

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



Source: Hartford Healthcare

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Sunnybrook's Vascular Limb Preservation Program (VLPP) **Preserving limbs, saving lives**

The strange feeling in Abram's legs told him something wasn't right. "After a couple months of progressive pain, I went to Emergency because I couldn't take the burning sensation," he says. "I didn't get treatment that helped, and it was discouraging. I couldn't walk, let alone play tennis or dance."

After a year of living with the intense discomfort and visits to various Emergency Departments without success, Abram was finally referred to Sunnybrook vascular surgeon, Dr. Giuseppe Papi and the Vascular Limb Preservation Program.

The Vascular Limb Preservation Program (part of Schulich Heart Program at Sunnybrook) is a novel program and paradigm for delivering care. It has been gaining increasing recognition for its innovative usage of image-guided angioplasties which enlarge a narrowed artery using a balloon, restoring blood flow. This approach is commonly used for heart patients, but Sunnybrook's vascular surgeons are using it to save legs. Once blood flow is restored, patients go home the same day without ever having undergone general anesthesia.

Contact us!



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

North.subregion@sunnybrook.ca

Currently, there are no other programs in Ontario like the Vascular Limb Preservation Program. With a dedicated nurse practitioner as first point of contact, referrals are followed-up within 24 hours.

“We’re offering coordinated care and we want to change the way the system is managing these patients by intervening early,” says Dr. Papia. “Often arterial disease manifests itself in unique ways, beyond foot ulcers or leg pain, so if family or emergency doctors have any questions at all, they should contact us.”

12 months later, Abram is doing extremely well. He visits Dr. Papia every 3 months and can walk rather than rely on a wheelchair. He gets a Doppler ultrasound to test his blood flow, and has had hyperbaric oxygen chamber treatment to improve wound healing.

Now 76 years old, Abram is enjoying life, “I’m so thankful that my feet have improved so much. I am walking well, maybe a little wobbly, but hey I can even dance a bit again so I am happy.”

For more information about the Vascular Limb Preservation Program or to submit a referral, please visit sunnybrook.ca. The Limb Preservation Clinic is also live on Ocean eReferral as part of the Ontario eServices Program. Send an eReferral or search for the clinic on the Ocean Healthmap.






North Toronto OHT Primary Care Providers: Join Ocean eReferral Today!

What is Ocean eReferral?

- **Secure online** platform to send, receive and track referrals
- **Health map service directory** to search for specialists and view wait times
- **Integrated** with Telus PSS, Accuro and OSCAR Pro or accessed in Ocean Portal
- **Integrated** with OTN hub eConsult

Benefits for Your Practice & Patients

-  **Improved access to care** - Find services close to your patient's home
-  **Reduce admin tasks** – Receive real-time status updates & message specialists
-  **Keep patients informed** – Send automatic email notifications and appointment reminders

Rapid Growth in Toronto

-  **550+** providers onboarded
-  **5000+** eReferrals processed in just 6 months!
-  **12+** acute care hospitals engaged for onboarding
-  **86%** of patients feel more informed about their care
-  **77%** of end users are highly satisfied with eReferral

"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"
-Primary Care Provider

Live on eReferral in North Toronto

- **Sunnybrook Schulich Heart Program** (Heart Function, Vascular Limb Preservation Program, and more!)
 - **Toronto Rapid Access Centre Hip & Knee**
 - **Holland Bloorview Kids Rehabilitation**
 - **KidCrew Pediatrics**
 - **Lawrence Park Cardiology, MS Cardiology**
- Coming Soon...
- Odette Cancer Centre, SCOPE Nurse Navigator, General Cardiology and more!

Sign Up Now!

