

In this Newsletter Issue:

- NWT OHT Updates
 - The HUB@2115
 - Primary Care
- Toronto Public Health Prenatal Programs
- Partner Updates
- Community Updates

NWT OHT Updates



Support Your Patients with Free Community Services at The HUB@2115!

The HUB@2115 is a collaborative initiative of free, integrated health and social services all in one location. Led by the North Western Toronto Ontario Health Team, The HUB connects individuals to a range of supports that address key social determinants of health.

Available Services Include:

- Newcomer settlement supports
- Employment assistance, including help with job searching
- Health and social care navigation
- Mental health and wellness programs
- Diabetes education and self-management

Why come to The HUB@2115?

- No OHIP required
- Free services
- Culturally responsive and multilingual support
- Flexible access – some services are walk-in, others by referral or appointment



Location: 2115 Finch Ave. West, Suite 204 – Building C



Parking: Parking is validated for clients



Transportation: Easily accessible via TTC and Wheel-Trans

Please note: The HUB@2115 is **not a walk-in medical clinic** and does not provide emergency care.

Help your patients connect to the resources they need in the community!

[Click here for more information about our programs & services](#)



Did You Know? Primary Care is often the first stop for people who are managing an issue with their health. Those without a primary care doctor are more likely to leave issues unaddressed, until they get worse. However, primary care is in crisis in Ontario with over 2.5M residents who are unattached, without regular access to primary care.

In North West Toronto, we have over 57,000 residents who are unattached. Addressing this challenge requires a *multi-sector, collaborative approach and significant investment*. The province has announced record investments in primary care, and the NWT OHT and NWT PCN (Primary Care Network) are focused on developing strategies to help those in NWT get the care they need.

If you know someone who is looking for a primary care clinician in NWT, or you think clients you serve could benefit from stable attachment to primary care, stay tuned to learn more about the work of NWT OHT and PCN in the coming issues of this newsletter.

Toronto Public Health Prenatal Programs

Toronto Public Health offers free prenatal programs for pregnant individuals.

Programs include:

- Healthy Babies Healthy Children
- Nurse-Family Partnership
- 1:1 Prenatal Nutrition Service

Services are free and no OHIP is required.

Scan the QR code on the flyer or click the link below to learn more.

[Click here for more information](#)

Are you a teen or young adult who is having a baby?

We can be by your side, every step of the way!

Nurse-Family Partnership® is a **FREE** visiting nurse program that supports young first-time parents during pregnancy up until your child is 2 years old.

No OHIP is required.

Food vouchers provided.

About the program:

You and your nurse will work together to help you:

- Have a healthy pregnancy
- Become the best parent you can be
- Achieve your school and work goals
- And much more...

You can join if you are:

- 24 years old and under
- Less than 26 weeks pregnant
- Going to be parenting for the first time
- Facing financial challenges

To learn more, scan the QR code:

Or

Contact us:

Monday to Friday 8:30 a.m. to 4:30 p.m.

Telephone: 416-338-7600

eChat: toronto.ca/health/eChat Live with a Public Health Nurse



Partner Updates

Share your organization's updates!

Do you have updates or content you would like to include in a future edition of the NWT OHT Newsletter?

Contact Claudia Strembicky, Project Coordinator, at CStrembicky@hrh.ca.

Community Updates



Have you checked our refreshed website yet?

The NWT OHT website recently got a fresh new look! Find information, stay connected with our initiatives, and access community resources.

[Check the site out here](#)