

## Patient Update

Nov 10, 2023

Dear patients,

We are writing to share information about our Nov 13<sup>th</sup> clinic closure, an update from our Green Team, and how to register for Winter Group Classes offered by our mental health team.

### Clinic Updates

Our **clinics will be closed for regular scheduled appointments on Monday Nov 13<sup>th</sup>** to observe Remembrance Day. We will have an urgent care clinic at our Wellesley St Jamestown Health Center (95 Homewood Ave.) on Monday November 13<sup>th</sup> from 9:00 am – 4:00 pm. The phone lines and clinic doors close at 11:30 AM for lunch and again at 3:30 PM. Our weekend urgent call clinics will be run as usual on Saturday November 11<sup>th</sup> and Sunday November 12<sup>th</sup>. Please call first to speak with a member of the team. Phone lines and clinic doors will close from 11:30AM to 1 PM and at 3:30 pm

See our [website](#) for information on all evening and weekend urgent care clinics and after-hour's coverage.

### Health Promotion Update- *An Update from the Green Team*

This year, the St. Michaels Hospital Academic Family Health Team Green Team continued to look for ways we could support the health of our patients and the health of the planet.

Did you know that meat is the food with the greatest impact on the environment in terms of greenhouse gas emissions (gases that trap heat in the atmosphere)? Compared to diets higher in meat, plant-based eating has a lower environmental impact, with lower greenhouse gas emissions and lower energy, land and water use.

Plant-based eating can lower your risk of heart disease, type 2 diabetes, and breast and colorectal cancers. It can also help, decrease bad cholesterol (LDL), improve blood pressure, and average blood sugar levels.

## What is plant-based eating?

Plant-based or plant-rich eating doesn't have to be a vegan diet or complete elimination of animal products. It's about choosing foods that come from plants more often, like fruits and vegetables, grains, legumes, soy products, nuts and seeds, and oils.

[Canada's Food Guide](#) is an example of plant-based eating. It encourages eating plenty of fruits and vegetables, whole grains and protein foods, with an emphasis on choosing protein foods that come from plants on a daily basis. Plant-based proteins include legumes, nuts & seeds and soy products. You can see some examples below.

By including protein at every meal and eating a variety of foods, you'll still be able to meet your nutritional needs.



Canada's Food Guide. (2023, May 9). *Cooking with plant-based protein foods* <https://food-guide.canada.ca/en/cooking-skills/cooking-plant-based-protein-foods>

### What are the benefits of plant-based proteins?

Compared to animal proteins, plant-based proteins can be higher in fiber (protects against chronic disease) and lower in saturated fat (raises 'bad' cholesterol).

Some, like legumes, are also less expensive, especially when bought dried and in bulk. It costs about \$7.14 to get 100g of protein from lean ground beef and \$1.78 to get 100g of protein from dried green lentils. That's a quarter of the cost!

### How can we include more plant-based proteins?

- Add beans, lentils or chickpeas to soups, stews, curries or salad
- Substitute lentils for ground meat in recipes like pasta sauce, chili, stuffed peppers, cabbage rolls or shepherd's pie
- Add tofu or tempeh to stir-fries and noodles
- Add a handful of nuts and seeds to salad or oatmeal or enjoy as a snack
- Choose unsweetened fortified soy beverages instead of cow's milk
- More tips on preparing and cooking plant-based proteins [here](#)

Try replacing some of the meat in a recipe with plant-based proteins, like half beef and half beans in chili, and then increase to fully plant-based. Start with one plant-based meal a week and work towards multiple meals a week!

Fall is the perfect time to try out some cozy and comforting plant-based recipes! Visit [Cookspiration](#), [Canada's Food Guide](#), [Guelph Family Health Study](#) and [Pulses.org](#) for ideas.

If you're interested in reading more about the benefits of plant-based eating, check out the article [What are the benefits of eating more plant-based foods?](#).

For more information and personalized advice, please speak with your care provider or ask how to book an appointment with our dietitians.

### Mental Health Program Updates

Please see below for information about Winter 2023 Mental Health Groups, and sign up here to for clickable links to register:

<https://drive.google.com/file/d/1WgFzoOLxzyaG6DbzkdscFJpzUVyi97G5/view?usp=sharing>



Academic Family  
Health Team

## WINTER 2024 PROGRAM CALENDAR



To participate in groups, you must be age 17+ and located in Ontario.