- The cost of licenses & change management support is currently funded by the Ministry of Health
- Get started: scan the QR code to complete the **online form** or email eReferralTorontoRegion@uhn.ca





Toronto's Virtual Emergency Department

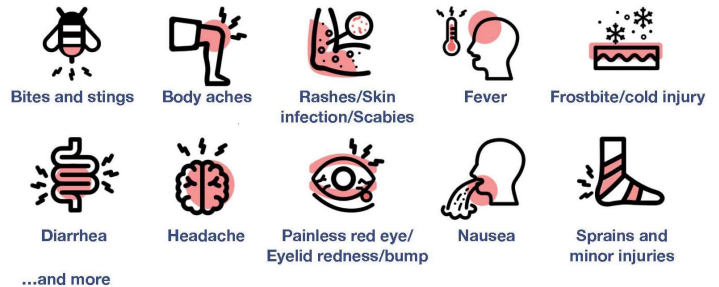
Toronto's Virtual Emergency Department (ED) brings together emergency doctors from Sunnybrook, Unity Health Toronto, and University Health Network to provide a unified virtual emergency room service that is available to all Torontonians.

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

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.



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.



Early Career Health Leaders Program

Early Career Health Leaders Program **applications will be held open until December 2**. The series is open to early career health leaders - recent graduates who are new to leadership or individuals you are developing for leadership roles. For more information about the offering, please check out the website at vernissagehealth.com.

The Early Career Health Leaders Program dives deeper into leadership than the student offering and is an ideal way to refresh and sharpen the leadership practices of new leaders. Plus, they've added a new 1:1 mentorship component to the program and have some fantastic mentors for 2023!

For physician applicants and leaders, they're delighted to have been accredited for a minimum of 14 CME credits (2 credits per session) with the Royal College of Physicians and Surgeons and the Canadian College of Family Physicians. Other professional colleges, including the CCHL, also allow continuing education credits for this experience.

If you have any questions about the Early Career Health Leadership Program, please feel free to contact Wendy Nelson, Founder and Project Lead, Vernissage Health (wnelson@rogers.com or wendy.nelson@utoronto.ca)



Are you and your patients looking for tailored and comprehensive mental health resources/services?

If Yes,

**Look no further than the
SCOPE Mental Health Navigator!**

This service 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.

If you are a family physician registered with SCOPE and the North Toronto Primary Care Network (or would like to be!) please contact **Solmaz Dehghan, Mental Health Navigator** at SDehghan@loftcs.org for further information.



North Toronto Primary Care Network Update



Save the Date!

Our next North Toronto Primary Care Network (NT-PCN) meeting will be on **Monday, December 12th, 2022, from 6:30 to 7:30 PM.**

We will be discussing mental health resources such as Breaking Free Online with a special presentation by Dr. Osnat Melamed, Staff Physician, Addictions division at CAMH, as well as the SCOPE Mental Health Navigator. This session will be eligible for 1 CME credits.

Meeting Link:

<https://us02web.zoom.us/j/85315746498?pwd=WnJDSENNVEpFeG52a0JxSjkzUFljdz09>

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://northtorontooh.ca/contact/> to join our growing network!



**Happy Holidays from the
North Toronto OHT and
Primary Care Network!
Wishing you and your
families a safe, healthy
and merry holiday season!**



UNISON HEALTH AND COMMUNITY SERVICES

COME VISIT OUR WELLNESS CLINICS!

HOW WE CAN HELP

Vaccine clinic

- 1st, 2nd and 3rd doses available for anyone 12+
- 4th & 5th doses available for anyone eligible 18+
- Bivalent Vaccine available to anyone eligible
- Flu shot available when you receive your COVID vaccine
- FREE Rapid Antigen Test at all our clinics
- No appointments required

Physical health support

- Blood pressure check
- Connect with a health care professional
- Secure a family doctor

Mental Health services

- Mental and emotional wellness support
- Help with navigating community support services
- Referrals to community services

Harm reduction services

- Access to naloxone kits
- Harm reduction counselling
- Safer use kits

Clinic Locations:

JANE STREET HUB
1541 JANE STREET
TUESDAYS 4:30-7:30 PM

KEELE-ROGERS
1651 KEELE STREET
WEDNESDAYS 4:00-7:00 PM

LAWRENCE HEIGHTS
12 FLEMINGTON RD
SATURDAYS 11:00-3:00PM

EVERYONE WELCOME!
(NO HEALTH CARD REQUIRED)

Have any questions or want more information?

