

West Carleton

Family Health Team

Welcome to the WCFHT August 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, to protect patients and staff, we continue to require that all employees, patients, and visitors wear a mask when visiting the medical centre.**

This issue:

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COVID-19 Testing, Isolation, Antivirals & Vaccination

Ottawa Public Health tool to help individuals determine whether they need to self-isolate: <https://secureforms.ottawapublichealth.ca/CM/Self-Isolation-Determination-Tool>

Information about self-isolation, testing, vaccination and when to call your doctor: www.ConfusedAboutCovid.ca

Information about COVID-19 Antiviral treatment (Paxlovid): <https://www.ontariohealth.ca/sites/ontariohealth/files/2022-04/Paxlovid-PatientFactSheet.pdf>

Third and Fourth Doses: The Ontario Government has expanded eligibility for second booster doses to Ontarians aged 18 years and over. Eligible individuals can book an appointment through the [COVID-19 vaccination portal](#) or by calling the Provincial Vaccine Contact Centre at 1-833-943-3900.

COVID-19 Vaccines for Children Ages 6 Months - 5 Years

Health Canada has approved the Moderna vaccine for kids under 5. The dose is one quarter of what is administered to adults. Effective July 28, parents and caregivers of children in this age group will be able to book appointments. For a parent, a choice to vaccinate their child is a personal one. To help make the decision, please see:

- Focus Covid Communication from University of Waterloo - [What are the reasons to vaccinate my young child against COVID-19](#) (6 mos to 5 years)
- Focus Covid Communications from University of Waterloo - [FAQ: Timing of COVID-19 Vaccines For young children](#) (aged 6 months and older)
- Ontario College of Family Physicians COVID-19 vaccine for children aged 6 months to 5 years [FAQs](#), July 22, 2022

Have questions about the vaccine or need help deciding? [Book a consultation with the SickKids COVID-19 Vaccine Consult Service](#) for a free, confidential phone appointment with a Registered Nurse. We ask that patients please contact this service with questions first. The advice provided by SickKids would align with the advice given by our team.

To book a vaccine appointment, visit [Ontario.ca/bookvaccine](https://ontario.ca/bookvaccine)

[More Info](#)

Catch-up Clinics for School-based Immunizations

Ottawa Public Health is expanding immunization services offered at the OPH Community Clinics, After School Clinics, and Neighbourhood Vaccination Hubs to include catch-up school-based immunizations for eligible youth. These clinics will be offering vaccines for hepatitis B, human papillomavirus (HPV), and meningococcal conjugate vaccine normally given in school in grades 7 & 8.

In addition to providing COVID-19 vaccines for people 5 years of age and older, the clinics will offer publicly funded school-based immunizations for eligible students in grades 7 to 12 who did not receive vaccines at their school during the school year.

To learn about eligibility, locations, and Neighbourhood Vaccine Hubs: please visit [ParentingInOttawa.ca/VaccinesYouth](https://parentinginottawa.ca/VaccinesYouth).

[Clinic Locations and Hours](#)

Weekend Urgent Care Clinic - Phones now answered at 9:30 am

This clinic is reserved for patients registered with a WCFHT family physician or nurse practitioner with urgent medical needs. It is intended for health issues that arise suddenly that cannot wait until regular weekday office hours. Prescription renewals will not be processed during this time.

The Urgent Care Clinic hours are Saturday and Sunday from 10:00 AM to 1:00 PM (with phones answered from 9:30 AM to 12:45 PM).

WCFHT Urgent Care Clinic

WOCRC Older Adult Social Programs - August Schedule

The Community Support Services Social Programs calendar has been released for August with telephone, virtual, and in-person offerings! Join in for a new program on Tuesdays, 10-11AM: A Day in the Park!

For information on these programs, call 613-591-3686 option 3.

Full Schedule

EarlyON Child and Family Centre - August Schedule

Toys ON Tour lending library is equipped with books, games, puzzles, and toys that support your child's development. The Toy Library will be visiting sites across West Carleton throughout August and September with stops in: Bridlewood, Kanata, Stittsville, Beaverbrook, Corkery, Fitzroy Harbour, Carp, South March, Kinburn, and Constance Bay. To learn more, click here: <https://wocrc.ca/toys-on-tour-program/>

Upcoming Workshops:

[A-OK for JK](#): a play-based morning intended to build confidence with self-help and communication. There will be time for the adults to ask questions and have conversation while the children are busy. Suggestions and take home activities will be provided to continue practising at home.

[Q & A with First Words](#): Get your questions answered about your child's speech and language development (birth to 5 years old) from the Community Educator from First Words. She will give an overview of the services they provide, how to access them, and then open it up for you to ask your questions. Your questions can be in either English or French.

[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.

[Jammin' with Dad](#): Get ready to jump and jam to music on this fun-filled Saturday! Get active with Dad while listening to fun songs, playing rhythm games, and getting silly. We will explore the world of music and movement that helps build your child's coordination and gross motor skills.

[Big Emotions, Little Bodies](#): Sign up for 5 days of emails that touch on topics of how children's brains and emotions work along with self- and emotional- regulation in young children. Then join us on Tuesday evening for a Q&A discussion where parents can come together and talk about all things related to emotions in young children.

For information on these programs, call 613-591-368, ext. 545.

[Drop-In Playgroup Schedule](#)

Working on Wellness Festival

The Working on Wellness Festival (formerly Recovery Day Ottawa), is an annual event hosted by [CAPSA](#) with over 80 community partners, bringing physical health, mental health, and substance use health communities together to increase wellness for people living in Canada. The event will take place on September 16 at Marion Dewar Plaza (Ottawa City Hall). This is an opportunity to engage with Ottawa's wellness communities and its allies at the Wellness Community Fair and Rally, in addition to support the campaign #StigmaEndsWithMe. The event is free for all to attend!

[More Info/Register](#)

ADHD Upcoming Webinar

[ADDitude Magazine](#) has announced a free webinar for parents of children diagnosed with ADHD and learning differences returning to school in the fall:

Tuesday, August 9, 1 PM: Relieving Back-to-School Anxiety: Strategies for Caregivers and Educators of Anxious Students.

Register to receive the replay link to view the recorded webinar if unable to attend the live session.

[Register Here](#)

Counselling Connect: Free Access to Virtual

Short-Term Counselling, Culturally Informed Service

Counselling 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

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 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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