

Mental Wellbeing

- **Accredited Mental Health First Aid 2nd Ed. & Youth Mental Health First Aid**

Two courses per year

Please check our website

www.cdchcastlemaine.com.au for current dates and booking information for any of these courses

Indigenous Programs

- **The Meeting Place** - A cultural learning and development program for Indigenous children and families. Fortnightly during school terms at Old Yapeen Primary School
- **PaCE Program**—The main functions are: reaching into schools, supporting children's learning, skills workshops and employment seeking assistance for parents. Includes the Koorie Homework Centre and the Koorie Bus. The program is for Indigenous families in the Mount Alexander Shire.

Children & Families

- **Tuning into Kids** program to helping parents to understand children's emotions
Twice a year - No cost

Castlemaine District Community Health

13 Mostyn Street
CASTLEMAINE 3450

Phone: 03 5479 1000

Fax: 03 5472 3221

email@cdch.com.au

www.cdchcastlemaine.com.au



Castlemaine
District
Community
Health

Hours

Monday to Thursday 9.00am—5.00pm

Friday 9.00am—4.30pm

COMMUNITY HEALTH
Information Resources Promotion

For more information,
contact Reception on 5479 1000,
or visit our website
www.cdchcastlemaine.com.au

Group Programs
2017

*Facilitating
Better Health*

*Your Health
Your Community
Your Community Health Centre*

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Physical Activity

Walking Groups

- **Walking group at the Botanic Gardens.** Walk as far as you like. Get blood pressure check & health advice **Tuesdays and Thursdays 9.15am during school terms, \$1 per session**
- **Maldon Walking Group** Gentle volunteer led walk followed by a cuppa **Tuesdays at 7.30am & Fridays at 9.30am at Maldon Neighbourhood Centre, \$1 each week**
- **Harcourt Walking Group** – Gentle volunteer led walk followed by a cuppa. **Mondays, 9.30am at Harcourt Museum and ANA Hall, \$1 per session**
- **Walking Tours** – Monthly walking tours across the shire. **10—11am, last Wednesday of each month, Free**

Community Gym

Get your own exercise program. Community Gym is supported by the exercise physiologist
Wednesdays 10.30am - 12.30pm and 4—5pm
Friday's 10.30am - 12.30pm and 2-3pm.
Sessions during school term only, \$5 per session

Heartsmart Plus Cardiac Group - Gentle workout for the heart and relaxation session.
Tuesdays at 1pm during school terms, \$5 per session

Strength Groups - Social exercise classes led by a trained fitness instructor. May assist with the management of chronic conditions.
Group programs available in Castlemaine, Maldon & Campbell's Creek, \$5 per session

Tai Chi - Gentle, low impact activity that helps arthritis. Improves balance, flexibility, strength and relaxation.
Programs in Castlemaine, Fryerstown, Guildford, Newstead, Barfold, & Maldon
Leaders trained by Arthritis Victoria, **\$2 -\$5 per session**

Strength Training - Uses light weights to build strength. A range of programs for people with various abilities.
Twice a week during school terms, \$5 per session

Get Up and Go - is a gentle exercise group led by an exercise physiologist to help improve balance. No machines are used.
Wednesdays during school term, \$5 per session

PD Heroes - Specifically designed for people with Parkinson's Disease.
Mondays during school terms, \$5 per session

Youth

YOUthinc: 2 hour Alcohol Education Program for young people under 18 and their parents/guardians designed to divert young people from the criminal justice system. **No charge**

To access any of our services, please call Reception on 5479 1000

Fees apply to some services, please ask at reception

Other

Mount Alexander Diabetes Support & Information Group
Drop-in session, the first Thursday of each month, bi-monthly 10—11am, Gold coin donation

Accredited First Aid Training
Several seven hour courses per year—Cost \$125

CPR Training
Several two hour courses per year—Cost \$45

Asthma and Anaphylaxis Training
By appointment —Cost \$40 per person per group

QUIT smoking training
By appointment —Cost \$10 per person

Asthma Friendly Schools
By appointment

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brochure*

Nutrition

Make A Change six weekly sessions of practical workshops on making healthy lifestyle changes run by a qualified Dietitian who is also an accredited fitness instructor.
Cost: \$48 for the 6 sessions