

West Carleton

Family Health Team

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, [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.**

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Put away the screens for a while & get moving instead!

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Mental Health Care for Adults

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->

Vaccination in Ottawa (including fourth and fifth doses):

<https://www.ottawapublichealth.ca/en/public-health-topics/covid-19-vaccine.aspx>

Do I need a COVID-19 booster? When should I get it?:

<https://dfcm.utoronto.ca/sites/default/files/assets/files/q10thirddoseen2.pdf>

Novavax Vaccine

The Novavax (Nuvaxovid) vaccine is a 2-dose COVID-19 vaccine that became authorized for use in adults 18 years of age and older by Health Canada in February 2022.

While the mRNA vaccines (Pfizer, Moderna) remain the recommended vaccines for those eligible, individuals can now receive the Novavax COVID-19 vaccine if they meet the following criteria:

- Are 18 years of age or older
- Live, work, or attend school in Ontario
- Do NOT have a confirmed allergy to any of the vaccine components listed or its container (the vial stopper is bromobutyl rubber which is latex free). Please see [Health Canada](#) for a full list of vaccine ingredients.
- Are unable to receive an mRNA vaccine due to contraindications, or would prefer not to receive an mRNA vaccine

To get the Novavax vaccine, you must book directly with your local public health unit. You cannot book through the provincial portal.

In Ottawa, fill out the online form to request an appointment:

<https://secureforms.ottawapublichealth.ca/vaccines/Novavax/Eligibility-Novavax>

In Lanark, Leeds, Grenville, call 1-844-369-1234 or visit <https://healthunit.org/covid-19-vaccine/>

In Renfrew County, call the immunization information line at 613-732-9436 or 1-833-773-0004 to book an appointment. <https://www.rcdhu.com/novel-coronavirus-covid-19-vaccine-rollout/>

[More Information](#)

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.

Clinic Locations and Hours

ExerFarm and Deep Roots Food Hub: Call for Volunteers

Looking for a chance to volunteer locally?

ExerFarm is a volunteer-managed regenerative farming organization based in West Carleton and supported by the West Carleton Family Health Team given the opportunities for both exercise and healthy nutrition.

Deep Roots Food Hub (DFRH) also has its “roots” in the medical center in Carp, which supported participation its predecessor, the “Rural Healthy Living Coalition”. It has constructed a uniquely designed, off-grid, high-tech above-ground root cellar capable of storing over 50,000 lbs of root vegetables. We are volunteer run, and encourage support in whatever form you prefer, from board membership (growers, lawyers, accountants, business and marketing etc.) to building, growing, or donating.

For more information of to sign up for either organization, email 1team4health@gmail.com

We look forward to hearing from you!

Dr. Barry Bruce

Deep Roots Food Hub

WOCRC Youth Drop-In Programs

The Zone is a supportive, counsellor-facilitated positive mental health drop-in program for youth 12-18 with a focus on social activities, skill-building, and connecting youth to resources in their community. We have therapeutic activities including art, sports, and games that focus on positive coping skills and facilitate healthy relationships. On-site counselling is available to all youth. Nutrition programs take place weekly. The programs run weekly.

The Zone – Mondays 5-8 pm @ Lion Dick Brûle Community Centre (170 Castlefrank Rd.)

Rural Zone – Tuesdays 5-8 pm @ Constance Bay Community Centre (CBBCA) (262 Len Purcell Drive)

Queerios: LGBTQ+ Youth Drop-in - Thursdays 5-8 pm @ Lion Dick Brûle Community Centre (170 Castlefrank Rd.)

WOCRC Youth Programs

BounceBack Ontario

Bounceback is a free skill-building program designed to help adults and youth ages 15+ manage symptoms of stress, worry, depression and anxiety. It offers two forms of help.

1. Telephone coaching and workbooks. Ask your family doctor or nurse practitioner for a referral or self refer by visiting bouncebackontario.ca
2. Bounceback Today Online Videos. No referral necessary. Videos available at bouncebackvideo.ca (enter access code: bbtodayon)

For youth 15+ and adults - telephone coaching and workbooks available in multiple languages.

[BounceBack](#)

Put away the screens for a while & get moving instead!

As summer holidays kick off for many students and their families, we're posting this article from participation as a reminder to put away the screens for a while and get moving instead! Kids aged 5-17 should be getting at least 60 minutes of moderate to vigorous activity per day!

<https://www.participation.com/en-ca/blog/5-simple-tips-to-help-reduce-kids-screen-time>

Are YOU getting enough activity? Click below to read the guidelines for each age group.

[CSEP Guidelines](#)

Introduction to Solid Foods - Recorded Webinar

The Introduction to Solid Foods and Baby Led Weaning webinar developed by WCFHT's registered dietitian is now online! This 1-hour workshop covers everything you need to know about introducing solids to your little one, including:

- when and how to first introduce solid foods to your baby
- when specific foods and food groups should be introduced
- key nutrients of concern for growing babies
- tips for developing life-long healthy eating habits and avoiding picky eating
- how to make your own baby food (with take-home recipes)
- allergy guidelines
- discussion on baby led weaning

To access the video, associated handouts and useful resources, visit our website!

[View webinar](#)

Mental Health Care for Kids and Youth

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

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

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.



This e-mail has been sent to @, [click here to unsubscribe](#).

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