

Community Wellness Team

Interlake-Eastern Regional Health Authority

SCHEDULE OF CLASSES & EVENTS

JANUARY
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?"

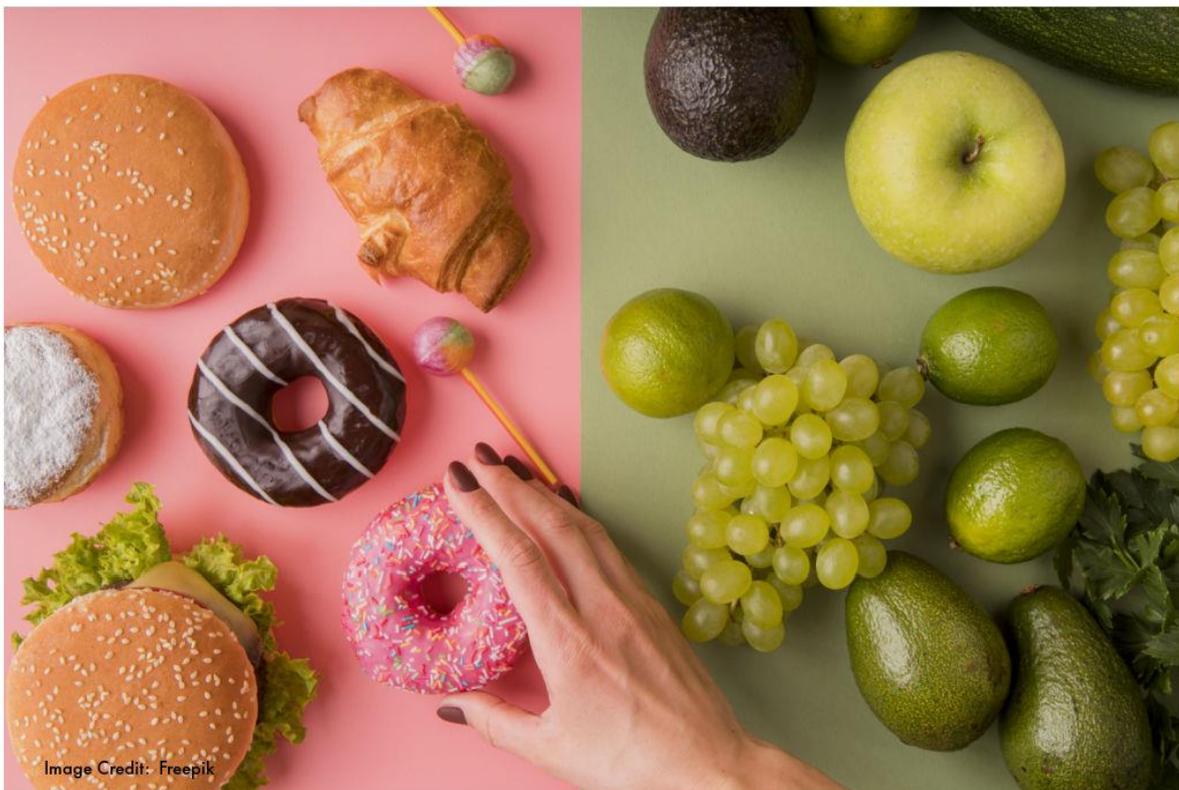


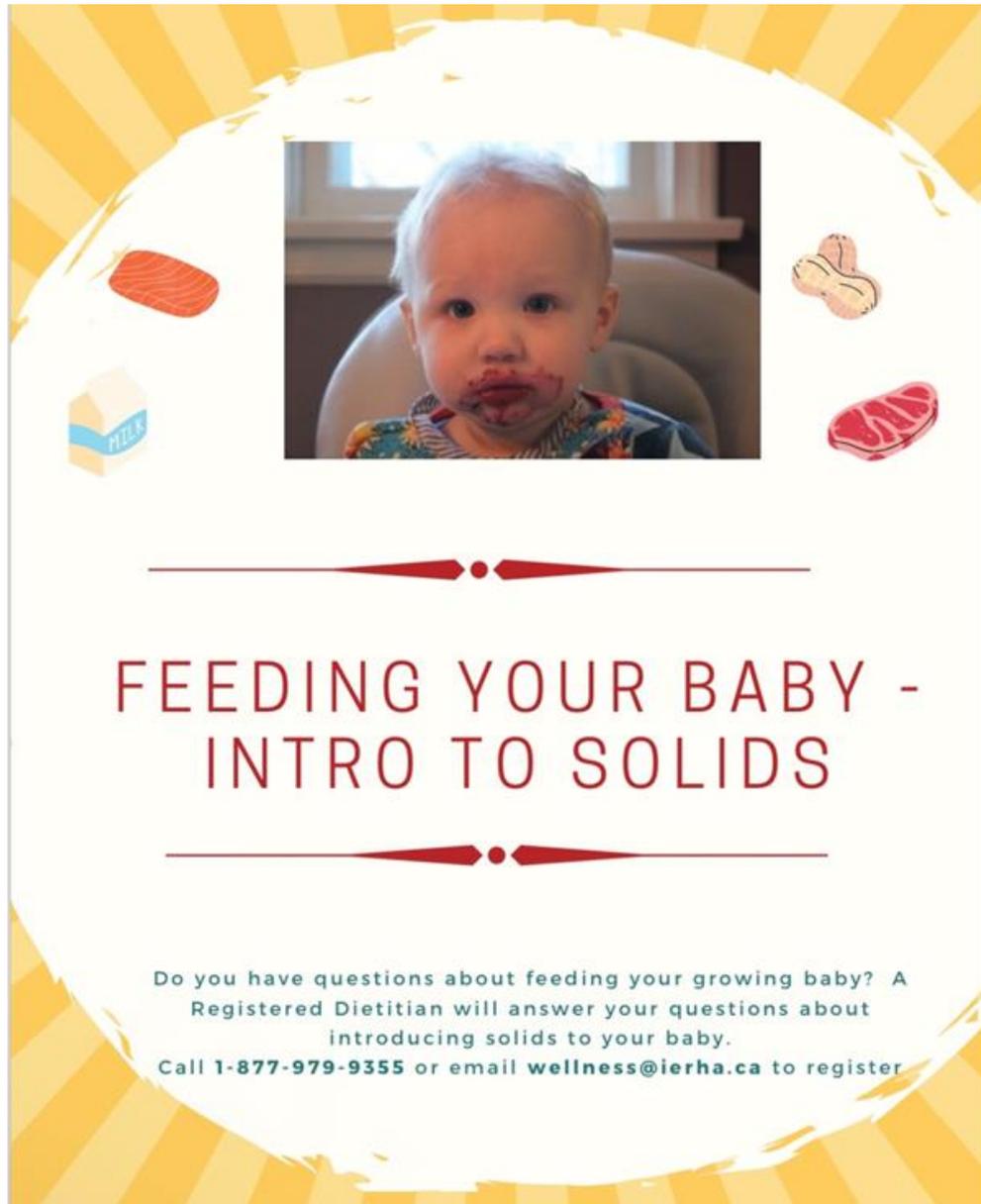
Image Credit: Freepik

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 register please email wellness@ierha.ca or call toll free 1-877-979-WELL (9355)

HEALTHY BABY



Feeding Your Baby - Intro to Solids

Thursday January 25, 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.

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

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

Two options:

Wednesday mornings
Jan 10th – Feb 7th
10:00 am – 11:15 am
Register by Jan 4th

Thursday evenings
Jan 11th – Feb. 8th
6:00 pm – 7:15 pm
Register by Jan 4th

<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>ShanHealth Santé en commun</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>ShanHealth Santé en commun</small></p>
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[Click here to learn more.](#)

[Veuillez 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



Free!

