



# THE LEAF



SUMMER 2025



## Waterloo Wellington Self-Management Program

### FREE PROGRAMS

- Anxiety Skills & Strategies
- Better Sleep
- Craving Change®
- Perimenopause Unveiled
- Relaxation Techniques
- Stop Worrying!
- Take Charge! Chronic Conditions
- Take Charge! Chronic Pain
- Take Charge! Diabetes

Scan QR code to visit our website



Contact us: 519-947-1000 ext 255

@WWSelfmanage @wwselfmanagement

## LANGS COMMUNITY PICNIC

Save the date for the Langs Annual Community Picnic on **Wednesday, July 9<sup>th</sup>, 2025**

It will be a fun-filled event for the entire family and all ages. Everyone is welcome! The event will include a barbecue, bouncy castle, kids' activities and more!

Suggested donation of \$1 each or up to \$5 per family. For more information, please call 519-653-1470.

**Time:** 4:00 - 7:00 pm

**Location:** Langs Main Site, 1145 Concession Rd, Cambridge



# THE LEAF



NEWSLETTER

SUMMER 2025



## Hot Topic: Summer Safety

(Tips taken from Safety Council Canada)

Summer is a time for family road trips, outdoor fun in the sun and hopefully lots of great weather. Here are some simple reminders to prepare for safe summer days:

**Stay cool in the heat:** Keep cool and hydrated and minimize your time in the sun between 11:00 am and 4:00 pm. Try to find shade, visit cool buildings, bathe in cool water and wear light coloured clothing.

**When thunder roars, go indoors:** Stay inside for at least 30 minutes after the last rumble of thunder. If you can hear thunder, you can get hit by lightning. Take shelter immediately in a sturdy, fully enclosed building with wiring and plumbing. If no solid building is available, take shelter in a metal-roofed vehicle.

**Avoid the bugs - and their bite:** Avoid being outdoors at dawn and dusk, when mosquitoes are most active. Keep in mind that ticks are often found along trail edges, mostly in wooded areas or tall grass. Light-coloured clothing is less attractive to mosquitoes and allows you to see ticks more easily.

**Keep food fresh:** Chilling food properly is one of the most effective ways to reduce the risk of food-borne illness. Leftovers should be chilled promptly, but remember to throw them away if they have been at room temperature for more than two hours.

Have a safe and happy Summer!



### 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. 285



### North Dumfries CHC & The Hub@2958

2958 Greenfield Road  
Ayr NOB 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

## What's Inside?

- Adult and Youth Programs
- Free Wellness Workshops



## Langs Walking Track

Get out of the heat and enjoy a walk on our indoor, air conditioned track!

Monday	8:30 am - 8:00 pm
Tuesday	8:30 am - 8:00 pm
Wednesday	8:30 am - 8:00 pm
Thursday	8:30 am - 8:00 pm
Friday	8:30 am - 4:00 pm
Saturday	8:30 am - 12:00 noon
Sunday	Closed

**\*\*Women's only hours on Tuesdays from 7:00 - 8:00 pm**

**Cost:**  
\$2.00 for adults (17-49 yrs)  
\$1.00 for older adults (50+ yrs)  
\$1.00 for youth (5-16 yrs)

Visit our website [www.langs.org](http://www.langs.org) or call main reception for more information 519-653-1470 ext. 224

## Children & Youth Programs

**Grades 1-5:** Contact Taylor at ext. 287 or [tayloro@langso.org](mailto:tayloro@langso.org) or Julia at ext 219 or [julial@langso.org](mailto:julial@langso.org)

**Grades 6-12:** Contact Derek at ext. 357 or [derekw@langso.org](mailto:derekw@langso.org)

### Open Gym - Grades 1-5

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

**Day:** Wednesdays

**Time:** 6:00 - 7:00 pm

**Starts:** Wednesday, July 2<sup>nd</sup>, 2025

**Cost:** Free

**Locations:** Langs Gym (1145 Concession Road)

**Registration:** Drop-in, no registration required.

### Summer Camp - Grades 1-5

Join us this Summer for exciting water activities, crafts, games, outings, guest speakers and more!

Each child may register for a maximum of 3 weeks.

