



Programs at the Napanee Community Health Centre and with Community Partners

Chronic Disease Management

- Living Well With Chronic Disease
- Living Well with Chronic Pain
- Living Well with Diabetes

Nutrition

- Craving Change
- Let's Get Cooking
- Talking Health Series
- Good Food Box (ordering)

Mental and Social Health

- Surviving the Holidays
- Surviving Depression and Anxiety during the Holidays
- Mental Health/Coping Strategies Groups
- Family, Individual and Couples Counselling
- Thrive

Salmon River Health Link

Off-Site Programs

- DEP – Tamworth Clinic
- DEP – Deseronto NACHC
- DEP - Dr. Andrawis
- DEP – Deseronto IDA
- Deseronto Primary Care
- Deseronto Community
- Deseronto – Advanced Foot Care
- Deseronto Community/Sexual Health Clinic
- Social Work Counselling (Individual and home visits)
- Youth Program

Indigenous Programs

- Deseronto Blood Pressure Screening Project
- Traditional Healing
- Drum Circles
- Indigenous Primary Care
- Community Development

By Appointment Only

- Oral health
- Advance Foot Care
- Primary Care

Ontario Telemedicine Network

Program dates and times are subject to change due to availability.
Please call the secretary at 613-354-8937 ext 7111 to register

See Reverse side for Program Descriptions

Living Well with Chronic Disease: A self-management workshop helping people living with or caring for someone with a chronic condition to better manage the symptoms for an improved quality of life.

Living Well with Chronic Pain: A self-management workshop helps people living with chronic pain to better manage the symptoms for an improved quality of life.

Living Well with Diabetes: Diabetes self-management workshop helps people living with Type 2 diabetes to better manage their symptoms and their daily lives.

Craving Change™: A four week workshop, led by a Registered Dietician and Registered Nurse (Diabetes Educators), designed to help you to understand WHY you eat the way you do, comfort yourself without food and change your thinking, change your eating.

Talking Health Series: An interactive Healthy Living Education series with a RD and RN to learn to make healthy lifestyle choices, how to prepare local and seasonal foods, enjoy physical activity, and understand why it is important to have a healthy relationship with food.

Let's Get Cooking: Free Educational Cooking Class for Individuals Living with Pre-diabetes or Type 2 Diabetes.

Diabetes Education Program: A Diabetes Nurse Educator and Registered Dietitian provide support to people living with pre-diabetes, diabetes and their families. Services include individual assessment and counselling, group workshops, insulin starts, grocery store tours and community presentations. Participants learn to manage their diabetes, stay healthy, and prevent or delay complications.

Chill Zone: An integrated youth-led project that provides a range of services for youth under the age of 24, in a safe, stable and relaxing environment.

Surviving the Holidays/Surviving Depression and Anxiety during the Holidays: -stress management tips for the holiday season, -discussions of the causes of holiday stress, - an opportunity to try out a stress management activity.

Family/Couples/Individual Therapy: Meet with the social worker to discuss any stress or mental health concerns and coping strategies to help with daily living and relationships.

Thrive: Education and counselling for women who are pregnant and/or parenting children who also have (now and in the past) issues with opioids or other substances.

Indigenous Health and Community Programs: provides culturally relevant care to off-reserve aboriginal population, as well as facilitating culturally relevant community development programs.

Advanced Foot Care: Specialist foot care services for those in need of immediate attention.

Oral Care: assessments of dental needs and potential financial supports to obtain emergency dental care.

Primary Care: One-to-one scheduled visits with a doctor or nurse practitioner for registered clients.

Ontario Telemedicine Network: Uses video cameras and allows you to see, hear and interact with a specialist in another city. Allows clients to participate in groups that are being held off-site.

Salmon River Health Link: Improve delivery and coordination of care to better meet the needs of people with multiple complex conditions.