

## LUNG HEALTH

### ASTHMA & COPD

Our registered Nurse Educator can help you with:

- Inhaler use and technique
- developing an asthma action plan to help you manage your asthma
- Help you to control your symptoms and how to avoid triggers that make your breathing worse



### QUIT SMOKING

**Ready to  
quit?  
We're here  
to help!**



Regardless of whether you are just thinking about quitting or ready to stop tomorrow, our Stop Smoking Team offers:

- Individualized treatment plans
- Practical advice and support
- NO COST nicotine replacement therapy (patches, gum, lozenges) Via the STOP Program in partnership with the Centre for Addiction and Mental Health and the Ministry of Health and Long Term Care

Register for our programs online!  
[niagaranorthfht.ca/programs/program-registration](http://niagaranorthfht.ca/programs/program-registration)

## DIABETES

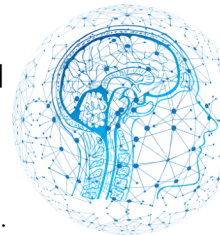
If you have type 2 diabetes or are at risk for developing diabetes, our educators are here to help. We offer services to help you improve your blood sugar and better manage your health. Not only will you meet one on one with a Registered Nurse or Registered Dietitian, but you can also attend group classes:

- Diabetes Support Walk & Talk
- General Diabetes Support Class
- Pre-diabetes group



### MEMORY CLINIC

Our multidisciplinary team provides assessments and makes recommendations for patients with memory issues. Referral is required.



### AGING AT HOME

The goal of the Aging at Home program is to provide care to patients over age 65 with complex medical and/or social conditions who have difficulty accessing regular care at the clinic by providing home visits. NOTL location patients only.

[facebook.com/niagaranorthfht](https://facebook.com/niagaranorthfht)

# NIAGARA NORTH FAMILY HEALTH TEAM



## PROGRAMS & SERVICES

145 Carlton St.  
St. Catharines

905.988.9617 x226

1338 Fourth Ave. Suite s100

St. Catharines

905.682.5555

101 Garrison Village Drive

Niagara-On-The-Lake

289.272.0180

## SERVICES

### FOOT CARE

We provide one-on-one comprehensive foot care assessments, health teaching and personalized care plans. These services are provided by a Registered Chiropodist and our Registered Practical Nurses.

A big focus of our foot care services is on diabetic patients, who are at higher risk for foot complications due to diabetes, such as loss of feeling and increased risk of ulcers.



### WOUND CARE

Our wound care specialist (Registered Practical Nurse) provides comprehensive care for all wounds. We offer personalized treatment plans and health teaching with a focus on prevention.

### OCCUPATIONAL THERAPY

Our Occupational Therapist helps to solve problems that interfere with a person's ability to do everyday activities. They can help with things such as self care, being productive and leisure activities. We also offer programs such as:

- Urban Pole Walking

### OUTREACH COORDINATORS

Our outreach coordinators link patients with resources within and outside of the family health team, particularly if they have been discharged from hospital.

## MENTAL HEALTH

Support and counseling is provided to people experiencing challenges in daily living. Patients are seen either individually or in a group setting by our Mental Health Team. Referral required for some services.

### MENTAL HEALTH GROUPS

- CBT for Anxiety
- CBT for Insomnia
- Living Life to the Fullest
- Caring for the Caregiver
- Living Life with Compassion
- Living well with IBS
- Wellness webinar series

\*Cognitive Behaviour Therapy (CBT) is a type of structured therapy aimed at changing negative thinking patterns.

### SINGLE SESSIONS

Once a week we offer single session appointments with our social workers who can provide solution-focused strategies to tackle one solvable issue.

**St. Catharines Wed. from 9:00am – 12:00pm**

Must call to register starting at 8:45am.

905.988.9617 x 226

**NOTL: Friday from 9:00am – 2:00pm**

Must call to register starting at 8:45am

289.272.0180

\*Please note this service is only open to patients of the Niagara North Family Health Team, who may attend up to three times per year

### PSYCHIATRISTS

Our consulting Psychiatrists are available to assess patients with complex mental or emotional problems. Referral required.

## NUTRITION

### REGISTERED DIETITIANS

Registered Dietitians play an essential role in disease prevention and management. Our nutrition team offers medical nutrition therapy for a variety of health concerns. We offer individual nutritional counselling for all ages.



### NUTRITION GROUPS

Our Registered Dietitians work alongside other healthcare providers to offer group programs such as:

- Eat Well, Live Better
- Living well with Irritable Bowel Syndrome (IBS)

Please note, certain programs and services may only be available at one site, St. Catharines OR Virgil/NOTL. Please call us to register or for more information about any of our programs and services.

Check our website for the most up-to-date information about upcoming program dates, times and locations.  
[www.niagaranorthfht.ca/programs](http://www.niagaranorthfht.ca/programs)