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We Are  Here For You

It is hard to believe that it has been over three months since the World Health Organization declared COVID-19 a pandemic. Much has changed since, and we have seen the impact in our daily lives as well as globally.

It has especially been a difficult time for those of us who experience health and mental health challenges, isolation, losing

loved ones, racism, financial hardship, and housing issues. The problems of inequity and suffering in our society have become more amplified and exposed.

Please know that we are here for you if you need support. Our team will work together and with community partners to support your wellbeing.



Appointment Tips

- **For urgent appointments, call us at 416-603-5888.** Please call us until you reach someone at the reception. We thank you for your patience.
- **For non-urgent appointments and questions, you can [message us](#) through our webpage.**
- **No walk-in appointments – please call to book an appointment**
- **We are not doing periodic health examinations** (as known as annual physical or yearly check-up) at the moment. If you have concerns about your health, please make a regular appointment.

Most of our appointments are still virtual so we can keep you safe

- Your first appointment with a doctor for any medical concern will always be virtual (phone or videocall).

- We will book an in-person appointment if a doctor determines that you need an in-person visit during the virtual visit. We will ensure that it is as safe as possible.
- Your appointment with other healthcare providers (dietitian, social worker, pharmacist etc.) may be by phone or videocall.

You can find the [virtual visit instruction](#) on our website.

What to expect when you enter the clinic

- We are screening everyone before they come into the clinic.
- Come a few minutes early, so you have time for screening questions and make your appointment on time.
- Don't arrive too early. If you do, we might ask you to come back closer to your appointment time.

Come to your visits alone to keep others safe

- o For baby and child visits, only one parent can attend. No siblings are allowed.

Please inform reception if a support person needs to come with you when you book your appointment. Otherwise, your family or support person will not be allowed into the clinic.

Always check [our website](#) for the most up-to-date information



Welcome Drs. Mariam Deria and Sophie Bourgeois!

We are continuing to grow as a clinic and [accepting new patients](#). Let your family and neighbours know if they are looking for a family doctor. They can register on [our website](#) or call us at 416-603-5888 extension 3.

We are excited to welcome two exceptional doctors to our team this summer.

Dr. Mariam Deria completed medical school at McMaster University and her family medicine residency at the University of Ottawa. She joins the Garrison Creek team permanently after working with us covering for Dr. Rory O’Sullivan’s parental leave.

Dr. Mariam Deria is passionate about comprehensive family medicine and has special interests in urgent care, inpatient care and mental health. She is also dedicated to teaching and training, and has been a clinical teacher for medical students and residents. When she is not at the clinic, she enjoys travelling, hiking, Zumba and spending time with family and friends.

Dr. Sophie Bourgeois received her BHSc from the University of Ottawa and completed medical school at the University of Calgary. She returned home to Toronto to finish her residency in

Family and Community Medicine at the University of Toronto and completed a three-month fellowship in Palliative Care at the Toronto Western Hospital.

Dr. Bourgeois has experience working in sexual and gender health, such as family planning and LGBTQ care, as well as working with new immigrants. She is well-versed in managing complex medical conditions.

She went into family medicine to provide empathetic care to those who need it most. She is excited to return to the neighbourhood she grew up in by joining our clinic.



QUICK, HIRE ONE.

Anti-Black racism happens here. Let's confront it. torontoforall.ca

OCASI
Ontario Council of Agencies Serving Immigrants



Anti-black racism and racism

As part of UHN, Toronto Western Family Health Team is committed to promoting the advancement of racial equity by identifying, preventing and eliminating systematic racism in service, employment and learning environments. We recognize our role in combating racism and anti-black racism at the Toronto Western Family Health Team.

[Anti-black racism and racism community resources](#)

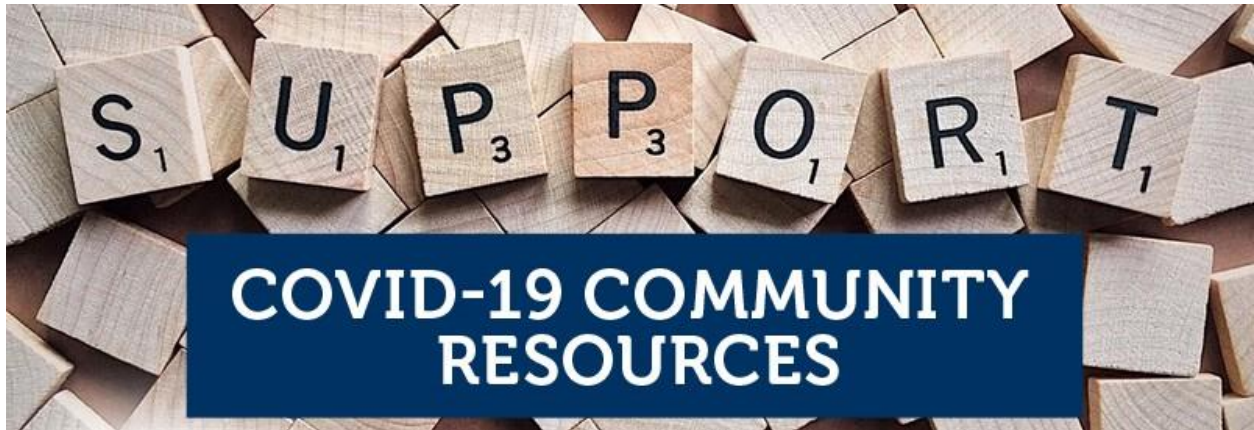
You can find community resources to understand and confront anti-black racism and racism on our website. Some resources include:

[Article on how to confront racism in everyday life](#)

[Black Health Alliance](#)

[Housing Security for Black Tenants](#)

[Black Community Supports and Resources](#)



We have updated more [COVID-19 specific patient education and community resources](#) on our website. Some new resources include:

[Mental Health, Wellness and Addictions Support](#)

[Eating habits during COVID-19 pandemic](#)

[Free ParticipACTION app](#)



[Ebooks and Audio Books - UHN Patient and Family Libraries](#)

Have you checked out the collection of [free ebooks and audio books](#) from our patient and family libraries? Find health and wellness information you can trust. Call 416-603-6277 or email tgpen@uhn.ca to get an access code.

STAGE 2 MEANS WE CAN:

- Get a haircut or manicure
- Dine on a restaurant patio
- Go shopping at a mall
- Visit a splash pad or pool

STAY SAFE & PROTECT EACH OTHER:

- Stay 6 feet, or 2 metres apart
- Always stay home if you are sick
- Frequently wash your hands
- Ensure you wear a mask in indoor public settings

TORONTO.CA/COVID19

TORONTO Public Health

Summer and COVID-19

As we are well into the summer and Toronto goes into phase 2 of reopening, we are spending more time outside and have more interactions with others. Although our collective effort has made the overall numbers go down, the risk of catching COVID-19 is still high.

Please continue to practice **hand washing**, and **physical distancing** and **mask wearing** in public. When going outside **drink water** to stay hydrated and **protect your skin**. **Plan ahead** so you have access to a bathroom.

The Toronto Western Family Health Team at Garrison Creek site wishes you a safe and healthy summer, and Happy Canada Day!

Contact us

Phone: 416 603 5888

Website: twfht.ca

Location

Garrison Creek Site: 928 St. Clair Avenue West

