

NOVEMBER 2024

Indigenous Diabetes Health Circle Programming

IDHC Webinar Series

Gestational Diabetes Awareness

Thursday, November 21 at 1 p.m. — 2 p.m. EST

[Register here](#)

Using Mindfulness and Behavioral Action to Live Well with Diabetes

Wednesday, November 6 at 1 p.m. — 2 p.m. EST

[Register here](#)

In-Person Events

Lower Limb Preservation Initiative: Building the Link #2

Fort Erie Native Friendship Centre
796 Buffalo Road, Fort Erie ON
10 a.m. — 7 p.m. EST

[Register here](#)

For more information Contact Stacey Ely at cssw@IDHC.life or 705-561-9461

Virtual Workshops & Programs

Making it Sacred: Healthy Mindful Eating

Tuesday, November 19 at 1 p.m. — 2 p.m. EST

[Register here](#)

Mindful Relaxation as an Act of Self Love

Tuesday, November 26 at 1 — 2 p.m. EST

[Register here](#)

Movement Medicine Exercise Series

All Sessions: 9:30 a.m. — 10:00 a.m. EST

Mondays: November 4, 18 and 25

Wednesday: November 6

Fridays: November 8, 22 and 29

[Register here](#)

Movement Medicine Seated in a Chair

All Sessions: 10:30 — 11 a.m. EST

Mondays: November 4, 18 and 25

Wednesday: November 6

Fridays: November 8, 22 and 29

[Register here](#)

Foot Care Program

IDHC's priority is to serve Indigenous Peoples living with diabetes who have current foot concerns, and who are considered "high risk" under Lower Extremity Amputation Prevention ranking and may be elders not qualifying for other funding resources.

Current subsidy sites in the Niagara Region include:

- IDHC Head Office at 3250 Schmon Pkwy #1B Thorold
- Fort Erie Native Friendship Centre.

For a foot care subsidy site in your region please refer to [our website](#). Limited coverage for orthotics and shoes is available for qualifying applicants.

Foot care kit requests can be sent via email to clientservices@idhc.life. Note that foot care kits are reserved first for community partners that host foot care subsidy sites and then for other community programs, events and services. If your organization or community is interested in becoming a host site for a foot care clinic please email clientservices@idhc.life.

Ongoing Foot Care Clinics

Clients must be pre-registered. To pre-register, contact:

Georgia Baum 289-407-6934 or csnurse@idhc.life

Stacey Ely 705-561-946 or cssw@idhc.life

Traditional Wellness Program

Traditional Healer and Practitioner sessions may include a discussion, and/or teachings surrounding healthy lifestyle choices, traditional foods, traditional medicines, diabetes, diabetes management, cultural teachings and/or guidance. These consultations are to enhance your healthcare and complement your circle of care. To book a time to speak with an Elder-Practitioner one-on-one, contact Kathleen LaForme at twcoordinator@idhc.life or call 905-388-6010.

New client? [Register here](#).

Frontline Health Worker Training

13 Grandmother Moons Diabetes Wellness Training

This is a two-day, virtual training intended for frontline health workers in Ontario.

When: Thursday, December 5 and Friday, December 6 at 9 a.m. — 4 p.m. EST

Where: IDHC Head Office: 3250 Schmon Parkway, Unit 1B, Thorold, ON
[Registration is Required.](#)

Looking for training for your team?

IDHC's Knowledge Department offers frontline worker training related to diabetes wellness through our:

- 13 Grandmother Moons Diabetes Prevention Training
- Foot Care Level 1 Training
- Seven Generations Gestational Diabetes Prevention Training

We also customize trainings to fit the needs of your team. Questions?

Contact Jessica at knowledge@idhc.life.

