



Centre de santé
communautaire
de l'Estrie

PROGRAM GUIDE

January to April 2025

Discover the 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.

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.

NUTRITION

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
Jan. 20	10:15 a.m. to 11:15 a.m.	Bilingual	EarlyON Centre—Alexandria*
Jan. 22	1 p.m. to 2 p.m.	French	Virtual—Teams
March 3	1:30 p.m. to 2:30 p.m.	English	Virtual—Teams
April 22	1:30 p.m. to 2:30 p.m.	French	Virtual—Teams

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

FEEDING YOUR CHILD (AGES 1 TO 6)

This one-hour workshop is offered in partnership with EarlyON centres in Alexandria, Casselman and Rockland. 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
Feb. 3	1:30 p.m. to 2:30 p.m.	English	EarlyON Centre—Casselman*
Feb. 10	1:30 p.m. to 2:30 p.m.	English	EarlyON Centre—Rockland*
Feb. 20	10:15 a.m. to 11:15 a.m.	Bilingual	EarlyON Centre—Alexandria*
March 3	1:30 p.m. to 2:30 p.m.	Français	EarlyON Centre—Casselman*
March 10	1:30 p.m. to 2:30 p.m.	French	EarlyON Centre—Rockland*

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

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 Feb. 11 to March 18	2:30 p.m. to 4 p.m.	French	Hybrid Cornwall CSCE and Teams
Wednesday April 2 to May 7	6 p.m. to 7:30 p.m.	English	Virtual—Teams

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
Jan. 29	6:30 p.m. to 7:30 p.m.	French	Virtual—Teams
Feb. 20	3 p.m. to 4 p.m.	English	Virtual—Teams
March 26	3 p.m. to 4 p.m.	French	Virtual—Teams
April 24	6:30 p.m. to 7:30 p.m.	English	Virtual—Teams

DIABETES EDUCATION PROGRAM

BASIC PRINCIPLES

This workshop will allow you to learn more about diabetes and prediabetes. You will learn how lifestyle choices can help control sugar levels and delay or prevent complications.

Date	Time	Language	Location
Jan. 16	10 a.m. to 11:30 a.m.	English	Virtual—Teams
Jan. 28	6 p.m. to 7:30 p.m.	French	Virtual—Teams
Feb. 11	2 p.m. to 3:30 p.m.	English	Virtual—Teams
Feb. 13	10 a.m. to noon	English	Cornwall CSCE
Feb. 25	10 a.m. to noon	French	Bourget CSCE
Feb. 26	6 p.m. to 7:30 p.m.	French	Virtual—Teams
March 13	10 a.m. to 11:30 a.m.	English	Virtual—Teams
March 26	2 p.m. to 3:30 p.m.	French	Virtual—Teams
April 10	2 p.m. to 4 p.m.	English	Bourget CSCE
April 10	6 p.m. to 7:30 p.m.	English	Virtual—Teams
April 15	2 p.m. to 4 p.m.	English	Cornwall CSCE
April 22	10 a.m. to 11:30 a.m.	French	Virtual—Teams

PRIMARY HEALTH

PRIMARY HEALTH CARE

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.

Date	Time	Language	Location
Monday Jan. 27 to Feb. 24	6:30 p.m. to 8 p.m.	French	Hybrid Crysler CSCE and Teams

AGING AT HOME

Aging at Home group programs are only available in French to people aged 65 and over living in the United Counties of Prescott and Russell.

BE GOOD IN YOUR LIFE

You will learn a variety of tools that will help you develop better self-esteem and a better way of communicating and asserting yourself, while improving your knowledge of reflective practice. The different techniques will help you resolve the difficulties of daily life, whether it involves your family, those around you or your acquaintances.

This group will give power back to seniors over the aspects of their lives that they wish to improve.