No Gym Required

February 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 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



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

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

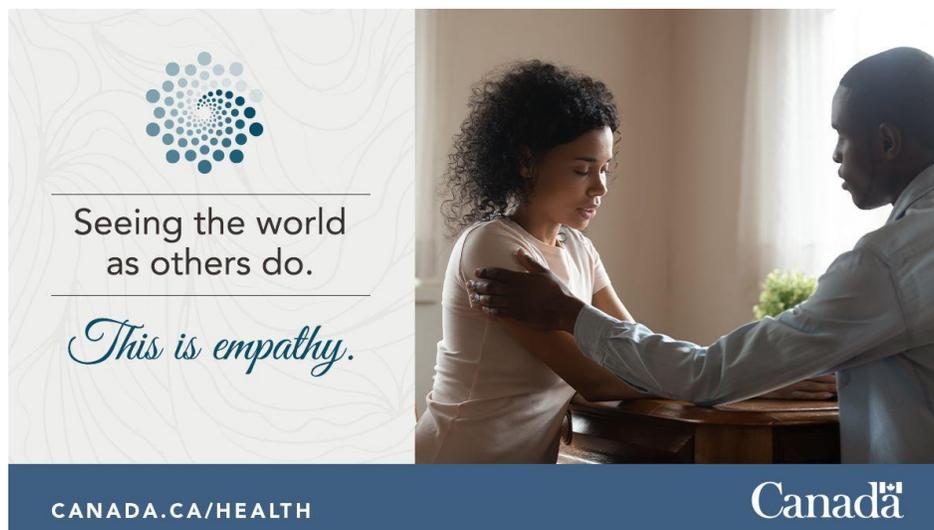
<https://kidshelpline.ca>

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

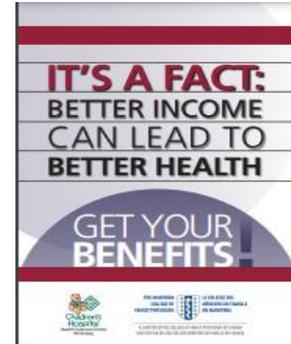
9-8-8: Suicide Crisis Helpline is funded by the Government of Canada

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

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

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

The Interlake-Eastern Regional Health Authority in conjunction with Healthy Together Now offers a bursary program to train Lifeguards and Swim Instructors for the Interlake-Eastern Region.

The goal of this bursary program is to train more swim instructors and lifeguards to work and build swimming skills and increase safety in pools and lakes for Interlake-Eastern residents. Bursary funds are designated to the extent that resources are available for the fiscal year / project.

Applicants understand that there is a commitment to offer programs as a leader in the Interlake-Eastern Region for a minimum of 1 year.

Prerequisites for Training:

- Age 15+ for Lifeguard Training
- Age 16+ for Swim Instructor Training
- Bronze Cross
- Standard First Aid & CPR C/AED from a recognized public health posted organization.

Eligible training costs include*:

- Training course registration fees & course manuals
- Additional certification requirements: Exam

**Only costs outlined in the application are eligible for reimbursement.*

Applications must include:

- Swim Instructor & Lifeguard Leadership Training application form
- Return of Service form completed by an Interlake-Eastern aquatic facility, recreation program coordinator, or community organization with whom the applicant will be providing guarding or leading swim programs after completing training.

[Click here to complete the Bursary Application](#)

[Click here to complete the Return of Service Agreement](#)

Application Deadline: January 8

What happens next?

After the application deadline, successful applicants and their partner organizations will be notified by email with instructions on registration for the training opportunities with the Selkirk Community Pool.

To claim for reimbursement upon successful completion, the following must be submitted:

- Post event report form & training completion form
- Proof of full certification (this can be a certificate or a letter of confirmation from the certifying organization)
- Eligible receipts no later than March 15th, 2024



Application Deadline: January 8

Lifeguard Training Jan.13- Feb.4
Swim Instructor Training Feb.17-Mar.10
Location: Selkirk Community Pool

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.

Coping with Cancer Support Group



An 8-week online group for people diagnosed with cancer in the past year.

This group is a supportive space to process emotions related to the cancer experience with peers.

January 9—February 27, 2024

1:30—3:00 PM

To register call Kim at **204-258-1073**.



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

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

**FREE TELEPHONE GROUP
ACTIVITIES FOR MANITOBANS 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 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:

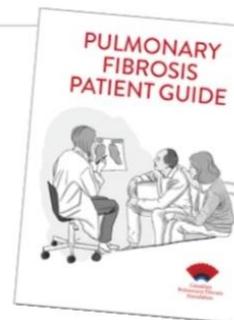


The Canadian Pulmonary Fibrosis Foundation invites you to participate in one of our support groups. Join other people affected by PF across the country to share ideas and experiences and to support one another.



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

