




Fall

NEWSLETTER

Sep 20, 2023 / Vol 10



Questions to Ask ?

COMMUNICATING WITH OUR OFFICE

This is a gentle reminder to all our patients that our office email cannot be used to book, cancel or modify your appointments.

To submit any 3rd Party Forms or Requests for your Family Doctor to complete, please email our Accounts Department at patient.accounts@QSDocs.ca.

Also, just so you know, if you haven't already, you may begin to receive text messages and emails from our office regarding appointments, referral notifications, and other general information regarding our office.

THE UPCOMING FLU SEASON IS ALMOST UPON US!

The flu shot is your best defence against the flu. The flu shot is recommended for almost everyone who is 6 months of age or older.

Our office is expecting to receive the Flu Vaccine early in the Fall. You may be notified of the arrival via text or email. To book your appointment, please call (905)455-1455



GET YOUR
FLU SHOT



QUEEN SQUARE DOCTORS & FAMILY HEALTH TEAM'S



NEW STRATEGIC PLAN IS ON THE WAY!

Strategic Plan!

Rahul Tiwari

Over the past 4 months, QSD & FHT has been working to renew our organization's 3-year strategic plan. A key step in this process took place on Thursday July 20, 2023, at the Marriott Fairfield Inn & Suites in Brampton, where we held two patient feedback sessions.

We were extremely pleased with the response from our patients to these sessions, as both sessions reached full capacity during the sign-up period! These sessions provided us the opportunity to hear valuable feedback directly from our patients, and it will greatly inform the outcome of our strategic planning process.

Over the next 4 months, we will continue our engagement with key stakeholders in our organization and will begin to finalize our renewed 3-year strategic plan. We are excited to share this plan with you soon so that we can start the work to fulfill our strategic priorities.



If you have any questions about Queen Square's strategic plan, please reach out to:

Rahul, Project Manager,
rtiwari@queensquarefht.ca



QUEEN SQUARE FHT & DOCTORS SUMMER BBQ 2023

Summer Recap:

We've had an amazing summer filled with sunshine, fun activities, and delicious food. To make this season even more memorable, we brought our doctors and the fantastic Family Health Team together for a sizzling event - our Office BBQ Extravaganza!

The most memorable part of the day was watching the bonds being formed between our doctors and the Family Health Team. These connections will undoubtedly enhance the care we provide to our patients by strengthening our collaborative efforts.

Keep an eye out for more exciting events and updates from your favorite doctor's office and Family Health Team. Until next time, stay healthy, happy, and savor the upcoming fall flavors!

Warm regards,
Queen Square Team



HELLO FALL!

Circumcision Services for Newborns

Queen Square Doctors provides circumcision services for newborns aged up to 30 days old. This service is available for newborns registered with our physicians, as well as those within our community. Please note that it is a non-OHIP covered procedure, and we charge a fee of \$370.

To schedule a consultation and the circumcision procedure, kindly request your Family Doctor to send a referral to Dr. Brual at our office. Our skilled medical team is committed to providing you and your newborn with top quality care throughout the procedure.



CONTACT US

• 905-455-1455

• 905-453-1453

• <https://queensquare.ourm.d.ca/>

OFFICE HOURS

Monday	8 am to 8 pm
Tuesday	8 am to 8 pm
Wednesday	8 am to 8 pm
Thursday	8 am to 8 pm
Friday	8 am to 5 pm
Saturday	9 am to 1 pm
Sunday	9 am to 1 pm
Holidays	9 am to 1 pm



CHECK OUT OUR SPRING NEWSLETTER HERE!

[Spring Newsletter](#)



Central Brampton
Family Health Team

North Peel
Family Health Team



Proud members of the Central West Ontario Health Team



Central West
ONTARIO HEALTH TEAM

Fall 2023 Newsletter

Upcoming events at Central West Family Health Teams:

Queen Square Family Health Team

For more info visit: <https://www.queensquarefht.ca/>

Chronic Pain Education Workshop

Sept 5, 2023 at 4PM

Nov 7, 2023 at 4PM

Registration: <https://www.queensquarefht.ca/chronic-pain/>

Senior Social Club

Mental Health & Aging - Sept 22, 2023 at 10AM

Exercise & Aging – Oct 27, 2023 at 10AM

Risk Factors & Prevention of Falls – Nov 24, 2023 at 10AM

Registration: <https://www.queensquarefht.ca/seniors-social-club/>

Mental Health

Anxiety & Depression Cognitive Behavioural Therapy (CBT) Group
Healthcare Provider Referral Required. In person and Virtual Groups Offered.

