

# NWT OHT Newsletter

November 2025

 NORTH WESTERN TORONTO

Ontario Health Team

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## Welcoming the New NWT OHT SEC Co-Chairs

At our last Senior Executive Committee, we appointed our new SEC co-chairs. We're excited to introduce them:



**Michelle Joseph**  
CEO, Unison Health and Community Services



**Lynn Singh**  
CEO, Lumacare

Thank you to **Barb Collins** and **Cheryl Prescod** for your dedication and leadership over the past five years as Co-Chairs!

## NWT OHT Updates

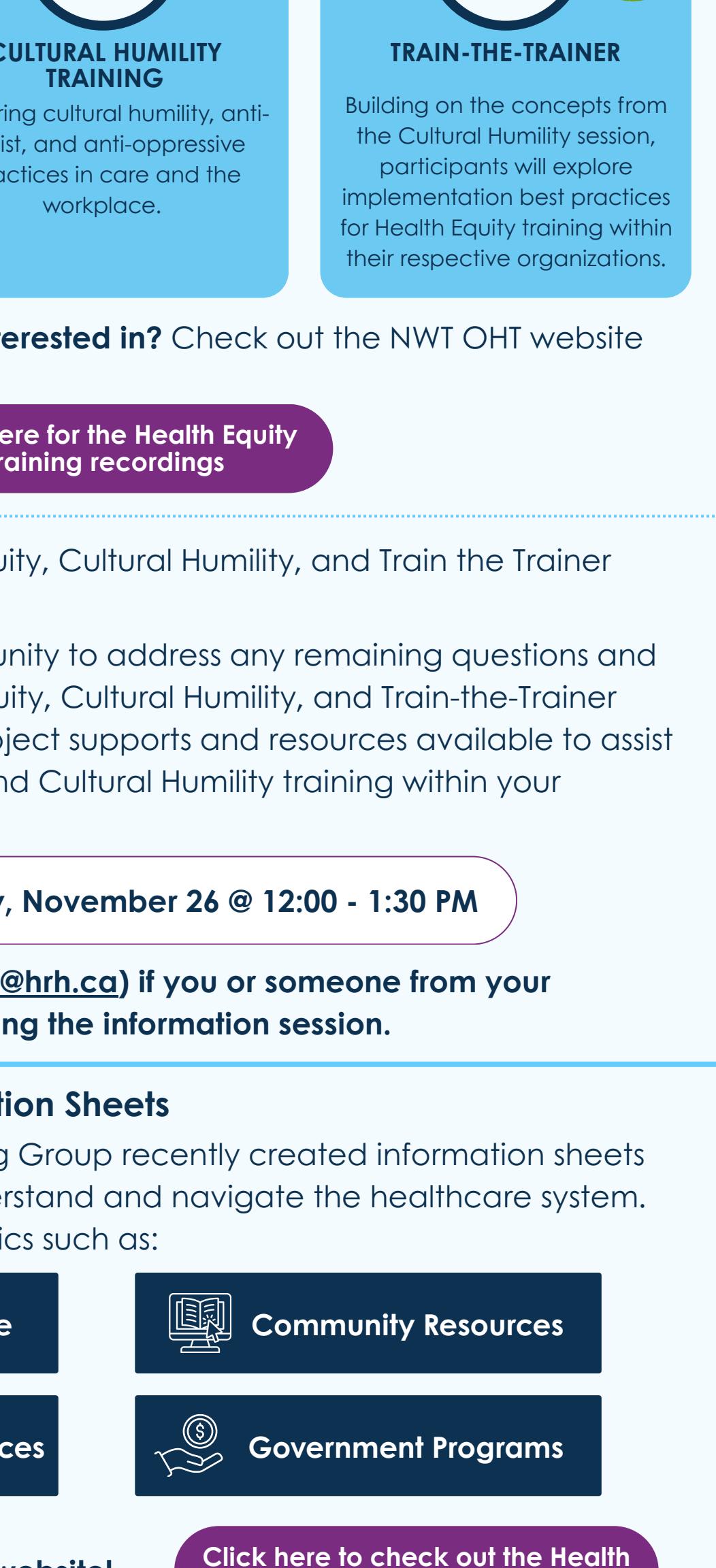
### The HUB@2115 newest partnership: Canadian Centre for Victims of Torture (CCVT)

Starting October 29, 2025, join us every last Wednesday of the month for in-person trauma-informed mental health services, including:

- ✓ Counseling & Psychotherapy
- ✓ Group Therapy & Crisis Intervention
- ✓ Multilingual Interpretation Services
- ✓ Referrals to Community Resources

• **The HUB@2115**  
Suite 204, 2115 Finch Ave. West

✉ Contact: [sahmed@ccvt.org](mailto:sahmed@ccvt.org)

