

Toronto Western
Family Health Team
*Garrison Creek
Bathurst*

TW FHT Newsletter

December 2025

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Clinic Updates & Reminders

Holiday Hours Update

As the holiday season approaches, we want to ensure you are aware of the changes to our operational hours during the holiday season so you can plan your visits.

Holiday Schedule

Mon Dec 22: 9:00 am to 8:00 pm

Tues Dec 23: 9:00 am to 8:00 pm

Wed Dec 24: **Reduced hours** 9:00 am to 1:00 pm

Thurs Dec 25: **CLOSED**

Fri Dec 26: **CLOSED**

Mon Dec 29: 9:00 am to 8:00 pm

Tues Dec 30: 9:00 am to 8:00 pm

Wed Dec 31: **Reduced hours** 9:00 am to 1:00 pm

Thurs Jan 1: **CLOSED**

Fri Jan 2: 9:00 am to 5:00 pm

Urgent Care Clinics:

Sat Dec 27: 9:00 am to 3:00 pm

Sat Jan 3: 9:00 am to 8:00 pm

Regular hours resume on **Monday January 5th, 2026.**

Hours of Operation

We encourage you to reach out ahead of time if you have any questions. Thank you for your understanding, and we wish you and your loved ones a safe and joyful holiday season!

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Masking Update



As of **November 18, 2025**, Patients, Family Members, Caregivers and Visitors (who can tolerate masking) are required to wear a mask when receiving care and waiting for care. This means:

- Masks must be worn in the waiting rooms
- Masks must be worn in exam and consult rooms when seeing a provider

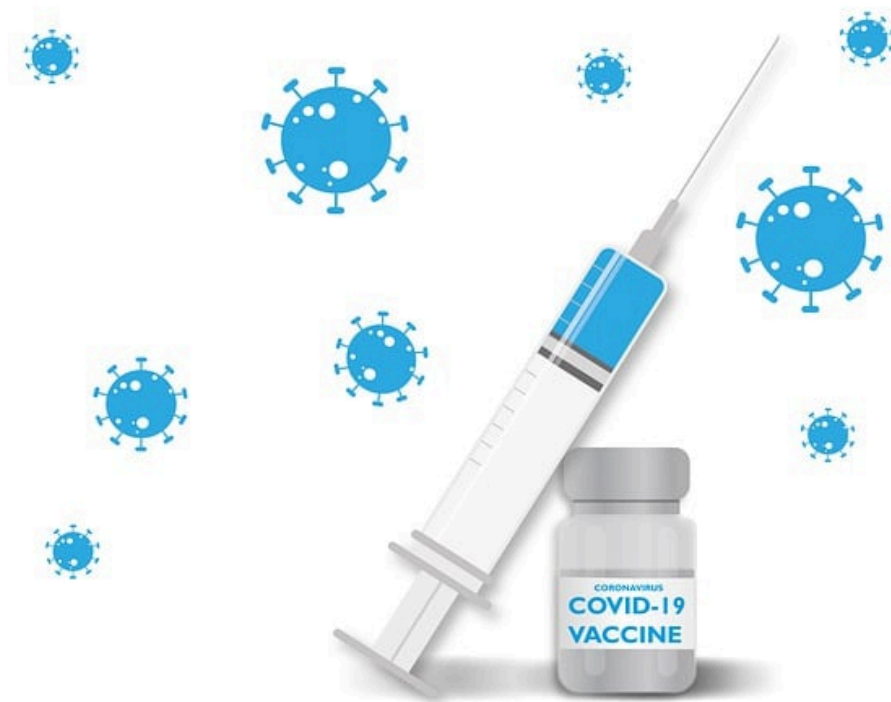
Wearing a mask is encouraged, but not required, in public spaces, including lobbies, elevators, and corridors.

For more information and frequently asked questions:
[Masking at UHN.](#)

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Health Promotion: Health Topics

COVID Vaccine Recommendations



COVID-19 is a respiratory illness that can cause mild to severe illness, with similar symptoms to the flu and Respiratory Syncytial Virus (RSV). Getting your annual COVID-19 vaccine is the best way to remain protected against the most severe outcomes of COVID-19 infection, including hospitalization and death.

Everyone aged 6 months of age and older who lives, works or goes to school in Ontario may receive their COVID-19 vaccine. [Ontario Health](#)

Below are the NACI (National Advisory Committee on Immunization) recommendations for the COVID-19 vaccine.

Who should get an annual COVID-19 booster?

Recommended for:

- Adults 65 years and older
- People 6 months and older who are:
- Living in long-term care or group settings
- Have medical conditions that increase risk of severe COVID-19
 - Are pregnant
 - Are part of First Nations, Inuit, or Métis communities
 - Are healthcare workers or caregivers
 - Belong to racialized or equity-denied communities

Optional for:

- Everyone else 6 months and older — you *may* choose to get the vaccine.

