

Health and Wellness Programs Open to KDCHC Clients, Volunteers and the Community

All programs held at KDCHC- 44 Francis St. South, unless noted

Name of Program (Group)	Description
Art Class	People will do multimedia painting, sculpting and drawing. Over the 8 weeks participants we will be doing projects such as a mini abstract giraffe painting, mandalas and mini character sculpture. All class are created for everyone especially those with no art experience. It also helps meet new people and have fun learning new art techniques.
Feel Better, Live Full: Skills for Chronic Pain	Managing chronic pain to live a satisfying life can be a daily challenge. In this class we explore a variety of tools to help manage pain & improve quality of life including: research-based coping strategies, relaxation techniques, movement & pacing, thinking strategies that increase positive coping, and setting and achieving goals
Breastfeeding Buddies	A program that trains mothers to provide breastfeeding support to new mothers. A Breastfeeding Buddy is a caring trained volunteer who has breastfed. Buddies provide one-to-one and group support for breastfeeding mothers and help connect them with community resources.
Craving Change	A how-to workshop for changing your relationship with food
Culture Kitchen	A monthly program that promotes healthy eating through cultural cuisines. We cook and eat nutritious meals together and learn about different cultures in interactive ways.
Eat Well, Spend Less	A peer-led program to teach you how to prepare nutritious affordable meals.
Gardening Program	Monthly gardening workshop and gardening activities (from February to November) at the KDCHC demonstration garden.
Gardening Program Tasting Tuesday	From the garden to the table: Tasting Tuesday is an opportunity to explore a variety of vegetables and recipes with a COOKING DEMO and TASTING).
Healthy Living in Canada	A ten week program designed for new Canadians who want to learn more about Canadian food environment, nutrition and healthy living. Each session we cook nutritious meals together, share our cultural traditions and learn about healthy eating and living in the Canadian context. The program is an opportunity to meet people, practice English and enjoy cultural diversity.
I.D Clinic	We can help you get/replace health card, and/or birth certificate or Verification of Status. The ID Clinic provides information about how to replace other ID. ID Clinics are held weekly at St. John's Kitchen, House of Friendship, oneROOF and YWCA. You can also make an appointment by calling 519-745-4404 ext. 207.
Knitting Program	An 8-week drop-in program where participants of all skills levels can join volunteers to work on different projects and socialize with others.
Mindful Breathing Class	Mindful breathing helps to reduce stress and improve overall mental and physical health. In these classes you will learn how to do mindful breathing and other exercises. Classes will focus on weekly practice and the development of a regular daily routine of breathing.
Preparing for 65	Helps adults 55+ gain information about income, wills, community supports, housing, etc.
Skills for Self Advocacy	A six week program that helps participants enhance their self advocacy and communication skills. Participants will learn how to become more assertive about their rights and to communicate more effectively within their personal life and with various agencies
Take Charge	A six-week workshop that teaches people with chronic diseases the skills needed to manage their chronic illness and live a healthy life.
Walking Group Stretch, Walk and Talk Group	A Drop-in program that promotes physical and mental health through stretch, exercise (walking) and education/information on health related issues.
Yoga (KDCHC Yoga)	Yoga is a series of stretches, movements, postures, combined with breathing which is aimed at stretching and relaxing the body as well as calming the mind. Yoga is beneficial in harmonizing the body, mind, and breath. It helps to improve posture, increases flexibility, reducing injuries, increase relaxation, decrease stress and anxiety, decrease chronic pain and improves overall mental health.