

### Onsite Community Programs List

Referral Programs – MD or Nurse Practitioner – Unless Otherwise Stated	
<b>Social Work - <u>May Self-Refer GB for Hensall</u></b> Mickey Gurbin – 519.238.1556 x223	<b>Social Work - <u>May Self-Refer GB / Hensall</u></b> Lise Callahan – 519.238.1556 x230
<b>Occupational Therapists - <u>May Self-Refer GB / Hensall</u></b> Kate Mason – 519.238.1556 x241 Home Maintenance, Grab Bars, Falls Prevention Program	<b>Diabetes Nurse Educator - <u>May Self – Refer GB / Hensall</u></b> GB: Jo Anne Aitken – 519.238.1556 x226 Hensall: Janessa Dalton – 519.262.3459 x297
<b>Physiotherapy</b> Reception – 519.238.1556 x236	<b>Dietitian – Community -<u>May Self-Refer GB / Hensall</u></b> Susan Bird – 519.238.1556 x 297
<b>Heartbeats</b> - Cardiac Rehab for MI, CABG patients Talk to MD / NP for Referral	<b>Dietitian – Diabetes – <u>May Self-Refer GB / Hensall</u></b> Patricia Baker – 519.238.1556 x235
<b>Chiropody - <u>Fee For Service - Self-Referral</u></b> Dennis Walsh – 519.238.1556 x248 Call to Book Appointment	<b>Telemedicine Resource Nurse</b> Maria Moore – 519.238.1556 x283
<b>COPD Education</b> – 4 Friday Sessions – Spring Talk to MD / NP for Referral	<b>COPD Better Breathing Team</b> – GB / Hensall Maria Moore- 519-238-1556 x 283
To Access Programs Below – Call the Contact Numbers – Not all Programs Run All Year Round	
Exercise & Fitness Programs	Education Programs
<b>Healthy Cardio Saturdays</b> . GBACHC Sat 10-10:45 <b>Healthy Cardio &amp; Weights Evening</b> program Tues & Thurs. 6-6:45 pm. GBACHC Contact Health Promoter Cindy Maxfield 519-238-1556 x 231	<b>BP Screening</b> – Drop-In - last Th. Mthly - 2:00 – 4:00 Adult Day <b>CHAP BP Clinic, Hensall Site</b> - 1 <sup>st</sup> Tues. Monthly 9:30 - Noon
<b>Healthy Lifestyle Ex Grp – Grand Bend / Port Franks</b> [Port Franks has Line Dancing Prior] Mon & Thurs 9-10 in Grand Bend, Tues & Thurs 9-10 in Port Franks Cindy Maxfield – 519.238.1556 x231	<b>Craving Change: Change Your Relationship With Food</b> Miranda Burgess, Registered Dietitian and Health Promoter 519-238-1556 x 222 and Janessa Dalton RD 519-262-3459 x 297
<b>Gentle Exercise Program:</b> Grand Bend Mon & Thurs. 11-12 Cindy Maxfield – 519.238.1556 x231	<b>Pre-Diabetes Classes</b> – Call to Register Elaine Clarke – 519.238.1556 x242
<b>Winter Walking:</b> Jan-March Lambton Heritage Museum Wednesdays 9:30-10:30. Contact Cindy Maxfield Health Promoter 519-238-1556 x 231	<b>Heart Health Class: Manage / Prevent High Cholesterol and / or High Blood Pressure</b> Elaine Clarke – 519.238.1556 x242
<b>Functional Fitness:</b> Monday & Thursdays GBACHC 1:00-2 pm . Contact Julie Datars 519-238-1556 x 243	<b>Men Can Cook</b> - One Wed. per Month 10:00 am Miranda Burgess 519-238-1556 x 222
Support Groups	Community Support
<b>Alzheimer's Caregiver Support</b> – 1 <sup>st</sup> Mon. Monthly GBACHC 1:30 & 7:00 pm in Boardroom – 1.800.561.5012	<b>Better Breathing team:</b> GBACHC Occupational Therapy – Kate Mason – 519.238.1556 x241 Respiratory Therapist - Mike Callihoo- 519-238-1556 x 284 Kinesiologist – Julie Datars-519-238-1556 x 243 Physiotherapist- Nicole Pasut-519-238-1556 x 282 Social Worker - Sarah Flowers-519-238-1556 x 285
<b>Persistent Pain Support Group (twice yearly)GBACHC</b> Mickey Gurbin – 519.238.1556 x223 or Nicole Pasut 519-238-1556 x 282	<b>Community Gardens</b> Frieda Dobson – 519.238.2190
<b>Smoking Cessation - GB / Hensall- Free NRT</b> Mike Callihoo- 519-238-1556 x 284 Cindy Maxfield - 519.238.1556 x231	<b>Low Vision Drop-In Clinic</b> – GBACHC 2 <sup>nd</sup> Thurs. Bi-monthly 10:00 – 2:00 in Adult Day – Oct., Dec., Feb., Apr., June
<b>Grief Support</b> – GBACHC 1 <sup>st</sup> Wed. every month 2:30-4 pm Mickey Gurbin – 519.238.1556 x223	<b>Midwestern Adult Day Centre [M.W.F.] GBACHC</b> Karen Hartman – 519.238.6289
<b>Mental Health &amp; Addictions GBACHC &amp; Hensall</b> Choices for Change 1-877-218-0077 x 1	<b>Sunset Cinema – Movie Night</b> 1 <sup>st</sup> Thurs. Monthly Sept to June – 7:00 pm. - Community Room GBACHC . Contact Health Promoter Cindy Maxfield 519-23-1556-x 231
<b>Power of Parenting Support Group</b> Mickey Gurbin – 519.238.1556 x223	<b>Mental Health Drop In</b> every Friday at GBACHC . contact Poonam Chhabra. 519-786-4545 x 323
<b>First Link Alzheimer Support</b> – for newly diagnosed 1.800.561.5012	<b>One Care Diners Program</b> noon 2 & 4th Thursdays at St. Johns by the Lake Anglican Church. Contact Faye Skinner 1-877-502-8277
<b>Coffee Time</b> 1 <sup>st</sup> and third Thursday of the month at GBACHC in Adult Day 10-11:30 am . Join us for interesting topics, education info or just to chat and make some friends!	

