

Working together with primary care providers and community health partners in North Toronto to help you in your daily practices.



Source: istock photos

## SCOPE Mental Health Navigation Service

North Toronto OHT and Primary Care Network is committed to working with our primary care partners and we are excited to announce the launch of the SCOPE Mental Health Navigation Service on September 12, 2022. The program aims to provide timely and low-barrier access for patients in need of mental health support, emphasizing service navigation and needs assessment to improve the patient experience and support their mental health needs.

The team is comprised of a Mental Health Navigator (Solmaz Dehghan) and Consulting Psychiatrist (Dr. Jay Moss).

The program provides:

- Indirect service navigation & resource finding
- Direct patient contact via Navigator to assess patient needs and provide support
- One-time psychiatric assessment can be facilitated via SCOPE Shared Care

This program is open to all primary care providers that are currently registered to SCOPE and a North Toronto Primary Care Network Member.

If you are interested in participating in the SCOPE Mental Health program, please contact [north.subregion@sunnybrook.ca](mailto:north.subregion@sunnybrook.ca)

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### **Contact us!**



**We value your feedback!**  
Contact the North Toronto  
Ontario Health Team at:

[North.subregion@sunnybrook.ca](mailto:North.subregion@sunnybrook.ca)

## Building the future with the Physician Leadership Program

The OMA is launching a new and innovative Physician Leadership Program in partnership with the University of Toronto's Rotman School of Management.

This Physician Leadership Program, with classes beginning in the spring of 2023, was developed with the recognition that strong physician leaders drive the most effective health-care organizations and systems. The program also acknowledges that dedicated time is needed to develop new skills and tools, and reflect upon how to bring innovative change to physician practices, Ontario communities and the broader health-care system.

The program is delivered in four modules over 10 months and allows our members to develop the skills and knowledge needed to be thought leaders in health-care transformation. Members will learn how to master the art of negotiations, work on individual learning projects, and have the time to reflect on what drives them as a leader while developing resiliency, among many other skills.

The learning experience will include both independent work and group sessions. Sessions will be held at the OMA at 150 Bloor St. W., Toronto.

More details on the Physician Leadership Program and the application process can be found on [OMA.org](http://OMA.org), where applications can also be submitted. The application deadline is **November 1, 2022**. A webinar in the early fall will be announced to address any questions about the program.

Please reach out to [info@oma.org](mailto:info@oma.org) for further inquiries.



## North Toronto Primary Care Network Update

Thank you to those that came out to our in-person NT-PCN meeting in August! It was a fun evening of conversation and community building that included our North Toronto Primary Care Leads, SCOPE Physician Lead, SCOPE Nurse Navigator, SCOPE Mental Health Navigator & over 20 community primary care providers. We hope to see you at the next event!



### Save the Date!

Our next North Toronto Primary Care Network (NT-PCN) meeting will be on **Tuesday, October 11<sup>th</sup>, 2022, from 6:30 to 7:30 PM**. We will be sharing resources available by being a part of the NT-PCN.

We will be discussing the results from the Primary Care Pain Points survey, as well as potential resources to help your clinic address those pain points.

If you have any questions, please contact [north.subregion@sunnybrook.ca](mailto:north.subregion@sunnybrook.ca)

### Join us!

If you are a family physician, or a nurse practitioner and you are practicing and/or providing primary care to patients in North Toronto, you can sign up at <http://northtorontoohc.ca/contact/> to join our growing network!

# Ocean eReferral Update



Discover **newly added services and programs** live on Ocean eReferral across Toronto in the [Toronto Region Destinations List](#).

"Using Ocean eReferral has substantially improved my practice. Having access to wait times in real-time has improved patient expectations and my patients really enjoy having their appointment notifications by email. I found over the pandemic that many patients had either moved out of the city or were interested in seeing specialists closer to home. Ocean eReferral expanded my network so now I can ensure that patients are seen in a timely manner in their local communities. It's incredibly easy to use and I feel more confidence in the circle of care knowing that referrals are not lost in the fax queue." ~ **Toronto Region Primary Care Provider**

## Benefits of Ocean eReferral include:

- Integration with top EMRs (Telus PSS, Accuro, Oscar)
- Standardized referral forms are populated automatically with patient information from your EMR and include integrated clinical guidelines
- Discover services and programs to refer to using the map-based directory, complete with wait times where available
- Easy and secure in-solution bidirectional communication reduces administrative tasks
- Patients can confirm appointments online and choose to receive email notifications regarding referral status and appointment notifications
- All costs are covered, including training and set-up

