

Proud members of the Central West Ontario Health Team



Central West
ONTARIO HEALTH TEAM

Fall 2024 Newsletter

Upcoming events at Central West Family Health Teams

Queen Square Family Health Team

For more info visit: <https://www.queensquarefht.ca/>

Chronic Pain Education Workshop

Nov 19th 4-6PM Online via Zoom

Registration: <https://www.queensquarefht.ca/chronic-pain/>

Senior Social Club

4th Friday of every month 10AM to 12PM – Join In Person or Online

NEW LOCATION - North Bramalea United Church, 363 Howden Blvd., Brampton

Oct 25th - Fall Prevention Nov 22nd - Financial Planning & Holiday Fun!

Registration: <https://www.queensquarefht.ca/seniors-social-club/>

Mental Health

Anxiety & Depression Cognitive Behavioural Therapy (CBT) Group

Healthcare Provider Referral Required. In person and Online Groups Offered.

Registration: <https://www.queensquarefht.ca/mental-health-program/>

FREE Individual counselling for adults 16+ through Ontario structured psychotherapy program in partnership with CarePoint Health.

Registration: www.ospcarepointhealth.ca

Wellness Workshops

Free Online workshops. Multiple dates offered.

Upcoming topics for Oct to Dec 2024: Grief & Grieving, Sleep, Build A Better Brain, Managing Stress for Students. See link below for more info and to sign up.

Registration: <https://www.queensquarefht.ca/wellness/#workshops>

Gender Affirming Care Program

Navigating Hormone Therapy – 60 min info session by Registered Pharmacists on medical transitioning therapies. Multiple dates offered.

CBT Affirm group therapy for ages 16-29 - group designed to help LGBTQ+ manage stress. AFFIRM supports mental and sexual health, enhances coping skills, and validates strengths of its participants. Please contact 905 453 1453 ext. 328 or 334

Registration: <https://www.queensquarefht.ca/gender-affirming-care/>

Registered Dietitian Workshops

Tricks for Treats - A Dietitian's Guide to Managing Halloween Candy - Oct 28th 5-6PM Online via Zoom

Adult Healthy Eating - Oct 21st 5-7PM, Nov 28th 5-7PM Online via Zoom

Picky Eating 101 - Nov 21st 5-7PM Online via Zoom

Registration: <https://www.queensquarefht.ca/registered-dietitians-services/>

Who we are:

We are primary health care providers in the Central West region [Brampton, North Etobicoke, West Woodbridge, Malton, and Bramalea].

Central Brampton Family Health Team
North Peel Family Health Team
Queen Square Family Health Team
Woodbine Family Health Team

Purpose of this Newsletter:

To provide a quarterly update on community-based in-person and online programs and services offered by Central West Family Health Teams.

Woodbine Family Health Team

For more info visit: <https://woodbinefht.ca/programs>

To enroll for any programs & services, email as indicated below or call 416-342-5140

Diabetes Prevention & 101 Basics

When: Wednesday, Oct 30th 1 - 3PM

Where: Online via Zoom

Registration: email Jason nguyenj@woodbinefht.ca

Nordixx Pole Walking Groups

Join our walking groups to get a better walking experience. Poles and snacks provided.

When: Mon & Wed at 9:30AM

Where: Ester Lorrie Park - 50 West Humber Blvd, Toronto

Registration: provide Michelle leem@woodbinefht.ca with name & number/email

Nicotine Treatment Program (Smoking Cessation)

Ongoing 1:1 support on Phone, Online via Zoom or In Person

** NO referral required

Registration: provide Jason nguyenj@woodbinefht.ca with name & number/email

Memory Clinic

Healthcare provider referral required.

By appointments only. Referral form:

https://woodbinefht.ca/featured_item/memory-clinic/

Registration: email Crystal wardc@woodbinefht.ca

Foot Care & Minor Foot Surgery Clinic

Minor foot surgery - ingrown toenail surgery, soft tissue removal, hammer toe correction, plantar fascia release, orthotics, bracing, compression stockings.

When: monthly, call or email to make appointment with name & number/email

Where: Woodbine FHT Program side

Registration: call 416 839 8020 or email greatdoctorsclinic@gmail.com

Healthy Hearts Health Fair

When: Wednesday, Nov 6th at 10AM - 3PM, Drop-in

Where: Woodbine FHT, 306 Rexdale Blvd., Etobicoke

Registration: email Crystal wardc@woodbinefht.ca or come out on the day

Healthy Hearts Workshop (Interactive)

Where: Woodbine FHT, 306 Rexdale Blvd.

When: Wednesday, Nov 20th at 1 - 3PM

Registration: email Jason nguyenj@woodbinefht.ca your name & number/email or call 416 342 5140

Woodbine Family Health Team (cont'd)

For more info visit: <https://woodbinefht.ca/programs>

To enroll for any programs & services, email as indicated below or call 416 342 5140

Women's Health Day

BP testing, mental health and other educational information regarding women's health offered. PAP testing by female doctor needs an appointment.

Where: Woodbine FHT, 306 Rexdale Blvd., Etobicoke

When: monthly, call or email to make appointment – provide phone number and email info when registering

Registration: Email paphpv@gmail.com or call for appointment 416 839 8020

Feeding A Healthy Baby

Where: Online via Zoom

When: Tuesday, Dec 3rd at 1 - 3PM

Registration: Email Michelle leem@woodbinefht.ca your name & number/email

Lung Health Clinic: Spirometry Testing

Do you have shortness of breath, cough, wheeze? Do you get frequent lung/upper respiratory infections? We have a Respiratory Therapist (RT) once per month at our office doing spirometry testing and health teaching for the following: lung health, smoking cessation, and Asthma and COPD.

