

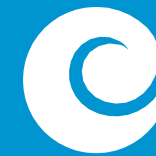
About the West Elgin Community Health Centre (WECHC)

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 www.wechc.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
www.wechc.on.ca



West Elgin
Community
Health Centre

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 (we are hoping these programs will be offered in the fall of 2021)

- Crazy 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 mealtime habits.

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 (Currently Virtual) – ages 3-6
- Stroller Walk and Lunch– Moms and their babies monthly
- Dance with Cindy – currently ages 3-6 but looking to expand age range
- Kitchen Creations for Youth – 12-18 year olds

Sign up for our newsletter to see what is to come! Email kpatterson@wehc.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

Kelly Patterson
Child and Youth Worker
X2314

Cindy da Costa
Registered Early
Childhood Educator
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Registered Dietitian
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Let's Connect 519-768-1715