CALL OUR COVID VACCINATION HOTLINE AT 416-787-1661 EXT. 3341 OR EMAIL US AT VACCINE@UNISONHCS.ORG



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

Vibrant Healthcare Alliance	Free Rapid Antigen Take Home Test Kits available for pick up (in person)	(416) 486-8666, #0 for reception for hours
	Health and Wellness Series is offered on the following topics: (virtual) <ul style="list-style-type: none">• COVID-19 – Stay Informed & Stay Healthy• Vaccination information	(416) 486-8666 ext. 263 annec@vibranthealthcare.ca
	Lending Device Program in response to COVID-19 (in person pick up)	(416) 486-8666 ext. 263 annec@vibranthealthcare.ca
	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 Wednesdays 1–3 PM ; hybrid (virtual and onsite)	(416) 486-8666 ext. 226 lucyn@vibranthealthcare.ca
	Dialectical Behaviour Therapy (DBT) – free sessions that address gender-based violence during the COVID-19 pandemic. Pre- and post-evaluations required. Occurs Fridays 3–4:30 PM	(416) 486-8666 ext. 226 lucyn@vibranthealthcare.ca
	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	(416) 486-8666 ext. 263 annec@vibranthealthcare.ca

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

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

Wellness Resources

Vibrant Healthcare Alliance	<p>Free New Books available for adults, youth, and children (pickup only)</p> <p>Health & Wellness Education workshops are available upon request, no cost. Virtual Health and Wellness Series on the following topics offered every other Wednesday, 2-3 PM (virtual):</p> <ul style="list-style-type: none"> • Staying Healthy during the Holidays • Fall Prevention – Healthy Aging and Falls • Wellness Tips for Cold Weather: How to Stay Healthy in Winter • Tip for Self Care & Stress Management <p>Intergenerational Program (Fridays from 10-11 AM) – a variety of programs and activities (teleconference):</p> <ul style="list-style-type: none"> • Book Club; Debate & Conversation; Coffee & Current Affairs; Bingo <p>Sexual Health Youth Clinic (in person)</p> <p>Youth Sexual Health & Wellness Workshops are available upon request, no cost (virtual)</p> <p>Physical Activity Programs (in person) – new series begins in February, 2023.</p> <ul style="list-style-type: none"> • Gentle Exercise - develop muscle strength and endurance, aerobic capacity, flexibility, balance and coordination while participating at your own pace • 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 	<p>(416) 486-8666 ext 239</p> <p>(416) 486-8666 ext. 263 annec@vibranthealthcare.ca</p> <p>(416) 486-8666 ext. 227 dongy@vibranthealthcare.ca</p> <p>(416) 486-8666, #0</p> <p>(416) 486-8666 ext. 263 annec@vibranthealthcare.ca</p> <p>(416) 486-8666 ext. 332 ruthe@vibranthealthcare.ca</p>
Sunnybrook Academic Family Health Team	<p>Virtual Health and Wellness classes on the following topics (no cost):</p> <ul style="list-style-type: none"> • Healthy Heart, Healthy You (December 16th, 9:30 – 11:30 AM) • Aging Well Series: Mood and Aging (January 26th, 2023, 2 – 4 PM) 	<p>Contact Karen Fung at 416-480-6100 ext. 1658 or karen.fung@sunnybrook.ca</p> <p>Contact Kim Truong at kim.truong@sunnybrook.ca</p>
Unison Health & Community Services	<p>Health and Wellness Classes</p> <ul style="list-style-type: none"> • <i>Healthy Living Program</i> - biweekly, 10 sessions in-person with topics on high cholesterol, high blood pressure, chronic stress, obesity and high blood sugars • <i>Fitness Programs</i> – 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 	<p>To register, call Camille Machado – 416-787-1661 ext. 3231</p> <p>To register, call Kim Nguyen – 416-653-5400 ext. 1265 or kim.nguyen@unisonhcs.org</p>
Don Mills Family Health Team	<p>Virtual Health and Wellness classes on the following topic:</p> <ul style="list-style-type: none"> • Healthy Aging Lecture (occurs the 2nd Tuesday of each month, 1- 2 PM) 	<p>To register, call 416-444-6161</p>

