Newsletter

Addendum

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Dynacare Laboratory On-Site

We wanted to remind all patients of the TW FHT that we have **Dynacare Laboratory and Health Services** on-site. Dynacare is a specimen collection clinic that is located at **440 Bathurst, 3rd Floor**. This service is exclusively for patients of the TW FHT (either Bathurst or Garrison Creek site) and is not available to the public. Click here for more information about Dynacare at TW FHT including hours of operation.
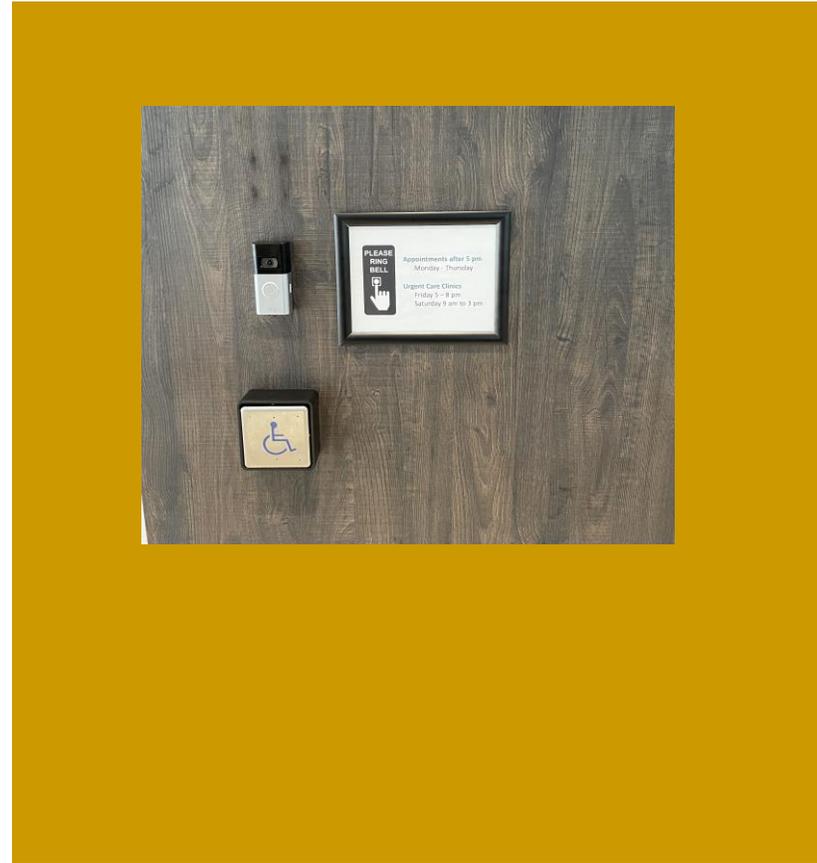
Inside This Issue

Clinic Updates

New Glass Door System

We have a new glass door system at our Bathurst Site. These new doors are locked Monday to Friday after 5 pm and all day on Saturdays. Please note, the clinic is still open (click here for our hours of operation).

TW FHT patients who have appointments after hours (after 5 pm on weekdays) or are coming in for Saturday urgent care clinic must ring the doorbell located to the right side of the hallway (see pictures above). Please note, this doorbell is placed lower to ensure accessibility to all patients (AODA compliance).

A member of our reception team will respond to the doorbell and unlock the door. There are 2 options to open the door once unlocked:
1. Pull the door open
2. Press the wheelchair button on the right side of the door.

TW Family Health Team
June 2024 Health Education
FREE workshops & easy online registration

Dealing with Depression

June
5
12 pm

An overview of Major Depressive Disorder including signs and symptoms, treatments and self-care strategies. Gain a better understanding of depression as a disorder and learn about treatments for depression including antidepressant medications and psychotherapy.

Presented by Dr. Hirjee (Psichiatrist)
Online workshop: <u>click here to register</u> or scan QR code

Learning About Mental Health Care Services in Ontario

June
12
12 pm

Are you struggling with your mental health or living with someone who has mental health problems and don't know where to find help? The mental health care system in Ontario is complex and can be challenging to find what you need.

Presented by Lina (Social Worker)
Online Workshop: <u>click here to register</u> or scan QR code

Caregiver Stress

June
20
6:30 pm

This workshop will review caregiver stress and burnout. We will discuss common themes such as acceptance, boundary setting, and self-care. This interactive session will allow participants to reflect on their own coping strategies and will help them brainstorm ways to practice self-care.

Presented by Reconnect Community Health Services.
Online Workshop: <u>click here to register</u> or scan QR code

Visit our website for more information and take a look at our Health Education Workshops Calendar

www.twfht.ca

Health Talk

A **free** online session for patients, families, staff and community members

Stroke - Risk Factors and Strategies for Prevention

Topics:

- Understand how different health care professionals work together with patients to prevent and manage a Stroke
- Learn about factors that increase the chance of a patient having a stroke and how to lower those risks
- Learn practical strategies that a patient can do to prevent and manage a stroke based on their health conditions and lifestyle

Presenters include: Patient Partner, Stroke Neurologist, Dietitian, Physiotherapist and Occupation Therapist

Date and time:

This virtual presentation will be released on YouTube on:
Thursday June 27, 2024

How to participate:

Watch this recording and past events at:
bit.ly/UHNHealthTalksPlaylist or scan the QR code using your smartphone camera or a QR code scanner app

For more information, email pfep@uhn.ca or call 416 603 6290

www.UHNPatientEducation.ca
Patient Education

UHN
Toronto General
Toronto Western
Princess Margaret
Toronto Rehab
Michener Institute

Contact Us

📞 Phone: 416 603 5888

🔗 Website: twfht.ca

📍 Locations:

- ▪ Bathurst Site: 440 Bathurst Street
- ▪ Garrison Creek Site: 928 St. Clair Ave West

Newsletter Feedback:

Do you have feedback about our newsletter?

Do you want to learn more about other

health education topics? If so, click here.

HAPPY **PRIDE** MONTH

Toronto Western
Family Health Team
Garrison Creek
Bathurst