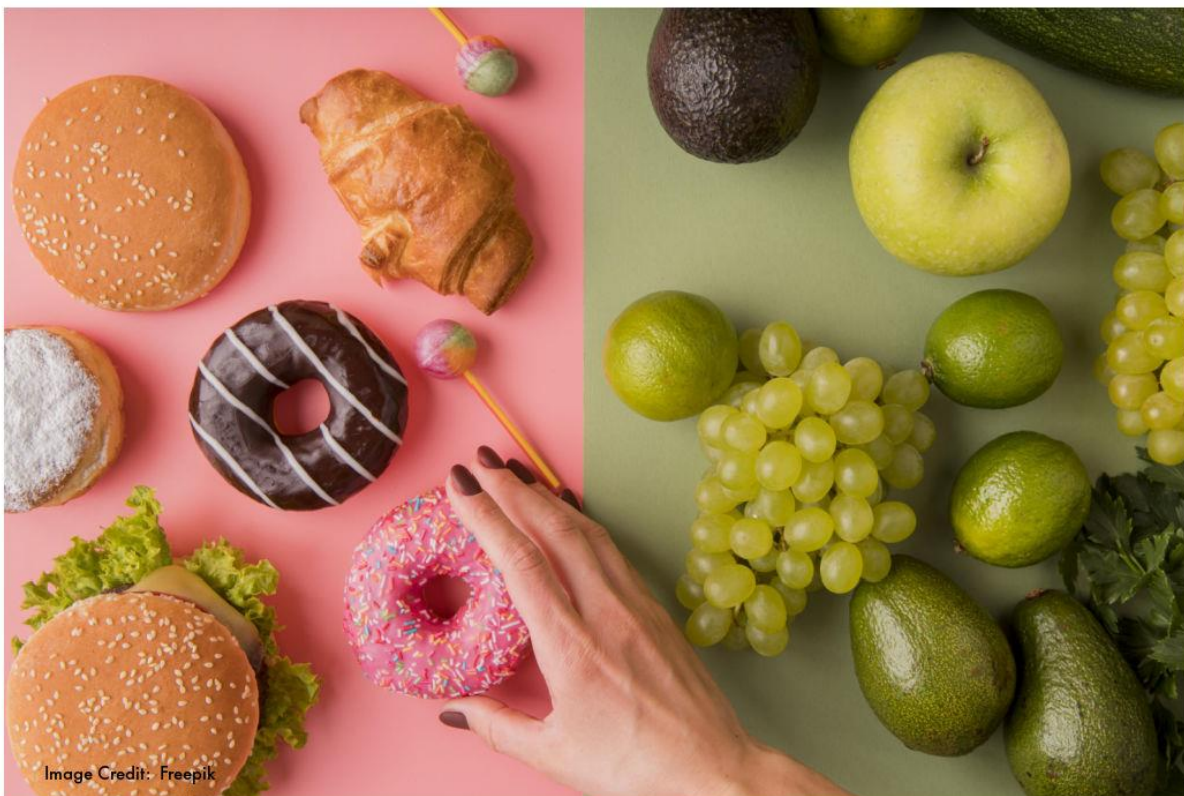
Change your thinking, change your eating.

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?"

