



Lindsay's
HEALTH CENTRE
FOR WOMEN

Lindsay's is open every Thursday from 9am-4pm.
Normal schedule:

All day: Women's Centre: Vangie Babin; Admin support
Physician: Dr. D MacLean

9:00am to 12:00 noon:

Nurse Practitioner: Connie Venedam-Marchand
Women's Centre: Tiffany Hallett; registration
Public Health:

12-1:00pm: Lunch (Team Meeting Oct 1, 2009; 1pm)

1-4:00pm:

Women's Centre: Amanda Workman;
registration/support counseling

1:30-3:30pm: Addiction Services; Esther MacDonnell
(Smoking Cessation drop in from 1:30-2:30pm)
Mental Health: Jean Crosby

Programming for October:

Midwifery Community Services: Amanda Ashe, Registered
Midwife; 9:00-11:00am on Tuesday, Oct 13 &
Oct 27 By appointment.

Eating Issues: Ready for Change Program: Wednesdays
Oct 7th to Nov 25th: Isabel Gillis St.FX
Counseling Centre & Brenda Harrop, GASHA
Mental Health Services Registration required.

The Journey Towards Menopause & Beyond: Connie
Venedam-Marchand, NP Information &
discussion. Registration required.

October

2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Full Day Team Meeting 1pm	2	3
4	5	6	7 Eating Issues 9:30- 11:30am	8 Full Day	9	10
11	12	13 Midwifery Services 9-11am	14 Eating Issues 9:30- 11:30am	15 Full Day	16	17
18	19	20 Menopause Session 6:30pm- 8:30pm	21 Eating Issues 9:30- 11:30am	22 Full Day	23	24
25	26	27 Midwifery Services 9-11am	28 Eating Issues 9:30- 11:30am	29 Full Day	30	31 Happy Halloween!



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Public Health:

12-1:00pm: Lunch (Team Meeting Nov 5, 2009; 1pm)

1-4:00pm:

Women's Centre: Amanda Workman ;
registration/support counseling

1:30-3:30pm: Addiction Services; Esther MacDonnell
Mental Health: Jean Crosby

Programming for November:

Midwifery Community Services: Amanda Ashe, Registered
Midwife; 9:00-11:00am on Tuesday, Nov 10 &
Nov 24 By appointment.

Eating Issues: Ready for Change Program: Wednesdays
Oct 7th to Nov 25th: Isabel Gillis St.FX
Counseling Centre & Brenda Harrop, GASHA
Mental Health Services Registration required.

Well Women Clinics: Lindsay's; Thursday Nov 5th 9-4pm
Paq'tnkek First Nation; Friday, Nov
13th 9:30-3:30pm Appt's needed.

Getting Ready for the Holidays: Weekly 2 hour sessions
focusing on tips and discussion around relieving stress,
holiday budgeting tips. etc. Drop-in. Nov 26, Dec 3 & 10th

November

2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Eating Issues 9:30- 11:30am	5 Full Day Team Meeting 1pm WW Clinic Lindsay's 9-4pm	6	7
8	9	10 Midwifery Services 9-11am	11 Closed Remembrance Day Holiday	12 Full Day	13 WW Clinic Paq'tnkek 9:30- 3:30pm	14
15	16	17	18 Eating Issues 9:30- 11:30am	19 Full Day	20	21
22	23	24 Midwifery Services 9-11am	25 Eating Issues 9:30- 11:30am	26 Full Day Getting Ready for Holidays 1:30- 3:30pm	27	28
29	30					



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9:00am to 12:00 noon:

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Women's Centre: Tiffany Hallett; registration
Public Health

12-1:00pm: Lunch (Team Meeting Dec 3, 2009, 12:30pm)

1-4:00pm:

Women's Centre: Amanda Workman
registration/support counseling

1:30-3:30pm: *Addiction Services;* Esther MacDonnell
Mental Health: Jean Crosby

Programming for December:

Midwifery Community Services: *Amanda Ashe, Registered Midwife;* 9:00-11:00am on Tuesday, Dec 8 & Dec 22 By appointment.

Getting Ready for the Holidays: Weekly 2 hour sessions focusing on tips and discussion around relieving stress, holiday budgeting tips, etc. Drop-in. Nov 26, Dec 3 & 10th

December

2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Full Day Team Meeting 12:30pm? Getting Ready for Holidays 1:30-3:30pm No NP	4	5
6	7	8 Midwifery Services 9-11am	9	10 Full Day Getting Ready for Holidays 1:30-3:30pm	11	12
13	14	15	16	17 Full Day	18	19
20	21	22 Midwifery Services 9-11am	23	24 Closed Happy Holidays!	25	26
27	28	29	30	31 Closed Happy Holidays!		