



Centre de santé
communautaire
de l'Estrie

PROGRAM GUIDE

SEPTEMBER TO
DECEMBER 2024

Discover our programs for our clients and the community at large. Our group programs and workshops address various aspects of health and well-being, providing you with essential resources to improve your quality of life.

Our programs and information sessions are offered throughout the year. If you are interested in a session but cannot attend at this time, please know that you will have other opportunities to attend at a time that is more convenient for you.



FEEDING YOUR BABY

Is your baby ready to start eating complementary foods (solids)? When and what should you introduce? During this one-hour workshop, a dietitian will provide the most up-to-date information and answer your questions and concerns about feeding your baby.

Date	Time	Language	Location
Sept. 18th	9 a.m. to 10 a.m.	English	Hybrid Embrun Family Centre Teams
Oct. 21st	10 :15 a.m. to 11 :15 a.m.	Bilingual	EarlyON Centre - Alexandria*
Nov. 4th	1 :30 p.m. to 2 :30 p.m.	English	EarlyON Centre - Casselman*
Dec. 18th	9 a.m. to 10 a.m.	English	Hybrid Embrun Family Centre Teams

*Feel free to drop by the EarlyON Centre for the workshop—no need to register in advance.

FEEDING YOUR YOUNG CHILD (AGES 1 TO 6)

This one-hour workshop is offered in partnership with EarlyON centres in Alexandria and Casselman. A dietitian will provide information about the types of food and beverages young children need for healthy growth and development, offer tips and advice about the factors which impact healthy eating, and answer your questions and concerns about feeding your young child.

Date	Time	Language	Location
Oct. 21st	1 :30 p.m. to 2 :30 p.m.	English	EarlyON Centre - Casselman
Nov. 14th	10 :15 a.m. to 11 :15 a.m.	Bilingual	EarlyON Centre - Alexandria

*Feel free to drop by the EarlyON Centre for the workshop—no need to register in advance.

HEART HEALTHY EATING

This workshop, offered by a dietitian, will help you understand how healthy eating can decrease your risk of cardiovascular diseases. You will learn about the dietary factors at play, the best food and meal choices for a healthy heart and reading food labels.

Date	Time	Language	Location
Sept. 10th	6:30 p.m. to 7:30 p.m.	English	Virtual - Teams
Dec. 19th	3 p.m. to 4 p.m.	English	Virtual - Teams

CRAVING CHANGE

Craving Change is a Canadian program that was developed by a clinical psychologist and dietitian with the goal of improving our relationship with food. A cognitive-behavioural approach is used for participants to become aware of their eating behaviours. You will be provided with tools, activities, and strategies to help change your eating behaviours and help control your cravings.

Date	Time	Language	Location
Tuesday Oct. 29th to Dec. 3rd	6 p.m. to 7:30 p.m.	English	Virtual - Teams

HYPERTENSION EDUCATION PROGRAM

This four-session program will give you a better understanding of hypertension and the impact it can have on your health. You will have the chance to learn more about the prevention and management of hypertension.

Call any CSCE centres to put your name on our waiting list for the next group.

ACUPUNCTURE

Auricular acupuncture is a simple and effective treatment:

- A discovery of inner strength and calm,
- Relief from stress and emotional trauma,
- Calmer, better sleep and less restlessness,
- NADA protocol used.

Date	Time	Language	Location
Every Wednesday	6:30 p.m. to 7:30 p.m.	Bilingual	Alexandria CSCE

AGING AT HOME

The Aging at Home group program is only offered in French to people aged 65 and over living in the United Counties of Prescott and Russell.

ANXIETY MANAGEMENT

This program aims to teach you how to manage your anxiety by questioning the elements causing you stress, the content of your thoughts, your emotions as well as your behaviour in certain personal situations. The group will provide you with a range of tools to help you manage your anxiety and improve your self-esteem.

Date	Time	Language	Location
Wednesday Sept. 25th to Nov. 27th	1:30 p.m. to 3:30 p.m.	French	Hybrid Embrun CSCE and Teams

COMMUNITY HEALTH

MARCHE VERS LE FUTUR

This 12-week program, offered **only in French**, is designed for people aged 55 and over who want to become more active, improve strength and balance, and reduce risk factors for falls.

Each participant undergoes an assessment to determine whether the program is right for them, and to measure their progress.

The sessions consist of group exercises to be continued at home, information capsules on falls risk factors, and ways to prevent and reduce the risk of falls.

Date	Time	Language	Location
Friday Oct. 18th to Dec. 13th	10 h 30 to noon	French	Centre Charles-Émile-Claude, 146-B Chevrier Ave, Cornwall

PROGRESS OVER PAIN

The CSCE, in collaboration with Living Healthy Champlain, offers "Progress Over Pain", a 6-week group program focusing on the management of chronic pain by the very people who suffer from it. The sessions are based on the principles of self-management, cognitive-behavioral therapy and mindfulness. Participation in the sessions is interactive, and each session includes introspective activities.

