Barrie and Community Family Health Team

EXPLORE OUR INFO SESSIONS

DISCOVER - LEARN - CONNECT

We offer a variety of expert-led sessions designed to help you build skills, gain confidence, and support your overall health and well-being.

Ask your care provider or clinic staff to learn about upcoming sessions!

WHAT YOU'LL GAIN

- Helpful tips you can apply in daily life
- Guidance from knowledgeable professionals
- A supportive space to learn and ask questions

TOPICS INCLUDE

Mental Health
- Anxiety Series
- Mindful Eating: Emotional Eating and Food Craving Management
- Depression 101
- Freedom from Your Inner Critic
- Healthy Communications Group
- Dialectical Behaviour Therapy

Heart Health
- Heart Healthy Lifestyles
- Managing Your High Blood Pressure

Nutrition / Healthy Living
- Quick Start to a Healthier You
- Mindful Eating: Emotional Eating and Food Craving Management
- Bone Health & Fracture Prevention
- Heart Healthy Lifestyles
- Managing Your High Blood Pressure
- WLS (Weight Loss Surgery) / Bariatric Group
- Prediabetes Session

Bone Health
- Bone Health & Fracture Prevention

Diabetes
- Prediabetes Session

Prenatal & Well Baby
- Prenatal Breastfeeding Information Session

School Success Program (SSP)
- ADHD Group
- Sensory Support Group for Parents and Caregivers