

TR Leger School for Adult, Alternative and Continuing Education is launching their STEP Program (Skills Training and Employment Preparation) two days/week at the North Lanark CHC. With continuous intake and flexible schedules, adult learners will have individualized attention and training geared towards their unique needs and interests. Training in nine essential skills (reading, writing, numeracy, oral communication, working with others, thinking skills, document use, computer use, continuous learning) can prepare the adult learner for high school completion, employment, post-secondary education, apprenticeship or independence. Special work-related skills and training are available for entry-level positions as cleaners, clerical workers, day care workers, food counter attendants, health care personal support worker, landscaping and grounds maintenance labourer, and in retail, skilled trades, public works or warehouses.



Lanark Transportation is pilot testing a new community bus service from Lanark Village to shopping destinations in Carleton Place or Perth. Every Tuesday, the shopping bus leaves Lanark at 1:30 and returns between 4:30 and 5:00. With seven different shopping destinations to choose from, shoppers can get their groceries, coffee and doughnuts, hardware, prescriptions, and thrift store deals for \$2.00 (less than the price of a cup of coffee)! Try it out and show your support for safe, easy and affordable community transportation solutions. LTA also offers transportation support for people to attend “life-enhancing” services.

Ride the LT! Pilot Project



For more information about Lanark Transportation visit their website at www.lanarktransportation.com or phone them at 1-877-445-5777

If you or someone you love is affected by addictions you can get support from a **Lanark Leeds Grenville Addictions and Mental Health (LLGAMH)** counsellor who is working one day/week out of the North Lanark CHC. Counselling services are primarily short-term, and solution focused, allowing people to focus on their immediate needs and move forward in their recovery process. Counsellors will focus on helping you change the habits or behavior that cause the addiction in order to end dependence on drugs, alcohol, gambling or any other form of addiction. LLGAMH clinicians will help you decide which model of treatment (individual or group counselling) will work best for you. Together, we can help you or your loved one end the cycle of substance abuse and work towards a better, healthier life.

For more information about Lanark Leeds Grenville Addictions and Mental Health visit their website at www.llgamh.ca or phone them at 1-866-499-8445

For more information about TR Leger, please visit them on Facebook at trlegerstep.ca or phone Jeanne Hill at 613-283-5418

5 Ways to Fight the Flu!

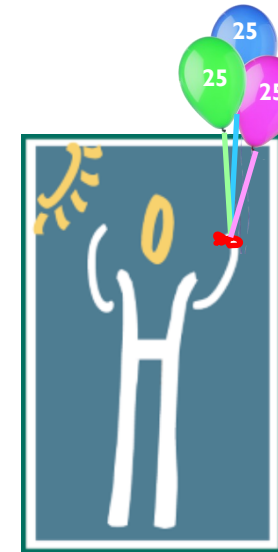


1. Get your Shot!
2. Wash & sanitize your hands often.
3. Cough and sneeze into your elbow.
4. Avoid touching you eyes, nose and mouth.
5. Stay at home if you are sick and avoid contact with others.



North Lanark Community Health Centre

a part of Lanark Renfrew Health & Community Services
www.northlanarkchc.on.ca



We're Building Healthier Communities Together!

The North Lanark Community Health Centre has been a part of the community of north Lanark since our doors opened 25 years ago. To celebrate, we're having a party and you're invited!

Please join us on
Tuesday October 23
between 1:00 – 4:00 pm.

Find out more about our new programs and services, meet and greet Board members and staff, talk to our partner agencies about the work they are doing, experience the telemedicine technologies we are using to conduct long-distance medical appointments, and enjoy some local food and music. All in one afternoon!

The North Lanark CHC is much more than a traditional medical clinic. In fact, the last three words in our name “North Lanark *Community Health Centre*” provide a much better description of who we are. Our staff includes family doctors, nurse practitioners, nurses, and allied health professionals (dietitian, social workers/counsellors, respiratory therapist, chiroprapist, health promoter, community health workers and mental health peer support workers). Together, we provide a wide range of primary health care and health promotion programs and services to area residents.

Our health promotion programs address some of the broader health needs in our community. All our programs are free and all members of the community are welcome! A few of the programs we are offering this fall include our exercise classes for older adults and seniors, cooking programs for men and budget conscious-families, information, support and skills

development for people with chronic conditions, stress management programs, and workshops for couples to repair or enhance their relationship.