Visit the following link to learn more about the program: <https://selfmanagementontario.ca/en/PainU>

Date	Time	Language	Location
Monday Oct. 21st to Nov. 25th	1 p.m. to 3 p.m.	French	Limoges CSCE 601 Limoges Rd, Unit 201, Limoges

CHAIR YOGA

A gentle practice in which postures are performed while sitting on a chair and/or using a chair. The classes begin with a gentle warm-up to prepare the body for movement. Then, alternate movements and appropriate stretches, with an emphasis on posture, breathing and relaxation. Postures are designed to improve flexibility, muscle strength, and stability.

Date	Time	Language	Location
Tuesday Sept. 17th to Dec. 17th	10 a.m. to 11:15 a.m.	Bilingual	GFL reception hall 243 Limoges Rd, Limoges, Ontario

BADMINTON LEAGUE

Badminton league for French-speaking adults aged 30 and over in Cornwall. A fee of \$10 per 12-week session/\$15 for the year (2 sessions) - the group will continue in January.

Date	Time	Language	Location
Sept. 12th to Nov. 28th	6:30 p.m. to 9 p.m.	French	École secondaire Saint-Joseph, 1500 A rue Cumberland, Cornwall

THE GREEN FOOD BOX

The Green Food Box is a non-profit program that brings neighbouring communities together to buy a variety of quality fresh fruits and vegetables at wholesale prices.

A green food box costs \$20 and contains fresh seasonal quality fruits and vegetables.

For more information on ordering or picking up a Green Food Box, visit www.greenfoodbox.ca, call the Healthline at 1 800 267-7120

Location	Date	Information and Order
Bourget	3rd Wednesday of each month	613 487-1802
Crysler	1st and 3rd Wednesday of each month	613 987-2683
Embrun	3rd Wednesday of each month	613 443-3888
Finch	1st and 3rd Wednesday of each month	613 987-2683
Limoges	3rd Wednesday of each month	613 557-2210
Moose Creek	1st and 3rd Wednesday of each month	613 987-2683
Plantagenet	3rd Wednesday of each month	613-673-4318

NATURE WALK

A group walk in nature. Walking allows you to work the joints, maintain muscle mass, maintain respiratory capacity and work on balance. Also, forest group walking, offers psychological benefits including reducing stress, establishing social ties and much more.

Date	Time	Language	Location
Monday Sept. 30th to Dec. 9th or weather permitting.	10 a.m. to 11 a.m.	Bilingual	Larose Forest P7 Lavigne Natural Park

GET MOVING FOR BETTER BALANCE!

Improve your balance, muscle strength, endurance and flexibility, particularly in the legs by participating in the exercise group. Developed for people aged 55 and over, these exercise groups will help you improve your feeling of effectiveness in preventing falls. Exercise groups offer a great way to reduce isolation and socialize with people in your community.

City	Date	Time	Language	Location
Alexandria	Monday and Thursday Sept. 16th to Dec. 5th	9:30 a.m. to 10:30 a.m.	French	La Fraternité, 49 St-Paul E., Alexandria
Bourget Light Level	Tuesday and Thursday Oct. 17th to Dec. 12th	11 a.m. to noon	Bilingual	Bourget Recreation Centre 19 Lavigne Street, Bourget
Bourget Moderate Level	Tuesday and Thursday Oct. 17th to Dec. 12th	9:45 a.m. to 10:45 a.m.	Bilingual	Bourget Recreation Centre 19 Lavigne Street, Bourget
Casselman	Monday and Thursday Sept. 9th to Dec. 12th	9:30 a.m. to 10:30 a.m.	French	Centre Paul-Émile Lévesque 756 Brebeuf Street, Casselman
Cornwall	Wednesday and Friday Sept. 18th to Dec. 6th	9 a.m. to 10 a.m.	French	Cornwall Square, 1 Water St E, Cornwall
Crysler	Monday and Wednesday Sept. 16th to Dec. 4th	9:30 a.m. to 10:30 a.m.	Bilingual	Crysler Community Centre 16 Third St, Crysler
Embrun	Monday and Wednesday Sept. 9th to Dec. 4th	11 a.m. to noon	Bilingual	Parc Yahoo 2 Marcel St, Embrun
Hawkesbury	Monday and Wednesday Sept. 9th to Dec. 5th	9:30 a.m. to 10:30 a.m.	French	Hawkesbury Golden Age Club 421 Carter Blvd., Hawkesbury
Lefavre	Tuesday and Thursday Oct. 22nd to Dec. 12th	9 a.m. to 10 a.m.	Bilingual	Mgr. Joseph Charbonneau Centre 2005 Du Parc Street, Lefavre
Limoges	Thursday Sept. 26th to Dec. 5th	9:30 a.m. to 10:30 a.m.	Bilingual	GFL Reception Hall 243 Limoges Rd, Limoges
St-Isidore	Tuesday and Thursday Sept. 10th to Dec. 5th	11 a.m. to noon	Bilingual	Arena 20 Arena Street St-Isidore
Wendover	Tuesday and Thursday Oct. 22nd to Dec. 12th	Tuesday 1 p.m. to 2 p.m.	Bilingual	Lucien-Delorme Community Centre
		Thursday 11 a.m. to noon (hybrid)		5000 Du Centre Street, Wendover
Virtuel	Tuesday and Thursday Sept. 17th to Dec. 5th	9:30 a.m. to 10:30 a.m.	Bilingual	Zoom