Date	Time	Language	Location
Wednesday Feb. 19 to April 23	1:30 p.m. to 3:30 p.m.	French	Hybrid Embrun CSCE and Teams

YOUTH WELLNESS HUB

YOUTH WELLNESS HUB

Youth ages 12 to 25 identifying with the 2SLGBTQ+ community meet in a group once a month on the first Thursday of the month from 4:30-6:30PM. Individuals can have a safe environment to meet and hangout with youth who are on the same kind of journey. An activity is usually planned for group participants.

Date	Time	Language	Location
Thursday Jan. 9 to April 24	4:30 p.m. to 6:30 p.m.	Bilingual	Cornwall Youth Wellness Hubs

YOUNG PARENTS GROUP

A semi-structured support group for young parents. This group focuses on creating a positive and safe environment for young parents to meet other young parents. This group is made possible by a partnership with EarlyON, who provides age-appropriate activities and resources for families.

Date	Time	Language	Location
Thursday Jan. 9 to March 27	10 a.m. to noon	Bilingual	Cornwall Youth Wellness Hubs

GROUP PSYCHOEDUCATIONAL ACTIVITIES

Join a group activity where youth ages 12 to 25 meet once a month on every third Tuesday from 4 to 6 PM. This group focuses on exploring and learning important topics related to mental health. It's an opportunity to learn and develop coping skills through fun activities in a supportive and safe atmosphere. This group is facilitated by a mental health therapist, and additional support is available on site.

Date	Time	Language	Location
Tuesday Jan. 21 to April 15	4 p.m. to 6 p.m.	Bilingual	Cornwall Youth Wellness Hubs

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 him, and to measure his progress.

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

Date	Time	Language	Location
Friday Jan. 17 to April 4	10:30 a.m. to noon	French	Centre Charles-Émile-Claude 146 b av. Chevrier, Cornwall

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 Jan. 14 to April 8	10 a.m. to 11:15 a.m.	Bilingual	GFL Reception Hall 243 Limoges Rd, Limoges, Ontario

SNOWSHOEING GROUP

Raquette en groupe sur des pistes désignées.

Larose Forest and Lavigne Natural Park:

- The starting points are the P7 parking lot at Larose Forêt in Limoges or Lavigne Natural Park in Bourget. Distance approximately 1–2 km. The outings are guided by volunteers and the distance is adapted to the participants. You must be able to navigate winter trails.

Summerstown Trail (Cornwall)

- The starting point is 6150 County Rd 27, Williamstown, ON. The outings are guided by volunteers and the distance is adapted to the participants. You must be able to navigate winter trails.

City	Date	Time	Language	Location
Bourget / Limoges	Monday Jan. 13 to March 24	10 a.m. to 11 a.m.	Bilingual	Larose Forest and Lavigne Natural Park
Cornwall	Friday Jan. 17 to April 4	2 p.m. to 3:30 p.m.	French	Summerstown Trails 6150 County Rd 27, Williamstown,

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, the exercise groups will help you improve your feeling of effectiveness in preventing falls. Exercise groups offer a great occasion to break isolation and socialize with people in your community.