To get started, email us at [eReferraltorontoregion@uhn.ca](mailto:eReferraltorontoregion@uhn.ca)

## A Guide to Heart Failure Referral



### Referral Pathway for Healthcare Providers



**Cardiology Referral Centre or  
Community Cardiologist/Internist**

Consider referring if a patient has **one** or more of the following:

- Primary care physician looking for plan of care
- Second admission for HF in last 12 months
- >2 visits to the ER in last 12 months
- Poor access to primary care
- Multiple (>3) chronic co-morbid diseases
- LVEF ≤ 35%
- Kidney disease or blood pressure limitations to titration of medications
- History of poor compliance with treatment regimen

Referrals faxed to: 1.877.564.3297



**Advanced Heart  
Function Clinic**

Consider referring if a patient has **two** or more of the following:

- Second admission for HF in last 12 months
- >2 visits to the ER in last 12 months
- Multiple (>3) chronic co-morbid diseases
- LVEF ≤ 35%
- Kidney disease or blood pressure limitations to titration of medications
- History of poor compliance with treatment regimen

Referrals faxed to: 416-480-4209

Seamless  
transition  
between  
sites when  
indicated



Referrals can also be made through Ocean eReferral Network



# Resources for Patients

**Due to COVID-19, several programs have been postponed or are provided virtually. Below are the programs and services that are currently in operation.**

## COVID-19 Resources

<b>Vibrant Healthcare Alliance</b>	Free Rapid Antigen Take Home Test Kits available for pick up (in person)	<b>(416) 486-8666, #0</b> for reception for hours of operation
	Health and Wellness Series is offered on the following topics: (virtual) <ul style="list-style-type: none"><li>• COVID-19 – Stay Informed &amp; Stay Healthy</li><li>• Vaccination information</li></ul>	<b>(416) 486-8666 ext. 263</b> <a href="mailto:annec@vibranthealthcare.ca">annec@vibranthealthcare.ca</a>
	Lending Device Program in response to COVID-19 (in person pick up)	<b>(416) 486-8666 ext. 263</b> <a href="mailto:annec@vibranthealthcare.ca">annec@vibranthealthcare.ca</a>
	Peer Support Groups for People with Disabilities Connecting Through COVID (virtual)	<b>(416) 486-8666 ext. 226</b> <a href="mailto:lucyn@vibranthealthcare.ca">lucyn@vibranthealthcare.ca</a>
	People On Wheels (POW) – a peer led support group for people with Multiple Sclerosis who require the use of an assistive device. Interested participants must undergo an assessment Occurs <b>Wednesdays 1–3 PM</b> ; hybrid (virtual and onsite)	<b>(416) 486-8666 ext. 226</b> <a href="mailto:lucyn@vibranthealthcare.ca">lucyn@vibranthealthcare.ca</a>
	Dialectical Behaviour Therapy (DBT) – free sessions that address gender-based violence during the COVID-19 pandemic. Pre- and post-evaluations required Occurs <b>Fridays 3–4:30 PM</b> ; 8 virtual sessions starting <b>October 14<sup>th</sup></b>	<b>(416) 486-8666 ext. 226</b> <a href="mailto:lucyn@vibranthealthcare.ca">lucyn@vibranthealthcare.ca</a>
	COVID-19 Vaccine Engagement Teams – Need help or information to get your COVID vaccine (virtual, in person); Vaccine Engagement Team Ambassadors are available to assist individual(s) or groups	<b>(416) 486-8666 ext. 263</b> <a href="mailto:annec@vibranthealthcare.ca">annec@vibranthealthcare.ca</a>

<b>Don Mills Family Health Team</b>	Virtual and in-office visits: <ul style="list-style-type: none"><li>• Dietary and COVID-19 Nutrition Counselling</li><li>• COVID-19 Mental Health Counselling</li><li>• COVID-19 Social Prescribing - Social Benefits and Support</li></ul>	Accepting health providers referral and self-referral; Call in advance to book appointment <b>416-444-6161</b>
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## Prenatal Resources

