

THE TADDLER

Taking a Weight-Inclusive Approach

By Adele Lewis, Registered Dietitian

The Weight-Inclusive Approach:

Have you ever wondered what it would be like to improve your health without focusing on the scale? A weight-inclusive approach does just that, by centring on building a positive relationship with food and improving health markers such as cholesterol, blood pressure, blood sugars and digestion regardless of your weight. This means you can enhance your health in the body size you currently have by focusing on sustainable diet and lifestyle changes.

The Science Behind the Weight-Inclusive Approach

A weight-inclusive approach offers tools that work in harmony with your body’s natural physiology, rather than against it. Our bodies aim to maintain a steady weight, much like regulating our body temperature. Focusing exclusively on weight loss often doesn’t yield long-term results, as the body adjusts hormonally and metabolically to caloric restriction. For example, when weight is gained, our metabolism may increase to use up extra energy, and if weight is lost, our metabolism may slow down to conserve it. This can result in cycles of weight regain or “yo-yo dieting,” which may impact metabolic health and increase the risk of disordered eating in some individuals. The weight inclusive approach starts by ensuring you are staying active, eating nutritious foods regularly and treating any binge eating, restrictive dieting or overexercising, while also allowing the body weight to settle itself.

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Examples of Weight-Inclusive Goals

- **Mindful Eating:** Practice eating slowly, savouring your food, and tuning into your hunger and fullness cues.
- **Hydration:** Set a daily water goal to stay hydrated.
- **Fibre Intake:** Include more fruits, vegetables, whole grains, beans, nuts, and seeds in your diet.
- **Joyful Movement:** Engage in movement you enjoy without focusing on weight control.
- **Healthy Fats:** Add healthy fats like fish, olive oil, nuts, seeds, and avocados to your diet.
- **Digestive Health:** Support digestion with an adequate intake of fibre and probiotics such as kefir, sauerkraut, and kimchi.

In conclusion, the weight-inclusive approach emphasizes sustainable healthy habits and a positive relationship with food, all without the pressure to reach a specific weight. While weight management support is available at Taddle Creek FHT, our approach emphasizes compassionate, evidence-based care that considers your overall well-being, not just your weight. By focusing on sustainable changes over quick fixes, our dietitians empower individuals to see results and build resilience on their health journey. Feeling ready to set some health goals? For more information on our nutrition program, visit [our website](#) to learn how to book a consultation call with a dietitian.

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Mental Health Corner

Healthy Attachment with Others and Self

By: Sarah Wash, Registered Social Worker

With Valentine's Day just last week, you may be reflecting on some of the relationships in your life, such as ones with family, friends, romantic partners, and yourself. Attachment theory can help us better understand the way that we engage in these relationships. Attachment theory started to develop in the 1930s by psychologist John Bowlby. Despite some cultural and other limitations, attachment theory is still widely used today to help us understand the way early-life, caregiver-child relationships shape one's feelings about oneself, others, and the world. The theory postulates that we can develop resistant, avoidant, disorganized, or secure attachment styles. Resistant, avoidant, or disorganized attachment styles may arise if our caregivers were unpredictable, neglectful, or abusive.

A caregiver's inability to accurately meet needs may contribute to a child feeling that they are not supported/cared for and that their needs are not important, causing them to feel anxious or to avoid care from others. Additionally, based on these early-life experiences, they may feel that the world is an unpredictable, unsafe place. In contrast, a secure attachment will likely develop if caregivers are consistent and warm. With this experience, a child is more likely to believe that they are supported and that their needs are important, leading them to be more accepting of care from others and to believe that the world is good and fair.

Attachment styles and corresponding belief systems that are developed in infancy and childhood are not necessarily set for the rest of our lives, but they influence how we show up in our friendships, romantic relationships, and with ourselves. If you are noticing patterns coming up that are not serving you (i.e., difficulty accepting care from others, disproportionate reaction to a stressful situation in a relationship, etc.), it may be helpful to assess your attachment style. A short quiz on attachment styles can be found here: <https://traumasolutions.com/attachment-styles-quiz/>. Once we are aware of our attachment style and the impact it may have on us, we can be more intentional with how we want to approach or engage in relationships.



