



Spring 2024 Newsletter

Upcoming events at Central West Family Health Teams

Queen Square Family Health Team

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

Chronic Pain Education Workshop

May 21, 2024 at 4-6PM (Virtual via Zoom)

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

Senior Social Club - 4th Friday of every month 10AM to Noon

Heads Up for Healthier Brains – Apr 26th

Aging Well Documentary & Discussions - May 24th

Mental Health & Aging Well – June 28th

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

Mental Health

Anxiety & Depression Cognitive Behavioural Therapy (CBT) Group

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

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

FREE Individual counselling for adults 18+ through the Ontario structured psychotherapy program. In partnership with CarePoint Health. Self-referral or referral from provider is accepted.

Registration: www.ospcarepointhealth.ca

Wellness Workshops

Free virtual workshops. Multiple dates offered.

Topics include: Stress Management for Students (NEW), Self-Compassion, Self-Esteem, Mindfulness, Healthy Relationships, Introduction to Dialectic Behavioural Therapy (DBT) Skills, Coping with Stress, Medication for Anxiety & Depression, Grief & Grieving, Sleep Workshop, Declutter the Brain (NEW), Medications for MH Q&A (NEW)

Enroll here: <https://www.queenssquarefht.ca/wellness/#workshops>

Trans & Gender Health Clinic

Registration: <https://www.queenssquarefht.ca/transgender-services/>

Dietitian Workshops

Picky Eating 101 – May 2, 2024 at 5-7PM (Virtual via Zoom)

Adult Healthy Eating:

- May 9, 2024 at 5-7PM (Virtual via Zoom)
- Jun 10, 2024 at 5-7PM (Virtual via Zoom)

Registration: <https://www.queenssquarefht.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 virtual 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

Apr 16, 2024 at 3-5PM (In person)

DIABETES 101 BASICS: Tuesday, April 16th, 3:00 – 5:00PM

Where: In-person Woodbine FHT Group Room

Registration: email Jason nguyenj@woodbinefht.ca

Nordixx Pole Walking Group- SPRING LAUNCH

2024 SPRING LAUNCH of the Walking Group. Gain some information about Nordixx Pole Walking, go for a trial walk with the poles, then return for LUNCH.

When: Wednesday April 17th from 10:00am – 12:00pm

Where: Woodbine FHT Classroom – No Registration – Come one, Come All

Nicotine Treatment Program (Smoking Cessation)

Ongoing 1:1 support via phone/ virtual or in person

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

Cholesterol 101 Workshop

Where: Virtual via Zoom

When: Tuesday, March 19th, at 2-4PM (IN PERSON)

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

Mental Health Counselling

Offered in person or phone 1:1 support. Health provider referral required

Registration: provide Greg turkg@woodbinefht.ca with name & number/email

Memory Clinic

Healthcare provider referral required. By appointments only.

Referral form:

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

Chronic Disease Self-Management Program

Living a Healthy Life with Chronic Health Conditions- FREE 6 week program

Wednesdays Feb 14, 21, Mar 6, 13, 20 & 27 from 1-3PM

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

Stress-Less Group

FREE 5 session workshop: goals are to increase our understanding of anxiety and learn positive coping strategies to decrease strain.

When: Tuesdays Apr 9th through May 7th from 3:00 – 4: 30 PM

Registration: email Greg turkg@woodbinefht.ca with name & number/email

Dietitian Services

COVERED BY OHIP - Dietitians are experts in food & nutrition across all ages & chronic diseases. In-person & virtual

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

Woodbine Family Health Team- Continued

Health & Wellness Coaching

Motivating Clients to achieve health goals, Medication Education, Smoking Cessation, Mindfulness, Chronic Disease Management & Prevention Teaching. In-person & virtual

Registration: provide Crystal wardc@woodbinefht.ca with name & number/email

Foot care & Surgery Clinic

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

When: Thursday, March 28th, 2024 Time : 10am to 5 pm

Where: Woodbine FHT Program side

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

HEALTHY HEARTS

Where: Woodbine FHT

When: Wednesday May 29 from 1:00 – 3:00PM

Registration: email Jason nguyenj@woodbinefht.ca

BEST WEIGHT PROGRAM

FREE 8-week program learning about healthy & sustainable weight management.

