



East GTA Family Health Team

520 Ellesmere Rd, 6th Floor, Scarborough

For information and to register please call **647-693-7401**.

Program Guide

	Title	Description	Duration	Target Audience
Diabetes	Diabetes Clinic (1:1)	Nurse-led clinic focussing on managing your diabetes. Pharmacist and dietitians available.	45 min initial. Follow-up as required.	Patients with the highest A1C will derive the most benefit
	Living Healthy with Diabetes Group	Peer support workshop focusing on learning self-management skills and tools to manage diabetes	6 sessions, 2.5 hr	Patients or partners/caregivers working to manage diabetes
	Let's Talk about Diabetes Group Conversation	Group conversation discussing diabetes, blood sugars, emotional impact and supportive network	1 session, 1.5 hr	Patients or partners/caregivers working to manage diabetes
	Living Well with Prediabetes	Educational session focusing on risk factors and lifestyle changes for preventing Diabetes	1 group session, 3.5 hr. or 1:1 appointments	People diagnosed with pre-diabetes
Healthy Living	Smoking Cessation Program	Individual counselling sessions. Free Nicotine Replacement Therapy for those who qualify.	45 min. initial session. 30 min. follow-ups as needed.	People who are motivated to quit in the next 30 days.
	Weight Management	Weight management program focussing on goal setting, diet and exercise.	Group: 6 sessions, 2.5 hr or Individual counselling	Anyone interested and motivated to lose weight
	Insomnia Program	Cognitive and behavioral therapy to reverse insomnia. Support is provided to reduce or stop the use of medications.	5 week group session, or Individual Counselling	People who have chronic insomnia and would like a long term solution
	Mindful Eating	Brings awareness to reactive and distorted physiological cues for starting and stopping eating.	Workshop	Anyone with eating, food, weight or body image issues, or considering Bariatric surgery.
	Chronic Disease Self-Management Program	Peer support workshop focused on learning new skills and tools to gain control over a chronic condition.	6 sessions, 2.5 hr	People or partners/caregivers living with a chronic illness such as pain, diabetes, depression, etc.
Cardiovascular	Hypertension Individual Assessments	Nurse-led program focusing on managing high blood pressure	Initial assessment by RN, and follow up as needed	New and existing hypertensive patients
	High Blood Pressure and High Cholesterol workshops	Educational workshops, facilitated by dietitian and pharmacist. Focus on both prevention and treatment.	2 sessions, 1.5 hr	Anyone interested in learning about dietary changes and medications to control and prevent heart disease
Maternal Care	Low-Risk Prenatal Care (<20 week gestation)	Individual follow-up by RNs for low-risk pregnancies	Sessions arranged 1:1	Uncomplicated pregnancies <20 weeks
	Prenatal Class	Nurse-led education class discussing changes in pregnancy, labour, breastfeeding, newborn care	1 day workshop. 3 hrs	Expectant mothers and support person
	Postpartum Care	Individual follow-up by RN after delivery	Sessions arranged 1:1	New parents
Lung Health	COPD Program	Screening and assessment by nurses and a Certified Respiratory Educator. Spirometry available.	45-minute initial individual session. Follow-ups as needed.	Anyone with COPD
	Asthma Assessments	Asthma education with pharmacist (triggers, device technique, action plan)	45-minute initial individual session. Follow-ups as needed.	Anyone with asthma
	Simple Spirometry	Screening test for lung disease.	60-minute initial individual session. Follow-ups as needed.	Anyone with symptoms of COPD or asthma Suggest screening smokers >40 yrs. old
Mental Health	Individual Counselling /General Program Intake	Psychosocial assessments, counselling, and psychotherapy.	Up to 5 sessions	Mild-to-Moderate mental health issues
	Community Services Navigation	Support with referrals and applications to other needed services in the community (ODSP, OW, community centres, mental health agencies, seniors support, case management, etc.)	Up to 5 sessions	Any clients looking for community services
	Depression Management Group	Practical sessions to manage depression symptoms using CBT. Facilitated by a SW and an OT.	7 weeks.	People with a history of depression.
	Anxiety Workshops	A series of sessions focusing on the following topics: Post-traumatic stress disorder, obsessive-compulsive disorder, social anxiety, generalized anxiety disorder, and panic disorder	Rotating 2 hour sessions	People experiencing Anxiety Disorder
	Mindfulness Based Stress Reduction	Kabat-Zinn's MBSR program to reduce chronic stress and chronic pain by mobilizing one's inner resources.	9 sessions, 2.5 hr. 1 full-day on a weekend. Fee for materials may apply	People who would benefit from stress reduction.
	Mindfulness Based Cognitive Therapy	Prevention of Depression/Anxiety Relapse, Chronic Unhappiness using Mindfulness and Cognitive Therapy Principles	2 hr sessions for 9 weeks. Fee for materials may apply	People with history of depression anxiety, or chronic unhappiness.
Seniors	General Intake/Assessment	Full assessment by OT or RN, referral for groups, home assessment, or individual follow up with OT, Pharmacist, Dietitian, or Social Worker as needed.	1:1 visits as needed	Anyone experiencing age-related changes who has questions or concerns.
	Falls Prevention Workshop	Educational workshop for patients or caregivers. Facilitated by our Occupational Therapist (OT).	1 session, 1.5 hr	Seniors and/or caregivers who want to make their home safer and stay independent.
	Older Adult Exercise Program	Light exercise program, facilitated by OT and RN.	6 sessions total, every other week for 3 months.	Anyone aged 65+ with stable medical conditions.
	Memory and Aging Group	Hands-on program, facilitated by an OT and RN.	Once a week for 5 weeks. \$10 for a workbook	Anyone 50+ who is interested. Must not have a memory impairment, i.e. dementia
	Mild Cognitive Impairment Memory Group	Program to optimize cognitive health through lifestyle choices, memory training, and psychosocial support	6 sessions, once per week. 2 hrs Follow up at 1 and 3 months	Older adults experiencing Mild Cognitive Impairment (MCI) and their family/friends
	Mental Health & Aging Workshop	Learn about mental health symptoms/conditions and coping mechanisms, and how they are unique to aging	1.5 hour session by a SW and OT	Any older adult with questions about mental health well-being
	Nutrition & Aging Workshop	Information including healthy eating on a budget, meal planning for one, reading food labels, swallowing and appetite issues, and nutrients that support healthy aging	1.5 hour session by a dietitian	Any older adult with questions about nutrition
	Caregiver Support Group	Exchange ideas, share experiences and offer support to one another.	1 hour twice per month	Anyone caring for an elderly parent, spouse, partner, relative or friend.