

West Carleton

Family Health Team

Welcome to the WCFHT April 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, [visit our website](#). Please note, despite the lifting of mask mandates in certain settings, we still require that patients wear a mask when visiting the medical centre.

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COVID-19 Questions on Testing and Isolation

With testing and isolation guidance changing, it can be difficult to know what to do if you've been exposed or have symptoms of COVID19. A new tool created by the Department of Family Medicine at the University of Toronto and the Ontario College of Family Physicians aims to provide straight-forward answers to questions including:

- I'm not feeling well, what do I do?
- How do I know if I have COVID?
- When should I call my doctor?
- I've been exposed to someone with COVID, what should I do?

The website is updated daily with new guidance from the government to ensure that Ontarians are able to access the most up to date information. Visit [ConfusedAboutCovid.ca](https://www.confusedaboutcovid.ca)

Vaccination

Everyone aged five years or older (on the day of their appointment) are eligible for a COVID-19 vaccination. All individuals ages 12 and older are now eligible to receive a third (booster) dose of the COVID-19 vaccine. For adults 18 and older, at least 84 days (three months) must have passed since the second dose, and for youth 12 and older, at least 168 days (six months) must have passed since the second dose. [Drop-ins are welcome at all Ottawa Public Health clinics](#). Select high-risk individuals are also eligible to receive a fourth dose, including residents of long-term care and retirement homes, and certain immunocompromised individuals.

To schedule an appointment, visit: <https://covid-19.ontario.ca/book-vaccine/>

Coping Cats Constance Bay - Anxiety Support Program for Youth

Coping Cats is a youth group hosted in Constance Bay by the [Western Ottawa Community Resource Centre](#) to help youth understand anxiety and learn new coping techniques.

This group is for children ages 7-12. It is an 8-week program that runs on Mondays from 5:00 -7:00 pm starting April 18, 2022. Topics include:

- psycho-education about anxiety;
- ways to identify anxious thoughts/feelings;
- ways to manage anxious thoughts/feelings;
- and relaxation techniques.

Note: An intake session is required. An assessment interview will be conducted prior to the start date. For information or to register, visit: intake@wocrc.ca

School Immunization Catch-up Clinics

Ottawa Public Health has resumed school immunization catch-up clinics, by appointment only, for youth who attend school in Ottawa who were unable to attend or receive their school-based vaccines (Hepatitis B, HPV, Meningococcal vaccines) at their school clinic in Grade 7. Appointments can be booked through OPH's [online booking website](#) or by calling OPH at 613-580-6744, Monday to Friday from 8:30 am to 4:30 pm.

For more information on the school immunization catch-up clinic services or on immunization for youth and school vaccination, please visit the Parenting in Ottawa website.

Health Plans on the Patient Portal

Take charge of your health by keeping up to date with immunizations and preventive screening. Our patient health portal allows you to keep track of appointments, see when you are due for screening such as the FIT, diabetes management visits, Pap tests, mammography, blood pressure checks and more.

Login/Register

Arthritis Society - Rehabilitation and Education Program (AREP)

The Arthritis Rehabilitation and Education Program (AREP) provides a range of treatment and education services for adults and children with arthritis. Services are funded by the Ontario Government for patients with an Ontario Health Card and a confirmed diagnosis of arthritis.

The team of specially trained physiotherapists, occupational therapists and social work professionals will provide you with the care, strategies, guidance and education you need to better manage your arthritis and live well. Services are available in most regions in Ontario. For more information, visit their website.

More Info

The Royal Family Information and Support Groups

Visit the Royal Ottawa Mental Health Centre's website ([The Royal](#)) for a list of upcoming Information and Support Groups. Check back regularly to see additional groups. Group events will have closed captioning. At this time, they are offered in English only. Most groups will be accompanied with a Family Voice Bulletin which will include the French translation.

- April 5: Assertive Communication and Setting Boundaries
- April 19: How to take care of yourself in stressful times so that you can support your loved one
- May 17: Helping those with a Nicotine addiction

More Info

Healthy Growth and Development Services for

Parents in Ottawa

Prenatal Services

Parenting in Ottawa offers parents-to-be prenatal classes in three different formats: online video series, in-person prenatal classes and pregnancy circles, and virtual prenatal classes. For more information, [visit their website](#).

Baby Help Line

The Baby Help Line is a telephone support line for families of babies up to 1 year for questions about your baby's health or to provide help with breastfeeding. Speak directly with a public health nurse or lactation consultant. The service is available 7 days a week from 9:00am to 3:00pm. Parents can call 613-580-2424, ext 23774.

ADHD Upcoming Webinars

[ADDitude](#) has announced the following two upcoming webinars:

- **Why Adults with ADHD Abandon Medication and How to Improve Treatment Outcomes** Wednesday, April 13 at 1:00 pm. For more information or to register, [click here](#).
- **Caring for YOU so You Can Care for Your Child: A Webinar for Moms with ADHD** Tuesday, May 3 at 1:00 pm. For more information or to register, [click here](#).

Note: If you are interested but not available at the times above, register anyway and you will receive the recording by email to watch at your convenience.

For additional ADHD information and resources, [visit our website!](#)

Mental Health Resources

With the increase in demand for access to mental health and addiction services for Ottawa and area residents of all ages, community partners have collaborated to integrate and coordinate mental health and substance use services. Agencies are now providing services in-person, as the provincial mandates allow, as well as online. Below are details of the free mental health and substance use health services offered in the Ottawa area.

AccessMHA provides access to services for adults living with mental health and/or substance use or addiction needs. The AccessMHA network includes a wide range of services, such as individual or group counselling, psychotherapy, psychiatric consult, peer support, and substance treatment programs. Services are available by self-referral at www.accessmha.ca

1Call1Click provides access to services for children and youth (birth to 21 years old) living with mental health and/or substance use or addiction needs, and their families. Referrals can be made for anyone living in Eastern Ontario. Children, youth, and their families can make an appointment to speak to an intake worker at www.1call1click.ca

Counselling Connect provides quick access to phone or video counselling sessions for

mental health, substance use, gaming, and gambling needs. This service is for children, youth, adults, and families living in Ottawa and the surrounding area. There is also counselling available for the needs of the Indigenous, LBGT2SQ+, and African, Caribbean, and Black communities. No referral is required. Visit:

<https://www.counsellingconnect.org/>

Rapid Access Addictions Medicine (RAAM) provides services for people who have concerns about their alcohol and/or opioid use. Patients can connect to the RAAM team clinic “virtually” at theroyal.accessRAAM.ca or call 613-722-6521 ext. 6508 during clinic hours.

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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