



Toronto Western
Family Health Team
*Garrison Creek
Bathurst*

TW FHT Newsletter

October 2025

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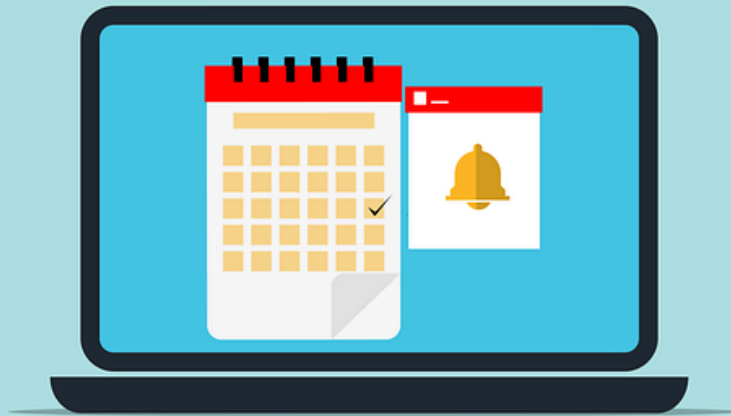
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Clinic Updates & Reminders

Online Booking Tips with the TW FHT



Booking Appointments on our Website

You can conveniently book appointments online with your Primary Care Provider or with a Nurse* through our website. Here is how:

1. Visit twfht.ca.
2. Click on the top tab for your clinic site: Bathurst or Garrison Creek.
3. Scroll down and select either: 'Book an appointment with your primary care provider' or 'Book an appointment with nursing*'
4. Follow the instructions provided to complete your booking with the information on your health card.
5. Please select the correct appointment type when booking your appointment.

*Please note: If you book an appointment for a service not listed for a nursing appointment, your appointment may be cancelled.

[How to book an appointment online from our website.](#)

Online Booking Links

You may also book appointments with other interprofessional health care providers and programs when an online booking link is sent to you by email. Here is how:

1. Copy and paste the online booking link onto a new browser.
2. Follow the instructions provided to complete your booking with the information on your health card.
3. Please select the correct appointment type when booking your appointment as outlined in the email sent to you.

[How to book an appointment online using an online booking link.](#)

Important Reminders

When booking appointments online, please make sure to select the **correct appointment type**. Choosing the wrong appointment type may result in your appointment being **cancelled**, which could lead to **delays in your care**.

If you need help with online booking or have questions, feel free to contact our clinic at 416-603-5888.

Online Resources:

[How to Book an Appointment Online](#)

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Flu Shot Clinics



The TW FHT will be offering Flu Shot Clinics
at the end of October.

When available, our clinic will offer regular and high dose flu shots for anyone **6 months of age and older**. Patients will be able to book their flu shot appointment online 72 hours before the flu shot clinic date.

Check our website for flu shot updates and vaccine availability.

[Learn more about Flu Shot and RSV Clinics at TW FHT](#)

Due to the high demand of flu vaccines and limited supply provided to us, we encourage you to get your flu shot at your local pharmacy or TPH Clinic.

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RSV Clinics



Starting in October, the TW FHT will also be offering RSV Clinics to eligible patients.

Eligibility criteria for the RSV injection or vaccination at TW FHT includes:

- Babies and newborns born on or after April 1, 2025, and less than 8 months of age
- Children less than 24 months of age who meet high risk criteria
- Adults aged 75 years and older who have not received a previous RSV vaccine
- High-risk adults 60 to 74 years old who have not received a previous RSV vaccine

[Learn more about eligibility criteria for the RSV vaccine and injection.](#)

How to book an appointment for your RSV vaccine:

Babies and newborns: An email has been sent to eligible babies and newborns.

- If you did not receive an email, and think your baby or newborn may be eligible, call our clinic and ask to speak to a member of our nursing team.

Young children: Children less than 24 months of age who meet high risk criteria will be contacted in October to schedule an appointment for the RSV injection.

- If you do not receive a call and believe your child is eligible, please call the clinic and speak to a member of our nursing team.

Adults:

- Adults aged 75 and older may book their RSV vaccine appointment online* or call the clinic at 416-603-5888 if unable to book online.
- High-risk adults 60 to 74 years old: please review the high risk criteria. If you think you are eligible and have not previously had a RSV vaccine you must call the clinic at 416-603-5888 and ask to speak to a member of our nursing team in order to book your appointment.

[Check our website for full RSV Clinic details.](#)

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Health Promotion: Health Topics

Stroke Risk and Prevention

Know the signs of STROKE

F **Face**
is it drooping?

A **Arms**
can you raise both?

S **Speech**
is it slurred or jumbled?

T **Time**
to call 9-1-1

Beat stroke, call 9-1-1 FAST

© Heart and Stroke Foundation of Canada, 2023

October 29th is World Stroke Day

What is a Stroke?

A stroke happens when blood flow to part of your brain is blocked, which damages brain cells. The effects of a stroke depend on which part of the brain is affected and how much damage there is.

Signs of stroke:

- Vision changes - blurred or double vision
- Sudden severe headache - usually accompanied by some of the other signs
- Numbness - usually on one side of the body
- Problems with balance

Stroke is a medical emergency. If you experience any of these signs, call 9-1-1. Do not drive to the hospital. An ambulance will take you to the closest hospital that provides urgent stroke care.

Stroke Risk and Prevention

Preventing stroke and heart disease begins with understanding your risk. 9 out of 10 Canadians have at least one risk factor for these conditions. Nearly 80% of early strokes and heart disease can be prevented by adopting healthy habits. This means that eating well, staying active, and not smoking can greatly improve your health.

