



THE LEAF



WINTER/SPRING 2026



Waterloo Wellington
Self-Management Program

Your Journey to Balanced Living

FREE ONLINE PROGRAMS

Healthy Habits for Life

Healthy Habits for Life is a free 8-week wellness series for adults who want to build healthy habits and lower their risk of long term health problems. Each session is interactive, and participants leave with tips and tools they can use in daily life. After each session, you'll receive helpful resources by email to support your learning and help you stay on track

Healthy Habits for Life: Part 1 (sessions 1-4)

- January 15- February 5, 2026 from 9:30am- 11:00am

Register for Part 1----->



Healthy Habits for Life: Part 2 (sessions 5-8)

- February 12- March 5, 2026 from 9:30am- 11:00am

Register for Part 2----->



Contact us: 519-947-1000 ext 255



@WWSelfmanage



@wwselfmanagement

Out for Lunch Group - Meet, Gather & Eat Together

Join us at a local restaurant to enjoy lunch together and socialize.

Time: 11:30 am - 1:30 pm

Locations to be determined.

Pre-Registration required

Transportation: Sign up to meet at Langs and take the van or meet us there.

Tuesdays, once a month.

Winter session dates: January 27 & February 24, 2026

Spring session dates: March 31, April 28, May 26, 2026

Spring Clothing Giveaway

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

Date: Friday, June 5, 2026

Time: 1:00 - 3:00 pm

Clothing donations are welcome from May 22 to June 4 only.

Please drop clothing off at main reception. Thank you.



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



YWHO Cambridge

1145 Concession Road
Cambridge N3H 4L5
519-653-1470 ext 361

THE LEAF

NEWSLETTER



WINTER/SPRING 2026



Langs
Community. Health. Wellness.



Winter Wellness

Finding balance is an important part of your wellness, especially in the Winter. Here are some tips to help us stay well:

- Stay active - a short walk, fresh air and sunlight can all improve our mood.
- Mindfulness and relaxation - these practices can help reduce stress. Try yoga or tai chi.
- Self-care - find activities you enjoy like reading a book or listening to music. They can help lower stress levels.
- Seek help - if you are struggling, consider talking to a mental health professional.

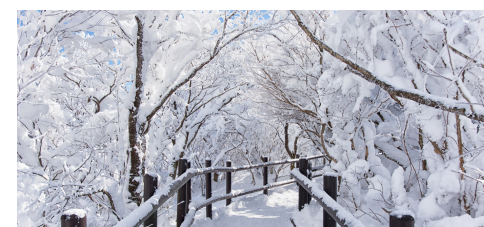
Social Work and Counselling Services at Langs

Langs offers free, confidential counselling to individuals and families who meet eligibility and want to improve their well-being. Visit www.langs.org for eligibility criteria or call Marijke at ext. 327.

Youth Mental Health Services

Brief Intervention Services (BIS) provide short-term, goal-focused support to youth ages 12-25 experiencing mild to moderate mental health concerns. BIS includes 4-6 sessions with one of our mental health professionals. Contact Crystal to book your intake session at crystal@langs.org or ext. 384.

Mental Health Workshops are offered twice a month. These interactive, psychoeducational sessions are designed to raise awareness, build a deeper understanding of self or the topic being discussed, and teach practical skills related to mental health and wellbeing. Contact Laura at laural@langs.org or ext. 361 to register.



WHAT'S INSIDE

- Adult Programs
- Children & Youth Programs
- Free Wellness Programs



Early Years Drop-in Program Little Jumping Beans Ages 0-6 years

An interactive play and learn focused program for ages 0 to 6 years 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 there will also be time for singing and story times!

Please bring socks or indoor shoes for the gym area.

Day: Thursdays
Winter: Jan 15 - Mar 12, 2026
Spring: session to be determined
Time: 9:30 am - 11:00 am
Cost: \$2.00 per week

Contact Tammy at 519-653-1470 ext 228 for more information.

Children & Youth Programs

Grades 1-5: For more information, please contact Julia at ext. 219 or julial@langso.org

Grades 6-12: For more information, please contact Taylor at ext. 287 or taylora@langso.org.

Open Gym - Grades 1-5

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

Days/Times:

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

Wednesdays - Langs Gym 6:00 - 7:00 pm

Winter: Tue., January 6 - Wed., April 1

Spring: Tue., April 7 - Wed., June 3

Cost: Free

Locations: William G Davis (530 Langs Drive)
Langs Gym (1145 Concession Road)

Registration: Drop-in, no registration required.



March Break Program - Grades 1-5

Come and join us for a week of March Break FUN! Participate in games, get creative with arts and crafts, and have fun with friends.

