

Winter Spring 2022 Newsletter

With times of uncertainty continuing to impact our lives, it can become challenging to maintain a sense of wellness. As we endure these challenging times, it is vital that we as a community, remain vigilant individually and collectively in doing what we can to maintain a healthy mind, body and environment.

Vaughan CHC's focus is on providing support to our community so they may achieve a sense of wellness and positive physical, mental and social health outcomes. VCHC programs and services are geared towards providing a different kind of healthcare through an interdisciplinary approach of one-on-one health services and health promotion and education community programs that empower our clients to achieve their best level of health and wellbeing.

It is always the right time to take back your health! VCHC is excited to share our Winter/Spring 2022 programs and service updates with our resilient community and partners.



Featured Programs

Online Appointment Booking Available at VCHC!

Vaughan CHC is excited to announce a new way to stay connected to your VCHC provider. Introducing Ocean, a secure online appointment booking platform that allows you to receive email appointment reminders and direct messaging features with your VCHC family physician or nurse practitioner.

Book an Appointment with Your VCHC Primary Care Provider Today!

For more information on how to get started visit: www.vaughanchc.com

For more information on Ocean visit: www.cognisantmd.com



Vaughan Community Health Centre will continue to provide COVID-19 tests to our community.

COVID-19 Testing is available:

- Monday: 12:30pm-5:30pm
- Tuesday: 2:30pm-5:30pm
- Wednesday: 2:30pm-5:30pm
- Thursday: 2:30pm-5:30pm
- Friday: 12:30pm-5:30pm

TO BOOK A TEST:

- Book Online at: <https://vchc.simplybook.me/v2/>
- Call: 905-226-7332

If you or someone you know has been affected by COVID-19 and are in need of support a VCHC case manager can support you.

Call our COVID-19 Support Line: 905-226-7332

For information on receiving a vaccine in York Region visit: www.york.ca



People Accessing Care Teams

Facing multiple barriers to accessing the services you need?

Are you a low or moderate income individual experiencing one or more of the following issues:

- inadequate housing,
- unemployment,
- lack of transportation to medical appointments,
- lack of extended health benefits, lack of health coverage (no OHIP),
- unable to speak English or French
- and/or having complex health issues?

If so you are eligible to receive services -at no cost to you- from our

People Accessing Care Teams Program:

- Case Management
- Mental Health (Social Work & Psychology)
- Chiropody
- Physiotherapy
- Nutrition Counselling & Weight Loss Management

We have available appointments for social work, nutrition counselling, physiotherapy and case management.



To download a referral form go to: www.vaughanchc.com

Health Promotion Programs

Register with Vaughan CHC this Spring 2022 to join programs that can help you increase and take control of your wellbeing.

VCHC virtual group programs provide a platform for individuals to socialize and connect with others while focusing on health and mental wellness. You will receive health education from VCHC staff and external facilitators to learn the tools to best manage your physical, mental, and social wellbeing. VCHC provides free virtual group programs to individuals of all ages, from engaging S.T.E.M (science, technology, engineering and mathematics) based programming for youth, stress management programs for adults, to a weekly space for seniors to practice brain health exercise! Meet new people and discover new ways to manage your health and wellbeing.

Check out Vaughan CHC's Upcoming Spring 2022 Virtual Group Programs:

Program Title: Let's Get Real About Parenting

Date & Time: Thursdays, February 17th- March 24th 2022 from 6:30pm-7:30pm

About:

- Strengthen your existing parenting skills
- Network, socialize and share life experiences with other parents
- Learn about self-care tips to better handle tough situations

Contact: Kelly - klo@vaughanchc.com



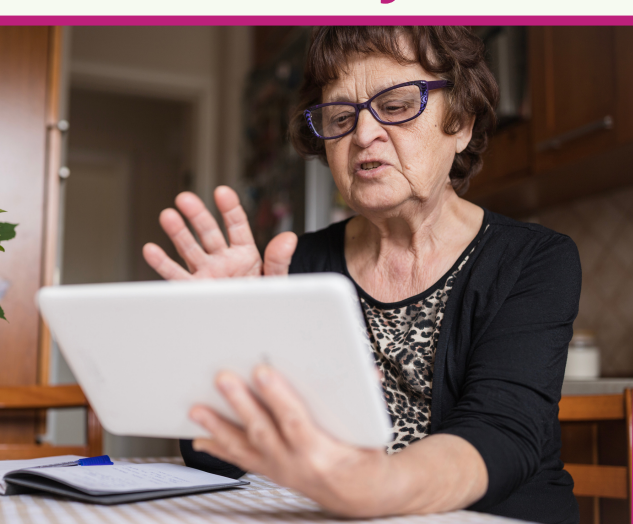
Program Title: Kids Have Stress Too!

Date & Time: Tuesdays, April 19 to May 31, 2022 from 4:00pm-5:00 pm

About: Kids Have Stress Too!® is a research-based program designed to teach children how to recognize and deal with stress. Children will learn techniques to cope with stress, manage emotions and address the signs of stress before getting overwhelmed.

Age Group: 9-12 years

Contact: Kelly - klo@vaughanchc.com



Coming Soon- Spring 2022!

Program Title: Heart & Mind

About: Join a virtual group with other females to learn new relaxation techniques, share experiences and engage in discussions on health and wellness.



Visit our website for more information on registering for health promotion group programs!

www.vaughanchc.com/health-promotion-group-programs/

Follow VCHC on social media and comment your favorite program or service on our most recent post!



@vaughancommunityhealthcentre



@vaughan_chc



@vaughan.chc



Chronic Disease Prevention & Management Program

Learn to manage your chronic illness and increase your wellbeing!

Chronic Obstructive Pulmonary Disease Program:

Interested in quitting smoking? Want to be connected to a group of others trying to reduce their tobacco intake?

• **Join our free 5-week virtual program!**

Tuesdays, 4:30pm-5:30pm

February 15, 2022- March 15, 2022



Diabetes Education Programs:



Self-refer to our program for one-on-one appointments and referrals to other healthcare providers.

Coming this Spring 2022!

Living a Healthy Life with Diabetes: Join our FREE four-week workshop for people living with prediabetes or type 2 diabetes. You will develop the skills to manage your prediabetes and type 2 diabetes daily and help prevent complications.

• **Thursdays, March 3rd -24th, 2022 10:00am-11:30 am**

Exercise Education Programs:

Registration opens February 27th for Spring 2022 virtual programs!

Staying active can be beneficial to our overall wellbeing! Exercise Education Programs are provided by the VCHC Registered Kinesiologist and Certified Fitness Instructors.

In our programs, you can learn how to exercise safely at home and in the community.

How to register for Virtual Exercise Education Programs:

- Call the VCHC at **(905) 303-8490 Ext.2** to register.
- Participants will be screened for eligibility i.e. age of participant and program of interest.
- Eligible participants will be invited to registration.
- At registration, participants will:
 - a) be screened by a Registered Kinesiologist to ensure participants are cleared for group exercise.
 - b) complete registration forms.



Please note: Fitness instructors will not provide personal training

For more information visit: www.vaughanchc.com



www.vaughanchc.com



Vaughan Site

9401 Jane Street, Suite 206
Vaughan, Ontario, L6A 4H7
Phone: 905-303-8490

Keswick Site

716 The Queensway South,
Keswick ON, L4P 4C9
Phone: 905-476-5621

Subscribe