

Foot Care Services

Our Registered Foot Care Nurses (St. Catharines) and Chiropodist (NOTL) provide one-on-one comprehensive foot care assessments, health teaching and personalized care plans.

Osteoporosis Program

Our Registered Nurse Educator will help you learn about making lifestyle choices to maintain your bone health and to reduce your risk of fractures (broken bones). This program is for you if you have been told that you have low bone mass, osteoporosis or if you have fallen more than once in the last year.

Wound Care Services

(St. Catharines)

Our Registered Foot Care Nurse/wound specialist provides one-on-one wound care assessments, health teaching and personalized care plans.

Outreach Coordinators

Our Outreach Coordinators are Registered Nurses who provide education and link patients to both Family Health Team and community supports. Our Outreach Nurses also play a role in supporting patients who have recently been discharged from hospital.

Diabetes Care Team — St. Catharines

Diabetes Support Team — Niagara-on-the-Lake

Our Registered Dietitians and Registered Nurses who are Certified Diabetes Educators provide one-on-one assessments and offer group classes to help patients in the Niagara region who have been diagnosed with prediabetes or type 2 diabetes.

Live Heart Smart

(Niagara-on-the-Lake patients only)

This program is designed as a fun and interactive group education session for patients with high cholesterol who are interested in improving their heart health.



How to Access our Programs and Services

Some of our programs run periodically and some services require a referral from your Family Physician. For further information on our programs and services or to find out dates and locations of upcoming workshops and events, please call or visit:



St. Catharines 905.988.9617 x226
Niagara-on-the-Lake 905.468.2177 x130



facebook.com/niagaranorthfht



niagaranorthfht.ca

*Check out the events calendar and the online program registration form on our website!

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**NIAGARA
NORTH**
Family Health Team

Programs and Services Guide

Our vision is to work with patients and families towards optimizing their health status and well being.

Our focus is on health care, health promotion, disease prevention and chronic disease management.

Asthma and COPD

For patients with Asthma and/or COPD, our Respiratory Therapist or Registered Nurse Educator will meet with you to test your breathing function and help you with your medications. You will also learn tips to improve your breathing.

Stop Smoking Clinic

Regardless of whether you are just thinking about quitting or ready to stop smoking, our Stop Smoking team offers practical tools and guidance. We will work with you one-on-one to teach and support you in quitting smoking and staying smoke-free! We also offer a monthly peer-to-peer **Living Smoke Free group** at our Lake-Carlton site for any patients who have quit smoking for more than one month and want to stay quit.

Nurse Practitioner and Physician Assistant Services

Our Nurse Practitioners and Physician Assistants work with our Family Physicians to provide primary and preventive health care and education for our patients.

INR Program (Niagara-on-the-Lake)

Our pharmacist and our Registered Nurses provide point-of-care INR testing and patient education for patients currently receiving warfarin therapy.

Memory Clinic

A team of highly experienced health care professionals will assess patients with a variety of memory disorders and make personalized recommendations.

Mental Health Assessments (Psychiatry)

Our consulting psychiatrists are available one day a week at our Lake-Carlton and Virgil sites to assess patients with complex mental or emotional problems.

Individual Counselling

Social Work & Mental Health Counsellors

Our Social Workers and Mental Health Counsellors are trained to counsel people who are experiencing challenges in daily living. We offer one-on-one sessions as well as a variety of group programs.

CBT (Cognitive Behaviour Therapy)

CBT is a type of structured therapy aimed at changing negative thinking patterns. It is an evidence based, scientifically researched treatment that has proven to be successful. We offer two CBT groups; CBT for Anxiety and CBT for Insomnia.

Mindful or Mind Full?

This program strives to teach participants how to manage the stress of daily life through mindful awareness. You will learn about the negative impact of stress on the mind and body. Ages 20+.

Single Session (St. Catharines patients only)

Problems? Meet one-on-one with one of our Social Workers on Wednesday mornings. First come, first served from 9:00am–12:00pm. (Register by 10:45am). There is no referral required, just walk in.

Nutrition and Lifestyle Counselling (Registered Dietitians)

Our experienced Dietitians offer one-on-one nutritional and lifestyle counselling. We also offer a variety of group programs for patients who want to make healthier choices.

Craving Change

This 6-week program is for those who experience emotional eating or other problem eating habits. We can help you understand **WHY** you eat the way you do and teach you **HOW** to change your thinking in order to change your eating.

Heart Healthy Eating

This group program offers many great tips for heart smart meal suggestions and cooking with lentils and legumes. We will educate you on how to make more heart smart choices at the grocery store and provide tips on how to help lower your cholesterol.

Blood Pressure Program

This program is for you if you have been diagnosed with high blood pressure or if you are interested in preventing high blood pressure. Our Dietitians and Registered Nurse Educators will help you learn what you need to know about your blood pressure and provide education on the links between blood pressure and sodium, physical activity and healthy eating.