



THE LEAF



WINTER/SPRING 2024

Community Programs

**Live Life to the
Fullest With Your
Ongoing Health
Condition!**



Waterloo Wellington
Self-Management
Program

Self Management Program Ontario



FREE WORKSHOPS

- Better Sleep
- Craving Change
- Diabetes, Healthy Feet and You!
- Dial it Down - Relaxation and Stress Management
- M.A.S.T.- Mindful Awareness Stabilization Training
- Powerful Tools for Caregivers
- Take Charge Chronic Conditions
- Take Charge Chronic Pain

For more information
or to register:

519-947-1000 ext 255

www.wwselfmanagement.ca

Spring Clothing Giveaway

Come bring your family and friends to the free Clothing Giveaway!

Date: Monday, May 6, 2024

Time: 4:00 pm - 6:30 pm

**** Clothing donations** are welcome from **April 22 to May 3**
at the Resource Centre by main reception. Thank you.



Emergency First Aid & CPR (Adult, Child, Babies) Level C with AED Training (1 day course only)

Come out and take this informative and fun course!

February 9, 2024 or June 28, 2024

Ages: 12 plus

Cost: \$25 in boundaries, \$40 outside of boundaries for participants

Pre-registration is required. Please contact Tammy at ext. 228 or
tammys@langs.org

Money is due upon registration.



THE LEAF



NEWSLETTER WINTER/SPRING 2024



WHAT'S INSIDE

- Adult and Youth Programs
- Free Clothing Giveaway
- Free Wellness Workshops



Little Jumping Beans: Ages 0 - 6 years

An interactive play and learn focused program for ages 0 - 6 years of age and their caregivers/parent(s) to communicate and play & learn together.

Weekly drop-in program in our gym at Langs with a focus on using fine motor skills through play and will also have some time for singing and story times!

Please bring socks or indoor shoes for the gym area.
Pre-registration is encouraged.

Day: Thursdays
Starts: Jan 11, 2024
Time: 9:30 am to 11:00 am
Cost: \$2.00 per week
Contact Tammy at 519-653-1470 ext 228

Wellness Tip For Winter: Finding balance is important, even when it's buried in snow!

Finding balance is an important part of mental wellness. It's also an ongoing process – sometimes things tip too far in one direction, and we need to find that healthy balance again. During the winter months, it can be tough to maintain a healthy balance in one or more aspects of our lives. Here are some examples of ways that we can strive for a healthy balance in winter:

- Plan a social schedule that you can tolerate. Social events can help reduce feelings of isolation in winter, and it's also okay to limit social interactions. If you're travelling too much, consider suggesting a virtual call with family or friends instead.
- Try to get outside each day, even for 10-15 minutes on cold days if you can do so safely. This can help boost our mental health, and so can getting cozy indoors with a hot drink, so try to mix in some of both if you are able to.

Social Work and Counselling Services at Langs

As part of the holistic approach to your health care, Langs offers free, confidential counselling to individuals, couples and families who meet eligibility requirements and are wanting to improve their well-being. Please see www.langs.org for eligibility criteria or call Marijke at 519-653-1470 ext 327.

Langs' Social Workers also offer a variety of workshops and groups to support people to achieve their best health and wellness.

Youth Mental Health Services at the Youth Wellness Hub

The Langs Youth Wellness Hub mental health workers provide brief intervention services to youth and young adults ages 12-24 years. We provide 4-6 sessions with a mental health worker to build skills, increase mindfulness and learn more about self-regulation. For more information, visit www.langs.org or contact Laura at 519-653-1470 ext. 361.

Langs CHC & The HUB@1145
1145 Concession Road
Cambridge N3H 4L5
519-653-1470

Diabetes Education Program Waterloo Region
1145 Concession Road
Cambridge N3H 4L5
519-653-1470 Ext. 372

North Dumfries CHC & The Hub@2958
2958 Greenfield Road
Ayr N0B 1R0
519-632-1229

Grow Community Centre
1 Groh Avenue
Cambridge N3C 1Y6
519-248-4769

Regional Coordination Centre
6-150 Pinebush Road
Cambridge N1R 8J8
519-947-1000

Children & Youth Programs

Grades 1-5: For more information, please contact Taylor at tayloro@langs.org or Khadija at khadijak@langs.org

Grades 6-12: For more information, please contact the Youth Wellness Hub at 519-653-1470 ext. 361

Winter Break Program

Stay cozy this winter and join the Winter Break Program at Langs! Participate in fun gym games, get creative with some winter themed crafts and have fun with friends.