HEALTHY SLEEPING HABITS

This workshop is part of the Initiation to *Cognitive Behaviour Therapy with Mindfulness* program.

The workshop present information on healthy sleep habits based on cognitive behavioral therapy. It is useful for people who experience insomnia.

Date	Time	Language	Location
Tuesday Sept. 9th	6 p.m. to 6:45 p.m.	English	Virtual - Teams

ANXIETY MANAGEMENT

Based on cognitive behavioral therapy, this group intervention aims to help you better understand anxiety. This approach enables you to understand the link between our thoughts, emotions and behaviours, and offers tools for modifying them and learning how to manage anxiety.

Date	Time	Language	Location
Thursday Oct. 10th to Dec. 12th	1:30 p.m. to 3 p.m.	English	Virtual - Teams

LIVING WITH TRAUMA

The workshops based on dialectical behaviour therapy consist of four different modules:

- Mindfulness,
- Emotion regulation,
- Distress tolerance,
- Interpersonal effectiveness.

During each module, several skills to manage intense emotion are presented. This workshop is suitable for people who have experienced traumatic events and who live with the intense emotions caused by the memories linked to these events.

Date	Time	Language	Location
Every other Wednesday Oct. 22nd to Feb. 11th, 2025	3 p.m. to 4:30 p.m.	English	Hybrid Alexandria CSCE, Crysler CSCE and Teams

ACCEPTANCE AND COMMITMENT THERAPY (ACT) GROUP

The Acceptance and Commitment Therapy (ACT) group aims to equip you to respond more effectively and deal with different sources of human suffering. The goal in ACT is to increase psychological flexibility, in other words, our ability to adapt to difficult situations by being present and engaged (especially in the presence of difficult thoughts and feelings). ACT can help with any situation where difficult thoughts, feelings and emotions stop us from functioning and behaving effectively.

Date	Time	Language	Location
Every other Wednesday Oct. 9th to Dec. 18th	3:30 p.m. to 5 p.m.	English	Hybrid Bourget CSCE, Crysler CSCE and Teams

HOLD ME TIGHT

A responsive, caring bond with your partner provides the emotional balance needed to deal with life's challenges - from everyday problems to major crises such as a global pandemic. The Hold Me Tight program is the only program found to both improve relationship satisfaction and foster a more secure bond. The Hold Me Tight program can help you and your partner with better communication, conflict resolution and positive problem solving.

Date	Time	Language	Location
Tuesday Sept. 3rd to Dec. 10th	6 p.m. to 8 p.m.	English	Virtual - Teams

DOWN TO EARTH

Would you like to find alternative ways to increase your well-being, your self-knowledge and your connection to nature?

This experiential nature intervention program includes therapeutic, psychoeducational and ecological modules. Several guests will be present to contribute to the program according to the interests of the participants. The following sporting activities will be practised: hiking, mountain biking and yoga.

Requirements: Favourable health conditions to practise hiking, mountain biking and Yoga.

Date	Time	Langue	Location
Wednesday Sept. 25th to Nov. 6th	3 p.m. to 5 p.m.	Bilingue	Larose Forest in Limoges



HOW TO REGISTER FOR PROGRAMS

If you would like to take part in one of our groups or workshops, simply call the centre associated with the program or send us an e-mail at info@cscestrie.on.ca.

CONTACT US



www.cscestrie.on.ca/evenements/



info@cscestrie.on.ca



facebook.com/cscestrie



OUR CENTRES

ALEXANDRIA

613 525-5544

5 Main South, Alexandria

BOURGET

613 487-1802

2081 Laval Street, Bourget

CORNWALL

613 937-2683

841 Sydney Street, Unit 6, Cornwall

CRYSLER

613 987-2683

1 Nation Street, Crysler

EMBRUN

613 443-3888

649 Notre-Dame St, Unit 203, Embrun

LIMOGES

613 557-2210

601 Limoges Rd, Unit 201, Limoges

