

Community Wellness Team

Interlake-Eastern Regional Health Authority

SCHEDULE OF CLASSES & EVENTS

APRIL 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

Tuesdays, April 15th to May 20th

12:00 pm to 1:00 pm

Online 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**

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



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**

HEALTHY BABY



Feeding Littles – How to have pleasant mealtimes

Thursday Apr. 17th

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 May. 29th, 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)

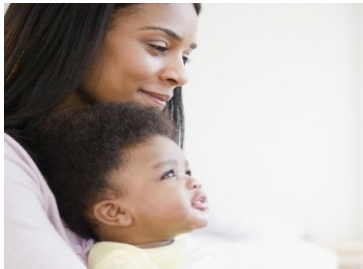
****SCHEDULE SUBJECT TO CHANGE**

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:



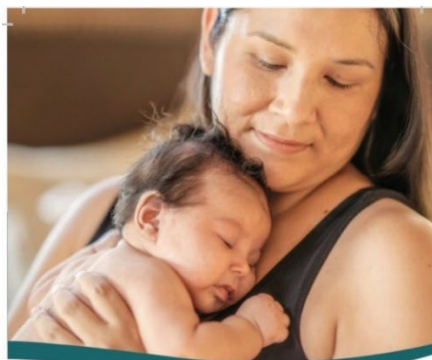
- group sessions
- milk coupons
- recipe/meal bags
- information, support and resources on prenatal and postnatal nutrition & health, breastfeeding, parenting tips and lifestyle choices

For free registration please contact:

East side Interlake- Robin, 204-345-0290 rcyr@ierha.ca

West side Interlake -Denise, 204-785-7708 or email dwoleshyn@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.

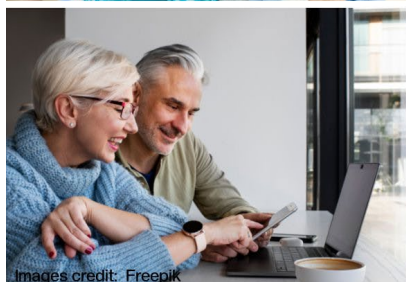
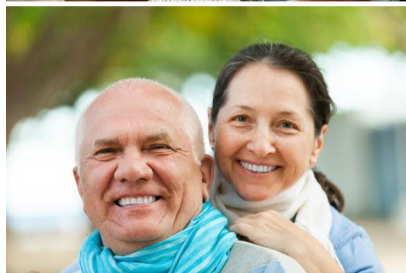


 **RRC** POLYTECH

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

****SCHEDULE SUBJECT TO CHANGE**

HEALTHY SMILES



Healthy Smiles!

Oral Health Presentation on MS Teams
Tuesday April 8, 10:00-11:00am

- * Learn about age related changes that can impact our health with Linda Brown from Active Aging in Manitoba.
- * Learn how to access the new Canada Dental Plan with Tanis Billington from Service Canada.

To register:
Email wellness@ierha.ca
Call Toll Free 1-877-979-9355

 **Interlake-Eastern**
Regional Health Authority
Community Wellness Team

Healthy Smiles Presentation

Tuesday April 8th

10:00 am - 11:00 am

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

This Oral Health Month presentation will cover:

- Learning about age related changes that can impact our health with Linda Brown from Active Aging in Manitoba.
- Learning how to access the new Canada Dental Plan with Tanis Billington from Service Canada.

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**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.

**Get Better
Together**

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

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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****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.

Commit to Quit

Wednesdays, April 2nd to April 30th

1:30 pm to 2:45 pm

Online session via MS Teams or phone-in option, email wellness@ierha.ca to register.

Tobacco Quit Card and Counselling 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.](#)

[Veuillez 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

Total Brain Health



THE FUN WAY TO A HEALTHIER, BETTER BRAIN!

Wednesdays: May 7, 14, 21, & 28th! 10-11am
VIRTUAL

BRAIN GAMES

BRAIN FOODS

BUILD ACTIVE HABITS

CONNECT, SOCIALIZE, LAUGH

TIMED CHALLENGES & ACTIVITIES

MEMORY BUILDING

To Register:
wellness@ierha.ca
1-877-979-9355

TOTAL BRAIN HEALTH
BODY
MIND
SPIRIT

Discover the brain boosting practices proven to support a healthy brain while sharpening thinking and memory skills. Build Total Brain Health® with activities designed for body, mind, spirit and fun!
Developed by Dr. Cynthia Green, Brain Health Expert

For details: info@wellnessinstitute.ca or 204-632-3927

thewellnessinstitute

wellnessinstitute.ca/total-brain-health

Total Brain Health is coordinated by the Wellness Institute

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

****SCHEDULE SUBJECT TO CHANGE**

Memory and Aging

Memory aging[®] PROGRAM

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!

