

# 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

To learn more about Health Promotion services or any of the topics in this brochure or to participate in programs, you can visit our website, send an email, or call us and ask to speak with a member of our team.



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## West Elgin Community Health Centre



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We believe health promotion is based on the determinants of health.

We provide programs and services that address the outside forces that affect your health such as food and exercise programs, supports to help you quit smoking and other types of wellness opportunities.



West Elgin  
Community  
Health Centre

## Health Promotion Services



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# Our Goal is a Healthy Community

## Health Promotion

Community Health Centres like us believe that health is more than just not being sick. We believe that being healthy means having a sense of mental, social, emotional, spiritual, and physical well-being. This means having access to food, housing, education, peace and justice, income and social supports. We also believe that health is a community responsibility and that you are a partner in your own health and well-being.

As Health Promoters, we provide tools and resources to help you improve wellness and stay healthy!



## Community Development

Community Development is a process where community members come together to find solutions to common problems. It means understanding community needs and looking at ways to work with partners, municipalities and community members to improve community health.

The Canadian Index of Wellbeing (CIW) lists 8 Domains of Wellbeing:

- Community vitality
- Democratic Engagement
- Education
- Environment
- Healthy Populations
- Leisure and Culture
- Living Standards
- Time Use



## 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



## Systems Navigation

Part of being healthy is being able to access the services you need.

Systems Navigators help people to understand and find their way through health, community, and social services.

This might include referrals for home care, help finding a medical provider, assistance with Ontario Works and disability forms, and support with applications for Service Canada benefits or medication coverage. We can also connect you to things like mental health counselling, diabetes education and other support agencies in our communities.