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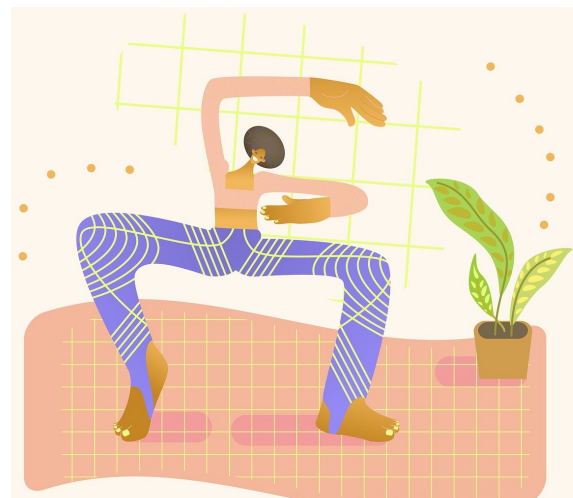
Before we can build a secure attachment style with friends or romantic partners, it is important that we work on building a secure attachment style with ourselves. Sometimes this may look like “reparenting” or learning new ways to care for ourselves. A secure relationship with a parent stems from them listening to and responding effectively to your needs the majority of the time. In building security with ourselves, we can strive to do the same. We can explore how we are feeling physically and emotionally, listen to these messages, and find ways to respond accordingly. Being able to listen to our bodies and minds and to connect with our needs is easier for some than it is for others. For people who have experienced trauma, this kind of disconnect is common. There are many benefits to caring for ourselves, including lower stress, higher resilience, empathy, self-efficacy, and the ability to set boundaries (<https://www.betterup.com/blog/self-love>).

In caring for ourselves, it can be helpful to start by looking at the different dimensions of wellness (emotional, physical, occupational, social, spiritual, intellectual, environmental, and financial). We can assess areas where we feel that we are caring for ourselves well and areas where more could be done. Please see the resource list below for more information on dimensions of wellness.

The mental health team at TCFHT has a variety of resources that we can provide to people who are seeking mental health supports or looking to improve their relationships with others or themselves. Please reach out to your doctor to get a referral.

Resources:

1. More information on attachment theory: <https://www.attachmentproject.com/attachment-theory/>
2. The four attachment styles: <https://www.attachmentproject.com/blog/four-attachment-styles/>
3. An attachment styles quiz: <https://traumasolutions.com/attachment-styles-quiz/>
4. Limitations of attachment theory: <http://www.personalityresearch.org/papers/lee.html>
5. Tips on how to build a secure attachment with self: <https://www.kcresolve.com/blog/building-a-secure-attachment-with-yourself>
6. More on self-care and self-love: <https://www.betterup.com/blog/self-love>
7. More on dimensions of wellness: <https://www.csupueblo.edu/health-education-and-prevention/8-dimension-of-well-being.html#:~:text=Wellness%20comprises%20of%20eight%20mutually,intellectual%2C%20environmental%2C%20and%20financial>
8. Self-care plan template: https://distresscentre.com/2021/01/27/how-to-create-your-own-personalized-self-care-plan-step-by-step-guide/?device=c&keyword=self%20care%20guide&placement&adgroup=118980962552&campaign=12458179399&gad_source=1&gclid=CjwKCAiAudG5BhAREiwAWMISjDxjZNtFkDIIZiCcON7NR-kYV9GtW6wP3pnmzyL47IVM0rrmCjkgRxoCtqoQAvD_BwE



WHAT'S HAPPENING AT TADDLE CREEK

By: Cheryl Dobinson, Executive Director

This column provides information about Taddle Creek Family Health Team (TC FHT) events, program updates and announcements.

Press Conference with MPP Jessica Bell

On December 9, 2024, TC FHT participated in a press conference at Queen's Park with our local MPP, Jessica Bell, and the Official Opposition Critic for Health, MPP France G  linas. The event's purpose was to call for increased investment in primary care. We were asked to take part in this event in the context of the challenges our FHT has experienced in recruiting family physicians, which highlights the need for changes that support both family medicine and primary care more broadly.