When: March 16 - 20th, 2026

Time: 9:00 am - 5:00 pm

Cost: \$75 for the week

Location: Langs, 1145 Concession Road

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

PD Day Program - Grades 1-5

Enjoy some exciting crafts, snacks, fun physical activities and to make new friends!

Dates: January 16, April 24, May 29

Time: 9:00 am - 5:00 pm

Cost: \$15 per day

Location: 1145 Concession Rd.

Registration details: Contact Erum at erumn@langso.org or ext. 267 to register.



Krafty Kids - Grades 4-5

Children in grades 4 and 5 are welcome to join us in creating unique crafts, exploring creativity and making new friends! Participants will learn how to make a new craft each week.

Days: Mondays, starting January 12, 2026.

Time: 6:00 - 7:00 pm

Cost: Free

Location: Langs, 1145 Concession Road

Registration details: Drop-in, no registration required.



Girls Multi-Sport - Grades 6-12

Come join us if you are looking to play sports like volleyball, ultimate frisbee, basketball and much more! All skill levels are welcome. This free program is available for girls in Grades 6-12.

Day & Time: Wednesdays, 5:00-6:00pm

Hoops - Drop-In Grades 6-12

A drop-in, 5-on-5 basketball program in the gym. If you're looking for some court time to work on basketball skills in a semi-competitive game, come join us. All skill levels welcome.

Days: Mondays & Wednesdays

Time: 7:00 - 8:00 pm

Cost: Free

Location: Langs Gym (1145 Concession Road)

Drop-in, fill a registration form on your first visit!



www.langso.org

Emergency First Aid & CPR (Adult, Child, Babies)

Level C with AED Training (1 day course)

Come out and take this informative and fun course!

Call 519-653-1470 ext. 228 for the next date.

Time: 8:30 am - 4:30 pm

Ages: 12 plus

Cost: \$90 per person, plus HST

Registration and pre-payment are required

Scan QR Code or visit bit.ly/LangsPrograms



YWHO Cambridge Programs - Ages 12-25

Langs, 2nd Floor - 1145 Concession Rd

For information about all the other programs we offer, please call Laura at ext. 361

Drop-In Space

YWHO Cambridge offers a free, drop-in space where youth can come to hang out, have a snack, play PS5, play on our gaming computers, and use the Makerspace to create some art.

Days & Times:

Monday & Wednesday 12:00 pm - 8:00 pm

Tuesday & Thursday 12:00 pm - 5:00 pm

Friday 12:00 pm - 4:00 pm

STEAM - Drop-In

The free STEAM program explores science, technology, engineering, arts, and math through creative challenges. The activities are designed for creativity, exploration and all learning and skill levels.



Follow us @LangsCommunity



Adult Programs

Contact Tammy at 519-653-1470 ext. 228 or tammys@langso.org for more information or to register.



Live and Laugh Program

A program that focuses on health promotion, social, skill development, fun and recreational topics for adults of all ages!

Days: Wednesdays

Winter: Jan 14 - March 11

Spring: April 1 - June 3

Time: 10:00 am - 12:00 noon

Cost: \$2.00 per week

Cooking Healthy Together

Do you enjoy cooking or want to learn how?

A program that focuses on gaining cooking skills, teamwork and nutrition.

Days: Tuesdays

Winter: Jan 20 - Feb 24

Spring: April 14 - May 19

Time: 1:00 - 3:00 pm

Cost: \$2.00 per week

Pre-registration is required, space is limited.



Yoga Program

Stretch and get active!

Days: Tuesdays

Winter: Jan 6 - Feb 3

Spring: Mar 31 - June 2

Time: 10:30 am - 11:30 am

Cost: \$4.00 per week, pay as you go.

Night Out - Bingo

A recreational, fun program that focuses on regular number bingo and other creative bingo games to challenge your mind. Snacks provided!

Days: Mondays, once a month

Winter: Jan 5, Feb 2, Mar 2

Spring: April 20 & May 4

Time: 6:30 - 7:45 pm

Cost: \$2.00

Night Out - Music Bingo

Date: Monday, June 1, 2026

Time: 6:30 - 7:45 pm

Cost: \$2.00

Spring Cards & Games Night

Date: Thursday, May 14, 2026

Time: 6:00 - 7:45 pm

Cost: \$2

Fun board games, cards and snacks with one another. Feel free to bring your own favourite board games.

Sing Along and Campfire

An evening of fun singing around a pretend campfire. Enjoy connecting with one another.

Winter: Mon. Jan 19

Spring: Mon. March 30

Time: 6:00 - 7:45 pm **Cost:** \$2.00



CHANGED LIVES, HEALTHY COMMUNITIES