**Grades:** Children entering grades 1-5 this September

**Times:** Monday to Friday, 9:00 am - 3:00 pm

**Dates:** Monday, June 30<sup>th</sup> - Friday, August 15<sup>th</sup>, 2025

**Cost:** \$75 per week

**Registration:** Contact Erum, 519-248-4769 ext 3000 or [erumn@langso.org](mailto:erumn@langso.org)



### Youth Mental Health Services

The Mental Health Worker provides brief intervention services (4 sessions) for those aged 12-25 years.

Together, build skills and strengths to reach your goals. Workshops are also available.

By appointment, contact Laura at ext 361.



### Summer STEAM Camp - Registered

**Grades 6-12**

Explore science, technology, engineering, arts, and math.

**Dates:** Monday, June 30<sup>th</sup> - Friday, August 15<sup>th</sup>

**Time:** 1:00 - 3:00 pm

**Cost:** \$30 per week

**Registration:** contact Derek, as above.

### Leader in Training (LIT) - Grades 6-12

Join us in volunteering this summer in our Summer Camp program! Help us create a safe and fantastic summer for our campers!

**Grades:** Youth entering Grades 6-12 this September.

**Date:** Monday, June 30 - Friday, August 15, 2025

**Time:** 9:00 am - 3:00 pm

**Cost:** Free

**Location:** Langs (1145 Concession Rd)

**Registration:** Contact Taylor or Julia, as above.

### Hoops - Drop-In Grades 6-12

Shoot-around or play a game of basketball.

**Days:** Mondays & Wednesdays

**Time:** 7:00 - 8:00 pm

**Cost:** Free

**Grades:** 6-12

**Location:** Langs Gym (1145 Concession Road)



[www.langso.org](http://www.langso.org)



### Emergency First Aid & CPR Level C (Adult, Child, Babies) with AED Training

Come out and take this 1 day course!

**Date:** Friday, June 27<sup>th</sup>

**Time:** 8:30 am - 4:30 pm

**Ages:** 12 plus

**Cost:** \$90 per person, plus HST, due upon registration

**Registration is required.**

Scan QR code to register or visit [bit.ly/LangsPrograms](http://bit.ly/LangsPrograms)



## Youth Wellness Hub Programs - Ages 12 - 25

Langs, 2nd Floor - 1145 Concession Rd

For more information, please contact Derek at ext 357 or [derekw@langso.org](mailto:derekw@langso.org)

### Tech Centre – Drop-In

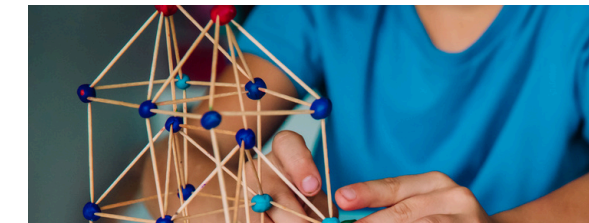
Drop in to use the computers for homework or gaming and enjoy a snack.

**Days & Times:**

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

Tuesday & Thursday 1:00 pm - 5:00 pm

Friday 1:00 pm - 4:00 pm



### YTCYC– Youth Council

Interested in leadership development and earning volunteer hours? The Youth Council is for you!

**Once a month**, contact us for dates.

**Day & Time:** Thursday 6:00 pm - 7:00 pm

Follow us @LangsCommunity



## Adult Programs

Contact Tammy at 519-653-1470 ext. 228 or [tammys@langso.org](mailto:tammys@langso.org) for more information and to register.



### Live and Laugh

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

**Day:** Wednesdays (starts: July 2<sup>nd</sup> - August 6<sup>th</sup>)

**Time:** 10:00 am - 12:00 noon

**Cost:** \$2.00 per week

### Night Out - Bingo Night

A recreational, fun program with one another!

Keep your brain active!

Refreshments and snacks.

**Dates:** Mondays, June 30<sup>th</sup> and July 21<sup>st</sup>

**Time:** 6:30 pm - 7:45 pm

**Cost:** \$2.00

### NEW - Trivia & Connections

An afternoon of fun trivia topics and social time with one another.

**Day:** Tuesdays

**Starts:** July 15<sup>th</sup> to August 5<sup>th</sup>

**Time:** 1:00 - 2:30 pm

**Cost:** \$2.00



### St. Jacob's Market Outing

Enjoy some time at the St. Jacob's Market buying fresh foods.

**Date:** Tuesday, June 24<sup>th</sup>

**Time:** 9:30 am - 3:00 pm approx. (time can vary)

**Cost:** \$2.00 per person

**Sign up is required, limited space.**

CHANGED LIVES, HEALTHY COMMUNITIES