



Upper Grand Family Health Team



Your Family Health Team's
FREE programs, services & groups:

FALL & WINTER 2023-24

Online registration available for select programs at www.uppergrandfht.org

CHRONIC DISEASE PREVENTION & MANAGEMENT

Ask your healthcare provider to get started

PROGRAMS & SERVICES	DESCRIPTION	LOCATION
ADDICTIONS SERVICES	Stonehenge offers support for individuals, friends and family, and service providers affected by substance abuse. Withdrawal support is also available for those 18+.	FHT Office or virtual Call: 1-844-722-2977
CHRONIC PAIN SUPPORT	Support to understand more about chronic pain and how to best manage it.	FHT office or virtual
DIABETES OR HEART HEALTH SUPPORT	Support from a dietitian or chronic disease nurse to optimize the management of diabetes or heart health.	FHT office or virtual
GERIATRIC & SENIORS CARE	Support for seniors to enjoy an enhanced quality of life, prevent injury and falls, promote independence and stay connected to the community.	FHT office, home or virtual
LUNG HEALTH SUPPORT	Support from a pharmacist or chronic disease nurse to optimize your COPD, asthma and other lung health issues.	FHT office or virtual
MEDICATION MANAGEMENT	Understand your medications for any condition, ensure your medications are working for you and address any other concerns.	FHT office, home or virtual
MENTAL HEALTH COUNSELLING	Support for people 13 years and older to improve coping and management of mental health concerns.	FHT office or virtual
NUTRITION SUPPORT	Support around food and eating for managing an illness, chronic disease, gut health, food allergies, feeding infants and children and more.	FHT office or virtual
OUTREACH SERVICES	Support for individuals living with complexity to draft a plan of action to live a healthier life (i.e. navigating health care, social services, income supports and other community programs).	FHT office, home/ community, or virtual
SMOKING CESSATION	Support for people who are ready to quit or reduce smoking.	FHT office or virtual
SUPPORTIVE & PALLIATIVE CARE	Nursing and social work support for patients and their families as they navigate serious illness, end-of-life, and bereavement.	FHT office, home or virtual
THERAPEUTIC EXERCISE & ACTIVITY SUPPORT	Support from a kinesiologist or occupational therapist to learn what types of movement or activities work best for your ongoing health concerns.	FHT office, home or virtual

EDUCATION & SUPPORT GROUPS

GROUP NAME	DESCRIPTION	HOW TO SIGN UP
CAREGIVER SUPPORT GROUP - ALZHEIMER'S	A support group for caregivers of those living with Alzheimer's disease and dementias to enhance understanding, find strategies and connect with others.	Call: 519-742-1422 x 2090
CAREGIVER SUPPORT GROUP - PALLIATIVE	A monthly support group facilitated by the supportive & palliative care team for those caring for a loved one with cancer or other complex illness.	Call 519-843-3947 ext. 117
CARE MAP WORKSHOP	Take a focused look at who is in your support network as a caregiver or person receiving care. Facilitated by our palliative social worker and Hospice Wellington.	Register online Or call 519-843-3947 ext. 123
INFANT FEEDING – BOTTLES AND BREASTFEEDING	Drop-in breastfeeding educator support for pregnant, breast or bottle-feeding parents. Most weeks at either the EarlyON Child and Family locations or the Upper Grand FHT. Check our website for location.	Drop-In! Or call 519-843-3947 ext. 123
MINDFUL EATING	Learn the benefits of mindful eating with a dietitian and mental health counsellor. Explore how to manage cravings & eat in response to natural cues.	Register online Or call 519-843-3947 ext. 123
RAISING HAPPY, HEALTHY EATERS	Join our registered dietitian to learn information & strategies to help you feed your kids confidently.	Register through the EarlyON website



Take our survey while you wait!

<https://uppergrandfht.org/survey/>