

In this Newsletter Issue:

- NWT OHT Updates
 - NWT OHT Contact Email
- The HUB@2115 Updates
 - BCCHC February Group Programs
 - Ebeano Newcomers Network: Newest Partnership
- Upcoming Events & Opportunities
 - ASIST Service Provider Training
 - Primary Care Preferences Study

NWT OHT Updates

NWT OHT Contact Email



We're refreshing how we stay connected with our community. Our primary contact email has recently been updated to help streamline communication and ensure your inquiries reach the right team as quickly as possible.

For general inquiries, please reach out to us at NWTOHT@hrh.ca.

The HUB@2115 Updates

Upcoming Programs at the HUB@2115

Black Creek CHC is hosting a number of programs out of the HUB@2115. Learn more about the programs below.

<p>DIABETES SUPPORT GROUP</p> <p>WINTER-SPRING 2026 Wednesday March 18 1:30pm-3:30pm</p> <p>Location: 2115 Finch Ave West RM: 102</p> <p>CALL OR REGISTER ONLINE 416 246 2388 x 3249 https://www.bcchc.com/register-group-programs/</p>	<p>ASK THE NURSE Health Presentations with a Registered Nurse</p> <p>Health Education Free Resources Open Q&A with a Registered Community Health Nurse Confidential 1-on-1 with a Health Provider Free Blood Pressure & Blood Sugar Screenings</p> <p>Location: THE HUB@2115 2115 Finch Ave West, Suite 204 (Building C), North York, ON M3N 2V6. *Right beside the old Humber River Hospital location.</p>	<p>Mindful Movement</p> <p>Mar 2nd-Apr 27th, 2026 Every Monday, 10:30 am-12:30 pm</p> <p>Location: 2115 Finch Ave W, Suite 204 - Building C Contact: Antares: 416-246-2388 To register: Scan QR code or click link: https://www.bcchc.com/register-group-programs</p>
<p>Diabetes Support Group</p> <p>Connect with others, hear from guest speakers, and learn helpful strategies for managing diabetes. The next session takes place on Wednesday, March 18, from 1:30-3:30pm.</p> <p>Register through the link below or call 416-246-2388 x 3249.</p> <p>Click here to register</p>	<p>Ask the Nurse Program</p> <p>This program is held on Tuesdays and includes health screening, confidential one-on-one sessions, and workshops focused on health education.</p> <p>Registration required through the link below, or through your provider.</p> <p>Click here to register</p>	<p>Mindful Movement Group</p> <p>This program offers guided movement to help improve wellness and body awareness. Sessions run on Mondays from March 2 to April 27, 10:30am-12:30 pm.</p> <p>Register through the link below or call 416-246-2388.</p> <p>Click here to register</p>

New Newcomer supports now available at the HUB@2115!

Are You Looking For

- Community
- Information, Services, Resources
- Counseling (in-house counseling team that is free and confidential)
- Referrals
- Refugee Immigrant Communities and Immigration Lawyer

Contact Us Via Call, Text or Email

+1 647 471 1851
Ebeanonetwork@gmail.com
www.ebeanonetwork.ca

We're excited to welcome **Ebeano Newcomers Network (ENN)** to the HUB@2115, further enhancing the range of supports available for newcomers in our community! This agency offers a range of free services for newcomers and refugee communities, including settlement information, access to resources, and in-house counseling support.

Services are available on **Mondays, Wednesdays, and Fridays**, providing a welcoming space for individuals and families seeking guidance and connection.

For more information, contact 647-471-1851 or email ebeanonetwork@gmail.com.

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.

- 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.

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

Upcoming Events & Opportunities

ASIST Service Providers Training

The Mental Health and Substance Use Building Provider Capacity Working Group is pleased to offer a **FREE** two-day Applied Suicide Intervention Skills Training (ASIST) workshop for front-line workers. This in-person training equips participants with practical skills to recognize when someone may be thinking about suicide and to support them in developing a plan for immediate safety.

When: May 7 & 8, 2026 | 9:00 a.m. – 5:00 p.m.
Where: Unison Keele-Rogers Site, 1651 Keele St.

Spaces are limited and will be filled on a first-come, first-served basis. Please note we will be limiting spaces to a maximum of 2 per organization.

[Click here to register](#)

*An email will be sent to confirm registration.

SERVICE PROVIDERS ASIST TRAINING

The North Western Toronto Ontario Health Team (NWT OHT), in partnership with Unison HCS, is hosting a two-day **Applied Suicide Intervention Skills Training (ASIST) in-person workshop** in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.

Certification at no cost
Capacity for up to 25 learners

Two-Day Event
When: May 7 & 8, 2026
9:00am - 5:00pm

Space is limited!
[Click here to register.](#)

*An email will be shared with you to confirm registration.

Where: Unison Keele-Rogers
1651 Keele St, York, ON

Logos: ASIST, Unison Health & Community Services, North Western Toronto, Canadian Mental Health Association

Additional training opportunities in mental health and substance use will be shared in the coming weeks. Stay tuned for more details!

RESEARCH PROJECT
EXAMINING THE PRIMARY CARE PREFERENCES OF BLACK COMMUNITIES

WE WOULD LIKE TO HEAR FROM YOU IF YOU:

- SELF-IDENTIFY AS BELONGING TO BLACK COMMUNITIES
- ARE 18 YEARS OF AGE OR OLDER
- CURRENTLY LIVE IN ONTARIO
- ACCESSED PRIMARY CARE SERVICES WITHIN THE PAST FIVE YEARS

Wellesley Institute and Black Health Alliance are conducting research which aims to understand primary care preferences in Black communities.

In this research, you will be asked to participate in a focus group that will last about 90 minutes.

If you are interested in participating in this study or would like more information, please contact:
Jemal Demeke, Co-Principal Investigator,
jemal.demeke@wellesleyinstitute.com or 416-972-1010 ext. 241

If you have any general questions about the study, please contact Dr. Brenda Roche, Principal Investigator, at brenda@wellesleyinstitute.com or 416-972-1010 ext. 257.

We are seeking up to 100 participants.
In appreciation of your time, you will receive \$40 e-gift card.

This research study has been reviewed and approved by the Toronto Metropolitan University Research Ethics Board [REB protocol number 2025-470] and is funded by the Ministry of Health.

Logos: Wellesley Institute, Black Health Alliance, Toronto Metropolitan University

Primary Care Preferences Study

Wellesley Institute and Black Health Alliance are inviting community members to take part in a research study focused on understanding primary care preferences within Black communities. Participants will be asked to join a **focus group**.

If you're interested in participating or would like more information, please contact:
Jemal Demeke, Co-Principal Investigator
jemal.demeke@wellesleyinstitute.com
416-972-1010 ext. 241

For general questions about the study, feel free to reach out to Dr. Brenda Roche, Principal Investigator, at brenda@wellesleyinstitute.com or 416-972-1010 ext. 257.

[Check out the flyer for more information](#)

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.