



Centre de santé
communautaire
de l'Estrie

Program guide

May to August 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 participate in one of our groups or information sessions, simply call the centre associated with the program or send us an email at info@cscestrie.on.ca.

MENTAL HEALTH

UNDERSTANDING DEPRESSION IN LATER LIFE

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

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

Date	Time	Language	Location
May 7	10:30 a.m. to noon	French	Hybrid <ul style="list-style-type: none">• Cornwall CSCE• Embrun CSCE• 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
May 13 and 27	6 p.m. to 7:30 p.m.	French	Virtual–Teams
May 20 and June 3	6 p.m. to 7:30 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 <ul style="list-style-type: none">• Cornwall CSCE• Teams
Every other Tuesday	3 p.m. to 4:30 p.m.	English	Hybrid <ul style="list-style-type: none">• Cornwall CSCE• Teams

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

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 p.m. to 4:30 p.m.	French	Hybrid <ul style="list-style-type: none">• Bourget CSCE• Teams
Every other Wednesday	3 p.m. to 4:30 p.m.	English	Hybrid <ul style="list-style-type: none">• Bourget CSCE• Teams

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

PRIMARY HEALTH CARE

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.

Date	Time	Language	Location
May 7 to May 28	2 p.m. to 3:30 p.m.	French	Hybrid <ul style="list-style-type: none">• Bourget CSCE• Teams

Community Health

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 April 15 to June 17	10 a.m. to 11:15 a.m.	Bilingual	GFL reception hall 243 Limoges Rd, Limoges, Ontario

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	Day	Date	Time	Language	Location
Alexandria	Monday	May 5 to June 30	9:30 a.m. to 10:30 a.m	French	La Fraternité 49 St-Paul E., Alexandria
Casselman	Monday and Thursday	April 7 to June 26	9:30 a.m. to 10:30 a.m	Bilingual	Centre Paul-Émile Lévesque 756 Brébeuf Street, Casselman
Crysler	Monday and Wednesday	May 12 to August 6	9:30 a.m. to 10:30 a.m	Bilingual	Crysler Community Centre 16 Third St, Chrysler
Embrun	Monday and Wednesday	April 28 to August 6	11 a.m. to noon	Bilingual	Yahoo Park, 2 Marcel St., Embrun
Limoges	Thursday	22 may to August 7	9:30 a.m. to 10:30 a.m	Bilingual	GFL Reception Hall 243 Limoges Rd, Limoges
Virtuel	Tuesday and Thursday	May 6 to August 7	9:30 a.m. to 10:30 a.m	Bilingual	Zoom

PROGRESS OVER PAIN

The CSCE, in collaboration with Living Healthy Champlain, offers the Progress Over Pain workshop. Over the course of six workshops, we cover various topics related to chronic pain and the principles of self-management. Participation is interactive, with introspective discussions and activities.

If you are interested in this program, please e-mail us at info@cscestrie.on.ca.

YOUTH WELLNESS HUB

2SLGBTQIA+ GROUP

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 4:30-6:30 p.m. 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 May 1 to August 28	4:30 p.m. to 6:30 p.m.	Bilingual	Cornwall Youth Wellness Hubs

TOOLS FOR THRIVING

Join a group activity where youth ages 12 to 25 meet once a month on every third Tuesday from 4 to 6 p.m. 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 May 6 to June 24	4 p.m. to 6 p.m.	Bilingual	Cornwall Youth Wellness Hubs

HEALING PAWS: DOG THERAPY PROGRAM

Ready to de-stress, have fun, and make some new furry friends? 🐾 Join us at the Hub every last Tuesday of the month from 3:30 to 5 p.m. for our brand-new Dog Therapy Program! It's the pawfect chance to hang out, cuddle, and play with trained therapy dogs while boosting your mood, relaxing, letting go of stress, and connecting with others. Dogs provide comfort, emotional support without judgment, and unconditional love. Registration is not required. All individuals 12 to 25 years old are welcome.

Date	Time	Language	Location
Tuesday May 6 to August 26	3:30 p.m. to 5 p.m.	Bilingual	Cornwall Youth Wellness Hubs

DIABETES EDUCATION PROGRAM

THE BASICS

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
May 7	2 p.m. to 3 p.m.	English	Virtual–Teams
June 10	10 a.m. to 11 a.m.	French	Virtual–Teams
June 11	6 p.m. to 8 p.m.	English	Cornwall CSCE
June 18	6 p.m. to 8 p.m.	French	Bourget CSCE
June 19	2 p.m. to 3 p.m.	English	Virtual–Teams
July 31	2 p.m. to 3 p.m.	French	Virtual–Teams
August 14	6 p.m. to 7 p.m.	English	Virtual–Teams

NUTRITION

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
May 13	6:30 p.m. to 7:30 p.m.	French	Virtual–Teams
June 19	3 p.m. to 4 p.m.	English	Virtual–Teams
July 31	3 p.m. to 4 p.m.	French	Virtual–Teams

FEEDING YUR 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
May 5	1:30 p.m. to 2:30 p.m.	French	EarlyON Centre–Casselman*
May 12	1:30 p.m. to 2:30 p.m.	French	EarlyON Centre–Rockland*
May 20	9 a.m. to 10 a.m.	English	Virtual–Teams
June 2	1:30 p.m. to 2:30 p.m.	English	EarlyON Centre–Casselman*
June 9	1:30 p.m. to 2:30 p.m.	English	EarlyON Centre–Rockland*
June 24	1:30 p.m. to 2:30 p.m.	French	Virtual–Teams
July 22	1:30 p.m. to 2:30 p.m.	Anglais	Virtual–Teams
August 19	9 a.m. to 10 a.m.	English	Virtual–Teams

*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
Wednesday May 14 to June 18	6 p.m. to 7:30 p.m.	English	Virtual–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@cscestrie.on.ca.

CONTACT US



www.cscestrie.on.ca/en/events/



info@cscestrie.on.ca



facebook.com/cscestrie

OUR CENTRES

ALEXANDRIA

613 525-5544

5 Main South, Alexandria

BOURGET

613 487-1802

2081 Laval St, Bourget

CORNWALL

613 937-2683

6-841 Sydney St, Cornwall

CRYSLER

613 987-2683

1 Nation St, Chrysler

EMBRUN

613 443-3888

203-649 Notre-Dame St,
Embrun

LIMOGES

613 557-2210

201-601 Limoges Rd,
Limoges

Diabetes Education Program

613 937-0478 or 1 888 235-0577

YOUTH WELLNESS HUB

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

CORNWALL & SDG

613 577-7216

212, Pitt St, Cornwall

ROCKLAND & PR

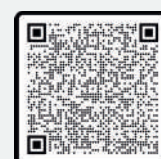
613 577-7219

1517 Laurier St, Rockland



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Subscribe today to receive the latest news and updates from the Centre de santé communautaire de l'Estrée (CSCE). Stay informed about our initiatives, events, health tips and useful resources. Join our community and be at the heart of the action—sign up today!



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