Seaway Valley Community Health Centre

Working with you for a Healthier Community

353 Pitt St, Cornwall, ON

Community Health & Wellbeing Programs

FALL 2026

613-936-0306 ext. 229

Leave us a message or email programs@seawayvalleychc.ca for more information on our programs

Register Now at: seawayvalleychc.ca/program-registration/

Nutrition Workshops:

- **Heart Healthy Eating + Cardiac Medication Basics:** A workshop that teaches you how food and nutrition can help prevent and manage heart disease, including high cholesterol and high blood pressure. Also, learn about common cardiac medications.
- **Diverticular Disease: Nutrition 101:** A workshop that teaches you what diverticular disease is, the difference between diverticulosis and diverticulitis, nutrition management for diverticulosis and diverticulitis, and other lifestyle factors that can help with managing the disease.
- **IBS Nutrition 101:** A workshop that focuses on managing your Irritable Bowel Syndrome symptoms (IBS) through food and nutrition. Topics include understanding your gut and how different foods can affect it, the role of fibre with IBS, and other tips to manage symptoms and improve quality of life.
- **Archived Workshops:** Some of our past workshops, including *Stretching Your Family Food Dollar* and *Introduction to Mindful Eating* have moved to our digital archive. For more information and access to the classes call **1-888-936-0306 ext. 229**.

Healthy You!

- A four-week group program focused on helping you make healthy lifestyle changes and improve your relationship with food and your body. Topics include learning the basics of nutrition, building balanced meals and snacks, meal planning, and more.

Cooking Basics

- A six-week in-person cooking program for all ages with a focus on preparing meals for one or two people. Session topics include planning balanced meals, shopping for nutritious foods on a budget, and preparing and storing food safely. Enjoy all in the company of new friends.

Infant Feeding Workshops

- This two-part workshop series helps parents and caregivers learn how to successfully feed their baby throughout the first year of life and beyond: Part 1 (0-6 months) and Part 2 (6-12+ months)
- Topics include: when to introduce solids, first foods and textures, allergy prevention, feeding roles, preventing picky eating and more.

Progress Over Pain

- A six-week program that focuses on self-management for people living with chronic pain. Topics will be covered that relate to pain, including the science of chronic pain, stress, sleep, goal setting, communication and engaging in meaningful activity.
- Sessions are approached using principles of self-management, cognitive behavioural therapy and mindfulness. Participation is interactive during sessions, and self-reflective activities will be provided to complete between sessions.

Powerful Tools for Caregivers

- A six-session program that provides caregivers with tools and strategies to better handle the unique challenges they face.
- Learn to reduce personal stress, change negative self-talk, communicate needs to family members and healthcare or service providers, communicate effectively in challenging situations and make tough caregiving decisions.

Introduction to Stress Management

- Stress can never be eliminated from our lives, but it can be managed so that it does not affect our health.
- Single session introductory presentation to basic stress management tools. Topics include the causes of stress, and the effects of stress on the body, followed by some foundational coping techniques including breathing, muscle tension reduction, addressing negative thinking and action planning.

Stress Management Program

- Stress can never be eliminated from our lives, but it can be managed so that it does not affect our health.
- This six-session course takes a deeper dive into building skills to manage stress, including breathing and muscle relaxation techniques, assertive communication skills, changing negative thinking and the benefits of sleep, physical activity and humour.

Introduction to Emotions & Me

- This 1-hour information session offers an overview of our 10-week 'Emotions & Me' skills-based group. Inspired by Dialectical Behaviour Therapy, 'Emotions & Me' focuses on teaching valuable skills in mindfulness, emotional regulation, distress tolerance, and interpersonal effectiveness.

Social Program

- An ongoing monthly program for participants to meet, socialize and enjoy activities. Held in the Community Room at SVCHC, or outdoors and off-site on occasion.

Healthy Sprouts

- A wellness program for little ones, aged 0-5, who do not have a doctor or nurse practitioner. Services include a visit with a Nurse Practitioner, monitoring child development, identifying potential concerns early, checking overall health, educational resources and connections to community services.
- Now located at 353 Pitt Street, call **613-935-4393** to book an appointment.

SVCHC now has a second site at 1302 Second St West for our cardiac rehab and telemedicine programs, dietitians and more!

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Balance for Life
- An exercise program for independent living that focuses on building balance and strength for greater health and wellbeing.
- Two levels of intensity are offered, "Start-up" (level 1) focuses on gentle movements and the activities of daily living, while "Step-up" (level 2) is more advanced and includes a faster-paced cardio component.
- Call to join the waitlist

Get W.I.T.H. it! (Walking in the Halls) Heart Wise Walking Program
- As the weather gets colder and darker, participants will enjoy the benefits of walking in a warm and safe environment! All fitness levels are welcome.
- Held at the Cornwall Square Shopping Centre, every Tuesday and Thursday morning between 8 and 10 am starting October 13 to December, 2026. For more information call **613-930-4892 ext. 229.**

Making Tracks Group Snowshoe Program
- Step outside this winter and enjoy a friendly, guided snowshoe outing on local trails! Participants move at their own pace, making this program suitable for beginners and experienced snowshoers alike. No experience needed—snowshoes can be borrowed if required.
- Held at local trail sites such as Gray's Creek, Summerstown Trails and Guidon Park.
- Final dates and locations will be posted on our website and Facebook page once confirmed.

Nature Prescribing Sessions
- Discover the benefits of spending time in nature through our Nature Prescription Sessions. Sessions will feature a variety of themes that change every 2–3 months—featuring guided seasonal walks, offering opportunities to engage with nature throughout the year.
- Dates, themes, and times will be announced throughout the year based on participant interest.

Living Well with COPD
- Have you heard the letters COPD and wondered what they mean? Have you been told you have a breathing problem? Join Living Well with COPD.
- This is a six-week program for people with COPD and their families to learn to better manage this condition.

2SLBGTQ+ Youth Group
- If you identify as asexual, bisexual, gay, gender-fluid, intersex, lesbian, pansexual, queer, questioning, transgender, or two-spirit, you belong here! Open to youth aged 12-25 from Cornwall, Akwesasne, Stormont, Dundas, Glengarry, and Prescott-Russell.
- This program is brought to you in partnership with the Cornwall Youth Hub and Community Addictions and Mental Health Services.
- To register, text or call **613-577-7216** or connect with us on social media **@CornwallYouthHub**

Lung Health Program
- Have your lung disease care managed by a Nurse Practitioner and Respiratory Therapist. Learn more about lung disease, medications & how to prevent attacks.
- Call **1-888-936-0306** and speak with reception for more information.
- Ask us about our Smoking Cessation Program

Telemedicine Appointments
- Telemedicine uses video conferencing and other electronic equipment to connect you to specialists so that you will not have to leave your home community. This reduces time, cost and stress associated with travelling to an appointment.
- Call **1-888-936-0306 ext. 107** for information.

Primary Care Outreach to Seniors
- Works in collaboration with health professionals and other agencies to reduce isolation and support high-risk seniors, aged 65 and older, living at home.
- Referrals are accepted from any source. For more information, call **1-844-726-5115.**

Cardiac Rehabilitation Program
- A partnership with the University of Ottawa Heart Institute to help residents from Cornwall and the surrounding area who are living with heart disease receive the rehabilitation care they require to live a healthier life.
- Speak to your doctor about a referral. Call **613-935-9927** for more information.

Volunteer Services
- Share your skills and passions. Opportunities exist in many areas to support our programs, from helping with fall prevention classes to peer support and walking leaders. Find out more by contacting Linda at **613-930-4892 ext. 113.**

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