Dr. Elysha Mawji spoke from a physician's perspective about the difficulties faced in primary care and what is needed to truly support family physicians in providing comprehensive ongoing care to their patients. I talked about the wage gap experienced by staff in our FHT and in the community health care sector more broadly, and the need for funding increases to provide fair and equitable compensation. Lastly, William Woolrich spoke about his experience as a patient receiving care at TC FHT and his support for our calls to action. Sheri Weisberg and Bruce Prouty of the TC FHT Patient and Family Advisory Committee (PFAC) also attended and spoke to the media after the press conference.

The press conference was a success, resulting in coverage on CTV, CP24, and CBC radio. Here are links to the coverage available online:

<https://toronto.ctvnews.ca/video/c3043901-lack-of-funds-blamed-on-family-doctor-shortage>

<https://www.cp24.com/local/toronto/2024/12/09/toronto-medical-practice-warns-of-critical-staffing-shortage-says-2000-patients-could-soon-be-without-a-doctor-at-its-facility-alone/>



Left to right: MPP France G  linas, William Woolrich (patient), Cheryl Dobinson, Dr. Elysha Mawji, MPP Jessica Bell, Sheri Weisberg (PFAC), and Bruce Prouty (PFAC)

Cont'd on page 6

Cont'd from page 5 (What's Happening at TC)

We will continue to make our voices heard, advocating with decision-makers about the issues we face at TC FHT and the solutions that are needed to support our team and our patients.

If you are concerned about the issues facing family medicine and community health care in Ontario, please contact your local MPP. You can find your MPP at: <https://www.ola.org/en/members>

Mental Health Webinar - November 27, 2024

Our Mental Health Program offered a webinar on Stress Reduction, which provided information and strategies to help individuals navigate and cope with stressors in their lives. The webinar covered ways to identify and manage stressors, and also explored proactive lifestyle strategies along with emotion regulation techniques to reduce stress. Over 120 patients attended the webinar and 98% of participants who completed the evaluation survey reported that the content discussed in the webinar was helpful to them. One participant commented that the webinar was "Well structured; compassionate; informative" and another noted that it provided "Excellent and totally up to date strategies for us all to practice and integrate into our lives."

Webinar recording and resources are available on our website at:

<https://taddlecreekfht.ca/mental-health-webinar-november-2024/>

Physician Updates

Dr. Beverley Davis has retired as of January 31, 2025, after over 35 years of providing outstanding and compassionate care to patients in our community. Dr. Davis was one of the original physicians who came together to create Taddle Creek FHT in 2006, and she has been a stable and grounding presence throughout

the life of our organization. It is truly unfortunate that we not have been unable to find a physician to take over her practice, and we appreciate all the efforts Dr. Davis made to connect as many of her patients as possible to new physicians before her practice closed. We wish Dr. Davis all the best in her well-earned retirement!

Personnel Updates

Kimberley Sedore, Social Worker, resigned effective December 31, 2024.

Chantel Boahen, Registered Nurse, was hired November 4, 2024 to cover Nazneen Patel's parental leave. Chantel brings experience working as a Registered Nurse in the Family Birthing Centre at St. Joseph's Health Centre, as well as numerous clinical placements including with Etobicoke General Hospital, the Hospital for Sick Children, and Crosstown Family Health Team.

Yasene Mawji, Social Worker, joined our team on December 16, 2024. She is an experienced Social Worker who has worked as a Psychotherapist at the Silm Centre for Mental Health and in private practice. She brings additional experience in social work and case management from past roles with Anishnawbe Health Toronto, University of Toronto, and the AIDS Committee of Durham Region.

Pauline Perri, Registered Nurse, was hired on January 6, 2025 for a short-term contract position to cover a gap between other staff parental leaves until March 21, 2025. Pauline is an experienced Registered Nurse who has worked for over 25 years in a range of health care settings in Toronto - including Sunnybrook Health Sciences, University Health Network, Toronto Western Hospital, VHA Home Healthcare, and Medisys Preventative Health Services.

Taddle Creek Family Health Team 2024/25 Patient Survey Results

9.8% RESPONSE RATE
THANK YOU FOR COMPLETING
OUR SURVEY!

