

# NWT OHT Newsletter

December 2025



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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](mailto:LLakhan@hrh.ca) to get involved!**

## Community Updates

### The HUB@2115: Self-Care Movement Program

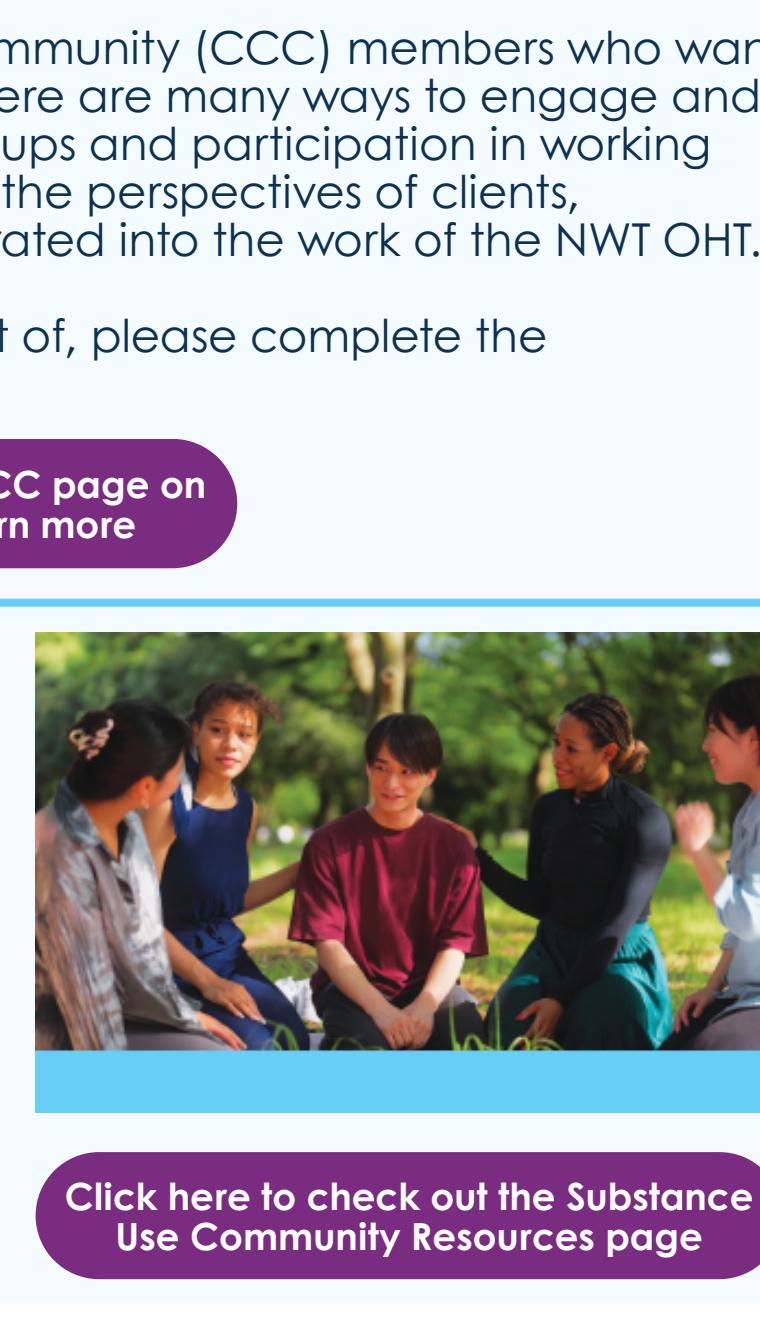
Move, connect, and recharge your mind and body!

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](#)

