

NUTRITION SERVICES

ST. THOMAS AND ELGIN COUNTY

Nutrition Services by Registered Dietitians

Last Updated: May 2022

Program	Description
<p>Central Community Health Centre (CCHC)</p> <p>359 Talbot St., St. Thomas 519-633-7989 ext. 409 www.centralchc.com</p>	<p>Nutrition counselling</p> <ul style="list-style-type: none"> Individual nutrition support and advice Group classes available Any age Do not have to be registered with CCHC <p>Service area: Southwold, St. Thomas, Central Elgin, Malahide, and Bayham</p>
<p>Closing the Gap Healthcare Group</p> <p>10 Mondamin St, Unit 116, St. Thomas 519-631-9866 www.closingthegap.ca/</p>	<p>Nutrition counselling</p> <ul style="list-style-type: none"> Individual nutrition support and advice Must be referred through Community Care Access Centre <p>Service Area: St. Thomas and Elgin County</p>
<p>East Elgin Family Health Team</p> <p>424 Talbot St. W, Suite #1, Aylmer 519-773-3715 ext. 136 www.eefht.ca</p>	<p>Nutrition counselling</p> <ul style="list-style-type: none"> Individual nutrition support and advice Any age Must be a patient of the clinic <p>Healthy Lifestyle Balance</p> <ul style="list-style-type: none"> 12-month program about nutrition and physical activity strategies Open to anyone <p>Feeding Your Baby</p> <ul style="list-style-type: none"> 1 hour session for parents and caregivers about infant feeding and introducing solids Open to anyone <p>Get Heart Smart!</p> <ul style="list-style-type: none"> 4-week adult program to improve heart health (lowering cholesterol and blood pressure) Open to anyone <p>Service Area: Elgin County & St. Thomas</p>

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<p>Four Counties Health Services Middlesex Hospital Alliance</p> <p>395 Carrie St., Strathroy 1824 Concession Dr., Newbury 519-246-5902 www.mhalliance.on.ca/service/diabetes</p>	<p>Diabetes education program</p> <ul style="list-style-type: none"> ▪ Individual nutrition support and advice for diabetes ▪ Group classes available ▪ Must be 18 years of age and older ▪ Support for Type 1 diabetes, Type 2 diabetes, gestational diabetes, or prediabetes
<p>Health Connect Ontario</p> <p>1-866-797-0007</p>	<p>Nutrition counselling</p> <ul style="list-style-type: none"> ▪ Free over the phone nutrition support and advice with Registered Dietitians ▪ Available for anyone in Ontario ▪ Available: Monday-Friday 9:00am-5:00pm
<p>Southwest Centre for Forensic Mental Health Care</p> <p>401 Sunset Dr., St. Thomas 519-631-8510 ext. 49379</p>	<p>Nutrition counselling</p> <ul style="list-style-type: none"> ▪ Individual nutrition support and advice for patients at Steele Street Residence only <p>Service Area: Steele Street Residence</p>
<p>Southwest Ontario Aboriginal Health Access Centre (SOAHAC)</p> <p>77 Anishinaabeg Drive, Muncey 519-289-0352 fax: 519-289-0355 https://soahac.on.ca/service/diabetes/</p>	<p>Nutrition counselling</p> <ul style="list-style-type: none"> ▪ Individual nutrition support and advice ▪ Group classes available ▪ Any age ▪ Do not have to be a patient at SOAHAC <p>Diabetes education</p> <ul style="list-style-type: none"> ▪ Individual nutrition support and advice for diabetes ▪ Group classes available ▪ Must be 18 years of age and older ▪ Support for Type 2 diabetes, prediabetes or at risk of developing diabetes ▪ Do not have to be a patient at SOAHAC <p>Service area: Services are provided to on and off-reserve Indigenous (First Nation, Metis, Inuit) people and their families, in London and surrounding First Nation communities.</p>

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<p>St. Thomas Elgin General Hospital</p> <p>189 Elm St., St. Thomas 519-631-2020 ext. 2408 www.stegh.on.ca/hospital-services/diabetes-education</p>	<p>Diabetes education</p> <ul style="list-style-type: none"> ▪ Individual nutrition support and advice for diabetes ▪ Must be 18 years of age or older ▪ Support for Type 1 diabetes, Type 2 diabetes, gestational diabetes, prediabetes, or at risk of developing diabetes ▪ Also provides counselling services for those on a pump ▪ Self-referrals welcome <p>Service Area: St. Thomas and Elgin County</p>
<p>Thames Valley Family Health Team</p> <p>Sites: Elmwood Family Health Organization 111-417 Wellington St., St. Thomas 519-631-3223</p> <p>Windemere Family Medical Centre 202 - 460 Wellington St., St. Thomas 519-631-5670 ext. 2251 thamesvalleyfht.ca/programregistration/</p>	<p>Nutrition counselling</p> <ul style="list-style-type: none"> ▪ Individual nutrition support and advice ▪ Must be a patient of the clinic <p>Heart Health program</p> <ul style="list-style-type: none"> ▪ Learn how to manage your cholesterol and reduce your cardiovascular disease risk ▪ Open to the public <p>Sweet Talk</p> <ul style="list-style-type: none"> ▪ Learn how to improve your blood sugar control ▪ Open to the public <p>Service Area: St. Thomas and Elgin County</p>
<p>Unlock Food</p> <p>For expert nutrition information from Registered Dietitians visit: https://www.unlockfood.ca/</p>	<p>Nutrition resources</p> <ul style="list-style-type: none"> ▪ Nutrition website written and reviewed by dietitians ▪ Includes information on a variety of nutrition topics ▪ Includes healthy eating recipes, videos, and interactive healthy eating tools
<p>West Elgin Community Health Centre</p> <p>153 Main St., West Lorne 519-768-1715 www.wechc.on.ca</p>	<p>Nutrition counselling</p> <ul style="list-style-type: none"> ▪ Individual nutrition support and advice ▪ Any age (infants to seniors) ▪ Self-referrals welcome ▪ Services are free <p>May have group programs available</p> <p>Service Area: No catchment area</p>

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West Elgin Community Health Centre

Sites:

West Elgin Community Health Centre
153 Main St., West Lorne
519-768-1715 ext. 2301

Dutton Medical Centre
156 Main St., Dutton
519-768-1715 ext. 2301

Aylmer Diabetes Education Program
424 Talbot St. W. Unit L9, Aylmer
519-765-4797

IDA Pharmacy (Highland Drug Mart)
222 Colborne St., Port Stanley (virtual)
519-768-1715 ext. 2301

<http://wechc.on.ca/programs/diabetes/>

Diabetes education program

- Individual nutrition support and advice for diabetes
- Group classes available
- Must be 18 years of age or older
- Support for Type 1 diabetes, Type 2 diabetes, gestational diabetes, prediabetes or at risk of developing diabetes
- Flexible hours at multiple locations in Elgin County
- Open to anyone

Service Area: No catchment area