

Program Guide

September to December 2025



Centre de santé
communautaire
de l'Estrie

MENTAL HEALTH

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	3:30 p.m. to 5 p.m.	French	Hybrid <ul style="list-style-type: none">• Bourget CSCE• Teams
Every other Wednesday	3:30 p.m. to 5 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
Thursday Nov. 6 to 27	9:30 a.m. to 11:30 a.m.	English	Hybrid <ul style="list-style-type: none">• Limoges CSCE• Teams

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. 9 to Dec. 16	10 a.m. to 11:15 a.m.	Bilingual	GFL reception hall 243 Limoges Rd, Limoges

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.

Date	Time	Language	Location
Tuesday Sept. 23 to Oct. 28	1:30 p.m. to 3:30 p.m.	French	Chartwell McConnell 801 4th Street East, Cornwall

GREEN FOOD BOX

The Green Food Box is a non-profit program that brings people together in the community to purchase a variety of fresh, high-quality fruits and vegetables at wholesale prices. Visit the Green Box website for full details on payment options, pickup locations, and delivery dates.

The Green Box program is available at the CSCE sites in Bourget, Crysler, Embrun, and Limoges.

www.greenfoodbox.ca/

CARD GAME CLUB

Join us for a game of Pinochle, an exciting and fun-filled card game! Aimed at people aged 60 and over, this free event is the ideal opportunity to socialize, share good times and meet new people in a warm atmosphere. Whatever your level of experience, everyone is welcome!

Date	Time	Language	Location
Every Wednesday	1 p.m. to 6 p.m.	French	Crysler CSCE

SOCIAL CLUB

Come play a card game, enjoy a knitting session, or simply chat over a cup of coffee. The Social Club is the perfect place to connect with others, share great moments, and meet new people in a warm and friendly atmosphere. No matter your level of experience, everyone is welcome!

Date	Time	Language	Location
Every Monday	1 p.m. to 3:30 p.m.	French	Cornwall CSCE

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 and Thursday	Sept. 15 to Dec. 11	9:30 a.m. to 10:30 a.m	French	La Fraternité 49 St-Paul E., Alexandria
Alfred	Tuesday	Sept. 22 to Dec. 19	9:30 a.m. to 10:30 a.m	Bilingual	Alfred Community Centre 520 St-Philippe St, Alfred,
Bourget Moderate Level	Tuesday and Thursday	Sept. 22 to Dec. 19	9 : 45 a.m. to 10 : 45 a.m.	Bilingual	Bourget Recreation Centre 19 Lavigne St, Bourget
Bourget Light Level	Tuesday and Thursday	Sept. 22 to Dec. 19	11 a.m. to noon	Bilingual	Bourget Recreation Centre 19 Lavigne St, Bourget
Casselman	Monday and Thursday	8 Sept. to Dec. 4	9:30 a.m. to 10:30 a.m	Bilingual	Centre Paul-Émile Lévesque 756 Brébeuf St, Casselman
Cornwall Moderate Level	Wednesday and Friday	Sept. 17 to Dec. 12	9 a.m. to 10 a.m.	French	Cornwall Square, 1 Water St E, Cornwall,
Cornwall Light Level	Wednesday and Friday	Sept. 17 to Dec. 12	10:30 a.m. to 11:30 a.m.	French	Cornwall Square, 1 Water St E, Cornwall,
Crysler	Monday and Wednesday	Sept. 8 to Dec. 3	9:30 a.m. to 10:30 a.m	Bilingual	Crysler Community Centre 16 Third St, Cryslar
Embrun	Monday and Wednesday	Sept. 1 to Nov. 26	11 a.m. to noon	Bilingual	Yahoo Park, 2 Marcel St., Embrun
Hawkesbury	Monday and Wednesday	Sept. 8 to Dec. 10	9:30 a.m. to 10:30 a.m	French	Club d'âge d'Or 50 421 Bd Cartier, Hawkesbury
Lefaivre	Thursday	Sept. 22 to Dec. 19	9:30 a.m. to 10:30 a.m	Bilingual	MGR Joseph Charbonneau Lefaivre Community Centre 2005 Du Parc St, Lefaivre,
Limoges	Thursday	Sept. 11 to Dec. 18	9:30 a.m. to 10:30 a.m	Bilingual	GFL Reception Hall 243 Limoges Rd, Limoges
Plantagenet	Thursday	Sept. 22 to Dec. 19	11 a.m. to noon	Bilingual	Serge R. Lalonde Plantagenet Community Centre 220 Main St, Plantagenet
St-Isidore	Tuesday and Thursday	Sept. 9 to Dec. 14	11 a.m. to noon	Bilingual	Aréna St-Isidore, 20 rue de l'Aréna, St-Isidore
Virtuel	Tuesday and Thursday	Sept. 9 to Dec. 4	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
Every Tuesday	6:30 p.m. to 9 p.m.	French	École secondaire Saint-Joseph, 1500 A rue Cumberland, Cornwall

