

West Carleton

Family Health Team

In this WCFHT 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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Reminder: Clinic Changes and Discontinuation of Health Portal

We'd like to remind patients that we are currently transitioning to a new medical records system that better suits our needs. There are also many improvements in the way we will interact with you, through the new portal. There are features that you may have used in our old portal that will not be available in our new portal but we are working with our vendor to explore alternatives. Initially, our team will require time to get used to using our new system and most of the new patient portal features will be added gradually as our capacity allows. Information on how to access the new portal will be sent in a separate email. Stay tuned.

For more information on this change and the anticipated timeline, please review the email sent to you on February 8 entitled, "[WCFHT Important Clinic Changes & Discontinuation of Health Portal.](#)"

We thank you for your patience and understanding as we transition to this new system.

WORKSHOP: How to Support your Loved One's Mental Health – Regardless of Age: A Skills-based approach using EFFT

This two-day intensive Emotion-Focused Family Therapy virtual workshop is an incredible opportunity for parents and caregivers of individuals struggling with mental health issues such as anxiety, depression, substance use, and eating disorders, regardless of their age.

Through education, video demonstration and skills practice, parents and caregivers will become equipped with practical strategies with respect to 1) managing symptoms, 2) emotional coaching and 3) relationship repair. Parents and caregivers will also be supported to identify, work through and overcome many obstacles that surface in this challenging journey. The specific skills taught over the course of the 2 days are meant to be effective regardless of the affected individual's age or motivation for change.

This virtual workshop is open to parents, step-parents, grand-parents, aunts, uncles, spouses, partners and any other adult caregiver – whether or not they are involved in active treatment with their loved one.

This workshop is facilitated by Drs. Katherine Henderson and Shari Mayman, co-directors of Anchor Psychological Services. With a combined 25 years of experience they bring a wealth of knowledge about mental health. They are involved in research, training, and clinical work. They are certified EFFT trainers and supervisors and use Emotion Focused Family Therapy in their practices for a variety of mental health issues.

COST: West Carleton FHT is fully funding the session so that you can participate at no cost.

DATE and TIME: Friday, April 21 AND Saturday, April 22, 9:00 am – 5:00 pm both days.

LOCATION: Virtual, on Zoom

REGISTRATION: For more information or to register, please email Talia at taliai@wcfht.ca with your name, phone number and reason for joining.

Talia will reach out to interested participants by phone to confirm registration.

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](#).

In-person Parenting in Ottawa drop-ins and breastfeeding support

<https://calendars.ottawapublichealth.ca/PIODropIns/Week>

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.

Parent Coaching (for families with children 0-6 years)

Family Services Ottawa offers a parent coaching program via telephone and video conferencing. Parents can receive support with their parenting challenges and practice new skills that will help improve the parent/child relationship. Topics that can be explored include routines, establishing reasonable limits, positive discipline techniques, reducing anxiety, reasons for behaviour, child development, co-parenting, effective communication, and many more. There is no cost for this service and is open to families with children 0-6 years old.

<https://familyservicesottawa.org/services/parent-coaching/>

Join ExerFarm to Exercise, Experiment, and Explore Regenerative Agriculture

Anxious about climate change? Want to be fitter? Want to have better nutrition?

Consider joining "ExerFarm" – where we work together or separately, depending on your schedule, to grow produce, using a fascinating set of techniques called "regenerative agriculture". Whether you're in your teens or your eighties, you'll enjoy exercising, experimenting and exploring the interactions between soil life, plant life, the atmosphere and even the waterways.

Starting Wednesday, March 1 from 7 - 8 pm, there will also be an optional series of weekly ChiRunning and ChiWalking workshops held at the Carp Agricultural Hall for past, present, lapsed and future ExerFarmers along with some upper body exercises.

We'll include short discussions on various regenerative and ExerFarm topics such as: companion planting, Great Soil = Great Plants, storing carbon underground and not in the atmosphere, micronutrients and flavour from food grown regeneratively, local food systems, plant rich diets, being ready for climate extremes, and much more. Feel free to suggest topics as well.

I'll bring some produce from the root cellar to distribute, while it lasts.

The cost for the Ag Hall sessions will be a one-time annual \$10 membership fee for ExerFarm and Deep Roots Food Hub. Please email me if you'd like me to waive the fee for you.

Bring CLEAN running shoes - I promised the Ag Hall people that we'd leave the place clean so that they wouldn't have to hire the cleaning crew. Otherwise a cleaning charge will also apply.

Although we'll mainly stick to Wednesday evenings, there may be the odd change. For example, the meeting to follow March 1st will be on Monday March 6th.

