



The West Elgin Community Health Centre is committed to working in partnership with individuals, families and community groups to optimize the health and well-being of its residents and communities.



Everyone Welcome!

Become a Voting Member of the West Elgin Community Health Centre

- have a voice in Centre discussions
- receive a copy of our annual report
- vote at the Annual General meeting

Hours of Service

Monday	8:30am - 5:00pm
Tuesday	8:30am - 9:00pm
Wednesday	8:30am - 5:00pm
Thursday	8:30am - 9:00pm
Friday	8:30am - 5:00pm

Membership Application

Date: _____

Name: _____

Address: _____

Telephone Number: _____

\$1 Individual
(18 years of age & over)

\$25 Organization

\$50 Individual Lifetime

Drop off or Mail to:



153 Main Street, P.O. Box 761
West Lorne, Ontario N0L 2P0
Phone: 519-768-1715 Fax: 519-768-2548
www.wechc.on.ca



West Elgin Community Health Centre

Helping You:

- Make Healthy Lifestyle Choices
- Prevent Illness
- Manage Mind and Body Health
- Offer Support and Care



Over 40 Programs and Services to strengthen our community.

Call **519-768-1715**
www.wechc.on.ca



EVERY ONE MATTERS.

Committed to Building a Healthier Community ...

All members of the Community are welcome to the following services and programs:

COMMUNITIES & RURAL FAMILIES



Strengthening the capacity of individuals and the community

- Arthritis Society Occupational Therapy
- Mental Health Services
- Volunteer Programs
- Resource Library
- Collective Kitchens
- Nutrition and Cooking Programs
- Footcare
- Asthma Education
- Diabetes Education *offered at many locations*
- Special Community Events: Fall Family Fun Night
- Occupational Health initiatives
- Environmental Group
- Community Health Promotion Programs: Health Education and Lifestyle Management

CHILDREN, YOUTH & TEENS



Teaching, guiding and supporting the families in our community

Early Years 0-6 Years

- Mobile Well Baby Clinics
- Breastfeeding Support
- Prenatal Classes
- Parent Education Workshops
- Breast Pump Rentals
- Nutrition and Cooking Programs
- Counselling
- Child, Youth and Family Events

Youth & Teens

- Counselling
- Child, Youth and Family Events
- Child Wellness Programs at elementary schools
- Wellness Centre at West Elgin Secondary School
- Drop In Programs for Youths/Teens
- Counselling
- Nutrition and Cooking Programs

SENIORS



Assisting seniors in maintaining and promoting their health and independence

- Seniors Support Services
- Meals on Wheels
- Supportive Housing
- Seniors Luncheon
- Telephone Reassurance
- Nutrition and Cooking Programs
- Friendly Visiting
- Seniors Living with Vitality
- Volunteer Recognition
- Caregiver Support

PRIMARY CARE SERVICES



Providing services that are flexible & responsive to client needs

Apply Today. Become a Registered Client and Recieve these Services:

- Assessment and Management of Health Conditions
- Ongoing Treatment of Chronic Illness
- Support for People with Terminal Illness
- Education and Support for Self Care
- Illness Prevention and Health Promotion
- After Hours On-call Services
- Laboratory Services
- Influenza Vaccination Clinics