For more information about accessibility at Unity Health, please visit our website.



The Family Health Teams at Unity Health work together to provide a safe and seamless experience for patients of all ages and their families. Our Family Health Teams provide comprehensive care, services and specialty programs devoted to areas like mental health, nutrition, HIV and much more. We are committed to supporting the diverse communities of Toronto by providing the best care possible.

As a teaching network affiliated with the University of Toronto, Unity Health works collaboratively with family medicine residents, medical students and other interprofessional health learners. Research and quality improvement are also important elements of our Department of Family and Community Medicine because they helps us to improve your care.

**CLINIC CLOSURES:**  
Groups will not run on the following dates:

Monday February 19, 2024  
Friday March 29, 2024  
Monday April 1, 2024  
Monday May 20, 2024

**PLEASE NOTE REGISTRATION FOR GROUPS ENDS DECEMBER 15, 2023**

30 Bond St., Toronto, ON, M5B 1W8 | Tel: 416.864.3022 | <https://unityhealth.to/areas-of-care/programs-and-clinics/family-and-community-medicine/#>



@unityhealthto



<https://www.facebook.com/UnityHealthToronto/>



@UnityHealthTO

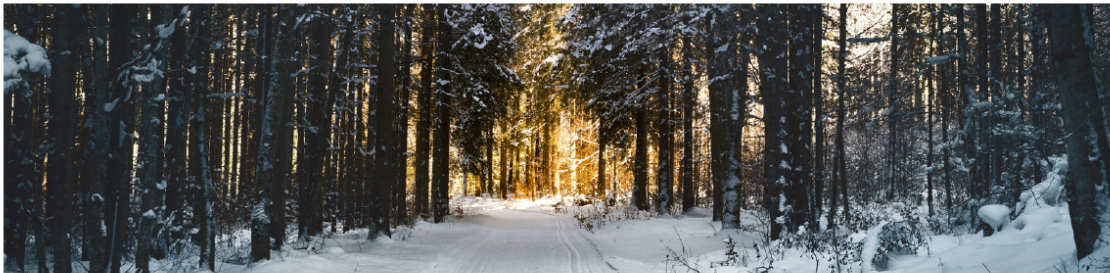


@Unity Health Toronto



To participate in groups, you must be age 17+ and located in Ontario.

## MENTAL HEALTH GROUPS



### ADULT ADHD GROUP

9 sessions cover topics including Understanding ADHD, Anxiety and Problem Solving, Medication and Sleep, and more. Diagnosis of ADHD is required.

**When:** Tuesdays, 10am- 12 pm

**Offered:** February 6 - April 2, 2024

**Location:** Online (via Zoom)

**Facilitators:** Christine Barta MSW, RSW, and Fiona Penny MSW, RSW

To register your interest, please complete this form or contact your provider on the Family Health Team.

<https://tinyurl.com/bnfs4d7w>

### MANAGING MOOD

Managing Mood is a 5 week blended therapy group using elements of DBT, CBT, and Mindfulness practices to build tolerance and resilience skills in people suffering from depression and/or anxiety.

**When:** Wednesdays, 1:30 pm - 3:30 pm

**Offered:** February 28 - March 27, 2024

**Location:** Online (via Zoom)

**Facilitators:** Christine Barta, MSW, RSW,

To register your interest, please complete the form below or contact your Family Health Team provider.

<https://tinyurl.com/bnfs4d7w>

### LIFE AFTER TRAUMA

7-session CBT-based trauma program for women identified people.

**When:** Thursdays, 10am-12pm

**Offered:** February 1- March 14, 2024

**Location:** Online (via Zoom)

**Facilitators:** Heather Campbell, MSW, RSW & Jen Schulze, MSW, RSW

**Note:** This group is for women-identified clients with a history of childhood trauma.

To register your interest, please complete the form below or contact your Family Health Team provider.

<https://tinyurl.com/bnfs4d7w>



**PLEASE NOTE REGISTRATION FOR GROUPS ENDS DECEMBER 15, 2023**

30 Bond St., Toronto, ON, M5B 1W8 | Tel: 416.864.3022 | <https://unityhealth.to/areas-of-care/programs-and-clinics/family-and-community-medicine/#>



@unityhealthto



<https://www.facebook.com/UnityHealthToronto/>



@UnityHealthTO



@Unity Health Toronto

**To participate in groups, you must be age 17+ and located in Ontario.**

## MENTAL HEALTH GROUPS

### MINDFULNESS AWARENESS STABILIZATION TRAINING (MAST)

MAST is a 5-week group that teaches emotion regulation skills through psychoeducation and mindfulness practice. We are pleased to be able to offer handouts and guided meditations for participants in the program.