Lifestyle risk factors:

- Having an unhealthy diet
- Not exercising enough
- Unhealthy weight
- Smoking
- Drinking too much alcohol
- Birth control and HRT
- Recreational drug use
- Stress

[Learn more about lifestyle risk factors](#)

Conditions that are risk factors:

- High blood pressure
- Diabetes
- Atrial fibrillation

Risk factors you cannot control:

- Age - the older you are, the higher your risk of stroke.
- Sex - your risk increases after menopause.
- Family and medical history - if you have a close relative who has experienced a stroke or TIA (mini-stroke) at an early age, you are at increased risk.
- Heritage - People of Indigenous heritage, African or South Asian heritage have a higher risk of stroke.

- Personal circumstances - things like access to healthy food, safe drinking water, health services and social services have an influence on your health.

[Learn more about risk and prevention](#)

Online Resources

- [World Stroke Organization](#)
- [Heart and Stroke](#)
- [Preventing Another Stroke](#)
- [Prevention Steps and Strategies](#)

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Understanding ADHD



October is ADHD Awareness Month

ADHD, which stands for **Attention-Deficit/Hyperactivity Disorder**, is a long-lasting condition that affects the brain's development.

It affects about 5 to 9% of children and 3 to 5% of adults.

Adult ADHD can present very differently in different people. But, everyone who has ADHD is impaired, or has more difficulty than normal, with regulating their attention or focus. This is often referred to as inattention.

ADHD is the most common brain-related disorder in children and can affect anyone, regardless of their ethnicity or economic status. It is highly genetic, meaning it often runs in families, similar to how height is inherited (about 75%).

Types of ADHD

1. **ADHD, combined.** This is the most common type. A person with this type is impulsive and hyperactive. They also have trouble paying attention and are easily distracted.
2. **ADHD, impulsive/hyperactive.** This is the least common type of ADHD. A person with this type is impulsive and hyperactive. But they don't have trouble paying attention.
3. **ADHD, inattentive and distractable.** A person with this type is mostly inattentive and easily distracted.

About ADHD

- ADHD is not a sickness or disease.
- ADHD is not just a childhood issue.
- ADHD is not caused by poor parenting.
- ADHD does not affect how smart you are.
- ADHD is not caused by too much screen time.
- ADHD is not caused by eating too much sugar.

Symptoms and Impairments

- Hyperactivity
- Executive Functions:
 - Attention
 - Organization/time management
 - Self-Regulation/Self monitoring
 - Impulsivity

- Working memory
- Processing speed
- Flexibility/rigidity
- Emotional Regulation

Treatment for ADHD

Treating ADHD usually involves using multiple methods together. These methods can work well with medication, but they can also be helpful on their own.

ADHD medication is safe and effective. While it doesn't cure ADHD, it helps reduce many of the symptoms while you are taking it. There are two types of medications used to manage ADHD medication:

- Stimulant medication
- Non-stimulant medication

For more information on medication please speak with your primary care provider.

Here are some simple healthy habits that can improve brain function:

- Regular aerobic exercise
- A healthy, balanced diet, high in proteins
- Good sleep habits

Other non-medication treatments for ADHD include:

- Cognitive Behaviour Therapy (CBT)
- ADHD Coaching
- Mindfulness

Reviewed by Psychiatrist, Dr. Hirjee

balanced meals and snacks are and learn how healthy eating can reduce the risk of disease.

[Sign up for this workshop](#)

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Preventing Falls: Staying Strong and Steady

In-person at Garrison Creek site



Have you had a fall or are you afraid of falling? Are you curious to learn what you can do to prevent a fall?

Join us for this in-person interactive information session to learn about falls, what contributes to falls and ways you can prevent falls.

This is not an exercise class. Spaces are limited.

[Sign up for this workshop](#)

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Click Wisely: How to Find Reliable Health Resources (Online)



Many people use the internet to find health information for themselves, family or friends. There is a lot of good quality health information online, but, be careful not to trust everything you read.

Join this workshop to learn how to get reliable health information online.

Sign up for this workshop

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Advance Care Planning (Online)



Have you thought about what is important to you when it relates to your health and personal care? What if you are not able to make decisions about your health? Who would be the best person to make these choices for you?

Join this workshop to learn how to plan for the future.

[Sign up for this workshop](#)

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Mindful Eating (Online & In-person)



Do you struggle with emotional eating? Are you wanting to have a healthier relationship with food? Join this workshop to

learn what mindfulness is and how to practice eating mindfully.

This workshop will be available in a hybrid format, this means you can attend in-person (at our Garrison Creek site) or online. Sign up below.

Sign up for the online workshop

Sign up for the in-person workshop

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Recognizing and Managing Stress (Online)



Are you feeling stressed? Do you want to learn how to recognize and manage your stress?

Join us for our stress management workshop to learn more about stress, how it affects you and how you can better manage the stress in your life.

Sign up for the online workshop

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Dialectical Behaviour Therapy (DBT) Skills (Online)



Dialectical Behaviour Therapy (DBT) is a type of psychotherapy that helps people manage strong emotions, problem behaviours, and relationship challenges, by teaching different skills and strategies.

Join Psychiatrist, Dr. Hirjee for this 2-part online series for an introduction to DBT - Dialectical Behaviour Therapy.

Important information about this workshop:

- Spaces are limited
- Attendance for both workshops is encouraged, but not mandatory.

Sign up for this workshop

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External Partners

Toronto Public Library

With [Toronto Public Library \(TPL\)](#), you have access to a range of services across with your library card, whether you're looking for entertainment, information or educational resources. TPL also has a variety of computer and digital services.

If you need access to a computer or Wi-Fi, TPL can help you.

[TPL locations and hours.](#)

www.twfht.ca

Visit our website for clinic updates &
up-to-date health information

Do you have feedback about our newsletter?
Do you have ideas about other health topics?



[Submit your feedback here!](#)