Where: Woodbine FHT

When: Wednesdays May 1st through to June 19th

Registration: email Michelle leem@woodbinefht.ca

Arthritis: What You Need to Know

Where: Woodbine FHT

When: Tuesday April 24th from 2:00 – 4:00PM

And Wednesday Sept 25th from 1:00 – 3:00PM

Registration: Jason nguyenj@woodbinefht.ca

Feeding A Healthy Baby

Where: Virtual via Zoom

When: Friday April 5th from 10:00– 12:00pm

Registration: email Crystal wardc@woodbinefht.ca

Breathe Well: Asthma & COPD Basics

Where: Woodbine FHT

When: Monday April 1st from 2:00 – 4:00PM

Registration: email Crystal wardc@woodbinefht.ca

Healthy Eating During Pregnancy

Where: Virtual via Zoom

When: Friday April 19th from 11:30–1:00pm

Registration: email Crystal wardc@woodbinefht.ca

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

Walking Club

Mondays at 12-1PM

Location: Centennial Park 53 Centre Street South (of Queen St.).

Registration required.

Mat Yoga

Mondays at 10:30-11:30AM

Location: 157 Queen Street East, Suite 204 (FHT office)

Registration required.

Chair (Seated) Yoga

Tuesdays at 11AM to Noon

Location details provided with registration.

Registration required.

CHANGE™ Program (virtual)

Weekly nutrition & exercise program led by Dietitian & Kinesiologist

Tuesdays via ZOOM at 5-6:30PM

Registration required.

Appointment with Registered Dietitian (OHIP covered)

Available to patients living in Brampton *OR* who have a family physician in the Brampton area.

Staying Sturdy for bone health

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

Mondays at 3:30-4:30PM

Location: provided with registration

Registration required.

10-week Weight Loss Journey

Starting March 28, 2024

Location: 157 Queen Street East, Suite 204 (FHT office)

Registration required.

Diabetes 101

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

Location: 157 Queen Street East, Suite 204 (FHT office) & via Zoom

Registration required.

Central Brampton Family Health Team

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

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

Chair Exercise and Social Hour

Low impact exercise followed by a social hour where participants can chat, mingle, and play a game of trivia.

Every Monday at 10-11AM

Location: Central Brampton FHT North Park Site, 2130 North Park Drive, Brampton

Starting Solids Webinar

Learn from Dr. Manson and our lactation consultant, Nicole, how to introduce your baby to solid foods and foster a bright future.

New event announced each month – check website above for updates!

Next date: To be announced.

Location: CBFHT Gillingham Site, 60 Gillingham Rd & Online via Zoom

Breastfeeding Clinic

Breastfeeding and lactation coaching led by a physician and lactation consultant.

Open to all patients with physician referral. Email mfedsin@cbfht.ca or call the clinic for more details.

Mental Health Weekly Webinar

CURRENTLY ON HOLD, RETURNING SOON

Recurring every Wednesday at 1PM

Delivered via Zoom

Visit cbfht.ca/events/ for more details.

Mental Health Boundaries Group

An 8-week in-person workshop on establishing and maintaining healthy boundaries in your relationships.

Program is currently full. Stay tuned for the next registration!

Senior Nutrition Workshops

Delivered in person and via zoom from the Flower City Senior Center. Residents of Brampton over 55+ can register at this link: <https://tinyurl.com/CBFHT-Seniors>

Next event: Label reading and general nutrition

Date: May 7th

COMING SOON:

CBFHT Podcast

Coming April 2024, Central Brampton FHT is proud to present the CBFHT Podcast. This podcast will cover a range of topics, catering to patients, practitioners, and community members alike. Stay tuned on our website or social media for more details.