



# 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](http://www.uppergrandfht.org)

## CHRONIC DISEASE PREVENTION & MANAGEMENT

Ask your healthcare provider to get started

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

GROUP NAME	DESCRIPTION	HOW TO SIGN UP
<b><u>CAREGIVER SUPPORT GROUP - ALZHEIMER'S</u></b>	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
<b><u>CAREGIVER SUPPORT GROUP - PALLIATIVE</u></b>	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
<b><u>HEART HEALTH - NUTRITION WORKSHOP</u></b>	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.	<a href="#">Register Online</a> Or call: 519-843-3947 x 123
<b><u>TIPS &amp; TOOLS FOR SUCCESSFUL CAREGIVING WORKSHOP</u></b>	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.	<a href="#">Register online</a> Or call 519-843-3947 ext. 123
<b><u>INFANT FEEDING: BOTTLES AND BREASTFEEDING</u></b>	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.	<a href="#">Drop-In!</a> Or call 519-843-3947 ext. 123
<b><u>RAISING HAPPY, HEALTHY EATERS</u></b>	Join our registered dietitian to learn information & strategies to help you feed your kids confidently.	<a href="#">Register through the EarlyON website</a>

**Take our survey!**  
<https://uppergrandfht.org/survey/>