

WCFHT Clinic and Community Newsletter September 2021 Issue

Welcome to the WCFHT September 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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Mental Health and Wellness

To all the students and staff returning to school this September, we wish you the best of luck this school year. A return to school or work in the fall can be stressful for students, staff, and families. Below we've compiled a list of resources to support you when you need it.

[Good2Talk](#) - Confidential support services for post-secondary students in Ontario. Call 1-866-925-5454 or text GOOD2TALKON to 686868.

[Jack.org](#) - Resource hub designed to empower youth and young adults to promote mental health amongst their peers. Easily access the education, tools, support and reliable information they need. Take care of yourself, and each other.

[Bounceback](#) - A free skill-building program designed to help adults and youth (ages 15+) manage low mood, mild to moderate depression and anxiety, stress or worry. Available

through referral from your healthcare provider (family doctor or nurse practitioner).

[1Call1Click.ca](https://1call1click.ca) - A unique service 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.

[AccessMHA](#) - 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.

[Additional Mental Health Supports](#)

COVID-19 Vaccines

As of September 1, 86 per cent of Ottawa residents 12 and over have received at least one dose and 79 per cent are fully vaccinated!

If you or a member of your family need a first or second dose of a COVID-19 vaccine, visit one of the Ottawa Public Health clinics, open daily, no appointment needed. Just drop-in whenever it's convenient for you! [Learn more about clinic locations and hours of operation.](#)

Youth Vaccination

Vaccine roll-out continues to progress in Ontario. In recent weeks eligibility has been expanded to include anyone born in 2009 or earlier (meaning anyone turning 12 in 2021 is now eligible). Visit ontario.ca/bookvaccine/ for more information.

Vaccination for people unable to leave home for a health condition or special needs

If you or a loved one have a health condition or special needs that prevent you from visiting a local clinic or pharmacy to receive the COVID-19 vaccine - a team can come to your home to offer vaccination to you and to your caregiver. Call 613-691-5505 and choose option #2 to request in-home vaccination.

A nurse from Ottawa Public Health will contact you to assess your eligibility and obtain

more information to book a date and time.

Vaccination Receipts

After you are vaccinated, you can [log in to the provincial portal](#) to download or print an electronic COVID-19 vaccine receipt for each dose you have received in Ontario (regardless of where you were vaccinated - e.g. mass immunization clinic, hospital, pharmacy etc.). If you have a red and white health card call 1-833-943-3900.

Third doses

A third dose of the COVID-19 vaccine is now available to residents most at risk of serious illness, including individuals who are severely immunocompromised, notably:

- Transplant recipients (including solid organ transplant and hematopoietic stem cell transplants);
- Patients with hematological cancers (examples include lymphoma, myeloma, leukemia) on active treatment (chemotherapy, targeted therapies, immunotherapy);
- Recipients of an anti-CD20 agent (examples include rituximab, ocrelizumab, ofatumumab).

Ottawa residents who meet these criteria can speak to their specialist or hospital program to ask for a letter to receive a third dose. The third dose of vaccine will be given at least two months after the second dose and will match the vaccine received as the second dose. [Drop-in vaccinations](#) are available to those eligible for a third dose at any community clinic, pop-up clinic, or neighbourhood vaccination hub in Ottawa during hours of operation. **Eligible residents must present a letter from their specialist or hospital program to receive a third dose.**

Residents of long-term care homes and highest risk retirement homes will also be offered a third dose of vaccination at an interval of at least five months after the second dose. Ottawa Public Health is working with long-term care homes and highest risk retirement homes directly to offer a third dose to residents in those settings.

EarlyON Child and Family Centre Programs

Check out the September schedule of EarlyON Child and Family Centre programming

for great upcoming events!

September Calendar of Events

Savvy Seconds Re-Opening by Appointment

Savvy Seconds-West Carleton is a free clothing service that serves the West Carleton community. They provide gently used clothing, shoes, purses, accessories, outerwear and workwear (including office wear and scrubs).

The service is free of charge, confidential, and welcomes everyone in the community.

Savvy Seconds West Carleton is re-opening to the public by appointment only.

All COVID-19 protocols are followed during visits, so bring a mask.

To make a shopping appointment, email Savvy Seconds founder, Vera Jones at vljones@ymail.com

West Carleton Food Access Centre

The food bank is open to all West Carleton residents year-round for those in need. The West Carleton Food Access Centre is our local food bank and provides up to 4-5 days of food once a month, including fresh food.

For information or to place an order, call Monday, Wednesday, Friday, 9:00 am - 1:00 pm. Tel: 613- 832-5685 Email: WCfoodaid@gmail.com

Counselling Connect: Free Access to Virtual Short-Term Counselling, Culturally Informed Service

Counselling Connect (Counseling on connect), with support from Ottawa Health Team-Équipe Santé Ottawa, offers free rapid access to phone or video counselling sessions for residents of Ottawa and the surrounding area. There is no waiting list. This service is for children (and their parents), youth, adults and families in Ottawa and the surrounding area who experience mild to moderate mental health issues and addictions. Culturally

informed service for Francophones, Arabic speakers, Indigenous people, LGBT2SQ+ people, and African, Caribbean, and Black communities.

[Counselling Connect](#)

Ontario Reinstating Renewal Requirements for Health Cards

The Ontario government is reinstating renewal requirements for Ontario health cards and other products that would have expired on or after March 1, 2020 but were extended to provide immediate relief to Ontarians during the COVID-19 pandemic. Those needing to renew their provincial documents are encouraged to use Service Ontario's convenient and easy-to-use [online option](#).

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

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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