Registration: <https://www.queensquarefht.ca/mental-health-program/>

Wellness Workshops

Free virtual workshops Multiple dates offered in the Fall Season. Topics include:

- Self-Compassion
- Self-Esteem
- Mindfulness
- Healthy Relationships
- Introduction to Dialectic Behavioural Therapy (DBT) Skills
- Coping with Stress
- Medication for Anxiety and Depression
- Grief and Grieving
- Sleep Workshop

Enroll here: <https://www.queensquarefht.ca/wellness/#workshops>

Trans & Gender Health Clinic

Registration: <https://www.queensquarefht.ca/transgender-services/>

Tricks for Treats: A Dietitian's guide to managing Halloween Candy

Oct 23rd, 2023 at 5-6:30PM

Registration: https://queensquarefht-ca.zoom.us/join/registration/u5MrfuuqrjoiGd0X7tSlK8mg9rkRe0W1L_Ft#/registration

Who we are:

We are primary health care providers in the Central West region [Brampton, North Etobicoke, West Woodbridge, Malton, and Bramalea].

- Central Brampton Family Health Team
- North Peel Family Health Team
- Queen Square Family Health Team
- Woodbine Family Health Team

Purpose of this newsletter:

To provide a quarterly update on community-based in-person and virtual programs and services offered by Central West Family Health Teams.

Woodbine Family Health Team

For more info visit: <https://woodbinefht.ca/>

To enroll for any programs & services, email as indicated below or call 416-342-5140.

Diabetes Prevention & 101 Basics

Sept 18th, 2023 at 2:30-4:30PM - In person & Zoom

Health provider referral required for 1:1 support.

Registration: provide Jason nguyenj@woodbinefht.ca your name & number/email

Healthy Hearts

Sept 17th, 2023 at 3:00-5:00PM – Virtual on Zoom

Registration: provide Jason nguyenj@woodbinefht.ca with name & number/email

Nicotine Treatment Program (Smoking Cessation)

Ongoing 1:1 support via phone/ virtual or in person.

Registration: provide Jason nguyenj@woodbinefht.ca with name & number/email

Dietitian Services

Free in group programs, in person and phone/virtual

Health provider referral required.

Registration: provide Susan yangs@woodbinefht.ca or Michelle leem@woodbinefht.ca with name & number/email

Best Weight Program

Ongoing in person and virtual group.

Registration: provide Susan yangs@woodbinefht.ca with name & number/email

Cholesterol 101 Workshop

Ongoing in person and virtual group.

Registration: provide Michelle leem@woodbinefht.ca with name & number/email

Mental Health Counselling

Offered in person or virtual 1:1 support.

Health provider referral required.

Registration: provide Greg turkg@woodbinefht.ca with name & number/email

Mindful Awareness Stabilization Training (MAST)

Ongoing in person & virtual group.

Sept 13th, 20th, 27th, Oct 4th from 1:00-2:00PM

Registration: provide Greg Turk turkg@woodbinefht.ca with name & number/email

Memory Clinic

Healthcare provider referral required. By appointments only.

Referral form available online: <https://woodbinefht.ca/>

Nordic Pole Walking Group

Departs from Woodbine FHT. Healthcare provider referral required.

Mondays and Wednesdays at 9:30-10:30AM

Registration: provide Susan yangs@woodbinefht.ca or Michelle leem@woodbinefht.ca with name & number/email

North Peel Family Health Team

For more info visit: <https://www.npfht.com/>

To enroll for any programs and services below, call 905-459-2181.

Walking Club

Mondays 12:00-1:00PM

Location: Centennial Park (53 Centre St. North, Brampton, L6W2X7)

Mat Yoga

Mondays 10:30-11:30AM

Location: 157 Queen Street East, Suite 204 (FHT office)

Registration required.

Chair (Seated) Yoga

Tuesdays 11:00AM-12:00PM

Location: 157 Queen Street East, Suite 204 (FHT office)

Registration required.

CHANGE™ Program (virtual)

Tuesdays via ZOOM 5:00-6:30PM

Registration required.

Appointment with a Registered Dietitian (OHIP covered. No fee.)

Available to patients living in Brampton OR who have a family physician in the Brampton area.

Updated: Sept 2023

Central Brampton Family Health Team Contd.

For more info visit: <https://cbfht.ca/>

Healthy Heart Workshop

October 19th, 2023 at 4:30PM

Registration: <https://forms.gle/ayKdEfQjcaaWPLjX8>

Seniors Wellness Series - Fraud Prevention and Identity Theft, Presented by the Ontario Securities Commission

November 2nd, 2023 at 1:00PM

Registration: <https://forms.gle/gUXrLBZAgvCXKMcY9>

Mental Health Weekly Webinar

Recurring every Wednesday at 1:00PM starting October 4th

Registration: <https://forms.gle/bpg9QsA5dDjd7vbH7>

Let's Talk Diabetes: Medication Management

November 14th, 2023 at 3:00PM

Registration: <https://forms.gle/veY41nP5MTEnhf6M6>

Seniors Wellness Series - Fraud Prevention and Identity Theft, Presented by the Ontario Securities Commission

November 2nd, 2023 at 1:00PM

Registration: <https://forms.gle/gUXrLBZAgvCXKMcY9>

Healthy Families - Intro to Solids

Coming soon! This program is expected to be launched late Oct - early Nov. Please check our website for updates.