97%
of respondents were
very satisfied /
satisfied with the care
they received at TC
FHT



99% said their
provider completely
or mostly
understood what
was important to
them in their visit



97%
Felt involved in
decisions about
their care and
treatment

97%
Felt they had the
opportunity to ask
questions about
their care and
treatment

95%
Felt their provider
spent enough
time with them

Cont'd from page 7 (TCFHT 2024/25 Patient Survey Results)

ACCESS

- **74%** connected with a provider the **same or next day**
- **14%** used the **after-hours clinic**



TIME

87%

Said they could contact the office easily by telephone

78%

Said they could easily schedule an appointment via the Pomelo Patient Portal

91%

Said they could usually book an appointment in a reasonable amount of time

Our patient survey is a key component of our quality improvement plan. The Quality Improvement Committee and Patient and Family Advisory Committee review the feedback provided and use it to support service delivery improvements.

Taddle Creek

DIABETES
DIGEST

Navigating Diabetes and Gut Health: Understanding the Connection and Managing Symptoms

By: Jitin Harjai, Dietetic Intern

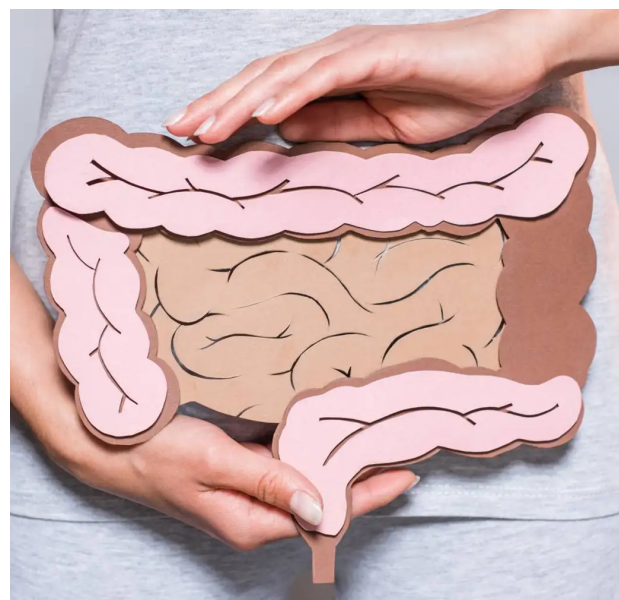
Do you have diabetes and gut issues such as constipation, diarrhea, gas, and bloating? If you answered yes, then you are not alone as 75% of people with diabetes report similar concerns with their stomach or digestion.¹ However, many do not know that neuropathy (nerve damage) is also a common complication of having high blood sugar levels in diabetes.³ Some studies show that almost half the people with diabetes are affected by neuropathy.² If the nerve damage occurs around the digestive tract, then this can lead to gut issues.³

Exploring the Link Between Diabetes Medications and Gut Health

It is also important to note that certain medications used to manage diabetes, like metformin, can have gastrointestinal side effects such as nausea, diarrhea and upset stomach.⁴ While these side effects can be challenging, they are often temporary and can be managed by adjusting the medication timing or dosage.⁴ However, these gut symptoms can also be associated with irritable bowel syndrome (IBS), which is a widespread gastrointestinal condition. Experiencing these symptoms does not necessarily mean that you have IBS.⁴ If interested, you can use the [IBS Screener tool](#) to help determine whether your symptoms may be related to IBS. If you experience persistent discomfort, it is important to consult with your healthcare team.

Managing Diabetes and IBS: A Holistic Approach

Diabetes and IBS often co-exist and so it's important to take a comprehensive and individualized approach to health. Simply treating each condition separately isn't enough; understanding how they affect each other is crucial.² Lifestyle changes like eating mindfully, staying active, and managing stress are vital. In some cases, following the [Low FODMAP diet](#) has been found to be helpful in reducing symptoms of IBS.² FODMAPs are types of [fermentable carbohydrates](#) that are poorly digested and may cause bloating, gas, and pain in people with IBS. The Low FODMAP diet is meant to be followed temporarily. Therefore, it is strongly recommended to speak to a registered dietitian for more guidance.