<b>Don Mills Family Health Team</b>	<ul style="list-style-type: none"><li>• Pregnancy Clinic – <b>every Friday</b>, accepting new patients; virtual and in-office visits available <b>(Referral from FD or NP needed)</b></li></ul>	<b>(416) 444-6161</b>
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<b>Otter Creek Family Health Organization</b>	<p>At Bayview &amp; Eglinton (416-440-1880), Wilson &amp; Bathurst (416-785-8412) and Yonge &amp; Lawrence (416-782-4447):</p> <ul style="list-style-type: none"> <li>• Prenatal Clinic (accepting new prenatal patients, In-person + accommodation for virtual visits available)</li> <li>• Postpartum Contraception (Post-delivery access to IUD insertions – referrals can be sent to Bayview &amp; Eglinton, Wilson &amp; Bathurst clinics)</li> </ul>	<a href="http://ottercreekfho.blogspot.com/">http://ottercreekfho.blogspot.com/</a>
<b>Unison Health &amp; Community Services</b>	<ul style="list-style-type: none"> <li>• Virtual: Baby and Me (for parents with babies aged 0-1 year) <b>(Thursdays from 2:30-3:30 PM)</b></li> <li>• Virtual: Labour of Love Prenatal Program <b>(Tuesdays from 1-2 PM)</b></li> </ul>	<b>(416) 924-1164 ext. 8719</b> <a href="mailto:jcharron@sickkidscmh.ca">jcharron@sickkidscmh.ca</a>

## Wellness Resources

<b>Vibrant Healthcare Alliance</b>	<p>Free New Books available for adults, youth, and children (in person pickup)</p>	<b>(416) 486-8666 ext 239</b>
	<p>Entertainment and Movie Night Sessions (virtual)</p>	<b>(416) 486-8666 ext. 226</b> <a href="mailto:lucyn@vibranthealthcare.ca">lucyn@vibranthealthcare.ca</a>
	<p>Health &amp; Wellness Education workshops are available upon request, no cost. Virtual Health and Wellness Series on the following topics offered <b>every other Wednesday, 2-3 PM</b> (virtual):</p> <ul style="list-style-type: none"> <li>• Mental Health and Well being</li> <li>• Fall Prevention – Healthy Aging and Falls</li> <li>• Wellness Tips for Cold Weather: How to Stay Healthy in Winter</li> <li>• Tip for Self Care &amp; Stress Management</li> <li>• Tips to Stay Healthy this Flu Season</li> </ul>	<b>(416) 486-8666 ext. 263</b> <a href="mailto:annec@vibranthealthcare.ca">annec@vibranthealthcare.ca</a>
	<p>Intergenerational Program <b>(Fridays from 10-11 AM)</b> – a variety of programs and activities (teleconference):</p> <ul style="list-style-type: none"> <li>• Book Club; Debate &amp; Conversation; Coffee &amp; Current Affairs; Bingo</li> </ul>	<b>(416) 486-8666 ext. 227</b> <a href="mailto:dongy@vibranthealthcare.ca">dongy@vibranthealthcare.ca</a>
	<p>Sexual Health Youth Clinic (in person)</p>	<b>(416) 486-8666, #0 for reception</b>
	<p>Physical Activity Programs (in person)</p> <ul style="list-style-type: none"> <li>• Gentle Exercise - develop muscle strength and endurance, aerobic capacity, flexibility, balance and coordination while participating at your own pace</li> <li>• Fit For Life – moderate tempo exercise to music incorporating aerobics, body weight exercises, dumbbells and other equipment to increase muscle strength and endurance, aerobic capacity, flexibility, balance and coordination</li> </ul>	<b>(416) 486-8666 ext. 332</b> <a href="mailto:ruthe@vibranthealthcare.ca">ruthe@vibranthealthcare.ca</a>
	<p>Youth Sexual Health &amp; Wellness Workshops are available upon request, no cost (virtual)</p>	<b>(416) 486-8666 ext. 263</b> <a href="mailto:annec@vibranthealthcare.ca">annec@vibranthealthcare.ca</a>

