

In this Newsletter Issue:

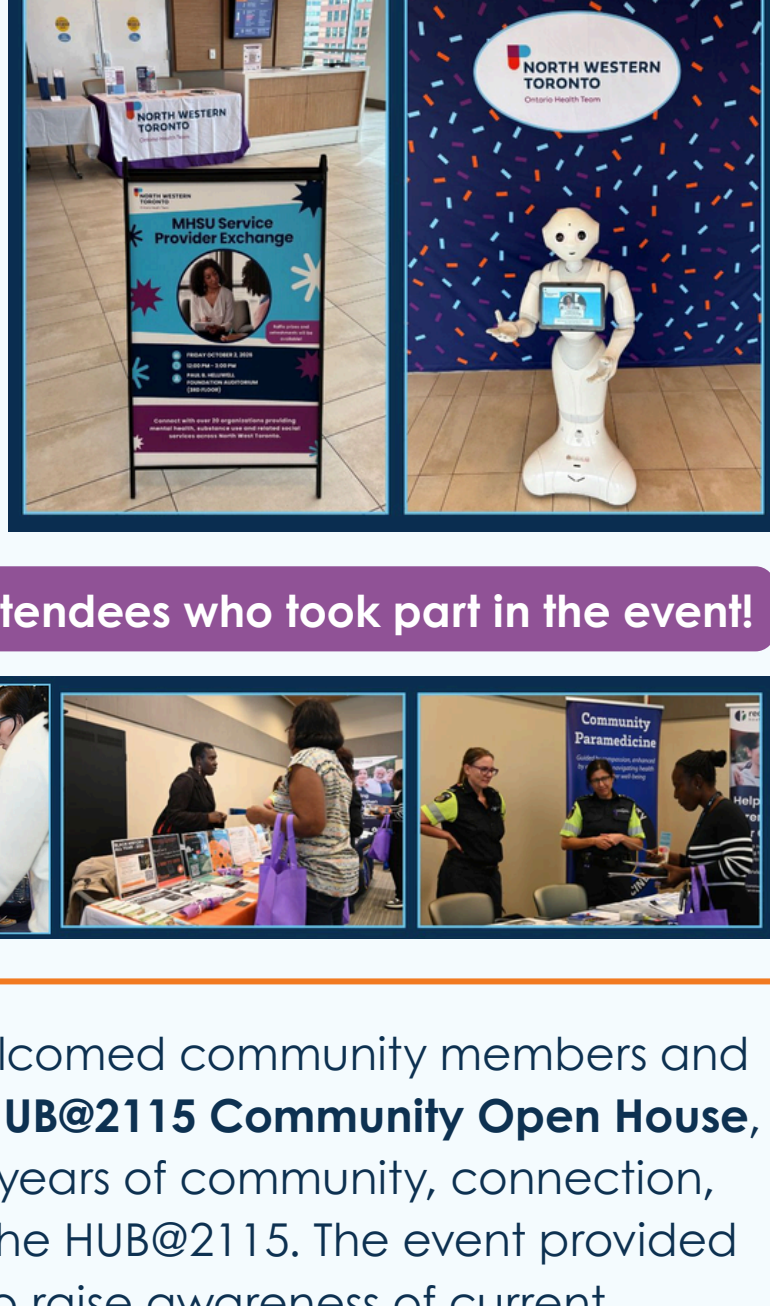
- NWT OHT Updates
 - MHSU Service Provider Exchange - October 2
 - HUB@2115 Community Open House - October 8
 - MHSU Training Opportunity: Foundational Mental Health & Crisis Response
 - Jaskaran @ Lawrence Heights Food Bank
 - Caregiver Resource Hub
 - Essential Caregiver Partner (ECP) Program Launched at HRH!
- Community Updates
 - October is Breast Cancer Awareness Month
- NWT OHT Partner Programs & Events
 - Unison Health & Community Services - Programs & Events

