

West Carleton

Family Health Team

Welcome to the WCFHT June 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 patients, staff, and visitors wear a mask when visiting the medical centre.**

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Masking Policy Remains in Place at WCFHT

While provincial mask mandates may be changing this month, our mask policy remains in place. **We continue to require that all patients, staff, and visitors of the medical centre wear a mask while entering the building and for the duration of their visit.**

This decision has been made to ensure we continue to protect all those that visit the medical centre, including patients and staff who may be immunocompromised or are at greater risk for severe illness. We thank you for your support in keeping our community safe.

Free mental health and substance use support for you and those around you

Wellness Together is a new resource created in response to an unprecedented rise in mental health and substance use concerns due to the pandemic with funding from the Government of Canada. On their website you'll find free mental health and substance use support in the form of educational materials, self-guided skill building activities, monitored communities of peer support and one-on-one counselling. After creating an account and completing an intake questionnaire, you'll be suggested different resources based on your individual needs.

<https://www.wellnesstogether.ca/en-CA>

Community Addictions Peer Support Association (CAPSA) is an Ottawa-based charitable organisation for people affected by substance use disorder. They host peer support groups called All People All Pathways, offered in English and French. These groups are a safe place for people to chat about their substance use, or the substance use of a friend/family member, and get peer support. CAPSA supports all pathways to wellness; from those curious about resources simply wishing to listen to the discussion, to those wanting to reduce or eliminate their substance use. All are welcome.

All People, All Pathways (APAP) group meetings:

<https://www.wellnesstogether.ca/en-CA/all-people-all-pathways/>

COVID-19 Links

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>

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

West Carleton Diagnostic Service (X-Ray) Update

The previous owner of the x-ray department located in the lower level of the medical centre is transferring ownership to another organization. This transition means there is currently no x-ray service in our building. It is expected the new owners will occupy the space in late summer. We will provide an update when we have more information.

New WOCRC Youth Program - Mind Matters:

Anxiety

Have you struggled with anxiety and wished you knew why or how to cope effectively with it? If so, this program is for you!

Mind Matters: Anxiety is a safe space for youth ages 12-17 experiencing anxiety who wish to share and express their feelings with others like them. Over this 8-week, in-person program, participants will learn about anxiety and how their brain and body works. They will explore the connection between thoughts, feeling and actions, and develop skills to cope with this anxiety.

The program runs on Mondays from 4:00 - 5:00 pm, starting July 4.

To register, email youth@wocrc.ca or call 613-591-3686

Chair Exercise Program for Older Adults - Online over Zoom

Are you looking for a way to get moving on a Saturday afternoon? The Zoom exercise program run by the Adult Day Program Staff at the Western Ottawa Community Resource Centre may be a great fit for you!

The program runs every Saturday starting at 1:30 pm:

15-20 min warm-up & stretch

15-20 min cardio & weights

15-20 min cool down

Hand weights are recommended, but not required – soup cans, water bottles, or other similar items can be used. Exercises can be modified to fit your needs!

To join the Zoom program please e-mail acadp@wocrc.ca

211 Ontario

211 Ontario is a free telephone helpline and website that provides information on over 60,000 community and government social services and programs.

They provide help for people experiencing illness, newcomers to Canada not knowing where to turn for help, support for people experiencing mental distress, hunger, unemployment, or just general information on recreation, older adult programs, youth centres, libraries and more.

They are continuing to answer calls 24/7 during the pandemic. Call 2-1-1 or visit their [website](#) for their comprehensive resource database.

Unsafe at Home: Text and Chat Support for Violence and Abuse

Unsafe at Home Ottawa is a secure text and online chat service for women who may be living through increased violence and abuse at home during the COVID-19 pandemic. Trained counsellors provide emotional support, information, resources and safety planning ideas. Text and online chat is available 7 days a week from 8:30 am to midnight.

To access support, text: (613) 704-5535, or chat online: <https://unsafeathomeottawa.ca/>

Kanata Parkrun - Run or Walk

Parkrun is a free, timed, 5k run or walk that takes place weekly with events happening all over the world! Kanata has joined this worldwide community, offering the run every Saturday at 9:00 am at the Beaver Pond Trail. The event is free, but participants must register before their first run in order to be timed. It's just you against the clock, so come join whatever your pace!

For more info, visit: <http://www.parkrun.ca/kanata/>

Healthy eating is easy with Cookspiration

Looking for some healthy new recipes to try with fruits and vegetables purchased from your local farmers market? Dietitians of Canada has you covered. Browse their list of healthy and delicious recipes at <http://www.cookspiration.com/home.aspx>

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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119 Langstaff Dr K0A1L0 Carp CA