

Upcoming Health Education Workshops



Toronto Western
Family Health Team

Garrison Creek
Bathurst

TW Family Health Team **Winter 2024 Health Education** FREE workshops & easy online registration

Feb

7

5:30 pm

Sleep Therapy: Part I

Techniques to Improve Your Sleep: Are you having trouble sleeping, such as falling or staying asleep? This 2-part workshop is for patients and caregivers interested in learning about strategies to improve their sleep without medications.

Presented by Jadie (Pharmacist) & Laurel (Social Worker).
Online Workshop: [click here to register](#)

Feb

21

5:30 pm

Sleep Therapy: Part II

Cognitive Behavioural Therapies for Insomnia and Relaxation Techniques: Sleep therapy includes stimulus control, sleep restriction therapy, muscle relaxation, and cognitive behavioural therapy strategies. Join us for Sleep Therapy Part II.

Presented by Jadie (Pharmacist) & Laurel (Social Worker).
Online Workshop: [click here to register](#)

Feb

12

6 pm

Let's Quit or Reduce Together

Have you thought about quitting or reducing how much you smoke but you don't know where to start? Do you want to learn how to reduce or quit smoking?

Presented by Lillian (Respiratory Therapist) & Patty (Registered Nurse). Online workshop: [click here to register](#)

Feb

**20
& 22**

Let's Talk About Menopause

This workshop has been co-designed with a patient partner, someone with lived experience of menopause. It will cover not only common signs and symptoms of menopause but also helpful real-world strategies for living well during this natural, healthy life transition.

Presented by Allison (Nurse Practitioner) and a Patient Partner.
Join us online for our Lunch Workshop - February 20 at 12 pm or join us for our Evening Workshop - February 22 at 7pm. [Click here to register](#)

Visit our website for more information and take a closer look at our Health Education Workshops Calendar

www.twfht.ca



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Feb

21

12 pm

Managing Your Child's Cold & Flu Symptoms

Do you have a young child and want to feel prepared to deal with their cold and flu symptoms? Join this 1-hour virtual workshop to learn about homecare measures for common cold and flu symptoms and understand when to seek medical care.

Presented by Natasha & Adrienne (Registered Nurses)

Online Workshop: [click here to register](#)

Feb

28

2 pm

Vaccines in Adults 50+

Are you an adult over 50 years of age and looking for accurate & reliable information on the current vaccines? Join us for this 1-hour workshop to learn about which vaccines are recommended for you and discuss ways to reduce anxiety when receiving vaccines. We will also discuss common vaccine fears and misconceptions.

Presented by Alexandra (Social Worker), Amy (Registered Nurse), Samantha (Social Worker) & Dr. Sparrow (Family Doctor)

Online Workshop: [click here to register](#)

March

7

5:30 pm

This House Has Good Bones

Are you an older adult or caregiver that wants to learn about osteoporosis? Do you want to learn why maintaining good bone health is important? This online workshop will review strategies like exercise and nutrition to help you maintain good bone health. We will also discuss how to prevent prevent and manage osteoporosis.

Presented by Julie (Physiotherapist), Sarah (Dietitian) & Dr. Gelber (Family Doctor)

Online Workshop: [click here to register](#)

Visit our website for more information and take a closer look at our Health Education Workshops Calendar

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HEALTHY EATING

Join us this Winter for our **FREE**
Healthy Eating
Virtual Workshops

Thursdays 12-1 pm
Online on MS Teams

TOPICS

Nutrition for a Healthy Heart (Feb 8)

Balanced Eating Basics (Feb 22)

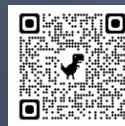
Understanding Food Labels (March 7)

Mindful Eating (March 28)

Click on the topics listed for more information
All workshops open to the public

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look at our Health Education Workshops Calendar

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HEALTH EDUCATION MENTAL HEALTH *Series*



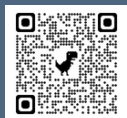
MONTHLY ON WEDNESDAYS AT 6PM

Join Psychiatrist Dr. Hussein Hirjee every month for his Mental Health Virtual Series.

This workshop series will give you an overview of mental health disorders, basic treatment options and self-care strategies.

Visit our website for more information and take a closer look at our Health Education Workshops Calendar

twfht.ca



Mental Health Virtual Series

FACILITATED BY DR. HIRJEE, PSYCHIATRIST



ASK A PSYCHIATRIST ANYTHING (FEBRUARY 28)

An open hour with Dr. Hussein Hirjee, Psychiatrist at the Toronto Western Family Health Team's Garrison Creek Site. This is an interactive and informal workshop.

- Ask any questions related to mental health
- You will have the opportunity to ask questions ahead of time or ask questions during this workshop



DEALING WITH DEPRESSION (MARCH 27)

An overview of Major Depressive Disorder including signs and symptoms, treatments and self-care strategies.

- Gain a better understanding of depression as a disorder
- Learn about treatments for depression including antidepressant medications and psychotherapy
- Review self-care strategies and other options for managing depression



ADDRESSING ANXIETY (APRIL 24)

An overview of different anxiety disorders including signs and symptoms, treatments and self-care strategies.

- Learn about different anxiety disorders including generalized anxiety, social anxiety, specific phobias, OCD and PTSD
- Review basic treatment options for anxiety including medications and psychotherapy
- Review self-care strategies and other options for managing anxiety



ALL ABOUT ADHD (MAY 29)

An overview of ADHD (Attention-Deficit/ Hyperactivity Disorder) including signs and symptoms, historical changes, current controversies, and management strategies.

- Gain a better understanding of ADHD as a disorder
- Learn about changes in the conceptualization of ADHD over time
- Review management strategies including medications and other options