NWT OHT Updates

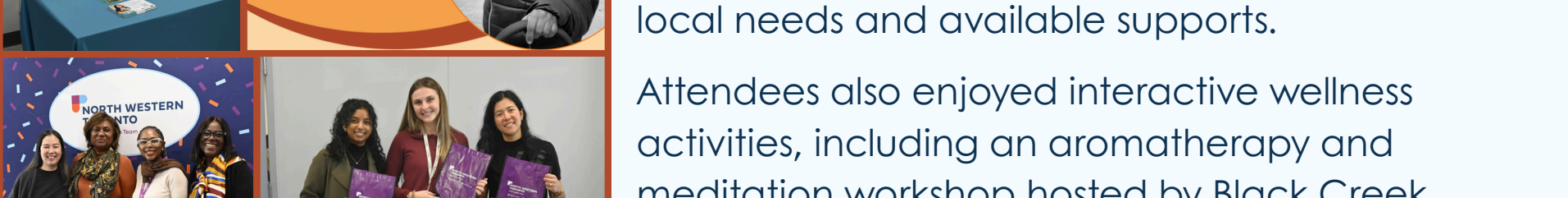
MHSU Service Provider Exchange

On October 2, the NWT OHT brought together front-line providers and community partners for our Mental Health and Substance Use (MHSU) Service Provider Exchange.

The day featured a trauma-informed care learning session hosted by Canadian Centre For Victims Of Torture, followed by an MHSU programs and services fair, bringing together more than 25 organizations supporting mental health, substance use, and related social needs. Through learning, networking, and collaboration, participants strengthened their knowledge of local services and built connections to better support patients and clients across our community.



Thank you to all the organizations, presenters, and attendees who took part in the event!



Celebrating Two Years of Community at The HUB@2115!



The NWT OHT welcomed community members and partners to **The HUB@2115 Community Open House**, celebrating two years of community, connection, and support at The HUB@2115. The event provided an opportunity to raise awareness of current partner services, strengthen relationships with residents, and encourage conversations about local needs and available supports.

Attendees also enjoyed interactive wellness activities, including an aromatherapy and meditation workshop hosted by Black Creek Community Health Centre and a healthy aging and wellness session led by Reconnect Health Services.

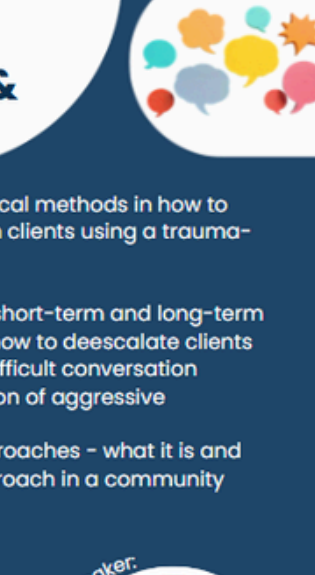
A special thank you to our HUB@2115 partners and community members who joined us! Your participation helped make the event a meaningful opportunity to connect, share insights, and support a healthier, more connected community.

[Click here to learn more about the programs, services, and partners at The HUB@2115](#)

Interested in connecting or collaborating with The HUB@2115?

