



*Toronto Western*  
**Family Health Team**  
*Garrison Creek  
Bathurst*

# TW FHT Newsletter

May 2025

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## **Clinic Updates & Reminders**

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**Prescription Renewals**



If you require a prescription renewal, contact your pharmacy to fax your prescription request to our clinic. We are unable to process prescription requests over the phone.

#### **Important information about prescription renewals:**

- Ask for a prescription request from your Pharmacist before the medication runs out.
- Your primary care provider will respond to prescription requests within 3 business days.
- If you need your refill more urgently, speak with your pharmacist. They can often provide a small supply of your medication.
- Any new prescriptions requests require an appointment with your primary care provider.
- Please do not call the clinic for an update on your prescription renewal.
- We do not renew controlled substances or narcotics.

**Bathurst site fax number:** 416-603-5448

**Garrison Creek site fax number:** 416-603-5059

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# Health Promotion: Health Topics

## Preparing for a Regular Visit with Your Primary Care Provider

It is important to take an active role in your health care with your primary care provider. This will enhance the quality of your care and ensure you are on the same page.

Consider these tips to get the most out of your time together.

### Before Your Appointment

**Prepare your questions:** write down any questions or concerns you have beforehand. This helps you remember everything you want to discuss and prioritize the most important issues.

- You may decide to write a list of concerns you wish to discuss with your provider.
- From a list, your provider will discuss with you what can and cannot be addressed during your visit.
- Please remember that a typical physician visit is 15 minutes long.

**Update your family's medical history:** your family's medical history can provide useful insight on your risk for certain diseases or conditions, such as cancer, stroke or heart disease.

- Share any NEW health issues in your family.
- You can update your family's medical history during a Preventive Health Visit.

**Be on time:** arrive 5-10 minutes early to complete any screening questions or paperwork.

- If you are more than 15 minutes late for your appointment, your primary care provider may need to

re-schedule your appointment.

## During Your Appointment

**Be honest when sharing relevant health information:** some topics are sensitive, but they are still important. These include depression, anxiety, sexual dysfunction, financial instability, or abuse.

- Let us know whether you smoke, vape, use cannabis or other drugs, as well as your alcohol consumption.

**Stay focused:** ensure you focus on one concern at a time and prioritize the most important issues.

- It is also important to know that not all your concerns can be addressed in a single appointment, health concerns take time to explore. You may need to book multiple visits to address all your concerns.

**Ask for clarification:** if you do not understand something, ask for an explanation. It is very important that you understand your health and treatment plan.

**Take Notes:** write down important information and instructions from your primary care provider.

## After Your Appointment

**Follow-up:** make sure you book any necessary follow-up appointments. Ensure you follow through with the treatment plan you and your primary care provider discussed.

**Monitor your health:** keep track of any changes in your symptoms or side effects from medications. If you start to feel worse or if you have problems with your medications, book a follow-up appointment with your primary care provider.

[Click here](#), for a **Pre-Appointment Checklist**.

## Mental Health: Emotional Regulation



### **May 5 to 11th is National Mental Health Awareness Week**

This year, we would like to bring awareness to emotional regulation, an important skill that promotes wellbeing.

### **What is emotional regulation?**

Emotional regulation involves managing and responding to our emotions or feelings in a healthy and constructive way.

Part of being human is feeling many emotions, like joy, sadness, fear, anger, and gratitude. These emotions are all helpful because they tell us something important about our surroundings or our experiences.

A common misconception is that emotional regulation involves "controlling" or pushing away difficult emotions. In fact, the opposite is true. We do not have control when an emotion first appears, however, we can decide how to respond to it.

Sometimes when we become overwhelmed by a difficult emotion, we may act in a way that hurts ourselves or others. If we are emotionally unbalanced, it can also prevent us from

pursuing goals and activities that are important to us. Emotional regulation can help us to manage our feelings so that we can respond thoughtfully and avoid getting stuck in negativity.

