

# About the West Elgin Community Health Centre (WECHC)

WECHC provides primary health care, illness prevention, and a range of community programs to the residents of Dutton Dunwich and West Elgin municipalities. Our Diabetes services are open to all Ontario residents and offered at multiple locations in Elgin County.

We are here for individuals and families and our programs support people of all ages. We care about your physical health, mental health and the health of the entire community. Please visit our Centre, call us at 519-768-1715 or go to our website at [wehc.on.ca](http://wehc.on.ca) to learn more about us.

It takes a community to raise a child. We offer programs at sites in West Lorne, Dutton, and Rodney.

West Elgin Community Health Centre  
153 Main Street  
West Lorne, ON N0L 2P0  
T 519-768-1715 F 519-768-2548  
[wehc.on.ca](http://wehc.on.ca)



West Elgin  
Community  
Health Cen-

## Let's Connect

for children and  
families from  
prenatal to  
18 years





## At A Glance

We like to keep it simple, encourage wellness, and have fun!

All are welcome. You do not need to see a doctor or nurse practitioner at WECHC to participate. Activities for children are available during most programs. All Let's Connect Programs are free!

## What's Happening?

Our programs change according to community needs and available resources. Call us to ask about our current programs, to sign up for our newsletter, or if you have questions, concerns, or suggestions. We'd love to hear from you!

**Prenatal and Infant Programming** - Our Registered Nurse offers prenatal classes and telephone assistance on any questions you may have about pregnancy, labour and delivery, breastfeeding and growth and development of infant.

**Breastfeeding Support** - Call our Registered Nurse for breast pump rental, breastfeeding information and home visits.

**Grow with Baby Clinics** - The clinics provide an opportunity to talk to a nurse and a dietitian while weighing and measuring your baby from birth to 18 months.

### Cooking Programs

- Krazy Kitchen -for adults (childcare available)
- Kitchen Kids- parents cooking with kids ages 2½ -6 years
- Cookin' Kids - kids in the kitchen with other kids ages 7-9 years
- @ the Kitchen Table - ages 10-12 years
- Babyfood making- for infants 4-6 months
- Beyond Babyfood -for infants 8 months and up

**Nutrition Support** – You can also call the Dietitian to discuss food allergies, introduction to solids, constipation, weight gain or loss, picky eaters, or creating healthy food and meal times.

**Parent/Guardian Education and Support** - We are available to discuss or answer your questions on a variety of topics. Examples include childhood development, challenging behaviour, tantrums, bedtime routines, sibling rivalry, school readiness, and more.

### Other programs currently running:

- Children's Fitness – ages 3-6
- Stroller Walk and Lunch– Moms and their babies monthly
- Dancepl3y Pre-school ages 3-5 and Dancepl3y Kids ages 6-12.
- Teen Cooking Boxes –12-18 years

Sign up for our newsletter to see what is to come! Email [kpatterson@wechc.on.ca](mailto:kpatterson@wechc.on.ca) to be added to the newsletter.

For updates and programs see West Elgin Community Health Centre Facebook page.

## Our Team

**Debi Feasey**  
Registered Nurse  
x2312

**Kristyn Munroe**  
Child and Youth Worker  
x2314

**Cindy da Costa**  
Registered Early  
Childhood Educator  
x2202

**Larissa Church**  
Registered Dietitian  
x2292

**Let's Connect 519-768-1715**

