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Happy Holidays from the NWT OHT!

On behalf of the North Western Toronto Ontario Health Team, we wish you a Happy Holidays and Happy New Year!

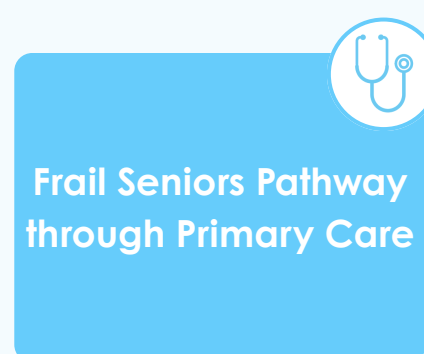
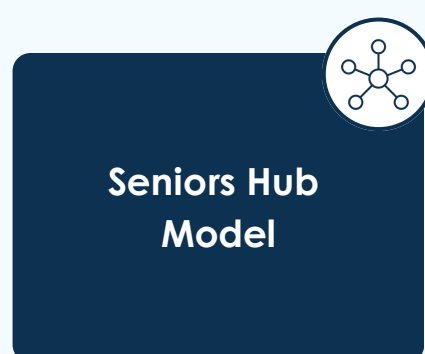
May the holiday season bring you peace, love, and happiness. Thank you for all you do to serve the communities in our OHT.



Project Updates

SFCSC Strategic Planning Update

Over a 3-month period, the Seniors Friendly Care Steering Committee held strategic planning sessions to define a shared vision and priorities for advancing senior-friendly care in the NWT OHT. In November, the proposed project areas were presented to committee members.



Working Groups will launch in Winter 2026.

Interested in any of the working groups? Contact Lavinia at LLakhan@hrh.ca to get involved!

Community Updates

The HUB@2115: Self-Care Movement Program

Move, connect, and recharge your mind and body! 🎵

Join Black Creek Community Health Centre's **Dance Movement Therapy Group** starting December 4th, every Thursday from 2:00-4:00 PM at the HUB@2115.

📍 Room 102, 2115 Finch Ave W

📞 Contact Antara at 416-246-2388 for more information

[Click here to register!](#)



Client, Caregiver & Community Member Recruitment Call-Out

Would you like an opportunity to shape the future of health and social care services in North West Toronto?

We are welcoming Clients, Caregivers, and Community (CCC) members who want to share their voices and make a difference. There are many ways to engage and provide your insights; through surveys, focus groups and participation in working groups. Your role will be crucial in ensuring that the perspectives of clients, caregivers and community members are integrated into the work of the NWT OHT.

If this sounds like something you'd like to be part of, please complete the onboarding form on our website.

[Click here to visit the CCC page on our website and learn more](#)

MHSU Substance Use Community Resources

Need support for mental health or addictions?

Check out our Substance Use Community Resource webpage. The healthcare services are easy to access, have real people answering your call, offer flexible hours, speak multiple languages and are in your community.

Check out the full resource on our website!



[Click here to check out the Substance Use Community Resources page](#)

Partner Updates

Black Creek Community Health Centre - December Group Programs

Black Creek CHC has a number of group programs available for clients in the community. Check out the calendar of the December Group Programs on their website. **To register for any of the sessions, please contact the group facilitator or register online.**



CENTRE DE SANTÉ COMMUNAUTAIRE
BLACK CREEK
COMMUNITY HEALTH CENTRE

[Click here for the BCCHC Group Programs page](#)

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 or fill out the NWT OHT Newsletter Content Request Form.

[Click here for the NWT OHT Newsletter Content Request Form](#)

You've received this email because you have collaborated with the NWT OHT in the past. If you would like to be removed from the distribution list, please contact Claudia Strembicky, Project Coordinator, at CStrembicky@hrh.ca.