

Taddle Creek Family Health Team
Jan 2018 – Jun 2018 – Groups/Workshops/Drop-In Offerings

Groups/Clinics are open to TC FHT patients

For additional information, go to <http://www.taddlecreekfht.ca/events-calendar>

Dates are subject to change

Event	Date(s)	Time	Learn About/Assistance With
Anxiety Group 790 Bay, Suite 306 Call 416-260-1315 Note: MD referral needed	Jan 15-Apr 9 (Mon for 10 wks)	5:00-7:00pm	<ul style="list-style-type: none"> To understand the physiology of anxiety To learn cognitive behavioural therapy (CBT) strategies and skills To examine how our thoughts and beliefs are connected to our mood, behaviours, physical experiences and to events in our lives To be able to identify, evaluate and balance distress-related thoughts To learn techniques for relapse prevention
	Jan 9-Mar 27 (Tue for 12 wks- CAMH Group)	5:00-7:00pm	
Depression Group 790 Bay, Suite 306 Call 416-260-1315 Note: MD referral needed	Jan 10-Mar 17 (Wed for 10 wks)	5:00-7:30pm	<ul style="list-style-type: none"> Learn the main components of self-compassion, self-kindness, a sense of common humanity and mindfulness Adaptive ways of thinking to decrease depression How thoughts and beliefs are connected to our mood, behaviours, physical experiences and to events in our lives
	Jan 11-Mar 29 (Thu for 12 wks- CAMH Group)	3:00-5:00pm	
	Apr 24-Jun 26 (Tue for 10 wks)	2:00-4:30pm	
CBT for Insomnia Workshop 790 Bay, Suite 306 Call 416-260-1315 Note: MD referral needed	Apr 6 (Fri)	9:30am-4:00pm	<ul style="list-style-type: none"> To learn about how cognitive behavioural therapy (CBT) is used when treating insomnia Learn techniques to help you get quality sleep that will promote good physical and mental health Understand how our minds and thoughts contribute to insomnia Practice mindfulness to reduce stress and help you get to sleep
Single Session Drop-In (Mental Health Support) 790 Bay, Suite 306 726 Bloor, Suite 207	Fridays	9:00am-12:00pm	<ul style="list-style-type: none"> Feeling sad or anxious Relationship issues Parenting issues Violence or safety issues Adjusting to new diagnosis Bereavement Managing stress Workplace or school issues Assistance with accessing government services Major life changes or transitions <p>Note #1: No appointment is necessary Note #2: You will be seen on a first come/first serve basis</p>
	Tuesdays	1:15-3:15pm	
Assertiveness Workshop 790 Bay, Suite 306 Call 416-260-1315 Note: MD referral needed	Mar 16 (Fri)	9:30am-4:30pm	<ul style="list-style-type: none"> This is a workshop for people who are passive, aggressive or passive-aggressive, or who bounce back and forth between these options, and who want to gain a practical understanding of what it means to be assertive, as well as some assertiveness skills. This is not a group for people who struggle with being violent or abusive.
Benzo Drop-In Support Group 790 Bay, Suite 306	1 st & 3 rd Wednesday of the month	11:00am-12:00pm	<ul style="list-style-type: none"> Tapering off benzodiazepine & z-drugs by learning cognitive behavioural strategies (CBT) for mindfulness for: stress, anxiety, depression and insomnia

Lifestyle Balance Group 790 Bay, Suite 508 Call 416-260-1315 Note: MD referral needed	Mar 19-Jun 4 (Mon for 10 wks)	5:00-7:00pm	<ul style="list-style-type: none"> Reach and maintain a healthy balance between eating, physical activity and emotional eating Learn essentials of nutrition and exercise Recognize and manage emotional eating
Quit Happens 790 Bay, Suite 306 Call 416-260-1315	Every Wednesday	4:00-5:00pm	<ul style="list-style-type: none"> Accessing free nicotine replacement therapy Benefits of quitting smoking How to make a quit or reduction plan About medications for quitting smoking
DIABETES GROUPS ARE FOR PEOPLE REGISTERED WITH THE DIABETES PROGRAM & LIVING WITH DIABETES			
Diabetes Do It Yourself Group 790 Bay, Suite 508 Call 416-204-1256	Jan 4 (Thu) Jan 24 (Wed) Feb 1 (Thu) Feb 14 (Wed) Mar 1 (Thu) Mar 14 (Wed) Apr 5 (Thu) Apr 11 (Wed) May 3 (Thu) May 16 (Wed) Jun 7 (Thu) Jun 20 (Wed)	5:00-7:30pm 9:00-11:30am 5:00-7:30pm 9:00-11:30am 5:00-7:30pm 9:00-11:30am 5:00-7:30pm 9:00-11:30am 5:00-7:30pm 9:00-11:30am 5:00-7:30pm 9:00-11:30am	<ul style="list-style-type: none"> The basics of diabetes self-management Healthy eating, getting active and setting achievable goals Maintaining healthy changes
Let's Talk Diabetes Group 790 Bay, Suite 508 Call 416-204-1256	Jan 25 (Thu) Feb 22 (Thu) Mar 29 (Thu) Apr 26 (Thu) May 31 (Thu) Jun 28 (Thu)	5:00-7:00pm 5:00-7:00pm 5:00-7:00pm 5:00-7:00pm 5:00-7:00pm 5:00-7:00pm	<ul style="list-style-type: none"> Diabetes self-management skills by engaging in open, meaningful discussions about living with diabetes from others living with diabetes Common myths about diabetes
Supermarket Safari – Diabetes Group 790 Bay, Suite 508 Call 416-204-1256	Feb 15 (Thu) Apr 12 (Thu) Jun 14 (Thu)	5:00-7:00pm 5:00-7:00pm 5:00-7:00pm	<ul style="list-style-type: none"> Reading food labels and packaging Best food choices for diabetes management 60 min grocery store tour
Your Path to Prevention Workshop 790 Bay, Suite 508 Call 416-204-1256	Jan 9 & 16 (Tue) Apr 24 (Tue) May 1 (Tue) Jun 5 & 12 (Tue)	5:00-7:00pm 5:00-7:00pm 5:00-7:00pm 5:00-7:00pm	<ul style="list-style-type: none"> Prevent/delay diabetes by making healthy lifestyle changes Meal planning and grocery store tour Stress management/physical activity techniques Weekly email follow-up for 3 mths to maintain motivation
Happy Feet – Diabetes Group 790 Bay, Suite 508 Call 416-204-1256	Jan 11 (Thu) May 10 (Thu)	5:00-7:00pm 5:00-7:00pm	<ul style="list-style-type: none"> Tips and techniques for daily self-foot care Preventing foot complications Choosing the right shoes Identifying problems/concerns with my feet
Intuitive Eating Group 790 Bay, Suite 508 Call 416-214-1256	Feb 7 to Mar 21 (Wed for 7 wks) Apr 18-May 30 (Wed for 7wks)	5:00-7:30pm	<ul style="list-style-type: none"> Creating a healthy relationship with food, mind and body Getting in touch with your body's signals of hunger, fullness and satisfaction Mindful meditation and relaxation exercises Strategies to cope with anxiety, depression, stress, fear and guilt around managing diabetes