<b>Sunnybrook Academic Family Health Team</b>	<p>Virtual Health and Wellness classes on the following topics:</p> <ul style="list-style-type: none"> <li>• Healthy Heart, Healthy You (<b>October 20<sup>th</sup>, 2 – 4 PM</b>)</li> <li>• Stress Management Program (Five sessions: <b>November 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup>, 10 AM – 12 PM</b>)</li> </ul> <p><i>Health &amp; Wellness Education workshops are available to all patients at no cost.</i></p>	<p>Contact Karen Fung at 416-480-6100 ext. 1658 or <a href="mailto:karen.fung@sunnybrook.ca">karen.fung@sunnybrook.ca</a> to register</p> <p>Contact Karin Pereira at (416) 480-5274 to register</p>
<b>Unison Health &amp; Community Services</b>	<p>Health and Wellness Classes</p> <ul style="list-style-type: none"> <li>• <b>Healthy Living Program</b> - biweekly, 10 sessions <b>in-person</b> with topics on high cholesterol, high blood pressure, chronic stress, obesity and high blood sugars</li> <li>• <b>Nutrition 101: Good Eating for Good Health</b> – monthly <b>virtual</b> sessions for those interested in learning on how to make small changes to create a healthful diet they can enjoy. To receive the Zoom meeting link, email: <a href="mailto:programs@unisonhcs.org">programs@unisonhcs.org</a></li> <li>• <b>Fitness Programs</b> – virtual and in-person fitness sessions all year round! Includes classes such as Chair Yoga, Tai Chi, and Gentle Fitness to achieve better health and improve balance, ease pain and increase flexibility</li> </ul>	<p><b>Camille Machado – 416-787-1661 ext. 3231</b></p> <p>To register, call Kim Nguyen – 416-653-5400 ext. 1265 or <a href="mailto:kim.nguyen@unisonhcs.org">kim.nguyen@unisonhcs.org</a></p>

## Seniors Resources

<b>Baycrest</b>	<ul style="list-style-type: none"> <li>• Baycrest Hearing Services is now offering a free online hearing screening tool at: <a href="https://shoebonline.com/baycrest/">https://shoebonline.com/baycrest/</a></li> <li>• The Interprofessional Primary Care Team partners with community family physicians to ensure equitable access to inter-disciplinary teams. The team is offering in-person and virtual visits in a variety of locations.</li> </ul>	<p><b>(416) 785-2500 ext. 4728</b> <a href="mailto:ipct@baycrest.org">ipct@baycrest.org</a></p>
<b>Don Mills Family Health Team</b>	<ul style="list-style-type: none"> <li>• Healthy Aging Lecture (registration required) – <b>2<sup>nd</sup> Tuesday, monthly 1-2 PM</b> (virtual)</li> </ul>	<p><b>(416) 444-6161</b></p>
<b>SPRINT Senior Care</b>	<p>Offers practical, low-cost services to seniors and their caregivers.</p> <ul style="list-style-type: none"> <li>• Meals on Wheels &amp; other food supports</li> <li>• Social Work support</li> <li>• Dementia Care</li> <li>• Toronto Ride Transportation</li> <li>• Virtual social, recreation, and exercise groups</li> <li>• In-home services</li> <li>• Caregiver support</li> <li>• Foot Care</li> </ul>	<p><b>(416) 481-6411 ext. 1225</b> <a href="http://www.sprintseniorcare.org">www.sprintseniorcare.org</a></p> <p><b>(416) 481-5250</b> <a href="http://www.torontoride.ca">www.torontoride.ca</a></p>
<b>Circle of Care</b>	<p>Providing low-cost services to seniors (55+):</p> <ul style="list-style-type: none"> <li>• Kosher and non-Kosher Meals on Wheels</li> <li>• In person: Home Care, End-of-Life Care, Adult Day Program, Case Management for Holocaust Survivors and Social Work</li> <li>• Virtual and In-person: Exercises Classes, Friendly Visitors, Caregiver Support, Phone Pal</li> </ul>	<p><b>(416) 635-2860</b> <a href="http://www.circleofcare.com">www.circleofcare.com</a></p>
		<p><b>1-844-474-3301</b></p>

