



# November 2013



**Regina Qu'Appelle**  
HEALTH REGION

## Four Directions Community Health Centre

3510 – 5th Avenue, corner of 5th Avenue and Elphinstone Street


Monday – Friday 8:00 a.m. - 4:30 p.m. Closed 12:00 – 12:30

Phone: 306-766-7540

Nurse Practitioners and Doctors with Primary Health Care Clinic call **306-766-7541** Open Mon – Fri 9am -12pm & 1pm – 4pm **Closed Wed am**

### SEARCH -Student Energy in Action for Regina Community Health OPEN ON Saturdays 12:30 – 3:30

Visit the student run and professionally supervised walk in clinic, join in a social program, or stay for a snack and a visit! For more information visit [www.searchhealthclinic.com](http://www.searchhealthclinic.com)

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  |
|--|--|---|---|---|
|  |  |   |   | <b>1</b><br>Living in Balance: 1-3<br><b>MAKING TIME – TIME MANAGEMENT</b>  |
| <b>4</b><br><u>Child Immunization from 12:45–3:45 pm</u><br>Reclaiming our Lives Creating our Tipis<br><b>CLEANLINESS</b><br>1-3                           | <b>5</b><br><u>Child Immunization from 12:45–3:45 pm</u><br>HBPP=Mossbag/Quilting Class 1-3<br><b>“For HBPP Clients Only”</b><br>Recovery Group 1-3  | <b>6</b><br><u>Child Immunization from 12:45–3:45 pm</u><br>Prenatal Class <b>CHANGES &amp; CARE</b> 1-3<br>Good Food Box pickup 1-4<br>Focus on Fathers 5:30-8   | <b>7</b><br><u>Child Immunization from 12:45–3:45 pm</u><br>Women's Speaking Circle 1-3<br>Recovery Group Albert Scott 1-3  | <b>8</b><br>Living in Balance: 1-3<br><b>GETTING BTETER – RECOVERY HEALTH</b>   |
| <b>11</b><br><b>REMEMBRANCE DAY</b><br><br><b>FOUR DIRECTIONS CLOSED</b> | <b>12</b><br><u>Child Immunization from 12:45–3:45 pm</u><br>HBPP=Mossbag/Quilting Class 1-3<br><b>“For HBPP Clients Only”</b><br>Recovery Group 1-3 | <b>13</b><br><u>Child Immunization from 12:45–3:45 pm</u><br>Fluoride Varnish Clinic 1-4<br>Prenatal Class<br><b>SACRED CHILD/TRAD PARENTING/ELDER</b> 1-3<br>Good Food Box pickup 1-4<br>Focus on Fathers 5:30-8 | <b>14</b><br><u>Child Immunization from 12:45–3:45 pm</u><br>Women's Speaking Circle 1-3<br>Recovery Group Albert Scott 1-3 | <b>15</b><br>Living in Balance: 1-3<br><b>FIT 4 FREE</b><br><b>PHYSICAL ACTIVITY SESSION</b>                                      |
| <b>18</b><br><u>Child Immunization from 12:45–3:45 pm</u><br>Reclaiming our Lives Creating our Tipis<br><b>THANKFULNESS</b><br>1-3                         | <b>19</b><br><u>Child Immunization from 12:45–3:45 pm</u><br>HBPP=Mossbag/Quilting Class 1-3<br><b>“For HBPP Clients Only”</b><br>Recovery Group 1-3 | <b>20</b><br><u>Child Immunization from 12:45–3:45 pm</u><br>Prenatal Class<br><b>NUTRITION DURING PREGNANCY</b> 1-3<br>Good Food Box pickup 1-4<br>Focus on Fathers 5:30-8                                       | <b>21</b><br><u>Child Immunization from 12:45–3:45 pm</u><br>Women's Speaking Circle 1-3<br>Recovery Group Albert Scott 1-3 | <b>22</b><br>Living in Balance: 1-3<br><b>HEART HEALTH</b>  |
| <b>25</b><br><u>Child Immunization from 12:45–3:45 pm</u><br>Reclaiming our Lives Creating our Tipis<br><b>SHARING</b> 1-3                                 | <b>26</b><br><u>Child Immunization from 12:45–3:45 pm</u><br>Colors of Parenting 1-3<br>Recovery Group 1-3   | <b>27</b><br><u>Child Immunization from 12:45–3:45 pm</u><br>Prenatal Class<br><b>LABOUR &amp; DELIVERY</b> 1-3<br>Good Food Box pickup 1-4<br>Focus on Fathers 5:30-8  | <b>28</b><br><u>Child Immunization from 12:45–3:45 pm</u><br>Women's Speaking Circle 1-3<br>Recovery Group Albert Scott 1-3 | <b>29</b><br>Living in Balance: 1-3<br>Cooking With Your Kids<br><b>FOOD ACTIVITY</b><br><b>“Healthy Eating For Healthy Kids”</b> |