At the North Lanark CHC, much of the work we do in the community is accomplished through active partnerships with others. The high level of involvement and commitment from the local community – from volunteers, local government, schools, community-based organizations, and other health and social service providers – is what enables us to offer such a wide range of programs and services to the community. Through our partner agencies, we're “Building Healthier Communities Together”! This fall, three of our community partners are bringing some exciting opportunities and much needed services to north Lanark.

Come to our open house and party on October 23rd to find out more about how TR Leger School for Adult, Alternative and Continuing Education, Lanark Transportation, Lanark Leeds Grenville Addictions and Mental Health, and many other partners are working together to build a healthy community.



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ON THE HORIZON...Our Fall 2018 Programs in a Nutshell



Fit for Life Exercise

Which exercise program is best for me?

ACTIVE

GENTLE

BALANCE



GOAL: I AM MOBILE AND ACTIVE AND WANT TO MAINTAIN OR IMPROVE MY OVERALL FITNESS

I can do **ALL** of my daily living activities with relative ease (ie shopping, cleaning, bathing, getting in and out of cars, climbing stairs, light yard work etc.)

I want to maintain and improve my strength, flexibility, endurance and balance

I have few worries about my balance

Mondays:
9:30-10:30 Middleville Hall
9:30-10:30 Watson's Corners Hall
9:30-10:30 Snow Road Hall

Tuesdays:
9:00-10:00 Ferguson's Falls Hall
(starts October 2nd)

Wednesdays:
9:30-10:30 St. Andrew's United Church, Lanark

Thursdays:
9:30-10:30 Middleville Hall
9:30-10:30 Snow Road Hall

Fridays:
9:30-10:30 Ferguson's Falls Hall
(starts October 5th)
9:30-10:30 Zion United Church,
Carleton Place
(starts November 5th)

GOAL: I WANT TO IMPROVE MY STRENGTH & BALANCE, AND MAINTAIN MY INDEPENDENCE

I can do **MOST** of my daily living activities slowly with some difficulty, (i.e. shopping, cleaning, bathing, getting in and out of cars, etc.), but I can

- * Climb 10 stairs
- * Stand for 10-15 minutes
- * Walk one block without losing my breath or sitting down

I worry about my balance

Mondays:
8:30-9:30 North Lanark CHC*
9:45-10:45 North Lanark CHC*
1:30-2:30 Clayton Seniors' *
Apartments

Tuesdays:
11:00-12:00 Snow Road Hall

Thursdays:
11:00-12:00 Snow Road Hall

Fridays:
8:30-9:30 North Lanark CHC*
9:45-10:45 North Lanark CHC*
1:30-2:30 Clayton Seniors'*
Apartments

GOAL: I WANT TO BE MORE STEADY, MOBILE AND ABLE TO BE MORE INDEPENDENT

I have had a fall or am afraid of falling **or**

I use a walking assist for support (i.e. cane or walker) **or**

I am recovering from injury or illness **or**

I have some difficulty with:

- * My balance
- * Getting out of a chair
- * Walking any distance
- * Standing for any length of time

Mondays:
11:00-12:00 North Lanark CHC*

Tuesdays:
11:00-12:00 Snow Road Hall

Thursdays:
11:00-12:00 Snow Road Hall

Fridays:
11:00-12:00 North Lanark CHC*

* Indicates a 12 week program with pre-registration required
Contact Karen, ext. 2324

Live.Life.Healthy

Guys in the Kitchen

For men who want to learn to cook or improve their cooking skills. Come and learn budget-friendly cooking and meal planning skills along with some nutrition education in a fun, social, supportive environment.

September 26, October 24, November 28, 2018
January 23 & February 27, 2019

Wednesdays
9:30 - noon

Contact Rebekah, ext. 2362
Registration Required



Diabetes Connection

Connect with your health team, special guest speakers and other adults living with diabetes about topics that are important to you. Find out more about healthy eating and lifestyle, managing stress, caring for yourself, and how to get optimal control of your blood sugars.

October 15, November 12, December 10, 2018
Jan. 14, Feb. 11, 2019

Mondays
10:00 - 11:30 am

Contact Lori, ext. 2344
Registration Required



Expressions for Women

This weekly program is offered for women to get together for companionship and creative arts expression. By developing personal awareness in a creative environment we can build our resilience and wellness. Art experience not required—it's art from the heart.

September - June
Thursdays
1:00 - 4:00 pm

Call Halina (613) 284-4608
1-877-383-2070
Registration Required



Urgent Care Clinic - Open to All

Weekday mornings between 9:00 - 10:00 am

Our urgent care clinic continues to provide services for recent or sudden onset of an illness such as a sore throat, cough, rash, fever or minor injuries. The clinic is available to anyone, whether you are a client or not, on a first-come first-serve basis.