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Cont'd from page 9 (Navigating Diabetes and Gut Health: Understanding the Connection and Managing Symptoms)

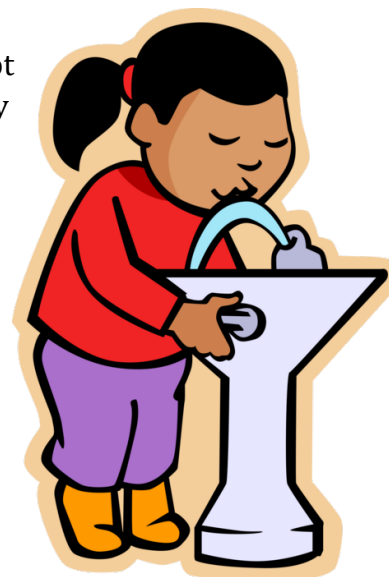
In the meantime, try some of these simple strategies below and you may start to experience relief within a few days:

- Aim to drink between 6 to 12 cups of liquid each day, with water being the best option.⁵
- Adjust how much coffee or tea you drink depending on how you're feeling. If you're experiencing diarrhea, it's best to reduce your caffeine intake.⁵
- Include physical activity in your daily routine. Consider gentle, slow, and low-intensity activities such as yoga, walking, cycling, swimming, and aerobics.⁵
- Adjust fibre intake if symptoms worsen. Soluble fibre (e.g., oats, flaxseed) softens stool, easing diarrhea and constipation. Insoluble fibre (e.g., wheat bran, whole grains) adds bulk for regular bowel movements.⁵

As you navigate the delicate balance of diabetes and IBS, remember that you are not alone. The Taddle Creek Diabetes Education Program is here to support you every step of the way.

References:

1. [https://www.amjmedsci.com/article/S0002-9629\(15\)31902-9/abstract](https://www.amjmedsci.com/article/S0002-9629(15)31902-9/abstract)
2. <https://link.springer.com/article/10.1007/s11938-017-0151-1>
3. <https://www.nature.com/articles/s41467-023-40552-y>
4. <http://s3.gi.org/patients/gihealth/pdf/ibs.pdf>
5. <https://www.healthlinkbc.ca/healthy-eating-physical-activity/conditions/digestive/healthy-eating-guidelines-irritable-bowel>



Services Offered by Pharmacists

Your Taddle Creek Family Health Team (FHT) pharmacists are medication therapy experts. Our pharmacists are skilled in the following areas to support your health and well-being:

- **Rational Drug Therapy Recommendations:**
 - ▶ Supporting chronic disease management (e.g., hypertension, diabetes, asthma, COPD)
 - ▶ Ensuring your medications are appropriate and effective
 - ▶ Interpreting lab results to help understand how they influence medication management
- **Comprehensive Drug Interaction Assessments:**
 - ▶ Identifying potential drug-drug, drug-food, drug-disease, and drug-herb interactions

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Cont'd from page 10 (Services Offered by Pharmacists)

- **Triage Patients:** Provide timely support for:
 - ▶ Recommending COVID-19 therapies, such as Paxlovid, when appropriate
 - ▶ Addressing and managing medication-related side effects
 - ▶ Answering patient questions about medication use, alternatives, and safety
- **Perform Physical Assessments:**
 - ▶ Blood pressure, spirometry lung function testing, INR testing for patients taking warfarin, and more
- **Administer Immunizations and Medications:**
 - ▶ Adult and pediatric vaccinations under medical directive
- **Adjust and Initiate Medications:**
 - ▶ Medication adjustments in consultation with the primary care provider
 - ▶ Smoking cessation prescribing (Champix and Zyban)

Our pharmacists work collaboratively with your healthcare team to provide:

1. Medication Management

- Comprehensive medication reviews and reconciliation (e.g., post-hospital discharge)
- Addressing drug shortages and exploring alternative treatments
- Supporting cost-effective medication strategies

2. Chronic Disease Management

- Diabetes, cardiovascular risk (blood pressure, lipids, weight loss), and osteoporosis management
- Heart failure and hypothyroidism medication adjustments