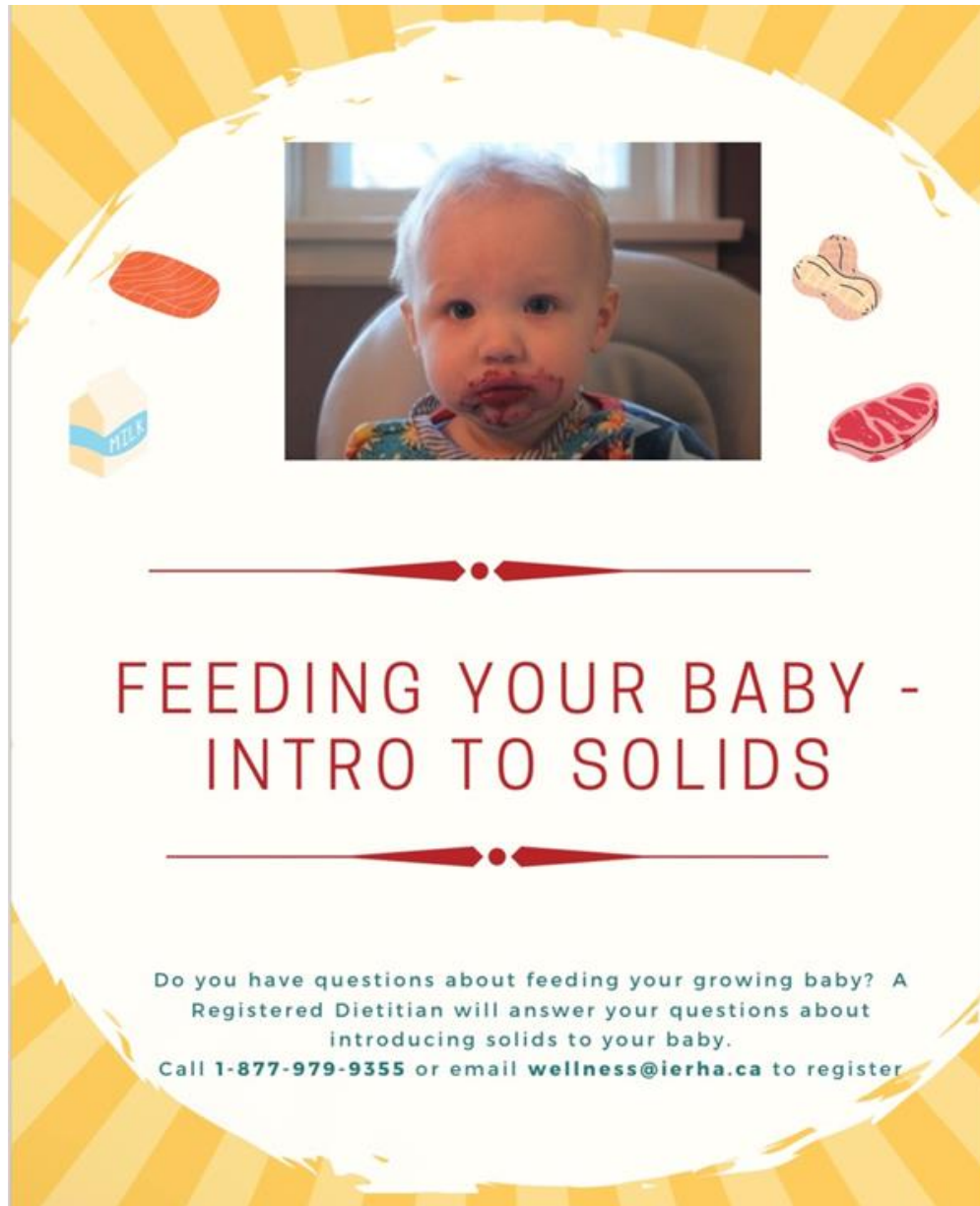


Craving Change online via Microsoft Teams

Thursdays, Feb. 1, 8, 22, 29, March 7, 14 (no class Feb. 15)
12:00 pm to 1:00 pm

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

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 to register.



Feeding Littles - How to have pleasant mealtimes

Thursday February 29, 2024

10:00 am - 11:30 am

Online session via MS Teams - email 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.



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](https://foodallergycanada.ca/earlyintro).

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.

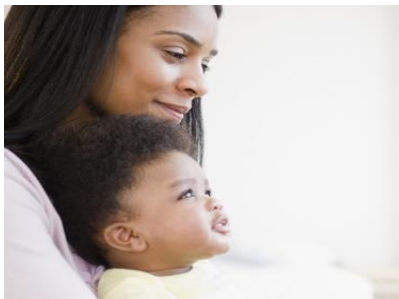
Please note: This session will be in **French only**, please visit foodallergycanada.ca/earlyintro to watch English sessions on this topic.

To register for the French webinar, go to [Register now](https://foodallergycanada.ca/earlyintro).

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

COPING WITH CHANGE

Postnatal Mental Health, Wellness, and Education Groups

Are you looking for connection? A space to share your experience of transitioning into parenthood?

Have you felt depressed, anxious, irritable, lonely or that parenthood hasn't been what you expected?

Coping with Change groups provide an opportunity for parents with children under the age of 1 to talk about their experiences and the wide range of emotions that come with the addition of a new baby.