Partner Agency Events

Lanark Community Dinners

Come one—come all to a free Community Dinner. Catch up with neighbours, meet some new people and have a good meal at the same time. Fully accessible.

3rd Monday of Month
4:00 - 6:00 pm
Lanark Civitan Hall

Facebook: lanarkhighlandsplanB
Contact Melanie @ 613-259-5495
melanie.mills14@gmail



Diabetes Friendly Cooking Class

If you are living with diabetes, join us for a fun and relaxing morning with others who want to learn how to cook diabetes-friendly meals. We will discuss meal balancing, carbohydrate confusion, and how to get optimal control of your blood sugars using food.

October 3, 2018 & March 6, 2019

Wednesdays
9:30 - noon

Contact Rebekah, ext. 2362
Registration Required



'Hold Me Tight' Workshop

This workshop is based on the book Hold Me Tight, by Dr. Sue Johnson. The workshop offers a revolutionary new way to see and shape love relationships. Learn about the seven conversations for a lifetime of love.

September 28 and 29
Friday and Saturday
6-9 pm 9 am-5 pm

Contact Michelle, ext. 2105
Registration Required



Lanark Highlands Walking Group

This group is for older adults and seniors who want to walk in a social setting to maintain or increase their physical activity. The group accommodates all levels of fitness ability. Light refreshments and social time follow the walk.

Tuesday mornings
9:00 - 10:00 am
Rain or Shine

Contact Pam ext. 2302
Drop-in



Family Peer Support Group

Please join us for discussions on various topics for family caregivers with loved ones facing mental health challenges.

3rd Monday of the month
6:30 - 8:00 pm

Open Doors for Children and Youth
#110-130 Lansdowne Ave., Carleton Place

This group is being offered by Lanark County Mental Health
Contact Linda @ 613-257-5915
camponi@storm.ca

Cooking with Your Kids

Looking for a fun and educational way to spend a morning? Join us in the kitchen as we focus on getting children involved in meal preparations while making some healthy, kid friendly recipes.

November 7, 2018
Wednesday
9:30 - noon

Contact Rebekah, ext. 2362
Registration Required



Living a Healthy Life with Chronic Pain

A six week program to connect you with others who live with chronic pain and learn more about gentle movement, better breathing and the mind-body connection; dealing with difficult emotions and communicating about pain; making action plans and problem solving to name a few.

September 19, 26,
October 3, 10, 17 & 24
Wednesdays
1:00 - 3:30 pm

Contact Pam ext. 2302
Registration Required



Nordic Pole Walking Group

For adults of all ages who want to get an extra 'boost' from the benefits of their walking and to learn how to use the 'Nordic' poles effectively. This includes improved core strength, stability, balance and posture as well as cardiovascular activity and calorie burn.

Thursday mornings
9:00 - 10:00 am
Rain or Shine

Contact Pam ext. 2302
Drop-in



Healthy Holiday Baking

Want to learn how to prepare delicious and healthier baked goods and desserts for the holiday season? Join us for a morning of baking together and learn about healthy recipe modifications using simple tips to give your favourite holiday recipe a healthy make-over!

December 12, 2018
Wednesday
9:30 - noon

Contact Rebekah, ext. 2362
Registration Required



Mindfulness Based Stress Reduction

Techniques taught each week will help you make changes to the way you manage stress, learn techniques in meditation, yoga, breathing and relaxation, understand your body's responses to stress.

INFORMATION SESSION
Friday, Sept. 14; 1:00 - 2:30 pm

Fridays: October 5 - November 23; 1:00-3:30 pm
Saturday: November 3; 9:00 - 4:00 pm

Contact Kara, ext. 2302
Registration Required



Managing Powerful Emotions

Topics for this group include understanding emotions and the purpose they serve; coping with difficult or painful emotions, recognizing what activates and intensifies your emotions. Increasing positive emotions and becoming more mindful.

Date, time and location to be determined.

Contact Sherry, ext. 2333
Registration Required



Family Wrap Group

Have you had someone close to you who has been diagnosed with a mental illness? Is this leaving you with little time or energy for yourself? This workshop could be for you.

Monday Evenings; Starting Sept. 10
6:00 - 10:00 pm

Lanark Community Programs
30 Bennett Street, Carleton Place

This 8 week workshop is being offered by Lanark County Mental Health and the Royal Ottawa Health Care Group.

Hey, it's Free!

All of our programs are free and all members of the community are welcome.
Phone 613-259-2182 or 1-866-762-0496 for more information or visit our website at www.northlanarkchc.on.ca