Wednesdays, 1:30 to 3:30PM
May 14, 21 & 28 at Gimli New Horizons



To Register:
Email wellness@ierha.ca
Call Toll Free 1-877-979-9355



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****SCHEDULE SUBJECT TO CHANGE**

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!

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

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**

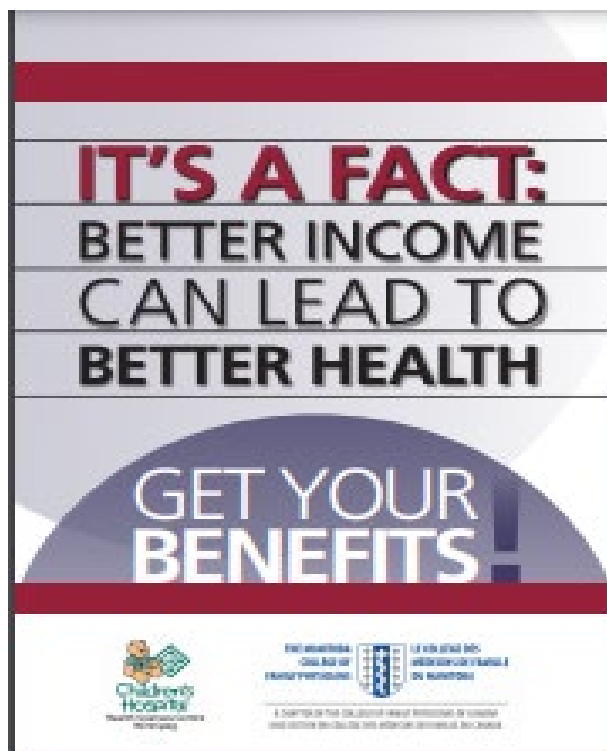
GET YOUR BENEFITS AND CREDITS

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: 1-800-387-1193



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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**

BEAUSEJOUR PAP CLINIC

Upcoming Pap Clinic at HEW Clinic in Beausejour

For who: Anyone who needs a pap. You do not need to be a patient at this clinic, and it does not matter if you have a family practitioner elsewhere.

Where: HEW Primary Health Care Centre, 31 1st Street

When: **Friday, April 25, 2025 starting at 8:45am**

How: please call and book appointment 204-268-2288

Did you know that all persons **aged 21-69** with a cervix (including neo cervix) who have ever been sexually active (any form) should have a pap every 3 years? If this is you, please call and book an appointment at the number above.

Please note that pap will be done by a FEMALE provider (nurse practitioner).

This appointment is for PAP ONLY and no other health concerns will be addressed at this appointment.

See cervix check mb for more details [CervixCheck \(cancercare.mb.ca\)](https://cervixcheck.cancercare.mb.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**

BREASTCHECK SCREENING CLINICS



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

SELKIRK
Eveline Street Clinic

66 Eveline Street
March 3 - April 3, 2025

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

cancercare.mb.ca/breastcheck

SELKIRK
**Clinique Eveline Street
Clinic**

66, rue Eveline
3 mars - 3 avril 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

To register or for more information please email
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****SCHEDULE SUBJECT TO CHANGE**

COMMUNITY PARTNER EVENTS

MATURE DRIVER CLASS

safetyservicesmanitoba.ca

FREE MATURE DRIVER REFRESHER COURSE

Manitoba's varying road conditions highlight the importance of refreshing our driving skills as we age. The Mature Driver Workshop is designed for experienced drivers who want to brush up on their skills and enhance their driving performance.

- ✓ Learn about updated traffic laws and road safety rules
- ✓ Brush up on defensive driving techniques
- ✓ Learn how to compensate for changes in hearing, vision, flexibility and reaction time
- ✓ Opportunity to address driving concerns and questions

Protecting Your Future.

SFETY SERVICES MANITOBA

MANITOBA PUBLIC INSURANCE

Lac du Bonnet Pioneer Club

May 9, 2025

12:30 - 3:30pm

No cost, but you **must register**.

Call Pat Porth 204-345-1227.

Feel free to join us for "Let's Do Lunch" congregate meal program at 11:30am. Cost \$10. Preorder by May 7th at 10am.

Hosted by:

Pioneer Club of Lac du Bonnet



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**

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**

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



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

**SCHEDULE SUBJECT TO CHANGE



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
palliative manitoba



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**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



4p
palliative manitoba



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**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

Selkirk



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

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**