



EAST GTA FAMILY HEALTH TEAM



CHRONIC DISEASE

DIABETES & PREDIABETES

Multidisciplinary team approach to diabetes/prediabetes management through 1:1 counseling and/or groups in order to help avoid or delay onset of diabetes and its complications, reduce avoidable ED visits and increase diabetes self-management capabilities.

GROUPS: Diabetes & Prediabetes Group, Diabetes Self-Management

HEART HEALTH

Individual counselling offered to patients with elevated blood pressure or cholesterol levels. Group learning is also offered for patients covering topics of blood pressure/hypertension, cholesterol, heart disease/heart health, and diet/exercise guidance with a Registered Nurse and Dietician.

GROUPS: Heart Health

LUNG HEALTH

Individual counselling offered to patients with Asthma or COPD. Personalized Action Plans created for each patient, along with treatment and exacerbation management. Gain control of your symptoms and learn how to manage them.

KIDNEY WELLNESS

To educate patients with chronic disease on their kidneys and how to preserve kidney health through group education and individual counselling.

GROUPS: Kidney Wellness

HEALTHY LIVING

SMOKING CESSATION

Feeling empowered to quit? Join our smoking cessation program for individual counselling and FREE Nicotine Replacement Therapy to help manage cravings and become smoke free.

SELF-MANAGEMENT GROUPS

Self-management groups are offered to empower people to take charge of their health, while living with health conditions or as caregivers of individuals experiencing chronic health conditions.

GROUPS: Chronic Disease Self-Management, Chronic Pain Self-Management, Diabetes Self-Management, Powerful Tools for Caregivers

HEALTHY LIVING/WEIGHT MANAGEMENT

To provide a stepwise management approach focusing on lifestyle changes (including nutrition and physical activity) for individuals motivated to maintain or lose weight through 1:1 counseling and/or group sessions.

PAIN MANAGEMENT

Individual physiotherapy session for management of acute pain conditions, subject to EGTA FHT service criteria. Physician referral required.

MENTAL HEALTH

MENTAL HEALTH PROGRAM

Short-term individual counselling and group therapy is offered to patients with mild to moderate mental health conditions, with a specific focus on depression and/or anxiety. This program uses an eclectic approach, focusing on assisting patient in transforming negative feelings and thinking patterns, increasing behavioural activation and improving self-care, and meeting cherished life goals.

GROUPS: CBT, MBCT, Self-Esteem, Assertiveness, Self-Care, Virtual Café, Body Positive, Trauma, DBT

SLEEP PROGRAM

Individual sessions offered to patients having difficulty falling asleep, staying asleep, or waking up too early. Personalized exploration to improve sleep quality, using principles of cognitive behavioural therapy for insomnia, sleep hygiene and an understanding of the science of sleep.

SENIORS HEALTH

SENIORS

Individual and group sessions for seniors' 65+ covering topics such as memory/cognition, exercise, and falls prevention. Senior Social Club offers opportunity for learning about different health topics in an informal social setting on a twice monthly basis.

GROUPS: Healthy Living and Memory Group, Seniors Exercise Levels 1, 2 & 3, Falls Prevention, Seniors Social Club

SUPPORTED AGING PROGRAM

Comprehensive geriatric assessment for individuals 65+, including but not limited to assessment of memory, sleep, nutrition, physical function, falls, mental health, immunization, and bone health as indicated. Regular follow up and review with your Primary Care Provider.

HOME TO STAY

Program for medically complex and frail seniors with life-limiting illness. Patients will receive specialized care from a multidisciplinary team of health care providers. Speak to your Primary Care Provider to know if you or your loved one qualifies.

WOMEN & CHILDREN'S HEALTH

Multidisciplinary team approach in providing comprehensive and coordinated primary care to women and children through 1:1 and group education sessions. Services include but not limited to: well woman check ups and well baby check ups for FHT patients, and group education on pediatric nutrition and infant sleep for all patients.

GROUPS: Pediatric Nutrition Group, Adolescence Nutrition, First Year With Your Baby, Pelvic Floor Exercise, Menopause Basics

Please call 647-693-7401 or visit us at www.egtafht.ca to learn more