



East GTA Family Health Team

520 Ellesmere Rd, 6th Floor, Scarborough

For information and to register please call **647-693-7401**

Program Guide

	Title	Description	Duration	Target Audience
Diabetes	Diabetes	Nurse-led program focusing on managing your diabetes. Pharmacist and dietitians available. Most recent bloodwork is required.	45 min initial 1:1 appointments, follow-up as required.	Individuals with the highest A1c% will derive the most benefit.
	Living Healthy with Diabetes	Peer support workshop focusing on learning self-management skills and tools to manage diabetes.	6 sessions, 2.5 hr.	Individuals working to manage diabetes.
	Let's Talk about Diabetes	Group conversation discussing diabetes, blood sugars, emotional impact and supportive networking.	1 session, 1.5 hr.	Individuals working to manage diabetes.
	Living Well with Prediabetes	Educational session focusing on risk factors and lifestyle changes for preventing diabetes.	1 session, 3.5 hr or 1:1 appointments.	Individuals diagnosed with pre-diabetes.
Healthy Living	Smoking Cessation Program	Individual counselling sessions. Free Nicotine Replacement Therapy for those who qualify.	45 min initial 1:1 appointments, follow-up as required.	Individuals who are motivated to quit in the next 30 days.
	Weight Management	Weight management program focusing on goal setting, diet and exercise.	6 sessions, 2.5 hr or 1:1 appointments.	Individuals interested and motivated to lose weight.
	Chronic Disease Self-Management Program	Peer support workshop focused on learning new skills and tools to gain control over a chronic disease.	6 sessions, 2.5 hr.	Individuals living with a chronic disease such as pain, diabetes, depression, etc.
	Pain Management	Physiotherapist-led sessions to decrease pain and improve activities of daily living. Mental health programs led by social workers available to help with managing the psychological component of pain.	6-8 sessions, average 45-60 min 1:1 appointments.	Individuals living with pain.
	Kidney Wellness	To preserve kidney health through group education and individual interventions.	1 session, 2.5 hr or 1:1 appointments.	Individuals in the early stages or at risk for chronic kidney disease.
Heart Health	High Blood Pressure	Nurse-led program focusing on managing high blood pressure.	45 min initial 1:1 appointments, follow-up as required.	Individuals with high blood pressure.
	High Blood Pressure and High Cholesterol	Educational workshops, facilitated by dietitian and pharmacist. Focus on both prevention and treatment.	2 sessions, 1.5 hr.	Individuals interested in learning about dietary changes and medications to control and prevent heart disease.
Maternal Health	Low-Risk Prenatal Care (<20 week gestation)	Individual follow-up by nurses for low-risk pregnancies.	1:1 appointments.	Uncomplicated pregnancies <20 weeks.
	Prenatal Class	Nurse-led education class discussing changes in pregnancy, labour, breastfeeding and newborn care.	1 session, 3 hr.	Expectant mothers and support person.
	Postpartum Care	Individual follow-up by nurse after delivery.	1:1 appointments.	New parents.
Lung Health	COPD Program	Screening and assessment by nurses and a pharmacist.	45 min initial 1:1 appointments, follow-up as required.	Individuals diagnosed with COPD.
	Asthma Program	Asthma assessment and education with pharmacist (triggers, device technique, action plan).	45 min initial 1:1 appointments, follow-up as required.	Individuals diagnosed with asthma.
Mental Health	General Program Intake	Psychosocial team assessment to create collaborative care plan for group programs.	20 min.	Mild-to-Moderate mental health issues.
	Psychoeducation workshop	Education on mental health, stigma, stress, common mental health issues, causes, symptoms, self-care, and treatment options.	2 sessions, 2 hr.	Mild-to-Moderate mental health issues.
	Depression/Anxiety Management Group	Practical sessions to manage depression and anxiety symptoms using Cognitive Behavioral Therapy.	7-8 sessions, 1.5 hr.	Individuals experiencing depression/anxiety.
	Mindfulness Based Cognitive Therapy Group	Prevention of depression/anxiety relapse, stress reduction using mindfulness meditation exercises and cognitive therapy techniques.	9 sessions, 2 hr.	Individuals with history of depression, anxiety, or stress.
	Individual counselling	Short-term of psychotherapy offered if more support is needed after participation in group streams; support with referrals to other needed services in the community (ODSP, OW, community centres, mental health agencies, seniors support, case management, etc.).	90 min initial assessment, 45 min follow-up (up to 5 sessions).	Mild-to-Moderate mental health issues.
	Insomnia Program	Cognitive and behavioral therapy to reverse insomnia. Support is provided to reduce or stop the use of medications.	60 min initial assessment, 45 min follow-up (approximately 5 sessions).	Individuals who have chronic insomnia and would like a long term solution.
Seniors	General Intake/Assessment	Full assessment by occupational therapist or nurse, referral for groups, home assessment, or individual follow up with occupational therapist, pharmacist, dietitian, or social worker as needed.	1:1 appointments.	Individuals experiencing age-related changes who has questions or concerns.
	Falls Prevention Workshop	Educational workshop facilitated by our occupational therapist.	1 session, 1.5 hr.	Individuals who want to make their home safer and stay independent.
	Older Adult Exercise Program	Light exercise program, facilitated by occupational therapist, physiotherapist and nurse.	6 sessions, 1.5 hr.	Individuals aged 65+ with stable medical conditions.
	Memory and Aging Group	Interactive program, facilitated by an occupational therapist and nurse. \$10 fee for materials.	5 sessions, 1.5 hr.	Individuals aged 50+ who are interested. Must not have a memory impairment, i.e. dementia.
	Seniors Social Club	Social activities with seniors involving education and exercise.	1.5 hr session twice monthly.	Individuals aged 65+, drop-ins welcome.
	Home to Stay/Palliative Program	Maintain and manage patients' health at home through home visits, follow-up phone calls and care coordination until patient is transferred to long-term care or 24/7 palliative care. Partnership with SCHC for palliative journey.	Until placement into long term care or referral to 24/7 palliative care.	Individuals aged 65+ who meet program requirements. Please contact for more details.