

ABOUT US

East GTA Family Health Team is a group of leading and innovative primary care health professionals who work together to provide the highest quality care for patients and their families.

We are also available for one on one appointments.

Our team consists of the following:

- Dieticians
- Nurse Practitioners
- Occupational Therapist
- Pharmacist
- Physiotherapist
- Registered Nurses
- Social Workers

WHAT WE OFFER

Our Family Health Team offers targeted programs and services, in multiple languages, to diagnose and treat acute and some chronic conditions. We also offer comprehensive prevention and education programs to address health behaviours and conditions to achieve and maintain good health.

PATIENT ELIGIBILITY

If you are a patient with one of our family physicians you are also a patient of the Family Health Team. If you are NOT a patient with one of our family physicians, your family physician may submit a referral for you.

Please visit our website for more details www.egtafht.ca

Or email us at info@egtafht.ca.



LOCATIONS

East GTA Family Health Team
520 Ellesmere Road, 6th floor
647-693-7401

Hillside Medical Centre
520 Ellesmere Road, 4th floor
416-261-7223

Lapsley Family Doctors
13 Lapsley Road
416-754-9595



EAST GTA FAMILY HEALTH TEAM

PATIENT PROGRAM GUIDE

**Free programs
brought to you by the
Family Health Team**

**To register, or for more information
call**

647-693-7401

**Or visit our website at
www.egtafht.ca**

MENTAL HEALTH PROGRAM

For individuals experiencing mild to moderate mental health conditions, specifically depression or anxiety. A referral from your physician is highly recommended.

Once referral is received, our team will contact you to conduct a telephone intake assessment to help determine the best group/program to suit your needs.

Short-term individual counselling is also available and if needed, we also offer a one-time Psychiatrist consult (Psychiatrist availability may vary).

We are currently offer the following groups:

- Attachment Workshop
- Depression/Anxiety Management Group –CBT
- Mindfulness Based Cognitive Therapy
- DBT-Based Skills Training
- DBT-Based Skills Training- Trauma (interpersonal)
- Grief Workshop
- Body Positive Group
- Stress Management
- Self-care
- Anger Management

Please be advised that specific group timings may change depending on needs.

Please visit our website for updates of current group offerings as our demographic/needs in the community are constantly evolving.

SELF-MANAGEMENT GROUPS

We are currently offering the following groups:

- Chronic Disease Self Management
- Chronic Pain Self Management
- Diabetes Self Management
- Powerful Tools for Caregivers

Please visit our website for more information since groups offered may vary depending on needs.

PAIN MANAGEMENT

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

DIABETES/PREDIABETES GROUP

Education for newly diagnosed or at risk population for diabetes. Topics include: what is diabetes, understanding and self-monitoring of blood glucose levels, medications, lifestyle and dietary management, complications and how to prevent them. One group session for 2 hours. Open to anyone interested in learning about diabetes.

HEALTHY LIVING/WEIGHT MANAGEMENT

Focusing on maintaining or achieving a healthy weight through: SMART goals, monitoring caloric intake, healthy eating, and lifestyle management. Consists of 1 session for 2 hours.

KIDNEY WELLNESS GROUP

Education and support to preserve kidney wellness for patients in the early stages or at risk for chronic kidney disease. Group consists of 1 session for 2 hours.

HEART HEALTH GROUP

Educational workshops focused on both prevention and treatment of blood pressure and cholesterol. Group consists of 1 session for 2 hours.

COPD & ASTHMA PROGRAM

Assessment and education regarding triggers, device technique, action plan. Initial sessions are 45 minutes, follow-up sessions as required.

SMOKING CESSATION PROGRAM

Individual counselling sessions. Free Nicotine Replacement Therapy for those who qualify. Initial sessions are 45 minutes, follow-up sessions as required.

PELVIC FLOOR EXERCISE

Education and exercise provided by a Physiotherapist to increase awareness of posture, core muscle and pelvic floor muscle; to help manage and prevent symptoms of low back pain and pelvic floor dysfunction (e.g., incontinence, pain and prolapse).

SLEEP PROGRAM

Guidance on use of cognitive behavioural therapy for insomnia (CBT-I) techniques to normalize sleep. Initial sessions are 60 minutes, follow ups are 45 mins, up to 6 sessions.

SENIORS SOCIAL CLUB

Social gathering involving health education and gentle exercise for active living, once monthly on second Friday of the month for 2 hours. New group starts in January, May, and September, for 4 sessions.

HEALTHY LIVING AND MEMORY GROUP

A one-time workshop focusing on healthy living in optimizing brain health. The workshop is 90 minutes.

FALLS PREVENTION WORKSHOP

Multidisciplinary educational workshop focusing on body mechanics, nutrition, medications, home safety, and balance and strengthening exercises to prevent falls. Group consists of 4 weekly sessions for 90 minutes.

OLDER ADULT EXERCISE

Exercise program focusing on cardiovascular and muscle conditioning exercise. There are 3 levels. Home exercise is provided. Group consists of twice weekly sessions for 3 weeks or 6 sessions of 60 minute exercise.

SENIORS WELLNESS PROGRAM

Full geriatric assessment conducted by a Nurse Practitioner. This program is for individuals aged 65+, who meet the program criteria. Please contact us for details.

HOME TO STAY/PALLIATIVE PROGRAM

Program for medically complex and frail seniors with life-limiting illness. Patients will receive specialized care from a multidisciplinary team. Speak to your Primary Care provider to know if you qualify.

For more information on any of the programs listed here, please visit our website at www.egtafht.ca or call us at 647-693-7401.