Eligibility Criteria:

☐ Does your client have a chronic illness or ongoing health issue?
   (Can be any issue related to health that they are managing on an ongoing basis including weight issues, diabetes, arthritis, heart problems, cancer, anxiety, depression or other mental health conditions or substance abuse issue. The program is best for participants who are not in a current mental health crisis)

☐ Is the client 18 years or older or bringing someone under 18?
   (Clients under 18 are welcome if they understand that the majority of participants are adults and seniors)

☐ Is the client able to attend fairly regularly over the 6 weeks of this program?

Attendance:

☐ In-person in a group setting (7-20 attendees)
  o Does the client anticipate bringing a family member or other support person with them?
    ☐ Yes Name:__________________
    ☐ No

**PLEASE FAX REFERRALS:**

In **Winnipeg & Churchill** 204.697.2412
In **Prairie Mountain Health** 204.523.4089
In **Interlake Eastern Regional Health Authority** 204.642.4924
In **Southern Health – Santé Sud** 204.428.2774
In **Northern Regional Health Authority** 204.687.8602