I hope you'll consider joining us - just drop me a line at 1team4health@gmail.com

Dr. Barry Bruce

West Carleton Family Health Team

Deep Roots Food Hub

ExerFarm

Accessing Mental Health Services if you have Benefits

Our mental health team has developed a guide to help patients get the most out of their Employee Assistance Plan (EAP) or Extended Health Benefits. Learn more about how to access mental health services through your benefits and the different types of healthcare providers you may be eligible to see.

[More Info](#)

Free Course for Youth: Cannabis and Mental Health

Cannabis and Mental Health is a free 90-minute course for youth, created by youth. It also includes a mentor guide with activities for educators, peer support and youth workers, parents and youth allies. The course seeks to provide a critical range of perspectives and improve communication about cannabis and mental health. The course was a joint project with [Schizophrenia Society of Canada's \(SSC\)](#) project Cannabis and Psychosis, [YouthREX](#), and the [Mental Health Commission of Canada \(MHCC\)](#).

The Schizophrenia Society of Canada (SSC) is a national registered charity which seeks

to influence public policy regarding Canada's mental health, and to build a Canada where people living with early psychosis and schizophrenia achieve their potential. The Youth Research and Evaluation eXchange (YouthREX) is a province-wide initiative based at the School of Social Work at York University whose mission is to make research evidence and evaluation practices accessible and relevant to Ontario's grassroots youth sector through knowledge exchange, capacity building, and evaluation leadership.

[Go to Course](#)

Community Backyard Garden Pilot Project

Come grow a garden with us! Join the Ottawa Valley Food Security Project for the opportunity to create or expand a productive vegetable garden in your own backyard that will help feed your family and community.

Participants will get free access to education on garden creation, timing for planting and harvesting, plant care, and soil health. A variety of vegetable seeds will be provided for free through our partnership with McKenzie Seeds . Participating families will also have the opportunity to "grow a row, share a row" by donating some of their root vegetable harvest to community members in need.

If you wish to participate, please email us at CarpGardenProject@gmail.com

Participation is free!

Sign up now and spread the word to your neighbours, family, and friends.

The Ottawa West Four Rivers Ontario Health Team is recruiting lived experience partners (LEPs)

The Ottawa West Four Rivers Ontario Health Team (OHT) aims to organize and deliver care that is more connected to local communities. To do this, we need to hear from individuals who have received health services (whom we call lived experience partners), to ensure the diverse voices and experiences of patients, clients, residents, (chosen) families, and caregivers inform all discussions and decisions of the Ottawa West Four Rivers OHT.

[More Info](#)

Joyful Sound Ottawa

Experience the joy and the power of music! Joyful Sound Choir is an intergenerational, community choir for people with memory loss and their caregivers, as well as family and friends. Weekly rehearsals foster community, cognitive function and socialization. In addition to singing together, rehearsals also provide a time of getting to know each other. Each season ends with a short concert for family members, friends and

other. Each season ends with a short concert for family members, friends and community.

We ask that participants commit to attending on a weekly basis.

No training or musical background is required.

*This program is offered in English.

In-person rehearsals take place on Wednesdays, from 10:30 am - 12:00 pm between February 15 - May 10, 2023 at St. Stephen's Anglican Church in Ottawa (2821 St. Stephen's St).

JSO partners with the Dementia Society of Ottawa and Renfrew County. For more information or to register, contact zkirschner@dsorc.org

To see more of the Dementia Society's education, activities, and support groups, visit their website.

[More Info](#)

Help with Your Health Online

Starting March 8th, 2023 at 9am

A free five week interactive web based series for those who are looking to take an active role in the management of their health.

Each week you will make a plan that supports healthy changes that are important to YOU.

The workshop is designed to be practical, enjoyable, non-judgmental and accessible to a wide range of participants.

Workshop Topics

- Session 1: Planning for your health
- Session 2: Preparing for your medical appointment
- Session 3: Understanding your Medications
- Session 4: Understanding your food labels
- Session 5: Understanding stress and sleep

WHAT DOES JOINING HELP WITH YOUR HEALTH INVOLVE?

You will be a part of a group of 8-10 people in a virtual classroom

Meet weekly with your group at the same time each week for 1.5 hours

Develop plans and goals to improve your health

There will be opportunities to interact with your group members and facilitators

IS THERE A COST TO PARTICIPATE?

No, Help With Your Health Online is free for all residents of Ontario.

WORKSHOP REGISTRATION

If you would like to register for [Help with Your Health Online](#), [click here](#).

or call 1-844-301-6389 or email apuderer@bruyere.org for more information.

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.

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

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