	<ul style="list-style-type: none"> <li>• <b>IRIDE Plus</b> Transportation (North of Highway 401) for rides and appointments to vaccination clinics at <b>no charge</b></li> </ul>	<a href="http://www.irideplus.com">www.irideplus.com</a>
<b>Unison Health &amp; Community Services</b>	<p>Arthritis Pain Management Program (In-person at Lawrence Heights)</p> <ul style="list-style-type: none"> <li>• 10 session program for clients who have a diagnosis of arthritis</li> <li>• Occurs every <b>Monday and Wednesday</b> from <b>10 AM-12 PM</b></li> </ul> <p>Seniors Online (Virtual and In-Person)</p> <ul style="list-style-type: none"> <li>• Are you interested in keeping up with digital technology?</li> <li>• Do you want to learn using digital device i.e., iPad to connect with families and friends?</li> <li>• Do you want to attend programs and meet your health care providers online?</li> <li>• Are you interested in working with teenagers to discover more digital knowledge?</li> <li>• Are you interested to share your life stories and wisdom with the younger generations?</li> </ul> <p>If your answer <b>YES</b> to all of the above, sign up for the program TODAY!</p>	<p><b>Camille Machado – 416-787-1661 ext. 3231</b></p> <p><b>To register: contact Albana Qatipii – 416-787-1661 ext. 3256</b></p>
<b>Vibrant Healthcare Alliance</b>	<p>Seniors Achieving Greater Esteem (SAGE) – onsite</p> <ul style="list-style-type: none"> <li>• Promotes the health and well-being of frail and/or isolated seniors by encouraging social engagement and independence</li> <li>• Interested participants must undergo on assessment</li> </ul> <p>Occurs <b>every other Thursday 2–4 PM at 2398 Yonge Street</b></p>	<b>Contact Monica at 416-486-8666 ext. 228 to register</b>

## Mental Health, Substances Use & Addictions Resources

<b>LOFT Community Services</b>	<p>Offering increased phone support, virtual appointments, service navigation, and resources to people experiencing mental health and addictions challenges during COVID-19 through <b>The Access Point</b>. Call <b>Monday-Friday, 9 AM–4 PM</b></p>	<p><b>(416) 640-1934</b>  <a href="http://www.theaccesspoint.ca">www.theaccesspoint.ca</a></p>
<b>Central Toronto Youth Wellness Hub</b>	<p>Free mental health counselling service for youth and families. Walk-in is available for both in-person and virtually (phone/video)  Hours: <b>Monday – CLOSED, Tuesday and Thursday – 2-6 PM, Wednesday – 3-6 PM, Friday – 10 AM-2 PM</b>  <i>Note: Appointments are required to monitor and control for space</i></p>	<p><b>(416) 482-0081 ext. 5</b>  <a href="https://lumenus.ca/">https://lumenus.ca/</a></p>
<b>Family Navigation Project</b>	<p>A non-profit program that provides expert navigation of the mental health and addictions service system for youth (13-26) in the Greater Toronto Area. Youth or family members can reach out by phone or email.</p>	<p><b>1(800) 380-9FNP (9367)</b>  <a href="http://FamilyNavigationProject.ca">FamilyNavigationProject.ca</a>  <b>Email:</b>  <a href="mailto:familynavigation@sunnybrook.ca">familynavigation@sunnybrook.ca</a></p>

