

## WCFHT Clinic and Community Newsletter July 2021 Issue

Welcome to the WCFHT July email update where we'll share with you upcoming clinic and community news and events that promote health and well-being.

For the latest on virtual care, weekend urgent care, and our ongoing response to the COVID-19 pandemic, please [visit our website](#).

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## COVID-19 Vaccine Updates

Any Ontario resident age 12 or older is now eligible for a COVID-19 vaccine. The Pfizer vaccine is available for youth 12 and older (on the date of immunization) and the Moderna vaccine is available to adults 18 and older (on the date of immunization). These vaccines are available in select [community pharmacies](#) and through the hospital and community clinics. To schedule an appointment, visit the provincial booking site [www.ontario.ca/bookvaccine/](http://www.ontario.ca/bookvaccine/)

**Physicians at the WCFHT are strongly encouraging patients to receive the first vaccine that is available to them as all of the approved COVID-19 vaccines have been shown to provide protection from severe illness and death.**

### Second Dose Information

Given a large supply of vaccine, the province is now moving up the date of second vaccine appointments. Anyone 18 or older can now request an earlier appointment to receive their second vaccine. Visit [www.ontario.ca/bookvaccine/](http://www.ontario.ca/bookvaccine/) for more information.

All patients who received their first vaccine at one of our clinics have now been contacted to schedule their second vaccine appointment. If you received your vaccine at our clinic and have not been contacted for your second dose, please call our office or book your appointment on the Patient Portal.

At this time, it is not known when or if we will be able to offer the AstraZeneca vaccine as second doses for patients. Those who received their first vaccine 8 weeks ago can try to schedule an appointment at one of the pharmacies who may carry AstraZeneca or can book their Moderna vaccine at one of our clinics.

### **Have you received a COVID-19 vaccination? Let us know!**

If you've received your COVID-19 vaccination (first or second dose) outside of the WCFHT, please help us update your record by reporting it to us. You can report your vaccination through the Patient Portal by completing the form on our main page. Once logged in to your account, you will see the link on the main page (above the photo tiles).

Note: Please keep your COVID-19 vaccine receipt or other original documentation as proof of immunization should it be required elsewhere.

Not a portal user? Register at <https://portal.wcfht.ca/>

### **Frequently asked questions about COVID-19 vaccination**

If you have not yet received a COVID-19 vaccination or have questions about the vaccine, we encourage you to visit the [Ottawa Public Health webpage](#) for everything you need to know about eligibility, scheduling or changing your appointment, risks, safety, and effectiveness.

Wondering what to expect when you go to a City-run COVID-19 vaccine clinic? This [walkthrough video](#) shows you, step by step, what you'll need to do.

[More Info on Provincial Rollout Plans](#)

[More Info on the Vaccines and Rollout in Ottawa](#)

## **Mental Health Care for Kids and Youth**

Last month the Kids Come First Health Team launched 1Call1Click.ca, a unique service in Canada that makes it easier for children, youth (up to 21 years) and families of Eastern Ontario to find the care they need for mental health and addiction.

To access services, call 613-260-2360 or 1-877-377-7775 (toll free for Eastern Ontario) OR complete an online form.

[1Call1Click.ca](https://1call1click.ca)

## **Mental Health Care for Adults**

AccessMHA makes it easier to find mental health and/or substance use support, services, and care for adults. After contacting the program, you will be paired with a trained mental health and addiction professional who will connect you to the services you need from a network of partner organizations. Services are available for anyone aged 16 years or older who lives in Eastern Ontario.

[AccessMHA.ca](https://AccessMHA.ca)

## **Looking for more mental health and wellness resources?**

Wellness Together Canada has online resources that include grief and loss coaching, peer support for people dealing with addictions, and the Breathing Room app. You'll have access to free one-on-one sessions and evidence-based online tools that allow you to track your progress through the program.

[Wellnesstogether.ca](https://Wellnesstogether.ca)

## **Important Patient Portal Reminder**

In order to maintain patient confidentiality, the Health Portal messaging feature should only be used to ask questions specific to the account holder (ie. a parent should not use their account to ask questions about a spouse or child).

Spouses should each have separate Health Portal accounts and only pose questions

specific to their own health.

Parents with young children may create separate accounts for each child. Questions would then be asked using these accounts. The parent may use their email address during the registration process for the purpose of receiving notification emails. You may use the account to track your child's upcoming and past appointments, view immunization records, or ask questions on the child's behalf.

The patient health portal is a free service available to all of our patients. Registering on the portal is easy. You just need your Ontario Health Card number and your date of birth.

[Login/Register](#)

## WOCRC Summer Programming

Check out Western Ottawa Community Resource Centre's Summer Calendar for youth social and counselling services in Western Ottawa!

[WOCRC Counselling and Community Services](#)

## EarlyON Child and Family Centre Programs

Check out the [July & August schedule](#) of EarlyON Child and Family Centre summer programming for great upcoming events, including:

### [Playgroup in a Bin: A DIY Playgroup Experience](#)

Sign up and receive a bin with everything you need to host your very own playgroup in your own home! From fine motor activities to get-up-and-move challenges, each bin is filled with everything you need to explore the theme of animals with your child! With open-ended ideas and activities, this bin can be adapted for any child 6 months to 6 years! Check out our YouTube channel for a circle time playlist and keep the fun going!

### [Family Trivia](#)

Join us for child-friendly trivia! Gather the whole family on the couch to build your trivia team and prepare to work together to decide on answers to a variety of skill-testing questions, including topics such as colour mixing, popular children's characters, classic nursery rhymes, and animals! The name of the game is to have fun working

cooperatively as a family while being engaged with the EarlyON community.

### [Zumbini Jam Session](#)

Zumbini® takes little ones on their first steps towards an active and musical life. Adults and their children sing, wiggle and learn together in this beautiful bonding experience. Bring out your favourite instruments (drums, egg shakers or even a tambourine!) and jam along with us! Children are invited to wear their pajamas and dance with their favourite stuffed toy.

### [Let Routines Ease the Anxiety](#)

Starting kindergarten can be especially stressful for our little ones. Creating routines that help to support manageable and easy transition times can be very beneficial to the child. Acknowledging and planning for these stressful times can assist a child in feeling more confident and capable of handling the situation. We can all benefit from engaging in routines and learning how to handle our anxiety and stress.

## **Online Health Promotion Workshops**

The following workshops are hosted online, meaning you can participate from home. The workshops are highly interactive and free to join - without a referral. You will be able to see and interact with your facilitators and the other members of your group. You can choose whether or not to be seen on camera. After registering you will receive instructions on how to join.

### **Living a Healthy Life with Chronic Conditions**

A six week workshop for anyone with a chronic health condition as well as their family members and/or caregivers. This could include diabetes, heart disease, arthritis, lung disease, and other chronic health issues.

### **Living a Healthy Life with Chronic Pain**

A six week workshop for anyone suffering from pain which could include but is not limited to: low back pain, pain from motor vehicle accidents, arthritis, and fibromyalgia.

[View Workshops](#)

Thank you for reading this update! If you have any questions or comments

about **clinic** events, or are organizing your own (free) community health promotions event, please feel free to contact Talia Ignacy at [taliai@wcfht.ca](mailto:taliai@wcfht.ca)

Connect with us on **Facebook** and **Twitter** for updates on clinic and community programs and events as well as up to date information on local health advisories.



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