Seniors Resources

Baycrest	The North Toronto Interprofessional Primary Care Team at Baycrest is working with VHA and the NT-OHT partners to provide COVID-19 and flu vaccinations in 22 Toronto Seniors Housing Corporation (TSHC) buildings. Physicians will receive notifications regarding their patients who received vaccinations and provided consent in the coming weeks	(416) 785-2500 ext. 4728 ipct@baycrest.org
Don Mills Family Health Team	<ul style="list-style-type: none"> • Healthy Aging Lecture (registration required) – 2nd Tuesday, monthly 1-2 PM (virtual) 	(416) 444-6161
SPRINT Senior Care	<p>Offers practical, low-cost services to seniors and their caregivers.</p> <ul style="list-style-type: none"> • Meals on Wheels & other food supports • Social Work support • Dementia Care • Toronto Ride Transportation • Virtual social, recreation, and exercise groups • In-home services • Caregiver support • Adult Day Program 	(416) 481-6411 ext. 1225 www.sprintseniorcare.org (416) 481-5250 www.torontoride.ca
Circle of Care	<p>Providing low-cost services to seniors (55+):</p> <ul style="list-style-type: none"> • Kosher and non-Kosher Meals on Wheels • In person: Home Care, End-of-Life Care, Adult Day Program, Case Management for Holocaust Survivors and Social Work • Virtual and In-person: Exercises Classes, Friendly Visitors, Caregiver Support, Phone Pal • iRIDE Plus Transportation (North of Highway 401) for rides and appointments to vaccination clinics at no charge 	(416) 635-2860 www.circleofcare.com 1-844-474-3301 www.irideplus.com
Vibrant Healthcare Alliance	<p>Seniors Achieving Greater Esteem (SAGE) – onsite</p> <ul style="list-style-type: none"> • Promotes the health and well-being of frail and/or isolated seniors by encouraging social engagement and independence • Interested participants must undergo on assessment <p>Occurs every other Thursday 2–4 PM at 2398 Yonge Street</p>	Call 416-486-8666 ext. 228 to register
Unison Health & Community Services	<p>Arthritis Pain Management Program (In-person at Lawrence Heights)</p> <ul style="list-style-type: none"> • 10 session program for clients who have a diagnosis of arthritis • Occurs every Monday and Wednesday from 10 AM-12 PM <p>Seniors Online (Virtual and In-Person)</p> <ul style="list-style-type: none"> • Are you interested in keeping up with digital technology? • Do you want to learn using digital device i.e., iPad to connect with families and friends? • Do you want to attend programs and meet your health care providers online? • Are you interested in working with teenagers to discover more digital knowledge? • Are you interested to share your life stories and wisdom with the younger generations? <p>If your answer YES to all of the above, sign up for the program TODAY!</p>	Contact Camille Machado – 416-787-1661 ext. 3231 Contact Albana Qatipii – 416-787-1661 ext. 3256