City	Date	Time	Language	Location
Alexandria	Monday and Thursday Jan. 13 to April 10	9:30 a.m. to 10:30 a.m	Bilingual	La Fraternité 49 St-Paul E., Alexandria
Alfred	Tuesday and Thursday Jan. 14 to April 10	9:30 a.m. to 10:30 a.m	Bilingue	Alfred Community Centre 520 St-Philippe Street, Alfred
Bourget Moderate Level	Tuesday and Thursday Jan. 7 to April 10	9:45 a.m. to 10:45 a.m.	Bilingual	Bourget Recreation Centre 19 Lavigne Street, Bourget
Bourget Light Level	Tuesday and Thursday Jan. 7 to April 10	11 a.m. to noon	Bilingual	Bourget Recreation Centre 19 Lavigne Street, Bourget
Casselman	Monday and Wednesday Jan 6. to April 2	Tuesday 9:30 a.m. to 10:30 a.m Wednesday 11 a.m. to noon	Bilingual	Centre Paul-Émile Lévesque 756 rue Brebeuf, Casselman
Cornwall	Wednesday and Friday Jan. 8 to March 7	9 a.m. to 10 a.m	French	Cornwall Square, 1 rue Water Est, Cornwall
Crysler	Monday and Wednesday Jan 6. to April 9	9:30 a.m. to 10:30 a.m	Bilingual	Centre communautaire de Crysler 16 Third St, Crysler
Embrun	Monday and Thursday Jan 6. to April 3	11 a.m. to noon	Bilingual	Palais des sports 6 Blais St, Embrun
Hawkesbury	Monday and Wednesday Jan. 13 to April 2	9:30 a.m. to 10:30 a.m	French	Hawkesbury Golden Age Club 421 Carter Blvd., Hawkesbury
Limoges	Jeudi 9 janv. au 24 avril	9:30 a.m. to 10:30 a.m	Bilingual	GFL Reception Hall 243 Limoges Rd, Limoges
Plantagenet	Tuesday and Thursday Jan. 14 to April 1	Tuesday 1 p.m. to 2 p.m. Thursday 9:30 a.m. to 10:30 a.m	Bilingual	Serge R. Lalonde Community Centre in Plantagenet 220 Main Street, Plantagenet
St-Isidore	Tuesday and Thursday Jan. 14 to May 29	11 a.m. to noon	Bilingual	Arena 20 rue De l’Arena, Saint-Isidore
Virtuel	Tuesday and Thursday Jan. 14 to April 3	9:30 a.m. to 10:30 a.m	Bilingual	Zoom

BADMINTON LEAGUE

Badminton league for French-speaking adults aged 30 and over in Cornwall.

- \$10 fee per 12-week session
- Registration - 613 937-2683

Date	Time	Language	Location
Tuesday Jan. 9 to May 1	6:30 p.m. to 9 p.m.	French	École secondaire Saint-Joseph, 1500 A rue Cumberland, Cornwall

PROGRESS OVER PAIN

The CSCE, in collaboration with Living Healthy Champlain, offers the Progress Over Pain workshop. 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-behavioural therapy and mindfulness. Participation in the sessions is interactive, and each session includes introspective activities.

Date	Time	Language	Location
Tuesday March 18 to April 22	1:30 p.m. to 3:30 p.m.	French	Virtual—Teams

MENTAL HEALTH

INITIATION TO COGNITIVE BEHAVIOUR THERAPY WITH MINDFULNESS

The cognitive-behavioural therapy is based on awareness of the links between thoughts and emotional and/or physiological states through observation. It aims to help you modify dysfunctional thoughts to improve your emotional state or coping skills by regulating the links between your thoughts, emotions and behaviours. The mindfulness approach will help you develop a distance from disturbing psychological events.

The sessions include both information and experiential learning. Exercises to practise at home are suggested each week.

Date	Time	Language	Location
Tuesday Feb. 4 to Feb. 24	1 p.m. to 2:30 p.m.	English	Hybrid CSCE Cornwall and Teams
Tuesday March 18 to April 8	6 p.m. to 7:30 p.m.	French	Hybrid CSCE Cornwall and Teams

HEALTHY SLEEPING HABITS

This workshop is part of Initiation to Cognitive Behaviour Therapy with Mindfulness (CBTM) program. The workshop presents information on healthy sleep habits based on cognitive behavioural therapy. It is useful for people who experience insomnia problems.

Date	Time	Language	Location
Feb. 18	1 p.m. to 2:30 p.m.	English	Hybrid CSCE Cornwall and Teams
April 1	6 p.m. to 7:30 p.m.	French	Hybrid CSCE Cornwall 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 such as improve better communication, conflict resolution and positive problem solving.

