

West Carleton

Family Health Team

Welcome to the WCFHT September 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:

- COVID-19 Information and Resource Round-up
- Carp Fitness Park Re-Launch
- Family Dialogue about Communication Workshop
- Young Caregivers Online Support Group
- Introduction to Solid Foods Webinar
- Research Study on Cancer-Related Fatigue
- Working on Wellness Festival
- The Royal Ottawa - Upcoming Family Information and Support Groups
- Arthritis Rehabilitation and Education Program (AREP)
- Nature Quiz - Get your free, fun and personalized Nature Coach

COVID-19 Information and Resource Round-up

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, answers to frequently asked questions from children and their caregivers: <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!)

decide whether to vaccinate (lots of same day and next day appointments!):

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

Information on third and fourth doses: <https://www.ottawapublichealth.ca/en/public-health-topics/covid-19-vaccine.aspx#Who-can-receive-their-fourth-dose>

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.

Carp Fitness Park Re-Launch

Carp Health Access invites you to join in for the all new Carp Fitness Park Re-Launch! Join for great local vendors, learn how to rock a workout on the fitness equipment, enjoy workshops, mindfulness activities and more!

Event will take place **Saturday, September 10, 10 am - 12 pm** at the Carp soccer field on Langstaff Dr. In the event of inclement weather, the rain date is September 11, from 1 - 3 pm.

[Carp Health Access](#)

Family Dialogue about Communication Workshop

[Psychiatric Survivors of Ottawa \(PSO\)](#) has announced a free eight-week online workshop called Family Dialogue about Communication designed for family members and friends of people with mental health and/or substance use or addiction challenges who would like to explore mutually beneficial ways of interacting with others.

Participants will have the opportunity to practice communication strategies using role plays based on real life scenarios.

The series starts on September 28 and will run on Wednesdays from 6 to 8:30 PM.

[More Info/Register](#)

Young Caregivers Online Support Group

[The Ontario Caregiver Organization \(OCO\)](#) offers a Young Caregivers Online Support Group designed to permit young caregivers to connect with their counterparts to share their caregiving experience, challenges, and solutions. Young caregivers, or carers, are children, youth, and young adults (ages 15 to 25) who provide care for a sibling, parent, or grandparent. They are often a hidden and at-risk group of caregivers helping a family member with a chronic illness, disability (physical or intellectual), mental health, addiction, or socioeconomic factor (single parent family, language barrier, etc.).

This group runs bi-weekly on Wednesdays from 7:30 - 8:30 pm.

Introduction to Solid Foods 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 watch the video or access the associated handouts and useful resources, visit our website!

[More Info](#)

Research Study on Cancer-Related Fatigue

Have you been feeling tired after completing your cancer treatment? Cancer-related fatigue (CrF) is a common and debilitating symptom that individuals with cancer experience during and post-treatment. Researchers at the University of Ottawa are offering a 4-week virtual group that incorporates cognitive behaviour therapy and physical activity to give you the tools to better manage and reduce your fatigue. The next group is taking place throughout October (Tuesdays, 10 - 11:30 am).

What will I learn in the group?

- You will learn all the latest information on cancer-related fatigue and what may be contributing to your fatigue.
- How to use relaxation techniques and self-compassion to reduce emotional and physical stress that can contribute to feeling tired.
- The importance of physical activity and how to set achievable goals for yourself.
- How to identify and challenge unhelpful thinking patterns.
- How to improve sleep, your mood, and reach out for social support.

Is this program for me?

- Are you an adult (18+)?
- Have you received a cancer diagnosis and completed your treatment?
- Do you experience cancer-related fatigue?

Where: Virtual (Computer and internet access required).

When: Contact us for dates

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. 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!

The event will take place on Friday, September 16 at Marion Dewar Plaza (Ottawa City Hall).

[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.

[LEAP \(Listen-Empathize-Agree-Partner\) Part One:](#) September 6, 2022, 6 - 8:30 pm

[LEAP Part Two:](#) September 13, 2022, 6 - 8:30 pm

[Exploring Strategies for Dialectical Behaviour Therapy:](#) September 20, 6 - 7:30 pm

[Overview of Mental Health First Aid:](#) September 27, 22, 6 - 7:30 pm

[Forest Therapy and Your Mental Health:](#) October 4, 2022, 6 - 7:30 pm

[Violence Against Women & Mental Health Resources:](#) October 25, 2022, 6 - 7:30 pm

[More Info about The Royal Programs](#)

Arthritis Rehabilitation and Education Program

The Arthritis Rehabilitation and Education Program (AREP) provides a range of treatment and education services for adults and children with arthritis. Services are free, at no cost to you. Services are funded by the Ontario Government if you have an Ontario Health Card and a confirmed diagnosis of arthritis. The team of specially trained physiotherapists, occupational therapists and social work professionals will provide you with the care, strategies, guidance and education you need to better manage your arthritis and live well.

[More Info/Request an Appointment](#)

Nature Quiz - Access your free, fun and personalized Nature Coach

[The Nature Conservancy of Canada](#) is encouraging Canadians to spend more time in nature. Take a one minute quiz then sign up for the free, eight-week Nature Coach email series to receive helpful tips (based on your quiz results) that help you strengthen your connection with nature.

Take the Quiz

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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