Mental Health, Substances Use & Addictions Resources

LOFT Community Services	Offering increased phone support, virtual appointments, service navigation, and resources to people experiencing mental health and addictions challenges during COVID-19 through The Access Point . Call Monday-Friday, 9 AM–4 PM	(416) 640-1934 www.theaccesspoint.ca
Central Toronto Youth Wellness Hub	Free mental health counselling service for youth and families. Walk-in is available for both in-person and virtually (phone/video) Hours: Monday – 10 AM-2 PM, Tuesday and Thursday – 2-6 PM, Wednesday – 3-6 PM, Friday – 10 AM-2 PM Note: Appointments are required to monitor and control for space	(416) 482-0081 ext. 5 https://lumenus.ca/
Family Navigation Project	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.	1(800) 380-9FNP (9367) FamilyNavigationProject.ca Email: familynavigation@sunnybrook.ca
Sunnybrook Rapid Access Addiction Medicine (RAAM) Clinic	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 st initial appointment must be seen in-person during our clinic times. Follow-up appointments can be available in-person or virtually (on Zoom). Peer Support Program: Join us for our virtual drop-in peer support group programs (Monday nights at 7-9 PM). Email for more details. Skills Building for Recovery Group: Join us for our virtual skills-building group (every 2nd, 3rd, and 4th Wednesdays of every month at 4-5pm) where you connect with others and learn about different skills/ topics to help support your recovery. To sign-up please visit the link: www.calendly.com/raamclinic or email us for more details. Please note: participants <u>must attend 1 mandatory orientation</u> session which occurs every 1 st Wednesday of every month at 4-5pm before joining our group.	Phone: 416-953-2475 Email: raamclinic@sunnybrook.ca www.sunnybrook.ca/raamclinic Clinic Location and Hours: Vibrant Healthcare Alliance (The Anne Johnston Health Station) Mon 5-7 PM Sunnybrook Health Sciences Centre (A-wing, Room A146) Wed 1-4 PM • Fri 9 AM-12 PM Sign up for an orientation session here: https://calendly.com/raamclinic/sunnybrook-addiction-recovery-groups-orientation
Toronto Distress Centre HELP line	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.	(416) 408-HELP (4357)
Toronto Seniors Helpline	Access a full range of services for seniors, including: <ul style="list-style-type: none"> • Help for seniors in crisis • Access to in-home care • Counseling over the phone • Support for caregivers 	(416) 217-2077 https://torontoseniorshelpline.ca
BounceBack	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.	Toll-Free: 1-866-345-0224 www.Bouncebackontario.ca
Togetherall (formerly Big White Wall)	24/7 online support from the peer community for adults and youth 16+ with mild/ moderate depression or anxiety; Anonymous; clients can self-refer.	https://togetherall.com/en-ca/

Vibrant Healthcare Alliance	<p>Harm Reduction Program & 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>(416) 486-8666 for hours of operation ruthe@vibranthealthcare.ca for information on Safer Use kits and supplies</p>
	<p>The Rapid Access Addiction Medicine (RAAM) at Vibrant Healthcare Alliance. Non-urgent walk-in clinic for those 18 years and older looking to access substance use supports (in person) Mondays: 5:00pm-7:00pm *Last walk-in accepted at 6:30pm*</p>	<p>(416) 953-2475 raamclinic@sunnybrook.ca www.sunnybrook.ca/raamclinic or (416) 486-8666 for hours</p>

Hope + Me – Mood Disorders Association of Ontario	<ul style="list-style-type: none"> • Telephone Peer Support (TIPS) Warm Line – 1-866-363-6663, Mon-Fri: 9:30 AM-5:00 PM • Virtual Peer Support Groups: General, Depression & Anxiety, Women, Men, BIPOC, Family Members, Youth & Young Adult, LGBTQ, Addictions, OCD, Bipolar, Neurodiversity, Courage and Compassion for Depression. Registration required. • virtual peer support group • WRAP (Wellness Recovery Action Plan program) for the Holidays – December 7th, 6–8 PM and December 8th 2–4 PM • Virtual one-on-one peer support and counselling: short term, goal focused up to 8 sessions. Intake required. • Virtual drop-in one-on-one support: one-off session various times during the week. First come first serve, registration required. • In-person peer support group: every Tuesday 2–4 PM • Virtual Youth and Young Adult specific programs: <ul style="list-style-type: none"> ○ Stop Drop and Talk: every Saturday 11 AM – 1 PM • Workshops: <ul style="list-style-type: none"> ○ Understanding Opioids in Later Life – December 22nd 1–2 PM ○ Understanding Cannabis & Alcohol in Later Life – January 23rd, 1–2 PM 	<p>(416) 486-8046 info@hopeandme.ca</p>
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MindBeacon	<p>Patients can access to 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"> • Therapist Guided Internet-Based Cognitive Behavioural Therapy • Protocols for over 12 mental health conditions • E-therapist who personalizes content to meet patient’s unique needs • 12 weeks of active therapy • 40 weeks access to content from the therapy 	<p>www.mindbeacon.com</p> <p>*NOTE: In most cases, MindBeacon is a reimbursable benefit through most insurance providers</p>
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Diabetes Resources

