



Upper Grand Family Health Team



**Your Family Health Team's
FREE programs, services & groups:
FALL AND WINTER 2024-2025**

Learn more about our programs at www.uppergrandfht.org

CHRONIC DISEASE PREVENTION & MANAGEMENT

Ask your healthcare provider to get started

PROGRAMS & SERVICES	DESCRIPTION	LOCATION
<u>ADDICTIONS SERVICES (RAAM)</u>	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
<u>CHRONIC PAIN SUPPORT</u>	Support to understand more about chronic pain and how to best manage it.	FHT office or virtual
<u>DIABETES OR HEART HEALTH SUPPORT</u>	Support from a dietitian or chronic disease nurse to optimize the management of diabetes or heart health.	FHT office or virtual
<u>GERIATRIC & SENIORS CARE</u>	Support for seniors to improve quality of life, prevent injury and falls, discuss memory concerns, promote independence & stay connected to the community.	FHT office, home or virtual
<u>LUNG HEALTH SUPPORT</u>	Support from a pharmacist or chronic disease nurse to optimize your COPD, asthma and other lung health issues.	FHT office or virtual
<u>MEDICATION MANAGEMENT</u>	Understand your medications for any condition, ensure your medications are working for you and address any other concerns.	FHT office, home or virtual
<u>MENTAL HEALTH COUNSELLING</u>	Support for people 13 years and older to improve coping and management of mental health concerns.	FHT office or virtual
<u>NUTRITION SUPPORT</u>	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
<u>OUTREACH SERVICES</u>	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
<u>SMOKING CESSATION</u>	Support for people who are ready to quit or reduce smoking.	FHT office or virtual
<u>SUPPORTIVE & PALLIATIVE CARE</u>	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
<u>THERAPEUTIC EXERCISE & ACTIVITY SUPPORT</u>	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

Events Calendar: www.uppergrandfht.org/events/

GROUP NAME	DESCRIPTION	HOW TO SIGN UP
<u>CAREGIVER SUPPORT GROUP - ALZHEIMER'S</u>	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
<u>CAREGIVER SUPPORT GROUP - PALLIATIVE</u>	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
<u>HEART HEALTH - NUTRITION WORKSHOP</u>	Learn how food and nutrition can help to lower your cholesterol, manage your blood pressure, and help you recover from a cardiac event. Meet in a group setting with one of our registered dietitians.	Register Online Or call: 519-843-3947 x 123
<u>TIPS & TOOLS FOR SUCCESSFUL CAREGIVING WORKSHOP</u>	Caring for a family member or friend with a chronic condition can be physically and emotionally draining. In this 2-hour workshop, learn about the difference between stress and burnout, how to gain access to resources and the ability to create a social network of support, and strategies and resources to help you, the caregiver.	Register online Or call 519-843-3947 ext. 123
<u>INFANT FEEDING: BOTTLES AND BREASTFEEDING</u>	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
<u>RAISING HAPPY, HEALTHY EATERS</u>	Join our registered dietitian to learn information & strategies to help you feed your kids confidently.	Register through the EarlyON website



Take our survey!

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



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Fergus



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519-843-3947