



NEWS NETWORK

Women & Children's Health NETWORK

ISSUE NO. 9

AUGUST 2022

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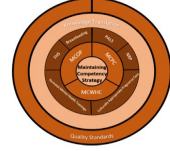
Our Network has a New Name—Women & Children's Health Network



Network Sponsored 2022/23 Perinatal Mental Health Education Series—Workshop #4



Navig-Action! From the desk of the French Language System Navigator—This month's top 3 local French resources



Network Sponsored PALS Course—Register Today

Our NETWORK has a New Name—Women & Children's Health Network



After a comprehensive review and engagement with stakeholders, the Network has now been renamed: **Women and Children's Health Network**. This new name will allow for growth beyond the old LHIN boundaries, is more concise and reflects our core focus, health. We will now begin rebranding with an associated logo.

Network Sponsored 2022/23 Perinatal Mental Health Education Series



Workshop FOUR Trauma Informed Care (offered in both English and French) September 20 1:00pm-3:00pm (Online via Zoom) [Registration Link](#) ...**Register today!**

Learning Objectives:

1) Review the most common trauma responses, 2) Increase knowledge of trauma and the nervous system, window of tolerance, and polyvagal theory, 3) Recognize when client in a trauma response and learn tools to create safety and re-establish connection, 4) Understand providers own trauma typology and how this can clash/support with patients, 5) Review best practices in providing care that mitigates triggers for people living with CPTSD and PTSD in the perinatal period

Navig-Action! From the desk of the French Language System Navigator—This month's top 3 local French resources



Did you know that the Centre de santé Communautaire Chigamik Community Health Centre (Chigamik) offers the following services in French? (see attachment for bilingual version of this information)

Primary Health Care

Chigamik offers Primary Health Care services in French with a nurse practitioner to Francophone families living in North Simcoe Muskoka. Services are offered primarily out of the Midland clinic, with one day a week of access in Barrie. Additional services offered in French include counselling, dietitian support, physiotherapy, and system navigation – linking clients and community members to even more services and programs in French!

Free Health and Wellness Programming

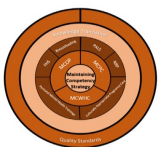
Weekly health and wellness programs are offered in French including Grouille ou rouille, led by Chigamik's physiotherapist Renée Scruton, and a mindfulness program led by psychotherapist, Julien Laramée. Seasonal programs are also available in French. All programs are free and open to everyone. For a full list of programs and workshops offered in French and to register online, please visit <https://www.chigamik.ca/programs-new/>.

French Language System Navigation

Whether you are new to the area or a long-time resident, if you're looking for French language services and supports in your area, or need a hand to register for programs, please contact Céleste Lalonde, Chigamik's French Language System Navigator at 705-527-4154 ext 7258 or - celeste.lalonde@chigamik.ca. Céleste can provide guidance around access to services and programs in French in support of your journey towards better health and wellbeing.

For more information, you can follow Chigamik on social media @Chigamik and sign up to the newsletter at <https://www.chigamik.ca/welcome/>.

Network Sponsored PALS plus Course—Register Today—November 7th & 8th (Full course) - see attached registration information



The course is open to RNs, RPNs, RRTs, EMTs or Physicians who care for children in the hospital setting in North Simcoe Muskoka and Parry Sound. Seats are limited, **register today**. See registration forms and terms & conditions for further details. Questions? Reach out to: ayermar.ed@gmail.com

COMING SOON—NRP and NRP plus courses (will be sent out separately)