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
Wednesday Sept. 24 to Dec. 10	1:30 p.m. to 3 p.m.	French	Cornwall CSCE

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
Sept. 4	10 a.m. to noon	French	Bourget CSCE
Sept. 24	6 p.m. to 7:30 p.m.	French	Virtual-Teams
Sept. 24	1:30 p.m. to 3:30 p.m.	English	Cornwall CSCE
Oct. 9	10 a.m. to 11:30 a.m.	English	Virtual-Teams
Nov 4.	10 a.m. to 11:30 a.m.	French	Virtual-Teams
Nov. 19	2 p.m. to 3:30 p.m.	English	Virtual-Teams
Dec. 9	2 p.m. to 4 p.m.	French	Bourget CSCE

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 Sept. 4 to Dec. 4	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 Sept. 16 to Dec. 15	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 Sept. 30 to Dec. 30	3:30 p.m. to 5 p.m.	Bilingual	Cornwall Youth Wellness Hubs

NEURODIVERGENT GROUP

Are you part of the neurodivergent community (ADHD, autism, Tourette syndrome, etc.)? This group is for you! We meet on the second Thursday of each month for a fun activity. Come have fun and meet new people in a safe and caring environment. No pressure—just fun activities and a space where you can be yourself.

Date	Time	Language	Location
Thursday Sept. 11 to Dec. 11	4 p.m. to 6 p.m.	Bilingual	Rockland Youth Wellness Hubs

CONTACT THE YOUTH WELLNESS HUB

CORNWALL & SDG
613 577-7216
212, Pitt St, Cornwall

ROCKLAND & PR
613 577-7219
1517 Laurier St, Rockland

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. 10	6:30 p.m. to 7:30 p.m.	English	Virtual–Teams
Oct. 22	6:30 p.m. to 7:30 p.m.	French	Virtual–Teams
Dec. 2	2 p.m. to 3 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
Wednesday Sept. 17 to Oct. 22	6 p.m. to 7:30 p.m.	French	Hybrid <ul style="list-style-type: none"> • Cornwall CSCE • Teams
Tuesday Oct. 21 to Nov. 25	2:30 p.m. to 4 p.m.	English	Virtual–Teams

FEEDING YOUR CHILD (AGES 1 TO 6)

This one-hour workshop is offered in partnership with EarlyON centres. 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
Sept. 15	1:30 p.m. to 2:30 p.m.	French	EarlyON Centre–Casselman*
Sept. 22	1:30 p.m. to 2:30 p.m.	French	EarlyON Centre–Rockland*
Oct. 6	1:30 p.m. to 2:30 p.m.	English	EarlyON Centre–Casselman*
Oct. 20	1:30 p.m. to 2:30 p.m.	English	EarlyON Centre–Rockland*

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

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. 16	9 a.m. to 10 a.m.	English	Virtual–Teams
Oct. 14	1 p.m. to 2 p.m.	French	Virtual–Teams
Nov. 3	1:30 p.m. to 2:30 p.m.	French	EarlyON Centre–Casselman*
Nov. 10	1:30 p.m. to 2:30 p.m.	French	EarlyON Centre–Rockland*
Nov. 19	1 p.m. to 2 p.m.	English	Virtual–Teams
Dec. 1	1:30 p.m. to 2:30 p.m.	English	EarlyON Centre–Casselman*
Dec. 8	1:30 p.m. to 2:30 p.m.	English	EarlyON Centre–Rockland*
Dec. 10	9 a.m. to 10 a.m.	French	Virtual–Teams

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

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

ALEXANDRIA
613 525-5544
5 Main South, Alexandria

CRYSLER
613 987-2683
1 Nation St, Cryslar

BOURGET
613 487-1802
2081 Laval St, Bourget

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

CORNWALL
613 937-2683
6-841 Sydney St, Cornwall

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