3. Specialized Care

- Smoking/vaping/cannabis cessation (Centre for Addiction and Mental Health Smoking Treatment for Ontario Patients program)
- Pain management
- Respiratory management (asthma, COPD)
- ADHD and mental health medication counseling

4. Support for Complex Needs

- Opioid and benzodiazepine tapering
- Supporting the Cognitive Behavioral Therapy (CBT) for insomnia group in conjunction with social work
- Anticoagulation management (e.g., warfarin dosing)

5. Quality and Safety Initiatives

- Providing evidence-based education and in-services on clinical updates to Primary Care Providers
- Active involvement in quality improvement and medication safety projects
- Creating and maintaining medical directives
- Conducting drug information and literature searches

Taddler Tips

Show Yourself Some Love

Around Valentine's Day, when many people reflect on how we can show people around us that we love and care for them. We may do this by giving gifts, sharing an affectionate poem, giving a consensual hug, or spending quality time with them. This year, it might be nice to reflect on the ways that you like to show love and care to those around you as well as the things that help you to feel most loved and supported. In addition to giving and receiving care from others, it may also be helpful to reflect on ways that you can show yourself love. Perhaps you like to get flowers from a friend, family member, or partner. This year, what about also buying yourself some flowers to show appreciation for yourself?

Here are some other examples of exercises you could try to show yourself some love:

- Write a loving poem to yourself
- Clean up your bedroom or a space that you use frequently

- Try a self-compassion exercise: <https://self-compassion.org/self-compassion-practices/>
- Take yourself out for dinner
- Purchase a nice gift for yourself
- Spend some time relaxing
- Give yourself a hug or a massage

An idea for reflection: What other ways can you show yourself love and care?



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DISCLAIMER

The information presented in The Taddler is for educational purposes only and should not be used as a substitute for the professional advice, treatment or diagnosis from your health care provider. Contact your physician, nurse practitioner or other qualified health care professional if you have any questions or concerns about your health.

The purpose of the TC FHT Newsletter, "The Taddler" is to provide:

1. Education on varied health-related topics
2. Regular communication about what is happening at TC FHT
3. Information on issues that impact TC FHT and its patients
4. A means for patients to get acquainted with TC FHT team members

We hope you enjoy reading it!

**The Taddler is not for private marketing purposes*

Taddle Creek Family Health Team Winter - Spring 2025 Groups/Workshops/Drop-In Offerings

Groups/Clinics are open to Taddle Creek Family Health Team patients
Additional information is available on the Programs and Services drop down menu,
see website: <https://taddlecreekfht.ca/>
Dates are subject to change

| Event | Date(s) | Time | Learn About/Assistance With |
|--|----------------|--------------------|--|
| Mental Health Program | | | |
| CBT-Insomnia Cafe In-person Note: Need to have taken the CBT-I group. Call to enroll- 416-260-1315 ext. 0 | April 18, 2025 | 1:00 pm to 3:00 pm | <ul style="list-style-type: none"> • A workshop for people who have completed the CBT-Insomnia Group at Taddle Creek FHT • Provides a chance to connect with others who struggle with insomnia, share ideas and coping strategies, and brush up on CBT-I strategies • Combines both peer-support and psycho-education by the facilitators |
| Seniors' Workshop In-person Note: Call to enroll - 416-260-1315 ext. 0 | April 22, 2025 | 1:00 pm - 4:00 pm | <ul style="list-style-type: none"> • Small interactive group for those aged 65+ who are interested in connecting with other seniors • Topics discussed may include: making/maintaining connections with others, discussions around aging, navigating community resources, and more • Some snacks and beverages will be provided |
| Assertiveness Workshop In-person Note: Call to enroll- 416-260-1315 ext. 0 | May 9, 2025 | 1:00 pm - 4:00 pm | <p>The assertiveness workshop is an educational group to provide information and strategies to help individuals better understand and develop techniques for assertive communication.</p> <ul style="list-style-type: none"> • Understand how to define assertiveness • Learn about the spectrum between passive to aggressive communication • Explore the importance of boundaries and why they are valid • Learn tools for building assertive communication skills |

