



Upper Grand Family Health Team

Spring-Summer 2026

Your Family Health Team’s **FREE** programs,
services & groups

Learn more
about our
programs



www.uppergrandfht.org

PROGRAMS & SERVICES

Ask your healthcare provider to get started

PROGRAMS & SERVICES	DESCRIPTION	LOCATION
ADDICTIONS SERVICES (RAAM)	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 improve quality of life, prevent injury and falls, discuss memory concerns, promote independence & 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
TRANS CARE CLINIC	Family physician, nurse practitioner, and a registered nurse support for gender-affirming care, hormone therapy, and surgery assessments.	FHT office
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

WORKSHOPS & SUPPORT GROUPS

Events Calendar: www.uppergrandfht.org/events/

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.	Register Online or Call 519-843-3947 x 126
INTRO TO DIABETES AND PRE-DIABETES WORKSHOP	Living with pre-diabetes or Type 2 diabetes? Learn what it means to have diabetes and pre-diabetes and how you can manage it while still enjoying life to the fullest.	Register Online or Call 519-843-3947 x 126
HEART HEALTH - NUTRITION WORKSHOP	Learn how food and nutrition can help to lower your cholesterol, manage your blood pressure, and help you recover from a cardiac event.	Register Online or Call 519-843-3947 x 126

**INFANT FEEDING:
BOTTLES AND
BREASTFEEDING**



Drop-in breastfeeding educator support for pregnant, breast or bottle-feeding parents and caregivers. Thursdays from 1-2pm at EarlyON Child and Family Centre Fergus location (Skyline Community Hub: 900 Tower St, South Fergus, ON)

Drop-In! Check out EarlyON website for calendar updates.

**Infant Feeding Drop-In is
back at Fergus EarlyON
starting April 16th 2026!**



RAISING HAPPY, HEALTHY EATERS	Join our registered dietitian to learn information & strategies to help you feed your kids confidently.	Register through the EarlyON website
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