**When:** Fridays, 1:30pm - 3:00 pm  
**Offered:** January 19 -February 16, 2024  
**Location:** Online (via Zoom)  
**Facilitators:** Fiona Penny, MSW, RSW

To register your interest, please complete the form linked below or contact your provider on the Family Health Team.

<https://tinyurl.com/bnfs4d7w>

### SEEKING SAFTY

Seeking Safety is a therapeutic group for women and women identified people who experience difficulties related to trauma and substance use. It is a 'stage one' approach that focuses on psycho-education, safety and stabilization. In group we don't ask you to hear or tell trauma stories, but rather we focus on learning the coping skills needed to help manage symptoms of trauma and help to meet substance use goals. Topics include: Grounding, Safety, PTSD, Asking for help, Healing from anger and Coping with Triggers and more.

**When:** Mondays, 1:30-3PM  
**Offered:** January 15- March 4, 2024  
**Location:** **IN PERSON** - Sumac Creek Health Centre  
**Facilitators:** Johanna George MSW, RSW, Alyssa Swartz MSW, RSW  
To register your interest, please complete the form below or contact your Family Health Team provider.

<https://tinyurl.com/bnfs4d7w>

**PLEASE NOTE REGISTRATION FOR GROUPS ENDS DECEMBER 15, 2023**



30 Bond St., Toronto, ON, M5B 1W8 | Tel: 416.864.3022 | <https://unityhealth.to/areas-of-care/programs-and-clinics/family-and-community-medicine/#>



@unityhealthto



<https://www.facebook.com/UnityHealthToronto/>



@UnityHealthTO



@Unity Health Toronto

**To participate in groups, you must be age 17+ and located in Ontario.**

## HEALTH JUSTICE DROP-INS

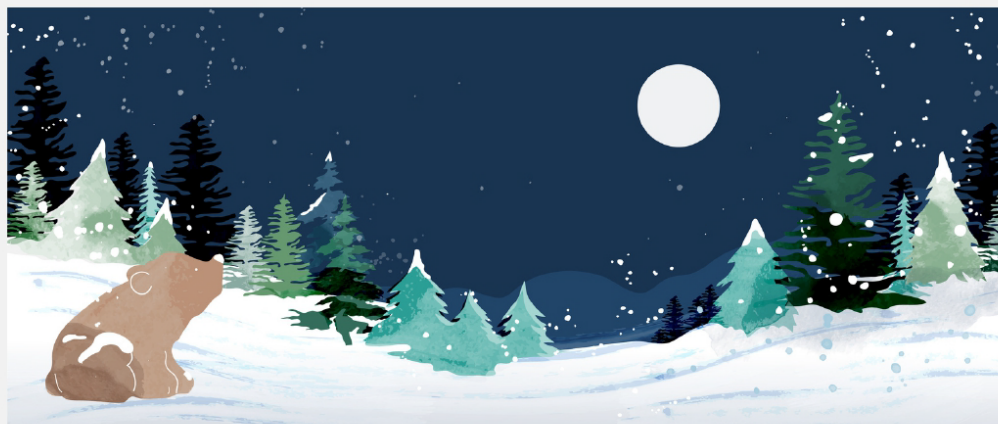
### HEALTH JUSTICE PROGRAM

This program, provided by Neighbourhood Legal Services (NLS) can provide Legal System Navigation, Legal Information, and Brief legal Services to low-income patients of the SMH FHT. Participants must meet the financial eligibility for legal aid in order to receive supports from this program.

The Health Justice Program runs a monthly drop-in service on a first come, first serve basis at several clinics.

### The schedule is as follows:

The Health Centre at 80 Bond St.....**First Wednesday** of each month from 1-5pm  
 61 Queen St. E., 3rd Floor .....**First Friday** of each month from 1-5pm  
 Wellesley-St. Jamestown Health Centre, 95 Homewood Ave.....**Third Friday** of each month from 1-5pm  
 Sumac Creek Health Centre, 73 Regent Park Blvd, 3rd Floor.....**Fourth Friday** of each month from 1-5pm





Caring hearts. Leading minds.

Take care and be well,  
*SMHAFHT Leadership Team*