| Event | Date(s) | Time | Learn About/Assistance With |
|--|--|--|---|
| <p>Resourced and Resilient Group Virtual</p> <p>Note: Referral from your primary care provider is required to enroll</p> | <p>March 5, 2025 - April 23, 2025</p> <p>8 weeks long</p> | <p>Wednesdays</p> <p>2:30 pm - 4:15 pm</p> | <p>The Resourced and Resilient Group is an 8-week group therapy program for adults who have experienced childhood trauma.</p> <ul style="list-style-type: none"> • Learn different models, skills, and strategies that could support you in recovering from the long-term impacts of childhood trauma • This group is part of a research study facilitated by Women’s College Hospital that is evaluating the facilitators’ delivery of the content |
| <p>DBT Skills Group Virtual</p> <p>Note: Referral from your primary care provider is required to enroll</p> | <p>Wednesdays</p> <p>Orientation: Apr 23 - May 21</p> <p>Module 1: Apr 30 - May 21</p> <p>Module 2: Jun 4 - Jun 25</p> <p>Module 3: Jul 9 - Jul 30</p> | <p>Wednesdays</p> <p>10:00 - 12:30 PM</p> | <ul style="list-style-type: none"> • A 12-week group with a focus on coping skills that can help participants navigate life’s ups and downs • The four facets of DBT covered in this group include 1) distress tolerance, 2) emotional regulation, 3) interpersonal effectiveness, and 4) mindfulness • Each session includes time for practice of skills and sharing of experiences in applying the skills |
| <p>CBT-Insomnia Virtual</p> <p>Note: Referral from your primary care provider is required to enroll</p> | <p>April 23, 2025 - May 28</p> | <p>Wednesdays</p> <p>5:00 pm - 7:00 pm</p> | <ul style="list-style-type: none"> • Behavioural and cognitive strategies to help treat insomnia, improve your sleep quality and promote good physical and mental health • An understanding of the physiological systems that regulate sleep • Learn about relaxation techniques to reduce stress and help you get to sleep • Use sleep diaries to monitor progress |

| Event | Date(s) | Time | Learn About/Assistance With |
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| Diabetes Education Program | | | |
| <p>Blood Sugar Management Workshop</p> <p>Virtual</p> <p>Eligibility Criteria: Prediabetes or Diabetes</p> | <p>March 5, 2025 (Part 1)</p> <p>March 12, 2025 (Part 2)</p> | <p>Wednesdays</p> <p>9:00 - 11:00 am</p> <p>9:00 - 11:00 am</p> | <p>An introductory two-part series designed to help individuals living with prediabetes or diabetes. Workshops will be held over Zoom.</p> |
| | <p>March 20, 2025 (Part 1)</p> <p>March 27, 2025 (Part 2)</p> | <p>Thursdays</p> <p>5:00 - 7:00 pm</p> <p>5:00 - 7:00 pm</p> | <p>Part 1: Getting Started</p> <ul style="list-style-type: none"> • What is diabetes? • What causes diabetes? • How is prediabetes/diabetes diagnosed? • How do I prevent long term complications related to diabetes? • Is diabetes reversible? |
| | <p>April 10, 2025 (Part 1)</p> <p>April 17, 2025 (Part 2)</p> | <p>Thursdays</p> <p>5:00 - 7:00 pm</p> <p>5:00 - 7:00 pm</p> | <p>Part 2: Taking Charge</p> <ul style="list-style-type: none"> • How can I manage my blood sugars? • What can I eat when I have prediabetes/diabetes? • Can exercise help with prediabetes/diabetes? • How does stress impact my prediabetes/diabetes? |
| | <p>April 23, 2025 (Part 1)</p> <p>April 30, 2025 (Part 2)</p> | <p>Wednesdays</p> <p>9:00 - 11:00 am</p> <p>9:00 - 11:00 am</p> | |
| | <p>May 7, 2025 (Part 1)</p> <p>May 14, 2025 (Part 2)</p> | <p>Wednesdays</p> <p>9:00 - 11:00 am</p> <p>9:00 - 11:00 am</p> | |