## Area Programs & Services

Contact Directly Unless Referral IS Specified - * Indicates Fee	
<p><b>Exercise + Fitness</b> *Bowling – Town + Country Bowling Lanes - Zurich 519.236.4923</p> <p>*Grand Bend Legion – M.W.F. 8:45 – 10:00 a.m. Elinor Clarke – 519.294.6499 (Line Dancing Follows)</p> <p>Indoor Walking Through Winter Months One Care – 1.877.502.8277 Hensall Arena Hall or Zurich Arena Hall - Bluewater Complex Tu. Wed. Th. 8:00 – 10:00 am</p> <p>LEO [Lambton Elderly Outreach] – 1.877.495.2449 Nordic Walking - Full body, cardiovascular exercise for arms, back, stomach + legs.</p> <p>One Care exercise programs- Huron - 1.877.502.8277</p>	<p>*Optimal Balance - Exeter – 519.200.0182 *Seniors Exercise Program - Zurich – 519.236.4373 x631 @ Maplewood App'ts. M.W.F. @ 10:30 (CCOS) Blue Water Community Connections Outreach *Savannah Strollers + Lambton Museum Walkers Meet Wed. 9:30 in Lambton Museum Parking Lot. Walk in Museum or Carpool to Pinery to walk trails. Cindy Maxfield - 519.238.1556 x 231 *Swimming: Pinedale - Grand Bend – 519.238.2231 Vanastra Community Centre – 519.482.3544 (Arthritis / Injuries Program / Aquafit / Recreational Swim) *Tai Chi – Minimal Monthly Fee Bernice Hill – 519.238.5958 *Work Out For Your Life – Grand Bend / Exeter Beth Sweeney – 519.238.5555 - Nutritional Support **Yoga Port Franks – Anne Chute – 519.243.3552 *Yoga –Grand Bend- Mon, Wed Fri. 9-10 am Judith Jansen 519-238-1543 *Gentle Yoga Zurich – Pam Bedour - 519.236.7668 *YMCA North Middlesex Arena + Fitness Centre, Parkhill 519.459.9622</p>
<p><b>A.A. + AL-ANON</b> Grand Bend meets St. John's Anglican Ch. Sat. 8:30 GB, Goderich, Clinton, Exeter Info Line: 1.800.706.9833 Stratford: 519.271.7755 Seaforth: 519.527.1650</p>	<p>*Healthy Hearts Cardio Rehabilitation Program <u>Need Referral From Health Provider</u> – 1-519-524-5411 Goderich – 519.524.5144</p>
<p><b>Addiction Services</b> Lambton County – 519.464.4400 x5379 Huron County – 519.837.6143 x2505 Middlesex County – 519.663.5317</p>	<p><b>Health Unit</b> Lambton – 1.800.667.1839 Huron – 1.800.837.6143</p>
<p><b>Adolescent Eating Disorder Clinic</b> – Ages 11 - 19 Kim Stockinger - 519.397.5455 x123 Chatham Kent CHC</p>	<p><b>Victim Services</b> Lambton County - 519.344.8861 x5238 or 1.888.281.3665 – Huron County – 1.888.829.7884 Middlesex County – 1.866.933.2023</p>
<p><b>Blessings Community Store + Food Bank</b> Norma Grainger and Angie Demers – 519.236.4376</p>	<p><b>Huron-Perth PEPP</b> – Putting The Pieces Together – Clinton Prevention + Early Intervention Program for Psychoses Crisis Intervention Line 1.888.829.7484 General Inquiries: 1.877.695.2524</p>
<p><b>Bluewater CCOS &amp; Wellness For Seniors Program (Community Connections Outreach for Seniors)</b> Huron County Meals On Wheels / Transportation – 519.236.4373 x631</p>	<p><b>Huron Women's Shelter</b> – 1.800.265.5506 or 519.524.5333 <b>Lambton Elderly Outreach (LEO)</b> – 1.877. 495.2449 <b>Meals on Wheels, Transportation, Home Help, Respite Care, etc.</b></p>