## Four Directions Community Health Centre

3510-5<sup>th</sup> Avenue, Regina, SK, S4T 0M2

(Tel) 306-766-7540 (Fax) 306-766-7534 (website) www.rqhealth.ca



### Cultural opportunities include: Elders, Healers and smudging.

#### Primary Health Care Clinic

Nurse Practitioners and doctors are available for walk-in or - appointment. They see patients for drug screens, STI testing, pregnancy testing, colds, rashes, stitches, infections, and women's, children's and men's health. Please have your health cards ready when registering.

Their office numbers are: phone 766-7541 or fax 766-7542.

#### Addictions Recovery Services

Addictions Counselor - is available for both drop-ins and appointments; does assessment and recovery planning for individuals or families affected - by substance use.

Addictions Recovery Group - A drop-in support group for anyone to talk about their recovery journey. Available one afternoon at Four Directions and one afternoon at the Albert-Scott Centre.

#### Prenatal Programming

Prenatal Classes – to talk about pregnancy, childbirth and care of your new baby with other mothers. There is opportunity to practice relaxation for labor, partners are welcome. We also have regular tours of labor and delivery unit at the hospital and celebrations throughout the year.

“Hands on” cooking circle.

“Healthiest Babies Possible Program”(HBPP) - A support program for at risk pregnant women and their families up to 6 months after baby is born. Individual support and advocacy are provided by a community health worker and Public Health Nurse. As part of this program, mothers and fathers can attend the

Mossbag/Quilting Class.

#### Programming for Families

“Reclaiming our Lives, Creating our Tipis” – a parenting program based on the 15 poles that form a tipi. Just as a tipi needs many poles, a family needs many values. Without a pole or without traditional values, a family will struggle and a tipi will fall. Each session relates a value to the journey of becoming and being a parent. These sessions are drop-in and are open to the community.

“Hands on” cooking circle.

“Living in Balance” - Join us for fun, food and activities to build a healthy life. A healthy life skills program that teaches a variety of fun tips to add food, physical activity and health information to your life. “Hands on” cooking circle.

“The Colors of Parenting” – Informal drop-in support group for parents. Bring your questions, concerns, and successes.

#### “Breastfeeding Support”

- Group session during prenatal class – support for new or expectant moms who are interested in breastfeeding.
- One to one support from Public Health Nurse

“Focus on Fathers” - A support and parenting group for dads. This program promotes healthy father-child relationship - helping fathers to understand the importance of responsible involvement to healthy child development, access support services and learn and recognize their roles and responsibilities. The group begins by sharing a sit down meal with the fathers and children.

Women's Speaking Circle - A drop-in group for women to share, to listen and to be heard.

#### Children Services

Child Health Clinic - Routine child immunization is provided on a drop-in basis, first come first served. Each child takes 30 – 45 minutes with a 15 minute wait after the needles.

Dental Health Education – A Dental Health Educator can check your child's teeth and refer to a dentist as needed. You can make an appointment - calling 766-6320.

A Speech and Language Pathologist is available by appointment, call 766-7544.

#### Adult Services

Chronic Conditions Nurse Educator (also called CCNE) - If you have a condition like diabetes, heart disease, lung problems, or any other ongoing health concern, please come in for a consultation with our nurse. She can help you with information, medication and maintaining your health goals.

#### Community Involvement

Community Coordinator – connects with community groups and agencies, facilitates community events and projects and promotes the Centre out in the community. Talk to the coordinator about volunteering, referrals to housing, education and employment contacts or for information about the Centre.

Dream Team Volunteer Central – A community wide network of volunteers and volunteer opportunities. The community coordinator can connect you to the perfect volunteer activity.

#### Food Security

Good Food Box – Pre-order a selection of fresh fruits and vegetables. Add extra vegetables or fruit or a pantry pack for a little extra. Pick up at Four Directions the next week.

Family Basket – A large selection of fruits and vegetables and a pantry pack, this can be delivered twice a month to your home or make arrangements to pick it up at Four Directions and receive a bonus of milk and hamburger. Arrangements are made between REACH and your social worker. Application forms are available here.