West Elgin Community Health Centre

Let's Connect Programs

Every One Matters.

Seniors and Adults with Disabilities Programs

Meal on Wheels
Deliveries Monday/Wednesday/Friday at the noon meal

Transportation
Providing essential rides only at this time

FUNctional Fitness
Class is full, however, we are accepting names for the cancellation call list

Talk it Out Support Group
Running in person October 17th
9:00 a.m. - 1:30 p.m.

Acquired Brain Injury Support Group
Running in person the 2nd and 4th Tuesday of each month 1- 3 p.m., HUB

Caring Crafters
Running in person every Monday 1:30 - 3:30 p.m.
HUB

Walk n' Dine
Running in person the 2nd Thursday of each month
HUB

Arting Around
Running in person 2nd and 4th Wednesdays
10:15 a.m. - noon, HUB

Soup's Out
Delivery October 20th between 11 a.m. - 1:00 p.m.

Programs have limited space at this time.
Pre-registration is necessary. Please call Shelly at

519-768-1715, Ext. 2210

Cookin' Kids - Tues. Oct. 6th and Thurs. Oct. 8th
4:30 - 6:30 p.m. (4 per class)
Call Cindy at 519-768-1715, Ext. 2202 to register

Stroller Walk - October 21st at Miller Park
10:30 a.m. to 12:30 p.m.
Call Cindy at 519-768-1715, Ext. 2202 to register

Cooking with Let's Connect Families (Virtual)
October 27th @ 4:30 p.m.
Call Cindy at 519-768-1715, Ext. 2202 to register

Grow with Baby (by appt. only at West Elgin CHC)
October 20th, call Debi at 519-768-1715, Ext. 2312

Storytime with Little Chefs (Virtual)
Wednesday, October 7th and October 21st

Children's Fitness (HBHL) Facebook Live
Monday, October 5th, 5:30 p.m. - 6:30 p.m.

Information about @ The Kitchen Table and Teen Cooking available soon.

Krazy Kitchen, Parent Cafe and Kitchen Kids on hold.

October Happenings

In Control of COPD

A FREE 8 Week group program to learn more about COPD and ways to relieve breathlessness. Explore ways to feel better with COPD and have your medication and puffer technique checked.

Starts Thursday, September 17, 2020
9:30 a.m. - 11:30 a.m.

Program held at the West Elgin CHC or online via ZOOM
To register please call 519-768-1715

Living a Good Life with Chronic Pain

A FREE 8 Week group program to explore ways to greater wellness with chronic pain. Explore natural strategies for pain control. Learn more about the pros and cons of pain medications.

Starts Monday, September 14, 2020
1:30 p.m. - 3:30 p.m.

Program held at the West Elgin CHC or online via ZOOM
To register please call 519-768-1715, Ext. 0117

Face masks must be worn at all times if attending in person.
In person space is limited due to physical distancing.

Forms Assistance?

Appointment Required
This is a half day, once a month opportunity to assist those in the community with the completion of applications / forms such as ODSP/CPP, hydro rebate and many more.

Date: 1st Thursday of every month
2020 dates include Oct. 1st, Nov. 5th and Dec. 3rd
Time: 1:30 p.m. to 4:00 p.m.

Location: The West Elgin Community Health Centre

Contact Stephanie Skelding 519-768-1715, Ext. 2203

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

The Centre is following provincial directives for gradually re-opening services. For now, coming to the Health Centre continues to be by appointment only please. We will see people in person only if needs cannot be met by telephone or by virtual appointments.

We are doing our best to offer virtual and limited group programs. To stay updated about our programs and services, please call 519-768-1715, Ext. 2400 or press 0 for reception. Visit our website at wechc.on.ca or Facebook page.

Masks are required at the Health Centre. Please remember to bring your mask, scarf or bandana to cover your face.

Hours of Service
Monday - Friday   8:30 a.m. - 4:30 p.m.
The Centre is closed between 12 noon - 1 p.m. daily

Information about COVID-19   https://www.swpublichealth.ca/content/community-update-novel-coronavirus-covid-19

Online COVID-19 Self-Assessment   https://covid-19.ontario.ca/self-assessment/