Date	Time	Language	Location
Every other Tuesday March 11 to June 17	6 p.m. to 8 p.m.	English	Virtual—Teams

LIVING WITH TRAUMA

The workshops based on dialectical behaviour therapy presents four different modules:

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

During each of those modules, several skills are presented to learn how to manage intense emotions. 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 Tuesday	3 p.m. to 4:30 p.m.	French	Hybrid Bourget CSCE, Cornwall CSCE and Teams
Every other Tuesday	3 p.m. to 4:30 p.m.	English	Hybrid Bourget CSCE, Cornwall CSCE and Teams

* You can join the group at any time, following your registration.

ANXIETY MANAGEMENT

Based on cognitive behavioural therapy, this group intervention aims to help you better understand our 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 your anxiety.

Date	Time	Language	Location
Thursday April 3 to June 5	1:30 p.m. to 3 p.m.	French	Virtual—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	3:30 p.m. to 5 p.m	French	Hybrid Bourget CSCE, Cornwall CSCE and Teams
Every other Wednesday	3:30 p.m. to 5 p.m	English	Hybrid Bourget CSCE, Cornwall CSCE and Teams

* You can join the group at any time, following your registration.

UNDERSTANDING ANXIETY DISORDERS IN LATER LIFE

Join a workshop for older adults (65+ as well as caregivers) where we'll discuss:

- What is anxiety?
- What are anxiety disorders?
- What can an anxiety disorder look like?
- How can you stay well and get the support you need?

Date	Time	Language	Location
Jan. 15	10:30 a.m. to noon	French	Hybrid Cornwall CSCE, Embrun CSCE and Teams
Jan. 29	10:30 a.m. to noon	English	Hybrid Cornwall CSCE, Embrun CSCE and Teams

UNDERSTANDING DEMENTIA IN LATER LIFE

Join a workshop for older adults (65+ as well as caregivers) where we'll discuss:

- What is dementia?
- What does dementia look like?
- How can you stay well and get the support you need?

Date	Time	Language	Location
Feb. 12	1 p.m. to 2:30 p.m.	French	Hybrid Cornwall CSCE, Embrun CSCE and Teams
Feb. 26	10:30 a.m. to noon	English	Hybrid Cornwall CSCE, Embrun CSCE and Teams

UNDERSTANDING MENTAL HEALTH AND WELL-BEING IN LATER LIFE

Join a workshop for older adults (65+ as well as caregivers) where we'll discuss:

- What are mental health, mental illness and addiction?
- What can affect the mental health of older adults?
- How can you stay well?

Date	Time	Language	Location
March 12	10:30 a.m. to noon	French	Hybrid Cornwall CSCE, Embrun CSCE and Teams
March 26	10:30 a.m. to noon	English	Hybrid Cornwall CSCE, Embrun CSCE and Teams



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@cscestrrie.on.ca.

CONTACT US



www.cscestrrie.on.ca/evenements/



info@cscestrrie.on.ca



facebook.com/cscestrrie



OUR CENTRES

ALEXANDRIA

613 525-5544
5 Main South, Alexandria

CORNWALL

613 937-2683
841 Sydney Street, Unit 6, Cornwall

EMBRUN

613 443-3888
649 Notre-Dame St, Unit 203, Embrun

BOURGET

613 487-1802
2081 Laval Street, Bourget

CRYSLER

613 987-2683
1 Nation Street, Chrysler

LIMOGES

613 557-2210
601 Limoges Rd, Unit 201, Limoges

Diabetes Education Program

613 937-0478 or 1 888 235-0577

YOUTH WELLNESS HUB

www.cscestrrie.on.ca/en/youth-wellness-hubs/

CORNWALL & SDG

613 577-7216
212, Pitt St, Cornwall

ROCKLAND & PR

613 577-7219
1517 Laurier St, Rockland

**carrefours
bien-être
pour les jeunes**
DE L'ONTARIO

Champlain
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