



Newsletter

Holiday Newsletter – December 2023

[CLICK HERE TO VIEW NEWSLETTER](#)

Clinic Reminders

We will continue with regular and urgent-care clinics throughout the holidays, but will be closed on the following days:

- Monday, December 25 – Christmas Day
- Tuesday, December 26 – Boxing Day
- Monday, January 1, 2024 – New Year's Day

[Click here](#) for our updated hours of operation.

Inside This Issue

PG. 2: Holiday Message

PG. 3: Patient Health Needs Survey

PG. 4: How to Book Your Appointment Online

PG. 5: Holiday Safety Tips

PG. 7: Contact Us



HAPPY
Holidays

The Toronto Western Family Health Team would like to wish you and your loved ones a safe, healthy and happy holiday season. Thank you for partnering with us in your care.

Best wishes in the New Year

Patient Health Needs Survey

Join us in shaping the future of our health promotion initiative!

We value your input as a member of the TW FHT community. We are inviting you to take a survey as part of a project to learn more about your health needs. Your feedback will help us create educational sessions or workshops that focus on health topics that matter most to you. Different health professionals (e.g., nurses, pharmacists, social workers, physicians) will run these workshops at our clinic.

To participate, please [click here](#). This will give you access to the electronic consent form and the survey. It will only take about 5-7 minutes, and your answers are confidential and anonymous.

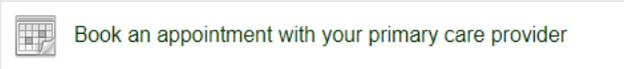
If you have any questions, feel free to contact us at navaldeep.kaur@uhn.ca.

Thank you for your time and contribution!

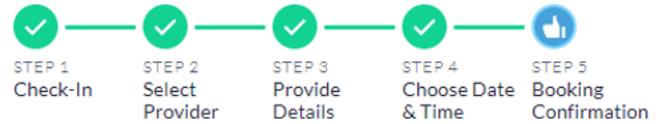


How to book your appointment online

With your primary care provider (family doctor or nurse practitioner):

1. Go to www.twfht.ca
2. Click on your site tab: Bathurst
3. Then, click on:

4. Make sure that the appointment type you need is available with online booking. You cannot book your appointment online for:
 - Counselling, physicals, well-baby visits or procedures
5. Click on 
6. Once you click on 'Book an Appointment', you will be taken to a new web browser with "Ocean" written at the top.
7. Fill out your information as it written on your health card.
8. Important reminders:
 - ✓ Include your full first and last name (as it is written on your health card)
 - ✓ Type your health card number. DO NOT include the 2-letter version code.

9. Continue to fill out all the information until you reach Step 5 - Booking Confirmation:



Booking Confirmation

Your appointment is scheduled for:

Tuesday, November 14, 2023 - 9:15 AM with Dr.

Toronto Western FHT -Bathurst
440 Bathurst St
3rd Floor Toronto, ON M5T 2S6

416-603-5888
twfht.ca

Print Confirmation

Add to Google Calendar

Download ICS

Visit Preparation

If you need to cancel, please use the cancellation link in the email you will receive after booking.

Next

What if I still need help with booking my appointment online?

- [Click here](#) for step-by-step instructions
- Join our *Learning Technology: TW FHT Tech Tips Workshop* on January 22, 2024. [Click here](#) to learn more about this workshop and register online.

Holiday Safety Tips

The Holiday Season can be a very busy and happy time! But things like holiday decorations, new toys or holiday parties can also bring risks. Stay safe by knowing how to manage the health or safety hazards of holiday items you bring into your home.

- ✓ [Holiday Safety](#) - City of Toronto
- ✓ [Tips for Holiday Safety](#) – Government of Canada
- ✓ [12 Days of Holiday Safety](#) – Government of Canada

Staying Healthy in Cold Weather

Visit the city of Toronto's [Staying Healthy in Cold Weather](#) to learn about:

- Staying Warm
- Cold-Related Injuries & Illnesses
- People at Risk of Cold Related Illness
- Toronto's Cold Weather Response Plan
- Extreme Cold Weather
- Cold Weather Plans for Groups & Organizations





STAY WARM THIS WINTER

Exposure to extreme cold weather can be harmful to your health. Follow these tips to stay warm, dry and healthy this winter.

DRESS IN LAYERS

Wear warm hats and mittens, waterproof and windproof outer layers, and waterproof boots.



WARM UP

If outdoors during colder weather, take regular breaks in heated buildings such as libraries and malls.

COVER EXPOSED SKIN

Cover as much exposed skin as possible to prevent frostbite.



CHECK ON OTHERS

Check on (e.g. call/text) family, friends & neighbours – especially seniors living alone – to make sure they're staying warm.

STAY DRY

If you get wet, change into dry clothing as soon as possible to prevent hypothermia.



STAY ACTIVE & SAFE

Wear comfortable boots with a wide, low heel and bright-coloured clothing in snowy weather. Tell friends & family where you will be going for outdoor activities.

PLAN AHEAD

Check the weather report. Limit time outside or reschedule outdoor activities if severe weather is forecast.



WATCH OUT

If you see someone outside in need of help due to extreme cold weather, call 311. In an emergency, call 911.

Contact Us



Phone: 416 603 5888



Website: twfht.ca



Location

Bathurst Site: 440 Bathurst Street



Do you have feedback about our newsletter?

Do you want to learn more about other health education topics?

If so, [click here](#) to give us your feedback