Vibrant Healthcare Alliance	<p>The program provides services and support for adults with Type 2 diabetes, pre-diabetes, and for those at high risk of developing diabetes. Counselling sessions over the phone or in person and facilitates monthly virtual group education workshops:</p> <ul style="list-style-type: none"> • Diabetes Management Workshop (virtual): December 13th, 2022 1-3 PM • Diabetes Prevention Workshop: December 20th, 2022 1-3 PM 	<p>416-486-8666 ext. 208 Fax: 416-486-8660 diabetesinfo@vibranthealthcare.ca</p>
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**SUNDEC –
Sunnybrook
Diabetes
Education**

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:

- Managing Type 2 Diabetes Module 1, 2 and 3 (*monthly; Tuesdays 9:30-11:30 AM*)
- Type 2 Diabetes as a Senior (*December 7th and 14th, 9:30-11:30 AM*)
- Eating the Mediterranean Way: Nuts, Seeds and Healthy Fats (*December 14th, 2-4 PM*)
- Prediabetes (*January 12th and 19th, 2023, 9:30-11:30 AM*)
- Craving Change (*January 27th, February 3rd, 10th and 17th, 2023, 2-4 PM*)

(416) 480-4805

sundec@sunnybrook.ca

**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

- *Virtual 6-week Weight Management Program*
- *Virtual presentations to assist with Diabetes management*

416-787-1661 Ext. 3303

Fatima.hortel@unisonhcs.org



CHEP+ Clinical Practice Guidelines Program

SGLT2i for Cardiac Protection in Patients with Heart Failure

Presented By:

Dr. Sheldon Tobe MD, FRCPC, MScCH (HPTE), FACP, FAHA
Division of Nephrology, Sunnybrook Health Sciences Centre

Moderated By:

Dr. Nader Hanna FRCPC, FACC, Cardiologist, KMH Cardiology Centres

Learning Objectives:

- Describe heart failure and its consequences
- Explain the rationale for the management of heart failure to include SGLT2i and the potential benefits
- Describe how and when to introduce SGLT2i for heart failure

December 1st, 2022 |

Online Presentation 7:00 – 9:00 PM EDT

Register Today: diane.hua@sunnybrook.ca

This Group Learning program has been certified by the College of Family Physicians for up to 6 MAINPRO+ credits. This event is an accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians & Surgeons of Canada and approved by the Canadian Cardiovascular Society. You may claim a maximum of 2 hours.

WRAP® for the Holidays!

Wellness During the Holidays

Hope + Me is offering free wellness training to patients of Sunnybrook Health Sciences Centre with a simple program called **Wellness Recovery Action Plan®** or **WRAP®**.

WRAP® for the Holidays is a free, two-hour virtual workshop to help individuals manage their health and wellness over the holiday season. Participants will learn about the WRAP® system and develop their own personalized wellness plans. **We offer your choice of two dates!**

Who is WRAP® for?

WRAP® for the Holidays is open to **anyone** who is a patient of **Sunnybrook Health Sciences Centre**. Participants must have access to secure Internet and a computer or smartphone. For privacy reasons please join from a safe and secure personal space.

Please note: Completion of this workshop does not apply to WRAP® Facilitator training.