Next Session: February - March 2024

Thursdays at 1:30 – 3:30 pm

Starting February 22, 2024 for 5 weeks.
(Feb 22nd, Feb 29th, March 7th, March 14th, March 21st)

To be held virtually on Microsoft Teams

Register by February 14, 2024

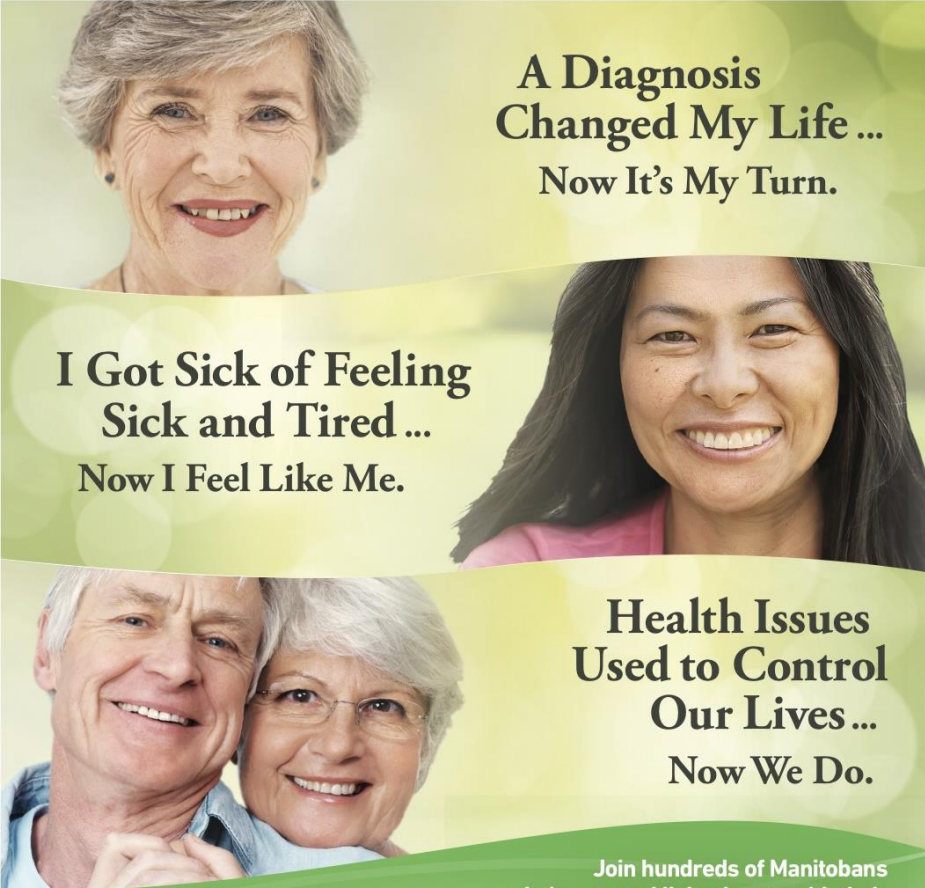
Registrations are limited. Call early to secure your spot.

For registrations or questions, please call:

Meagan Budge
Towards Flourishing
Interlake-Eastern Regional Health Authority

Phone: 204-785-7533

GET BETTER TOGETHER



**A Diagnosis
Changed My Life ...
Now It's My Turn.**

**I Got Sick of Feeling
Sick and Tired ...
Now I Feel Like Me.**

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

**Get Better
Together**

Join hundreds of Manitobans
who've started living better with their
health issues through fully-funded
Get Better Together workshops:
gbt@wellnessinstitute.ca
or 204-632-3927

Skills to Cope. Support to Thrive.

getbettertogether.ca

Get added support for any health
condition at our next workshop:

Tuesdays, March 5-April 9, 1:30pm-4:00pm
Grand Marais Community Central
Register: wellness@ierha.ca or 1-877-979-9355

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

Get Better Together

Tuesdays, March 5 - April 9
1:30 pm - 4:00 pm
Grand Marais Community Central

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

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

Thursday evenings

April 11 – May 9

6:00 pm – 7:15 pm

Online via MS Teams

Register by April 2

Email wellness@ierha.ca



[Click here to learn more.](#)

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

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.

