



# THE LEAF



WINTER/SPRING 2025

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NEWSLETTER



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## NEW PROGRAMS STARTING 2025

### Stop Worrying

Worry can sometimes help us deal with challenges, but too much worrying can interrupt our day, and take up our time. In this 2-hour workshop you will learn easy tips to reduce worrying and feel better.

### Anxiety Skills & Strategies

In this 3-week program each session will show you simple, research-based tips like breathing exercises, how to manage worry, developing a personal action plan and how to adjust daily habits to feel better



For more information or to register, scan QR codes



Workshops are facilitated by Kathy Somers, R.Kin., BCB, from the Stress Management & High Performance Clinic.

[www.wselfmanagement.ca](http://www.wselfmanagement.ca)



Self Management Program Ontario

519-947-1000 ext 255



#### 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

## Winter Wellness

Finding balance is an important part of mental wellness, especially in the Winter. Here are some effective strategies to help you stay balanced and well!



- Be active - a short walk, fresh air and sunlight can all improve mood
- Eat and sleep well - nutritious food helps maintain energy
- Mindfulness and relaxation - these practices can help reduce stress, join our Yoga program today!
- Social connection - keep in touch with your friends, family, and community to improve your mood
- Realistic expectations - set small manageable goals and don't be afraid to say no!
- Self-care - find activities you enjoy, reading a book or listening to music 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

As part of the holistic approach to your health care, Langs offers free, confidential counselling and groups to individuals, couples and families who meet eligibility and want to improve their well-being. Visit [www.langs.org](http://www.langs.org) for eligibility criteria or call Marijke at ext. 327.

### 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. In 4-6 sessions with a mental health worker, you can build skills, increase mindfulness and learn more about self-regulation. For more information, contact Laura at ext. 361.

## What's Inside?

- Adult and Youth Programs
- Free Wellness Workshops



### Little Jumping Beans: Ages 0 - 6 years - Drop-in Program

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. A 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 type shoes for the gym area.*

**Day:** Thursdays  
**Starts:** January 9th  
**Time:** 9:30 - 11:00 am  
**Cost:** \$2.00 per week  
Contact Tammy at 519-653-1470 ext 228 for more information.

## Out For Lunch Group - Meet, Gather & Eat Together

Monthly, go to a local restaurant to enjoy lunch with one another.

**Day:** Tuesday January 28th & February 25th (Spring date TBD)

**Time:** 11:30 am - 1:30 pm

**Cost:** Meal at your own cost

**Pre-registration is required, limited space.**

Limited transportation is available, or meet us there.

## Spring Clothing Giveaway

Bring your family and friends to the free Clothing Giveaway!

**Date:** Monday, May 5th

**Time:** 4:00 - 6:30 pm

\***Clothing donations** are welcome ONLY from April 21st to May 2nd at main reception.



## 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!

#### Days/Times:

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

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

**Starts:** Tuesday, January 7, 2025

**Cost:** Free

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

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

### PA Day Program - Grades 1-5

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

**Days:** January 17, March 31, May 30

**Time:** 9:00 am - 5:00 pm

**Cost:** \$15 per day

**Location:** Langs, 1145 Concession Road

**Registration:** Contact Erum at ext 267 or [erumn@langso.org](mailto:erumn@langso.org)

### Krafty Kidz - 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.

**Day:** Mondays

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

**Starts:** January 13, 2025

**Cost:** Free

**Registration:** contact Erum at ext 267 or [erumn@langso.org](mailto:erumn@langso.org)

### March Break Program - Grades 1-5

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

**Days:** March 10th-14th, 2025 from

**Times:** 9:00 am - 5:00 pm

**Registration:** Contact Erum at ext. 267 or [erumn@langso.org](mailto:erumn@langso.org)

### Saturday Sports - Grades 1-12

Drop-in and learn more about movement and physical activity through cooperative games and create some new friendships!

**Time: Grades 1-5** 9:30 am - 11:00 am

**Grades 6-12** 11:00 am - 12:30 pm

**Cost:** Free

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

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

### Hoops - Grades 6-12

Shoot around or play a game of basketball.

**Days:** Mondays & Wednesdays

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

**Cost:** Free

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

**Registration:** Contact Derek at ext. 357

### Summer Camp - Grades 1-5

Join us at Summer Camp to enjoy activities, games, and time outdoors.

**Registration:** Opens March 17, 2025

Contact Erum at [erumn@langso.org](mailto:erumn@langso.org) or ext 267

**Cost:** \$75 per week



### STEAM Drop In - Grades 6-12

Explore science, technology, engineering, arts, and math through creative challenges. Activities are designed for creativity and exploration.

**Days & Times:**

Tuesdays 3:30 - 4:30 pm

**Cost:** Free, no registration required

### Tech Centre - Grades 6-12

Drop into the Youth Wellness Hub to use the computers for homework, gaming, or employment and enjoy a snack.

**Days & Times:**

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

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

Friday 11:00 am - 4:00 pm

**Cost:** Free, no registration required

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 Adult Program

A program focusing on health promotion, social skill development, fun and recreation for all adults!

**Day:** Wednesdays

**Starts:** Jan 8th

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

**Cost:** \$2.00 per week

### Cooking Healthy Together

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

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

**Day:** Tuesdays

**Starts:** Jan 7th, 6 week program

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

**Cost:** \$2.00 per week

**Pre-registration** is required, space is limited.

### Night Out- Bingo Night

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

**Day:** Mondays, once a month.

**Starts:** Monday, January 20th

Call to register & for more dates.

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

**Cost:** \$2.00

### Retired & Ready - Older Adult Program 50+

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

**Day:** Mondays, once month

**Starts:** January 20th, Call for further dates.

**Time:** 1:30 - 3:30 pm

**Cost:** \$2.00 per person

### New! CHAIR Yoga: A Gentle Practice for All Levels

Chair Yoga is a gentle form of yoga for all ages and abilities, including those who may find some yoga postures difficult. No prior experience needed - just bring yourself and an open mind!

**Day:** Fridays

**Starts:** Friday, January 10th

Spring session to be determined.

**Time:** 10:00am - 11:00am

**Cost:** \$4.00 per week, pay as you go  
**Pre-registration encouraged**

### Yoga Program

Get active and stretch this Winter!

**Day:** Tuesdays only on dates below

**Starts:** Jan 7, 14, Feb 18, 25, March 4 and spring dates to be determined.

**Time:** 10:30 am - 11:30 am

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

CHANGED LIVES, HEALTHY COMMUNITIES



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

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

Come out and take this informative and fun course!

**Date:** Friday, February 7th (scan QR Code to register) or Friday, June 27th (visit website for registration)

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

**Ages:** 12 plus

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

**Pre-registration is required.**



### Games & Cards Social

A time of fun board games, cards and snacks with one another. Feel free to bring your own favourite board games. Registration encouraged.

**Dates & Times:**

Tuesday, February 18th, 1:00 - 3:00 pm and Monday, June 2nd, 6:00 - 8:00 pm