Grades: 1-5

Days: Tues. Jan 2 to Fri. Jan 5

Time: 9:00 am - 5:00 pm

Cost: \$50

Location: Langs Main Site, 1145 Concession Rd

Registration: Contact Erum at erumn@langs.org or 519-653-1470 ext 267 to register.

Open Gym

Come out and play some fun games and meet new friends at open gym!

Grades: 1-5

Days/Times:

Starts After Winter Break

Tuesdays at William G Davis from 6:30 - 7:30 pm

Wednesdays in the Langs Gym from 6:00 - 7:00 pm

Starts: Jan 9th

Cost: Free

Location: William G Davis gym (530 Langs Dr) and Langs gym (1145 Concession Rd)

Registration details: Drop-in, No registration required.

PA Day Program

Come to the PA Day program at Langs to enjoy some exciting crafts, snacks, fun physical activities and to make new friends!

Grades: 1-5

Days: January 19, May 31 and June 28

Time: 9:00 am - 5:00 pm

Cost: \$10 per day

Location: Langs Main Site, 1145 Concession Rd

Registration: Contact Erum at erumn@langs.org or 519-653-1470 ext 267 to register.

Makerspace

Unleash your creativity in our makerspace! We have string art, perler beads, painting, colouring and so much more!

Grades: 6-12

Langs Youth Wellness Hub

Starts: Jan 9th

Days: Tuesdays & Fridays

Time: 2:00 - 4:00 pm

Cost: Free



Hoops

Stay active, work on your basketball skills and compete in some friendly pick-up games with other participants from the community!

Grades: 6-12

Langs Gym

Starts: Jan 3rd

Days: Mondays & Wednesdays

Time: 7:00 - 8:00 pm

Cost: Free



Langs Youth Wellness Hub (YWH)

Langs, 2nd Floor - 1145 Concession Rd

For more information, please call 519-653-1470 ext 361

Youth Council – Grades 6-12

Earn volunteer hours and have your voice heard!

The YTCYC (Youth Together Connecting Youth to Community) meets monthly to plan and evaluate programs and plan events.

Grades: 6-12

Starts Thursday, January 18, 2024

Time: 4:00 - 5:30 pm **Cost:** Free

Registration: Call 519-653-1470 ext.361

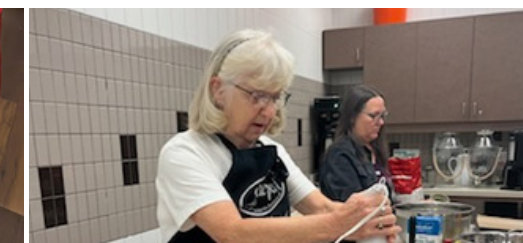


Follow us @LangsCommunity



Adult Programs

Contact Tammy at ext 228 or tammys@langs.org for more information and to register



Live & Laugh - Women's Group

An adult ladies program that focuses on health promotion, fun and recreational topics!

Wednesdays (starts Jan. 10th)

Time: 10:00 am - 12:00 noon

Cost: \$2.00 per week

Night Out- Bingo Night

A social, fun, and recreational program where we play bingo together!

Mondays, once a month

Time: 6:30 pm - 7:45 pm

Cost: \$2.00

Call to register and for dates

Cooking Healthy Together Cooking Program

Do you enjoy cooking or want to learn how? Then this program is for you!

A program that focuses on skill development and team work.

Tuesdays (starts Jan. 9th)

Time: 1:00 - 2:30 pm

Cost: \$2.00 per week

Pre-Registration is required



Retired & Ready - Older Adult Program 50+

A program focused on health promotion, connection, recreation and fun!

Mondays, (starts Jan. 15th) dates vary

Time: 1:30 - 3:30 pm

Cost: \$2.00 per week

New Adult Program! Walk, Talk & Sort the Socks Program

A program for adults with a focus on socializing and connecting with others. A program where you can walk with one another on the Langs walking track, enjoy coffee and talk about different table talk topics with one another. Bring those little tasks that are no fun to do on your own, like sorting your mismatched socks!

Thursdays, (starts Jan. 11th)

Time: 10:00 - 11:30 am

Cost: Free

CHANGED LIVES, HEALTHY COMMUNITES



www.langs.org

Tech Centre – Grades 6-12

Drop in and explore the Tech Centre. Discover the computers and use them for homework, employment or gaming. Wi-fi and tablets are available or play cards and games with friends in the lounge area. Enjoy the Playstation 4 and snacks!

Langs Youth Wellness Hub - Starts Jan 2nd

Cost: Free

Monday & Wednesday 1:00 pm - 8:00 pm

Tuesday & Thursday 11:00 am - 5:00 pm

Friday 11:00 am - 4:00 pm