PHYSICAL ACTIVITY



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 or
Toll Free 1-877-979-9355



Interlake-Eastern
Regional Health Authority
Community Wellness Team

No Gym Required - 3 part series online via MS Teams

February 14, 21, 28

10:30 am - 12:00 pm

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.



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


Employment and Social Development Canada / Emploi et Développement social Canada
Canada

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.



1 = English
2 = French

For English, press 1.
For French, press 2.

1 = To complete your application

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.

1 = English
2 = French

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

For yes, press 1.
For no, press 9.

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

For yes, press 1.
For no, press 9.



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

PROPOSAL WRITING WORKSHOP

12
MARCH

**PROPOSAL
WRITING**
CONDENSED PRESENTATION

FREE
ONLINE
EVENING

With Sharalyn Reitlo
Community Futures
Winnipeg River

Tipping the scales for successful funding applications



Coordinating projects and applying for grants to fund them are critical skills that you can develop. This presentation will set you up for success, as you learn about....

- Funders and what they are looking for
- Key components of projects and funding proposals
- Proposal writing tips to strengthen your grant applications
- Project funding sources in addition to grants
- Finding the right funders to match your project goals



This presentation is for Interlake-Eastern Region communities.

Take your project from idea to reality!

March 12, 2024 - Time: 6:00pm-9:00pm - ZOOM

To claim your spot, please call 1-877-979-9355 or email wellness@ierha.ca



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.

COMMUNITY PARTNER EVENTS

Cooking & Nutrition Classes Beausejour-Brokenhead



Adult Cooking Class



Comfort Foods

Cooking on a Budget

Feel good recipes that are good for you and your pocketbook.

Learn how to modify favorite recipes and s-t-r-e-t-c-h your money.

Thursday March 7, 2024. 6pm to 8pm.

École Edward Schreyer School Foods Room—Beausejour.

Bring an apron. You will cook & taste a few recipes.

Limited Registration, \$15.00

Call 204-268-9266 ext 3 by Feb 29.

Presented by: Alisyn Makowski, Registered Dietitian and Bonnie Stefansson, Wellness Facilitator. Presented in partnership with the **Interlake-Eastern Regional Health Authority and the Beausejour Recreation Department.**





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.

CancerCare Manitoba presents

Grief and Loss Through the Lens of the Medicine Wheel

Teachings by Elder Isabelle Morris

Supporting First Nations People living with cancer and their families.

February 15, 2024
1:30 p.m. – 3:00 p.m.

Register Now!

or



Visit <http://tinyurl.com/2aasp5m9>
or call 204-784-2775 to register.

Miriam Duff, a clinician specializing in psychosocial oncology at CancerCare Manitoba, will discuss resources available to patients and families at CCMB.

Funding provided by
 **CancerCare Manitoba
FOUNDATION**
All funds raised stay in Manitoba.



RE-MEMBERING BEREAVEMENT SUPPORT GROUP



Support Group for people who have lost someone they love to cancer within the past 5 years.

Online via Zoom
Wednesdays 1:00—3:00 p.m.
February 28—May 1, 2024 (10 weeks)

**To register call:
204-787 4119 or 1-866-561-1026**





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



Contact us at
beam.research@umanitoba.ca

Learn more at
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](#)


VOLUME 22
JAN - APR
2024

SENIOR CENTRE WITHOUT WALLS

IN THIS ISSUE

GREEN ACTION CENTRE

THE ARTISTS SERIES

WINNIPEG SYMPHONY ORCHESTRA

FREE TELEPHONE GROUP
ACTIVITIES FOR MANITOBBANS 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
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.

**MONTHLY
PARENT AND CAREGIVER
SUPPORT GROUP**

COME FOR
COFFEE
AND
CONVERSATION

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 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:

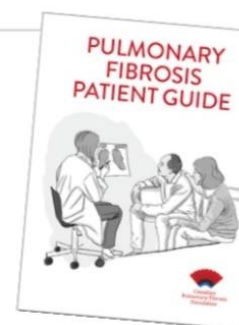


The Canadian Pulmonary Fibrosis Foundation invites you to participate in one of our support groups. Join other people affected by PF across the country to share ideas and experiences and to support one another.



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.



Fondation
canadienne de la
fibrose pulmonaire

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

Cpff.ca