Wednesday, December 7, 2022 - 2:00 pm to 4:00 pm

Thursday, December 8, 2022 - 6:00 pm to 8:00 pm

[Click or tap here to register for December 7!](#)

To register, just scroll down and click on the group or appointment type in the calendar image.

[Click or tap here to register for December 8!](#)

For more information contact:

Hope + Me TIPS line: (416) 486-8046 or toll-free 1-888-486-8236

E-mail: info@hopeandme.ca

About Hope + Me

Our motto and purpose are "Talk to someone who's been there." Hope + Me - Mood Disorders Association of Ontario is a leader in workplace education, group-based and one-on-one peer support for individuals living with mood disorders and their families. As an Ontario-wide, community-based organization, our efforts are guided by lived experience and belief in the ability of individuals and families affected by depression, anxiety, or bipolar disorder to recover and heal.





Workshops and Events

Date	Topic	Fees and Registration
December 2, 2022 7:55 – 9:15 AM	University of Toronto DFCM and OCFP Presents: COVID-19 Community of Practice – The latest on COVID, Influenza and Respiratory Viruses We will discuss the latest epidemiological trends in the province, antiviral treatments for influenza, new ILI centres in the province, COVID updates and more. As usual, we'll answer your questions and encourage you to submit these at registration to help us plan the session. Panelists: <ul style="list-style-type: none"> • Dr. Allison McGeer, Infectious Disease Specialist, Mount Sinai Hospital, Toronto • Dr. Daniel Pepe, London Lambeth Medical Clinic, London • Dr. Liz Muggah, Senior Clinical Advisor, Primary Care, Ontario Health; Family Physician, Bruyère Family Health Team, Ottawa 	Registration Details: https://us02web.zoom.us/webinar/register/WN_QvNmlxW-Re-Gk0Xqzlrizg
December 13, 2022 12 – 1 PM EST	In the Clinic: Putting evidence into audience-selected cases In this new and engaging webinar, Drs Mike Allan and Jennifer Young offer you 12 unique patients to choose from and discuss how clinical evidence informs our day-to-day practice. From the wheezy sick child, to male screening do's and don'ts, to the patient complaining of being "so tired," <i>In the Clinic</i> deepens your learning using regularly seen complaints and challenges in primary care with reflections on best evidence, newest guidelines, and clinical pearls. These one credit-per-hour group learning activities have been certified by the College of Family Physicians of Canada™ (CFPC) for up to one Mainpro+® certified credit per live webinar.	Registration Details: https://hopin.com/events/in-the-clinic-implementing-evidence-into-audience-selected-cases-a50f772a-8c83-4a55-9ea0-e68d78551d46
December 14, 2022 8 – 9 AM EST	Addressing overwhelm: How to set boundaries and prioritize self over practice Increased patient expectations and an overwhelming workload are two factors that have contributed to the heightened burnout rate in family medicine. Join your fellow physicians to discuss how self-compassion and setting boundaries can help you take better care of yourself, your peers and your patients.	Registration Details: https://www.ontariofamilyphysicians.ca/education-practice-supports/events/register?&eventID=60
January 27 & 28, 2023	2023 Family Medicine Summit Registration is now open for the 2023 Family Medicine Summit (FMS) , presented by the Ontario College of Family Physicians (OCFP). January 27 and January 28, 2023 Virtually Theme: Family Medicine: Today, tomorrow, and in the future, will focus on a range of important topics from culturally inclusive care to the anticipated impacts of an ageing family physician workforce. Join us to: <ul style="list-style-type: none"> • Hear from thought leaders and clinical experts on the topics that matter most • Maximize your learning opportunities with the flexibility to join live or learn later, with conference content available until July 31, 2023 • Learn together with your colleagues in a variety of formats, including keynotes, talks and panel discussions 	Registration Details: https://www.ontariofamilyphysicians.ca/education-practice-supports/conferences Earn up to 40 Mainpro+ credits



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