<p><b>Canadian Mental Health Services</b> – 1.866.531.2600 <b>Canadian Mental Health Association 24 hr Crisis Line</b> Lambton – 1.800.307.4319 Huron – 1.800.829.7484</p>	<p><b>Wellspring (Cancer Support Centre)</b> 519.438.7379</p>
<p><b>Canada Pension Plan</b> – 1.800.277.9914 <b>Ontario Disability Program</b> – 1.800.663.7633</p>	<p><b>Municipality of Lambton Shores</b> – 1.877.786.2335</p>
<p><b>Cancer Society</b> – 1.888.939.3333</p>	<p><b>Municipality of Bluewater</b> – 1.877.236.4351</p>
<p><b>CHAPS – Blood Pressure Clinics</b> Blue Water Rest Home – 2<sup>nd</sup> Wed. Monthly 11 – 12:30 pm Michael's Pharmasave – Bayfield – 3<sup>rd</sup> Th. 11 – 12:30 pm</p>	<p>*New Beginnings – Psychotherapy Molly Russell – 519.238.2237</p>
<p><b>Community Care Access Centre [CCAC]</b> Lambton County – 519.786.4545 Huron County – 519.310.2222 Middlesex County – 519.473.2222 or 1.800.811.5146</p>	<p><b>Ontario Disability Support Program</b> Lambton - 1.800.663.7633 • Huron - 1.800.565.5762</p>
<p><b>VON</b> Lambton – 519.542.2310, Huron 519-271-7991</p>	<p><b>Ontario Works</b> Lambton County (Sarnia) - 519.332.4906 or 519.888.371.5718 Huron County (Clinton) – 519.332.4906 or 519.888.879.6750</p>
<p><b>Eat Right Ontario Telephone Service</b> Free Dietitian Advice - 9:00–5:00 Mon. – Fri. 1.877.510.5102 or go to <a href="http://www.ontario.ca/eatright">www.ontario.ca/eatright</a></p>	<p><b>Ontario Early Years Program</b> 0-6 yrs. <b>Kids in the Kitchen Program</b> – Parents + Children 0 – 6 yrs. Barb Wilson – 519.786.6082</p>
<p><b>Crisis Intervention</b> <b>Huron-Perth Centres for Children + Youth</b> Children's Mental Health Centre, Family Counselling + Parent Education Clinton – 519.482.3931 - Stratford – 519.273.3373 <b>Huron / Perth Crisis Intervention</b> Stratford / Goderich - 1.888.829.7484 <b>London-Middlesex Crisis Service</b> For Children + Youth – 519.433.0334 <b>Sarnia / Lambton Crisis</b> 519.336.3000 or 1.888.DISTRESS (347.87377)</p>	<p><b>Parent Help Line</b> - 1.888.603.9100</p> <p><b>Poison Control</b> – 1.800.268.9017</p> <p><b>Sexual Assault</b> – Lambton County (Sarnia) – 519.337.3154</p> <p>*Sound Therapy (Hearing Services) - Grand Bend – 519.238.1385</p> <p><b>South Huron Hospital Association</b> – 519.235.2700</p> <p><b>Veterans Affairs Canada 1.866.522.2122</b></p> <p><b>Women's Rural Resource Centre</b> – 1.800.265.4305</p>
<p>*LEO Lambton Elderly Outreach - Meals ,Transportation &amp; Support 1.877.495.2449</p>	<p><b>South Huron Medical Centre</b> – 519.235.3343</p>
<p><b>CNIB</b> – 1.800.563.2642</p>	<p><b>Tele Health Ontario</b> – 1.866.797.0000</p>
<p>*Weight Watchers - Grand Bend / Exeter – 1.800.387.8227 (Note from a Health Provider waives Registration Fee.)</p>	<p>*One Care - Huron 1.877.502.8277 Meals, Transportation, Respite</p>
<p><b>Elder Abuse</b> Lambton – 519.344.8861 Huron – 519.524.4108 Mickey Gurbín – 519.238.1556 x223</p>	<p><b>Psychiatric Services – Inpatient + Outpatient</b> Goderich Hospital – 519.524.8323 Bluewater Health (Sarnia) – 519.464.4500 St Thomas Psych - 519.631.8510 <b>WOTCH</b> (Community Mental Health Services) – 519.668.0624</p>