[Visit our website for more COVID-19 vaccine information](#)

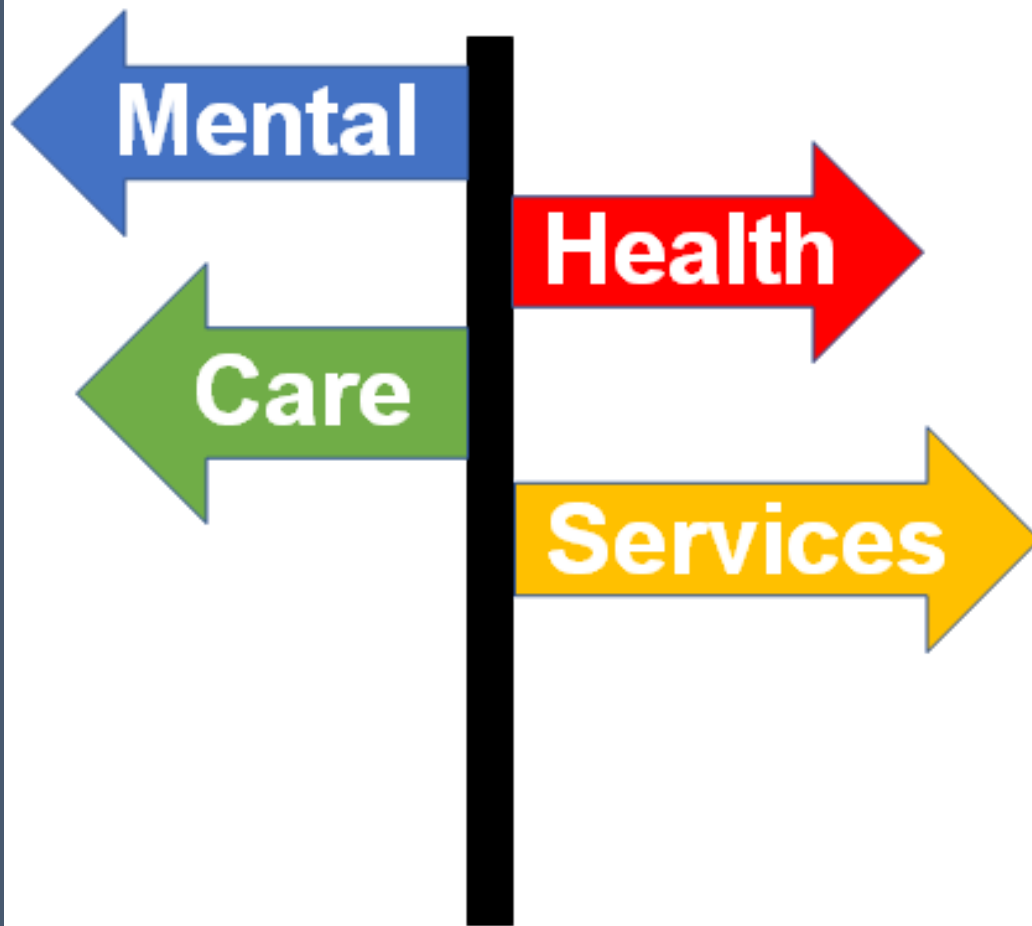
Online Resources

- [NACI Recommendations](#)
- [Ontario Health](#)

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Upcoming Health Education Workshops December 2025

Learning About Mental Health Care Services



Are you struggling with your mental health or living with someone who has mental health problems and don't know where to find help? The mental health care system in Ontario is complex and can be challenging to find what you need.

Sign up for this workshop

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Footcare for Seniors (Online)



Foot pain may keep you from enjoying life and staying active. Feet that are healthy and pain free contribute to your safety and independence. Come join us for this workshop to learn about how you can properly take care of your feet to maintain good quality of life.

[Sign up for this workshop](#)

January 2026

Mental Health Series

Take a Break for Your Mind!

Join us in January, **Wednesdays from 12:00 to 1:00 PM**, for our Mental Health Lunch Hour Series.

These workshops are designed to boost your well-being, featuring the following topics:

- *Happiness 101*

- *Addressing Anxiety*
- *Recognizing and Managing Stress*

TW FHT Health Education Workshop Calendar

Happiness 101 (Online)



This workshop is for anyone interested in learning about scientifically-based interventions to increase levels of happiness and overall wellbeing.

[Sign up for this workshop](#)

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.

Please contact TPL if you have any questions or need more information.

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!](#)