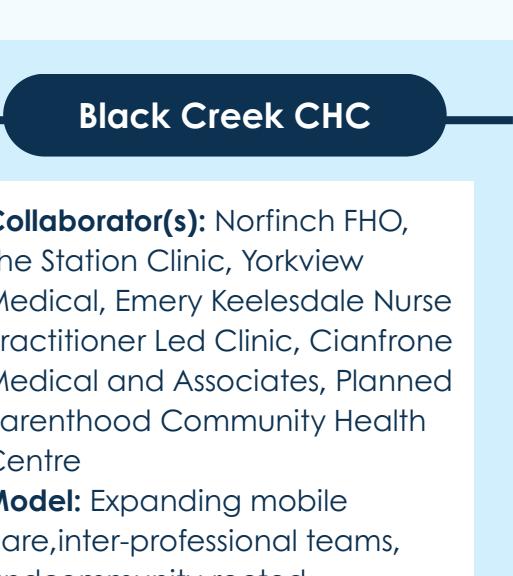


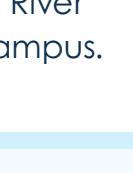
The poster features the Canadian Centre for Victims of Torture logo and the text "A New Partnership for Community Wellness" in large, bold letters. It highlights "CCVT & North Western Toronto OHT" and "In person" services. It lists "Every Last Wednesday of the Month" and "For All Clients". It also provides the address "2115 Finch Ave. West Suite 204 North York ON M3N 1N1" and the contact email "sahmed@ccvt.org". The poster includes a photo of two women hugging and text about expanding access to trauma-informed care through expert mental health services.

## Project Updates

### Health Equity Training Series

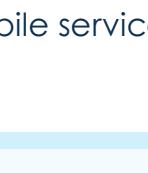
The NWT OHT has completed the Health Equity Training series in partnership with Evenings & Weekends Consulting. The training sessions will aim to increase organizational capacity for Health Equity and Cultural Humility.



**Session 1** 

#### BASELINE HEALTH EQUITY TRAINING

Uncovering the roots of health inequities rooted in colonialism, oppression; ongoing cycles of oppression in healthcare; and the impact of the social determinants of health.

**Session 2** 

#### CULTURAL HUMILITY TRAINING

Fostering cultural humility, anti-racist, and anti-oppressive practices in care and the workplace.

**Session 3** 

#### TRAIN-THE-TRAINER

Building on the concepts from the Cultural Humility session, participants will explore implementation best practices for Health Equity training within their respective organizations.

**Did you miss a session you were interested in?** Check out the NWT OHT website under the Our Work tab.

[Click here for the Health Equity Training recordings](#)

 **YOU'RE INVITED!** Health Equity, Cultural Humility, and Train the Trainer Information Session

This Session will provide the opportunity to address any remaining questions and feedback related to the Health Equity, Cultural Humility, and Train-the-Trainer sessions. We will also review the project supports and resources available to assist with implementing Health Equity and Cultural Humility training within your organizations.



**Wednesday, November 26 @ 12:00 - 1:30 PM**

**Please reach out to Jillian (JMonize@hrh.ca) if you or someone from your organization is interested in attending the information session.**

### Newcomer Navigation Information Sheets

The Newcomer Navigation Working Group recently created information sheets designed to help newcomers understand and navigate the healthcare system. These sheets include details on topics such as:



**Healthcare Coverage**



**Community Resources**



**Basic Healthcare Services**



**Government Programs**

**Check out the full resource on our website!**

[Click here to check out the Health Care Help for Newcomers page](#)

## Primary Care Update

### Interprofessional Care Team Round 2 Update

The NWT PCN is pleased to share we had 3 proposals successfully submitted for the IPCT Round 2 funding opportunity.

**Unison CHC**

**Humber River FHT**

**Black Creek CHC**

**Collaborator(s):** Schulich Family Medicine Teaching Unit (FMU)  
**Model:** Establish a new academic teaching site at Unison. Create an additional satellite site at Humber River Health (HRH) Church campus.

**Collaborator(s):** Humber River Place, York West Active Living Centre, Across Boundaries neighbourhood establishing care hubs and mobile services.

**Collaborator(s):** North Finch FHO, The Station Clinic, Yorkville Medical, Emery Klinik, Cline Afrone Medical and Associates, Planned Parenthood Community Health Centre  
**Model:** Expanding mobile, care inter-professional teams, and community-rooted navigation.

**Find a Primary Care Provider**

**Connex Ontario**

**988 Suicide Crisis Helpline**

[Learn more and access resources here](#)

## Community Updates

### NWT OHT Website: Additional Resources

Looking for Health and Community Resources? The NWT OHT site has a webpage that offers a range of helpful links to support your health and well-being. Explore resources including:



**Health 811**

**211 Ontario**

**988 Suicide Crisis Helpline**



**Find a Primary Care Provider**

**Connex Ontario**

**Toronto Health and Social Services Directory**

[Learn more and access resources here](#)

## Partner Updates

### Black Creek Community Health Centre - November Group Programs

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



[Click here for the BCCCHC 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](mailto: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](mailto:CStrembicky@hrh.ca).