

# About the West Elgin Community Health Centre

The Centre has served our rural communities for 30 years. We believe that housing, education, food and the environment all play a role in health and well-being. We believe that language, literacy and poverty should not get in the way of receiving great care. At our Centre we continue to value and advocate for a more inclusive society.

## VISION:

Vibrant and Caring Communities,  
People and Workplace

## MISSION:

Partnering with our communities to achieve the best health and wellbeing for all

## VALUES:

Compassion, Excellence,  
Collaboration, Accountability,  
Respect and Equity

**“It takes a community to  
raise a child”**

**The Let's Connect Program  
offers 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)



### Land Acknowledgement

We are grateful for the opportunity to live, meet and work on this territory. We commit to building allyship relationships with First Nations peoples enhancing our knowledge and appreciation of their many histories and voices



West Elgin  
Community  
Health Centre



## Let's Connect

For children and families  
from prenatal  
to 18 years



August 2024



## At A Glance

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

All are welcome. You do not need to see a Physician or Nurse Practitioner at the Centre 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 your 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 3-6 years
- Cookin' Kids - kids in the kitchen with other kids ages 7-9 years
- @ the Kitchen Table - ages 10-12 years
- Teen Cooking Boxes (13-18 year olds)

**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 – Parents and their babies monthly
- Zumbini Baby and care giver 0-18 months music and movement program
- Dancepl3y Pre-school ages 3-5
- Parent Café—enjoy a coffee and talk with other parents while child attends children's programming room

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

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

## Our Let's Connect Team

**Debi Feasey, Registered Nurse**  
Ext. 2312

**Cindy da Costa**  
**Registered Early Childhood Educator**  
Ext. 2202

**Larissa Church, Registered Dietitian**  
Ext. 2292