Where: Woodbine FHT, 306 Rexdale Blvd.

When: Wednesday Oct 23rd, Nov 20th, Dec 18th at 9:30AM to 4:30PM

Registration: Email Crystal wardc@woodbinefht.ca your name & number/email or call 416 342 5140

What About Mom? Moms' Support Group

Did you give birth in the last 18 months? Are you struggling with changes that come with motherhood? Difficult emotions, anxiety, or stress after giving birth?

Where: Woodbine FHT Classroom, 306 Rexdale Blvd.

When: Wednesdays, Nov 13th to Dec 18th at 10:30AM - 12PM

Fight The Fright: Kids Anxiety Group

4 week group for kids ages 7-12

Where: Woodbine FHT, 306 Rexdale Blvd.

When: Wednesdays, Oct 2, 9, 16, & 23 at 3:30 - 4:30PM

Chronic Disease Self-Management Program

Living a healthy life with a chronic health condition.

Where: Woodbine FHT, 306 Rexdale Blvd.

When: Tuesdays, Oct 1, 8, 15, & 22 at 3 - 5PM

Registration: Email cdsm@williamoslerhs.ca or call 905 863 2574

North Peel Family Health Team

For more info visit: <https://www.npfht.com/>

To enroll for any programs and services below, call 905-459-2181 or info@npfht.com

Registration required for all programs

Walking Club

Mondays 12 - 1PM

Location: Centennial Park - 45 Centre St. South of Queen, L6W2X7

Appointment with Registered Dietitian (OHIP covered)

Available to patients living in Brampton OR who have a family doctor in Brampton

Gut Health: How to Manage Irritable Bowel Symptoms

Thursdays, Oct 24th 1 -2PM and Nov 21st 10:30-11:30AM In Person

Location: 157 Queen Street East, Suite 204

Mat Yoga – 8 week sessions

Mondays 10:30 - 11:30AM In Person

Location: 157 Queen Street East, Suite 204

Chair (Seated) Yoga – 8 week sessions

Starting Tuesdays, Oct 1st at 11AM – Noon In Person

Location details provided with registration.

CHANGE™ Program

Weekly nutrition & exercise program led by a Dietitian & Kinesiologist

Tuesdays Online via Zoom at 4:30 - 6PM

Staying Sturdy for bone health – 8-week sessions

A movement program to help keep your muscles and bones strong.

Tuesdays 3 - 4:30PM In Person

Location: provided with registration

10-week Weight Loss Journey

Wednesdays 10:30–11AM

Location: 157 Queen Street East, Suite 204 In Person

Diabetes 101

For patients with pre-diabetes & newly diagnosed Type 2 Diabetes.

Location: 157 Queen Street East, Suite 204 In Person & Online via Zoom

CBT: Feeling Unstuck

5-session Cognitive Behavioural Therapy (CBT) group led by Registered Social Workers

Wednesdays, Nov 6th at 3 - 4:30PM

Location: 157 Queen Street East, Suite 204 In Person

Central Brampton Family Health Team

For more info visit: <https://cbfht.ca/>

To enroll for any programs and services below email info@cbfht.ca

Senior Chair Exercise & Mobility Program

Seniors, come get active with and learn fun and easy exercises that you can do from the comfort of your home!

Every Mondays 10AM and 11AM

Location: Central Brampton FHT, North Park Site In Person

Registration: 289 499 2239 or 905 451 1937 or email info@cbfht.ca

Early Childhood Feeding: Starting Solids

Is your little one venturing into the exciting world of solid foods? Join our monthly webinar where we discuss tips and tricks for a smooth transition.

When: Oct 3rd at 3:30 to 5PM Online via Zoom

Registration: 289 499 2239 or 905 451 1937 or email info@cbfht.ca

Managing Mental Health

Join us weekly for group therapy sessions tackling topics ranging from managing stress to identifying resources for mental health emergencies.

When: Wednesdays at 1 - 2PM (starting Sept 18th) Online via Zoom

Registration: 289 499 2239 or 905 451 1937 or email info@cbfht.ca

Addressing Pre-Diabetes: Practical Solutions

Just diagnosed with pre-diabetes? Feeling scared or confused about your next steps? Join this one-stop-shop webinar to build a practical plan to tackle pre-diabetes and learn effective approaches to avoid long-term illness.

When: Oct 3rd at 3:30 - 5PM Online via Zoom

Registration: 289 499 2239 or 905 451 1937 or email info@cbfht.ca

Highway to Health

In this interactive 10-week program, develop knowledge on healthy lifestyle options, positive habits for improved health outcomes to prevent chronic illness.

When: Wednesday at 3:30 - 5PM (starting Oct 9th) Online via Zoom

Registration: 289 499 2239 or 905 451 1937 or email info@cbfht.ca

Living a Healthy Life with Diabetes

In this 6-week program, have the support of a group navigating their diabetes journey, learn the skills to become more confident in achieving your health goals and receive a FREE resource book

When: Thursday evenings (Oct 10 - Nov 14) from 6:00 - 8:30PM Online via Zoom

Need more information? Attend the Online info session on Thurs, Sept 26 from 6:00 - 7:00pm or reach out to the contacts below

Registration: 1 844 643 7393 or cdsm@williamoslerhs.ca

Looking to engage with us and your healthcare community further? Tune in to our podcast, *Integrate Your Care*, where we connect you with the health resources and people relevant to you and your healthcare journey. Available on *Spotify* and *Apple Podcasts*