<b>Sunnybrook Rapid Access Addiction Medicine (RAAM) Clinic</b>	<p>A non-urgent and short-term service for those seeking help for their substance use concerns. Please call or email to schedule an appointment during clinics hours. Walk-in appointment during clinic times are also accepted. No formal referral required. Please note: 1<sup>st</sup> initial appointment must be seen in-person during our clinic times. Follow-up appointments can be available in-person or virtually (on Zoom).</p> <p><b>Peer Support Program:</b> Join us for our virtual drop-in peer support group programs (<b>Monday nights at 7-9 PM</b>). Email for more details.</p> <p><b>Easy Access • Short-Term • Patient-Centered • Team-Based Approach • Compassionate Care</b></p>	<p><b>Phone: 416-953-2475</b>  Email: <a href="mailto:raamclinic@sunnybrook.ca">raamclinic@sunnybrook.ca</a>  <a href="http://www.sunnybrook.ca/raamclinic">www.sunnybrook.ca/raamclinic</a></p> <p><b>Clinic Location and Hours:</b>  <b>Vibrant Healthcare Alliance (The Anne Johnston Health Station)</b>  Mon 5-7 PM • Wed 9-11 AM</p> <p><b>Sunnybrook Health Sciences Centre (A-wing, Room A146)</b>  Wed 1-4 PM • Fri 9 AM-12 PM</p>
<b>Toronto Distress Centre HELP line</b>	<p>Provides emotional support services for those with chronic mental health problems, crisis intervention services, family violence response, suicide prevention services, and emergency intervention and response.</p>	<p><b>(416) 408-HELP (4357)</b></p>
<b>Toronto Seniors Helpline</b>	<p>Access a full range of services for seniors, including:</p> <ul style="list-style-type: none"> <li>• Help for seniors in crisis</li> <li>• Access to in-home care</li> <li>• Counseling over the phone</li> <li>• Support for caregivers</li> </ul>	<p><b>(416) 217-2077</b>  <a href="https://torontoseniorshelpline.ca">https://torontoseniorshelpline.ca</a></p>
<b>Vibrant Healthcare Alliance</b>	<p>Harm Reduction Program &amp; Services (in person, walk-in)  Access to harm reduction supplies, education, resources and needle exchange. Distribution of condoms, lubricant, and free safer drug use supplies (stem kits, crystal kits, foil kits, injection kits) and naloxone kits. Outdoor 24-hour Needle Drop Box at 2398 Yonge Street for disposal of used sharps.</p>	<p><b>(416) 486-8666 for hours of operation</b>  <a href="mailto:ruth@vibranthealthcare.ca">ruth@vibranthealthcare.ca</a> for information on Safer Use kits and supplies</p>
<b>The Rapid Access Addiction Medicine (RAAM) at Vibrant Healthcare Alliance. Non-urgent walk-in clinic for 18 years and older looking to access substance use supports (in person)</b>	<p><b>Mondays: 5:00pm-7:00pm *Last walk-in accepted at 6:30pm*</b>  <b>Wednesdays: 9:00am-11:00am *Last walk-in accepted at 10:30am*</b></p>	<p><b>(416) 953-2475</b>  <a href="mailto:raamclinic@sunnybrook.ca">raamclinic@sunnybrook.ca</a>  <a href="http://www.sunnybrook.ca/raamclinic">www.sunnybrook.ca/raamclinic</a> or  <b>(416) 486-8666 for hours of operation</b></p>
<b>BounceBack</b>	<p>Telephone coaching with skill-building workbooks and videos for adults and youth 15+ with mild/moderate depression or anxiety; In multiple languages; clients can self-refer.</p>	<p><b>Toll-Free: 1-866-345-0224</b>  <a href="http://www.Bouncebackontario.ca">www.Bouncebackontario.ca</a></p>
<b>Togetherall (formerly Big White Wall)</b>	<p>24/7 online support from the peer community for adults and youth 16+ with mild/ moderate depression or anxiety; Anonymous; clients can self-refer.</p>	<p><a href="https://togetherall.com/en-ca/">https://togetherall.com/en-ca/</a></p>
<b>MindBeacon</b>	<p>Patients can access therapist guided mental health therapy for depression, generalized anxiety, health anxiety, stress, insomnia, PTSD, chronic pain and more. Therapy provided via secure direct messaging through a computer or a mobile device. Offering:</p> <ul style="list-style-type: none"> <li>• Therapist Guided Internet-Based Cognitive Behavioural Therapy</li> <li>• Protocols for over 12 mental health conditions</li> <li>• E-therapist who personalizes content to meet patient’s unique needs</li> <li>• 12 weeks of active therapy</li> <li>• 40 weeks access to content from the therapy</li> </ul>	<p><a href="http://www.mindbeacon.com">www.mindbeacon.com</a></p> <p><b>*NOTE:</b> In most cases, MindBeacon is a reimbursable benefit through most insurance providers</p>



<b>Hope + Me – Mood Disorders Association of Ontario</b>	<ul style="list-style-type: none"> <li>• Telephone Peer Support (TIPS) Warm Line – <b>Mon-Fri: 9:30 AM-5:00 PM</b></li> <li>• Virtual Peer Support Groups: General, Depression &amp; Anxiety, Women, Men, BIPOC, Family Members, Youth &amp; Young Adult, LGBTQ, Addictions, OCD, Bipolar, Neurodiversity. <b>Registration required.</b></li> <li>• Courage and Compassion for Depression virtual peer support group</li> <li>• Gianluca Primucci "Paint with Someone Who Has Been There" Art and Peer Support Program happening virtually on <b>Saturdays 10 AM–1 PM October 1<sup>st</sup> – November 19<sup>th</sup></b></li> <li>• Virtual one-on-one peer support and counselling: short term, goal focused up to 8 sessions. Intake required.</li> <li>• Virtual drop-in one-on-one support: one-off session various times during the week. First come first serve, registration required.</li> <li>• In-person peer support group: <b>every Tuesday 12:30 – 2:30 PM</b></li> <li>• Virtual Later in Life workshop on Delirium on <b>Thursday, October 27<sup>th</sup></b>. To register: <a href="https://hopeandme.as.me/delirium">https://hopeandme.as.me/delirium</a></li> <li>• Virtual Youth and Young Adult specific programs: <ul style="list-style-type: none"> <li>○ Stop Drop and Talk: <b>every Saturday 11 AM – 1 PM</b></li> </ul> </li> </ul>	<b>(416) 486-8046</b> <a href="mailto:info@hopeandme.ca">info@hopeandme.ca</a>
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## Diabetes Resources