## How do we practice emotional regulation?

1. **Pause:** Take a deep breath. Deep breathing de-activates our stress response.
2. **Notice the emotion:** What you are feeling in your body? Heart racing? Upset stomach? What kinds of thoughts are showing up?
3. **Name the emotion:** This is anger. This is sadness. The simple act of naming an emotion can reduce its intensity.
4. **Accept the emotion:** Instead of beating yourself up for feeling scared or sad, recognize that your emotions are valid. Remind yourself it is normal to feel this way.
5. **Use a grounding technique:** If you are really overwhelmed by an emotion it can be helpful to focus your attention on something else that is happening in the present moment. See 'Slow Down & Calm Down' diagram below.
6. **Act on your values:** Remind yourself of what is truly important to you. Make a decision to act in a way that supports your values. If you have followed the steps above, it will be easier to respond to a situation thoughtfully rather than acting on impulse.

Remember, emotional regulation is a life-long process that takes time and practice!

## Additional resources:

Dialectical Behaviour Therapy (DBT) is a type of therapy that focuses on building emotional regulation skills.

- [A Guide to Finding DBT](#)
- [DBT Skills Workshop at TW FHT](#)

- The Dialectical Behavior Therapy Skills Workbook: *Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance*, By Matthew McKay PhD Jeffrey C. Wood PsyD Jeffrey Brantley MD

Written by Social Worker Michelle Burandt

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## **SLOW DOWN & CALM DOWN**

**FIRST- TAKE 3 SLOW BELLY BREATHS!**

5 List 5 things you can SEE



4 List 4 things you can FEEL



3 List 3 things you can HEAR



2 List 2 things you can SMELL



1 List something you like to TASTE



**FINISHED? - TAKE ANOTHER 3 SLOW BELLY BREATHS**

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**We Walk UHNITED**

## UHN Fundraiser



**WE WALK UHNITED** Presented by  
**ROGERS**

Join us for the first-ever public fundraising event in support of University Health Network (UHN).

On May 31, 2025, our community will come together for a fun-filled accessible walk through the streets of Toronto, demonstrating that together we have the power to transform health care. Offering a 5 km or 2 km route, the walk begins and ends outdoors at Toronto General Hospital and passes four of UHN's downtown sites.

We Walk UHNITED isn't just a walk – it's a celebration! The post-walk party will feature food, family-friendly activities, live entertainment and special guests. You won't want to miss it!

So rally your friends and family, lace up those sneakers and join us on Saturday, May 31, 2025.

[Learn more or register now](#)

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## Upcoming Health Education Workshops June 2025

**Diabetes Part 1 & 2**



Are you or a loved one living with diabetes? Empower yourself with the knowledge to manage your condition effectively.

Join this 2-part series to learn more about diabetes.

Attendance for both workshops is encouraged, but not mandatory.

[Sign up for this workshop](#)

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## Sleep Therapy Part 1 & 2



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.

[Sign up for this workshop](#)

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## Nutrition for a Healthy Heart



Have you been diagnosed with high cholesterol or high blood pressure and want to learn about nutritional management?

Join us for our virtual workshop to get heart healthy!

[Sign up for this workshop](#)

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## The Development of Gender Identity in Children: An Overview for Patients and Caregivers



This health education workshop will review basic terms and definitions about gender identity. It will review what to expect based on developmental stages and discuss case scenarios.

Join this online workshop to learn how to support children in their gender identity journey.

[Sign up for this workshop](#)

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## Dealing with Depression



Learn about depression including signs and symptoms, treatments and self-care strategies.

[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.

Please note that this is NOT an exercise class. Spaces are limited.

[Sign up for this workshop](#)

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**Gut Health 101:  
Nutrition Workshop for Digestive Health**



Gut Health 101 is all about understanding and taking care of your digestive system! In this workshop, we will discuss common digestive issues and share tips for keeping your digestive system running smoothly.

[Sign up for this workshop](#)

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