

# BRIDGES COMMUNITY HEALTH CENTRE

## COMMUNITY PROGRAMS MARCH 2026

All programs are open to everyone in the community, at no cost.

### DIABETES HOT TOPICS:

#### DIABETES AND DENTAL HEALTH

Wednesday, March 18th, 2:00-3:00 p.m.

##### Fort Erie Site

Niagara College dental hygiene students will share how diabetes affects oral health and Bridges CHC's Dental Health Community Worker, Valerie, will provide an update on dental programs.

#### DENTAL HEALTH PROGRAMS

Wednesday, March 25th, 3:00-4:00 p.m.

##### Port Colborne/Wainfleet Site

Join Bridges CHC's Dental Health Community Worker, Valerie, to learn about dental programs available to you. Programs are now available for all age groups.

### EATING SMART FOR A HEALTHY HEART

Thursday, March 5th, 1:30-3:30 p.m.

Join Registered Dietitian, Christina, to learn heart-smart eating tips, how to manage cholesterol, and reduce heart disease risk. Leave with strategies, recipes, and evidence-based guidance to support heart health.

Port Colborne/Wainfleet Site

### BUILDING SELF ESTEEM: Learning to Value Yourself

Friday, March 6th, 2:00-3:00 p.m.

Learn ways to build your self-esteem, discover your confidence, and your value in a safe space.

Port Colborne/Wainfleet Site

### CARING FOR THE CAREGIVER: Understanding burnout and compassion fatigue

Thursday, March 12th, 2:00-3:30 p.m.

This 90-minute workshop helps caregivers learn practical, realistic strategies to protect their energy, manage overwhelm, and care for themselves while supporting others.

Fort Erie Site

### REGULATING TOGETHER: An anxiety workshop

Thursdays, March 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>, 2:30-4:00 p.m.

This supportive and educational group will help you better understand your anxiety, feel safer in your body, and learn practical tools to manage symptoms in everyday life.

Port Colborne/Wainfleet Site

### THE GOOD FOOD BOX

Small \$22, Large \$26.

Order by Thursday, March 12th.

Pick up is Thursday, March 19th.

Fresh produce from local farmers and wholesalers. Orders accepted online or in person at both Bridges CHC sites for cash orders. To learn more or order online, visit:

[linksforgreenerlearning.org/programs/good-food-box-pop-up-market](https://linksforgreenerlearning.org/programs/good-food-box-pop-up-market)

### QUIT SMOKING SUPPORT

Call to speak with a health promoter and create a quit plan today! Eligible participants can receive up to six months of free nicotine replacement therapy.

### MOBILE CANCER SCREENING COACH



At Bridges CHC sites 9:00 a.m.-3:00 p.m. monthly.

All appointments MUST be pre-booked, call 1-855-338-3131.

For dates, visit: <https://hnhbscreenforlife.ca/schedule/>

**BRIDGES CHC IS ACCEPTING NEW PATIENTS AT OUR PORT COLBORNE SITE.** If you do not have a doctor or nurse practitioner and live in Fort Erie, Port Colborne, or Wainfleet, please call to begin the registration process. We ask for your patience, there is a wait time as we bring on new patients. Find a list of all offices accepting new patients in the Niagara region, here: <https://www.niagararegion.ca/health/find-a-doctor.aspx>.

**For more information or to register for a program contact [info@bridgeschc.ca](mailto:info@bridgeschc.ca),  
Fort Erie: 905-871-7621 ext. 0 or Port Colborne/Wainfleet: 289-479-5017 ext. 0**

Bridges CHC Fort Erie Site 1485 Garrison Road, Fort Erie ON L2A 1P8  
Bridges CHC Port Colborne/Wainfleet Site 380 Elm Street, Port Colborne ON L3K 4P2

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

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### EXERCISE CLASSES

Fort Erie (@ Fort Erie Native Friendship Centre)	
Monday	10:00 a.m.: Gentle Fit
Tuesday	
Wednesday	10:00 a.m.: Gentle Fit
Thursday	
Friday	10:00 a.m.: Fun Drum

Port Colborne/Wainfleet	
Monday	10:00 a.m.: Mindful Movements
Tuesday	9:00 a.m.: Gentle Fit 10:15 a.m.: Gentle Fit
Wednesday	1:30 p.m.: Fun Drum
Thursday	9:00 a.m.: Back To Basics
Friday	

### COOK DINNER WITH ME ONLINE

Wednesday, April 1st, 5:00-6:00 p.m.

Returns next month

Register to receive the ingredient list, recipe, and Zoom link.

**LET'S GET COOKING:** Learn to cook nutritious, low-cost and tasty food with our dietitians.

Thursday, March 19th, 10:00 a.m.- 12:00 p.m. [Port Colborne/Wainfleet Site](#)

Wednesday, March 25th, 2:00-3:30 p.m. [Fort Erie, Crystal Ridge Community Church, 241 Elmwood Ave.](#)

### RECIPE OF THE MONTH: CHUNKY WHITE BEAN AND VEGETABLE SOUP

*This chunky white bean and vegetable soup is warm and comforting, filled with tender vegetables and creamy white beans. It's a simple, nourishing meal.*

#### Ingredients:

- 2 tsp (10 mL) canola oil
- 1 onion, chopped
- 1 each large celery stalk and carrot, diced
- 3 cloves garlic, minced
- 1/4 tsp (1 mL) hot pepper flakes
- 2 cans (19 oz/540 mL each) no salt added white beans, drained and rinsed well
- 4 cups (1 L) no salt added beef broth
- 1 tub (142 g) baby kale or spinach, coarsely chopped
- 1/4 cup (50 mL) fresh grated Parmesan cheese (optional)

#### Instructions:

1. In a soup pot, heat oil over medium heat. Add onion, celery and carrot; cook, stirring for about 5 minutes or until softened. Stir in garlic and hot pepper flakes to coat.
2. Add white beans and broth; bring to a simmer. Stir in kale and cook for about 5 minutes or until wilted and heated through.
3. Ladle into bowls and sprinkle with cheese to serve.



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