<b>Vibrant Healthcare Alliance</b>	<p>The Mid-Toronto Diabetes Education Program provides services and support for adults with Type 2 diabetes, pre-diabetes, and for those at high risk of developing diabetes. The program provides individual counselling sessions over the phone or in person and facilitates monthly virtual group education workshops:</p> <ul style="list-style-type: none"> <li>• Diabetes Management Workshop (virtual): <b>October 4<sup>th</sup>, November 8<sup>th</sup> and December 13<sup>th</sup>, 2022 1-3 PM</b></li> <li>• Diabetes Prevention Workshop: <b>October 25<sup>th</sup>, December 20<sup>th</sup>, 2022 1-3 PM</b></li> </ul>	<b>416-486-8666 ext. 208</b> <b>Fax: 416-486-8660</b> <a href="mailto:diabetesinfo@vibranthealthcare.ca">diabetesinfo@vibranthealthcare.ca</a>
<b>SUNDEC – Sunnybrook Diabetes Education</b>	<p>SUNDEC is available for people with diabetes to assist them in living well through education, followup care and ongoing support. Client self-referrals and referrals from healthcare professionals are accepted. Virtual group education workshops include:</p> <ul style="list-style-type: none"> <li>• Managing Type 2 Diabetes Module 1, 2 and 3 (<b>monthly; Tuesdays 9:30-11:30 AM</b>)</li> <li>• Type 2 Diabetes as a Senior (<b>October 19<sup>th</sup> and 26<sup>th</sup>, 9:30-11:30 AM</b>)</li> <li>• Pre-diabetes sessions (<b>November 16<sup>th</sup> and 23<sup>rd</sup>, 9:30-11:30 AM</b>)</li> <li>• Craving Change (<b>October 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup>, 2–4 PM</b>)</li> <li>• Plant Based Eating: The Basics (<b>November 30<sup>th</sup>, 2–4 PM</b>)</li> </ul>	<b>(416) 480-4805</b> <a href="mailto:sundec@sunnybrook.ca">sundec@sunnybrook.ca</a>

**Unison  
Health &  
Community  
Services**

The Diabetes Education Program provides FREE individual counselling and group education classes for people with Type 2 diabetes and pre-diabetes. In person appointments and some remote service provision as appropriate. Our team consists of Diabetes Educators including registered nurses and registered dietitians who can help clients understand how to manage or prevent diabetes. The Diabetes Education Program does not have a catchment area. Anyone with type 2 diabetes or prediabetes is welcomed to attend our programs

**416-787-1661 Ext. 3303**  
[Fatima.hortel@unisonhcs.org](mailto:Fatima.hortel@unisonhcs.org)

- **Virtual 6-week Weight Management Program**
- **Virtual presentations to assist with Diabetes management** – some with fitness component



**Toronto's Virtual  
Emergency Department**

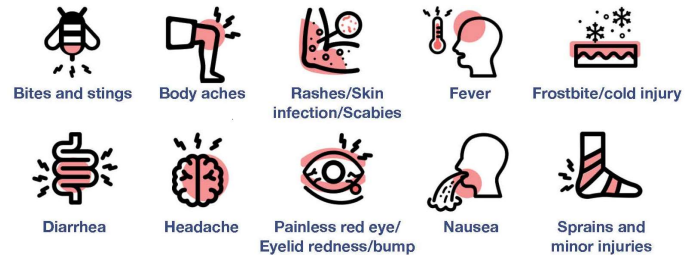
Toronto's Virtual Emergency Department (ED) brings together emergency doctors from Sunnybrook, Unity Health Toronto, and University Health Network to provide a unified virtual emergency room service that is available to all Torontonians.

