

West Carleton

Family Health Team

Happy New Year! In this WCFHT January email update 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](#).

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WOCRC Winter 2023 Community Event Calendars

[The EarlyON Child and Family Centre schedule](#) has been released up to March 2023.

Weekly offerings include: Playgroup (for newborns to 6 years old with an adult), Baby & Me (for non-walking babies), Baby & Me Mindful Movement (for pre-crawling babies with an adult), Storytime (newborn to 6 years old with an adult) along with outdoor adventures and a variety of workshops.

[The Community Support Services Social Programs calendar](#) has also been released for January 2023 with telephone, virtual, and in-person offerings!

Starting a Fitness Journey and Staying on Track

WCFHT's Dr. Stecher has created two short videos to help you get in the right frame of mind to start your fitness journey and stay the course. Each video is about five minutes and available on YouTube.

[How to start a fitness journey](#)

[Staying on track in your fitness journey](#)

Looking for more inspiration? [Watch 23 and ½ hours: What is the single best thing we can do for our health?](#)

Get familiar with the [24-Hour Movement Guidelines](#) to find out how much physical activity you and your loved ones should aim for.

Ontario 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.

[Living a Healthy Life with Chronic Conditions](#) *Next group starts January 18*

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](#) *Next group starts January 12*

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.

Prenatal and Early Childhood Health Resources

Are you planning pregnancy, pregnant, or postpartum?

Our OB doctors have compiled information and resources to help you through your pregnancy and early weeks and months with your baby. For more information, visit our website. [Health Information > Prenatal/Early Childhood Health](#).

Explore Resources

Credit Counselling

The Credit Counselling Society is an accredited non-profit charity that helps Canadians solve their money problems through free credit counselling, low-cost debt solutions, and education to help you manage your money better.

They offer confidential credit counselling free of charge, through appointments in person or by phone. Call toll free at 1-888-916-9342 or [visit their website](#).

They also offer free financial education through workshops, webinars, online courses and practical guides.

Upcoming webinars include:

- Food and Finance: *January 11, 6:00 pm*
- 75 Ways to Save on Household Expenses: *January 11, 7:00 pm*
- The Truth About Credit: Info on Canadian Credit Reports, Ratings & Scores: *January 14, 12:00 pm*
- Making Cent\$ of Money - Budgeting 101: *January 14, 1:00 pm*
- Living Well on Retirement Income: *January 19, 4:00 pm*

For more info or to register for any of their webinars, visit their website. Please note: times on the website are listed in *Pacific Time*.

Webinar Schedule

Webinar: Substance Use Disorder and ADHD: Safe, Effective Treatment Options

[ADDitude Magazine](#) will offer this free webinar on Tuesday, January 31, at 1 PM. “This webinar will explain treatment options and interventions for people with ADHD and SUD, and it will address questions about the safety and efficacy of treatment options in people with

and it will address questions about the safety and efficacy of stimulant use in people with these comorbidities.” Registrants will receive the link to recorded sessions, even if unable to attend the live discussion.

[More Info/Register](#)

Webinar: Understanding and Responding to Your Child's Resistance to Learning

Children and Adults with Attention-Deficit/Hyperactivity Disorder ([CHADD](#)) has announced a free “Ask the Expert” Webinar for Wednesday, January 11, at 7 PM on Understanding and Responding to Your Child’s Resistance to Learning. Homeschooling expert Afsaneh Moradian, M.Ed., founder of MLC Homeschool Coaching, will explain the causes of resistance to learning and provide strategies and ways of communicating to support children learning at home.

[More Info/Register](#)

The Royal Ottawa - Upcoming Family Information and Support Groups

The Royal's Family Information and Support Groups are returning in September. Click on each link for more information or to register for each session. All events listed below are free and open to the public, however registration is required.

- [Looking after your own wellness](#): *January 17, 6:00 - 7:30 pm*
 - [Helping teens through tough times](#) (French only): *January 24, 6:00 - 7:30 pm*
 - [Expert insights into mental health services at the The Royal’s Community Mental Health Program](#): *January 31, 6:00 - 7:30 pm*
 - [The role of the substitute decision maker](#): *February 7, 6:00 - 7:30 pm*
 - [What is validation and how can it improve relationships](#) (Hybrid: attend by zoom or in-person): *February 21, 6:00 - 7:30 pm*
 - [Insights into mental health, housing, & homelessness](#): *February 28, 6:00 - 7:30 pm*
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9th Annual Steel Toe Boot Drive

The Ottawa Paramedic Service is set to launch their ninth annual Steel Toe Boot drive in support of employment opportunities with the [Ottawa Mission](#). On a daily basis, the

Ottawa Mission shelter receives several requests from clients in need of steel toe boots for work placement purposes. Until January 31st, men's and women's new/used steel toe boots and shoes can be dropped off in the front lobby of the medical centre. Boots of any condition and size will be accepted. Your donation is greatly appreciated!

Sincerely, Tracey Izzard (Community Paramedic with the WCFHT) & Nicole Lowden (Ottawa Paramedic)

COVID-19 Resource Round-up

Antiviral treatment (Paxlovid) for higher-risk individuals with COVID-19

This is a reminder that treatment is available to help prevent serious illness from COVID-19 *if taken within 5 days of the start of symptoms*. Your risk of serious illness is based on your health, age, vaccination status and assessment from a healthcare provider. You might be at higher risk if you are: immunocompromised, 60 or older, unvaccinated or not up to date with boosters, or have a health condition such as diabetes, obesity, heart disease, hypertension, pregnancy, amongst others. If you are high risk and suspect you have COVID-19, visit a [clinical assessment centre](#) or talk to your pharmacist or doctor about Paxlovid *as soon as symptoms present*. [COVID-19 antiviral treatment screener](#).

Current guidance on testing, isolation, and when to seek medical attention:

<https://dfcm.utoronto.ca/confused-about-covid>

Vaccination in children ages 6 months to 11 years:

<https://www.oacas.org/publications-and-campaigns/maxthevax/>

SickKids COVID-19 Vaccine Consult Service: a free, confidential phone appointment with a Registered Nurse for any questions about the vaccine or support in helping you decide whether to vaccinate (lots of same day and next day appointments!):

<https://www.sickkids.ca/vaccineconsult>

Booking a COVID-19 vaccination appointment: <https://covid-19.ontario.ca/book-vaccine/> or call the Provincial Vaccine Contact Centre at 1-833-943-3900.

COVID-19 West End Clinic: The West Ottawa COVID-19 Clinical Assessment Centre is now open with full services. For more information or to book an appointment, visit:

<https://www.qch.on.ca/COVIDCareClinic>

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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119 Langstaff Dr K0A1L0 Carp CA