



WE ARE OPEN

BEFORE COMING TO THE CENTRE PLEASE CALL FIRST at 519-768-1715



All Health Centre staff continue to provide service, however, all in-person programs are on hold until further notice. We are providing service by telephone or virtual visits where possible but also seeing people in-person.

Seniors and Adults with Disabilities Program Update - Meals on Wheels on Monday, Wednesday and Fridays, Soup's Out will be March 2nd and 16th, and transportation remains in place for essential rides. Virtual Zoom Yoga continues on Tuesdays at 11 - 11:30 a.m. For all other programs please check in with Shelly or Jenna 519-768-1715, Ext. 2210 or 2319.

Let's Connect Programming Update - For our program calendar please connect with Kristyn or Cindy at 519-768-1715 Extension 2314 or 2202 or watch for our Facebook posts!

***Hours of Service** Monday - Friday 8:30 a.m.-4:30 p.m. Closed 12 noon-1 p.m.
If you have any questions please feel free to contact us at 519-768-1715.

The West Elgin Community Health Centre team works with our communities and our partners to provide accessible, high quality health care, health promotion and community support services.

153 Main Street,
West Lorne, Ontario N0L 2P0
T 519-768-1715 F 519-768-2548

info@wechc.on.ca
wechc.on.ca

HOURS
Monday - Friday
8:30am-4:30pm

Every
One
Matters.

Do you want to QUIT smoking?

Every
One
Matters.

Join us for our free Virtual Quit Café
Smoking Cessation Group!



Dates of Online Zoom Support Groups:

Thursday, March 18, 2021 from 3:30 p.m. – 4:30 p.m.
Thursday, April 15, 2021 from 3:30 p.m. – 4:30 p.m.

Depending on attendance further dates will be added.

Once you register, you will be sent an email to access the Zoom Support Group meeting. Instructions on how to use Zoom will be provided.

To register for the Quit Café program and gain access to the online Zoom meetings or if you have questions please contact Diane at 519-768-1715 ext. 2224.

Local Mental Health Resources

Reach Out
1-866-933-2023
www.reachout247.ca

The Health Centre provides free, private counselling services. Counselling is available for adults, children and youth. To learn more, please contact us at 519-768-1715 or visit our website: wechc.on.ca



Community Action Program Starting March 15th

Are you looking to make a difference and foster the building of a community that demands an end to poverty, social injustice and food insecurity?

Running March 15th - May 12th (Mondays and Wednesdays) the Health Centre is providing a free, 9 week group to those looking to learn about linking local challenges to wider systemic issues, gaining a better understanding of the possibility and route to change and feel less socially isolated, less inclined to internalize problems and more inclined to advocate for yourself and others.

Feel empowered to speak out against poverty, inequality, social injustice and food security.

***Every member that completes all of the 9 week sessions will receive a \$100 gift card*.**

To Register please call 519-768-1715, Ext. 2403

Forms Assistance Day

March 4th
1:30 - 4 p.m.
(by appointment please)
Contact Stephanie Skelding
519-768-1715, Ext. 2203



PROTECT THE
COMMUNITY
YOU Love!

COVID-19
VACCINE INFO

Sw SOUTHWESTERN
Public Health
Oxford • Elgin • St. Thomas

Call our COVID-19 vaccine information lines or visit our website for the latest updates on the COVID-19 vaccine rollout in Oxford, Elgin and the City of St. Thomas.



COVID-19 Vaccine Information Lines

Elgin: 519-631-4125 Oxford: 519-533-4560



www.swpublichealth.ca/covid19vaccine

COVID-19
ASSESSMENT CENTRE
by Appointment Only
(located at the Health Centre)

Monday, Wednesday and Fridays
8:30 a.m. - 4:30 p.m.
Please call 519-857-2683
Please have your OHIP card ready