**About Virtual Emergency Department appointments:**

- Available 7 days a week
- Booking opens at 7:00 am for same-day appointments. You can book online or over the phone
- 15 minutes long on Zoom
- You must be over age 16
- Learn more about this service, including hours of operation, at [torontovirtualed.ca](http://torontovirtualed.ca)

**Is a virtual appointment right for you?**

You can use the virtual Emergency Department if you are having an urgent medical issue that is not life-threatening.



...and more

**If you are in severe distress or are having a medical emergency, please call 911 or go to the nearest Emergency Department**

Find out more and book your appointment at [torontovirtualed.ca](http://torontovirtualed.ca).



Toronto General  
Toronto Western  
Princess Margaret  
Toronto Rehab

## Workshops and Events

Date	Topic	Fees and Registration
<b>October 6, 2022</b> <b>4:30 – 5:30 PM</b> <b>EST</b>	<p><b>OAB: Straight talk from a family physician expert</b></p> <p>This 1-hour webinar is open to all- whether you are just starting to use OAB or are interested in implementing OAB in the future and wish to learn more. Current users will gain an understanding of how to implement and expand their OAB system, and those interested in OAB will learn about what improvements to expect from OAB and how to manage implementation.</p> <p>Dr. Naik is a community family physician in Kitchener-Waterloo, Chair of the local Primary Care Council for his Ontario Health Team and SCOPE Primary Care Lead in KW. Dr. Naik has three years of experience with on-line appointment booking. He has eloquently presented on the ways this system has improved his office function, including the efficiencies you can realize for your front-line staff. He will share his expertise on how to set up and manage this platform in a community family practice office.</p> <p>Come get the straight goods from a family physician colleague who understands the pressures of a community family practice.</p>	<p><b>Registration Details:</b>  <a href="https://us06web.zoom.us/join/joinMeeting?meetingRef=1EYGemAOQ">https://us06web.zoom.us/join/joinMeeting?meetingRef=1EYGemAOQ</a></p>
<b>October 12, 2022</b> <b>7:45 AM – 4:45 PM</b> <b>EST</b>	<p><b>Association of Family Health Teams of Ontario (AFHTO) 2022 Conference</b></p> <p>Primary care is the foundation of a high performing health system. This simple truth has been asserted and backed up by evidence again and again. But even self-evident truths can find it hard to gain traction in established systems. Over the past couple of years, we have seen the predictable results as the ship gets hit repeatedly by centennial waves.</p> <p>We have seen what proactive, responsive, and collaborative action can do. Join your peers from across Ontario and beyond as we reconnect and reimagine, moving forward together.</p>	<p><b>Registration Details:</b>  <a href="https://events.myconferencesuite.com/AFHTO2022/Registration/reg/landing">https://events.myconferencesuite.com/AFHTO2022/Registration/reg/landing</a></p>
<b>October 21-22, 2022</b>	<p><b>11<sup>th</sup> Annual Practical Evidence for Informed Practice (PEIP) Conference 2022</b></p> <p>The PEIP Conference highlights clinically relevant primary care topics that combine evidence, experience, and patient values that is free of industry bias. The Conference is a fully accessible via webcast or in-person at our conference venue. This multidisciplinary event showcases relevant, evidence-based, and thought-provoking topics in health care.</p>	<p><b>Registration Details:</b>  <a href="https://pheedloop.com/EVEXTYEWTXDQN/site/home/">https://pheedloop.com/EVEXTYEWTXDQN/site/home/</a></p>
<b>October 26, 2022</b> <b>8 – 9 AM EST</b>	<p><b>Helpful strategies to address mental health in children</b></p> <p>Assessing a child with a potential mental health issue can be a complex process. Overlapping conditions and misinformation can complicate diagnosis and treatment. There are screening tools that can help. Join your fellow family doctors to discuss strategies and resources to support you in identifying children’s mental health needs, services and educational materials.</p>	<p><b>Registration Details:</b>  <a href="https://www.ontariofamilyphysicians.ca/education-practice-supports/events/register?&amp;eventID=52">https://www.ontariofamilyphysicians.ca/education-practice-supports/events/register?&amp;eventID=52</a></p>



Offer Creek FHO