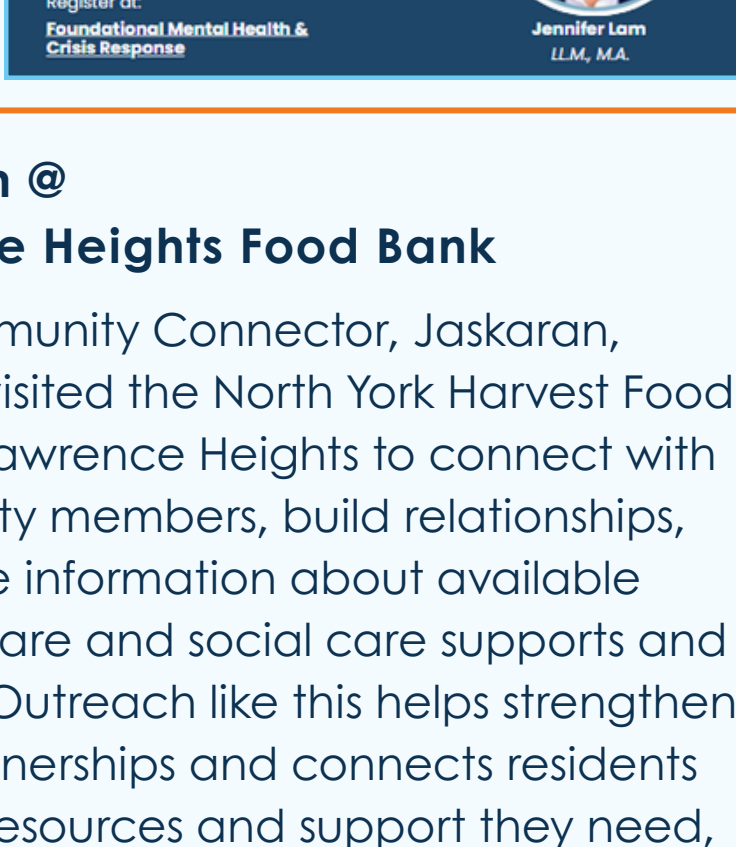
Community organizations and service providers are welcome to access free space for counselling and small-group sessions or partner with HUB organizations to deliver health promotion and educational workshops.

To learn more, contact Tiffany Budhoo at tbudhoo@hrh.ca.



MHSU Training Opportunity: Foundational Mental Health & Crisis Response

The NWT OHT is hosting a Foundational Mental Health & Crisis Response Training opportunity. This session will explore practical methods in how to manage difficult conversations with clients using a trauma-informed approach.



Thursday, November 12 9:30 AM - 12:30 PM

The HUB@2115 – 2115 Finch Ave. W, Toronto ON M3N 2V6

Spaces are limited, register early!

[Click here to register](#)



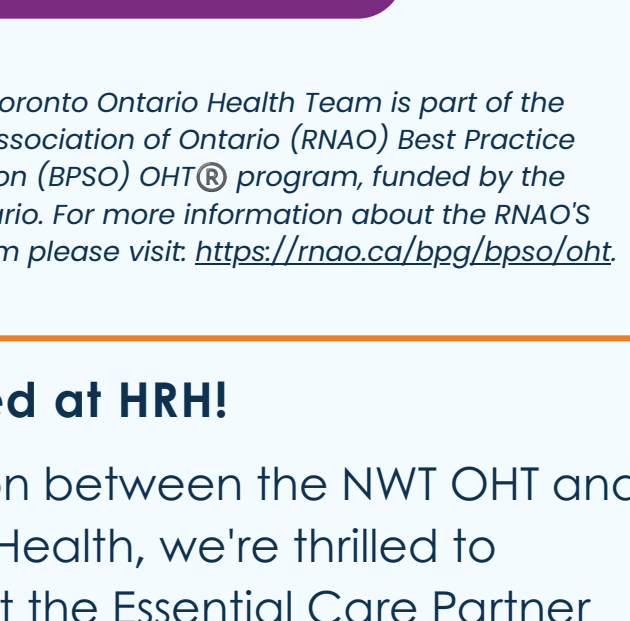
Jaskaran @ Lawrence Heights Food Bank

Our Community Connector, Jaskaran, recently visited the North York Harvest Food Bank at Lawrence Heights to connect with community members, build relationships, and share information about available primary care and social care supports and services. Outreach like this helps strengthen local partnerships and connects residents with the resources and support they need, when they need them.

Hosting an upcoming community event? Invite the OHT to host a table and help connect community members to primary care. Contact Tiffany Budhoo at tbudhoo@hrh.ca to request support.

Check out the enhanced Caregiver Resource Hub!

Looking for caregiving resources and support? The NWT OHT's newly enhanced Caregiver Resource Hub is designed to support caregivers at every stage of their journey. The Hub offers practical information on transitions in care, caregiver supports, community programs and services, and advance care planning resources. Learn more about:



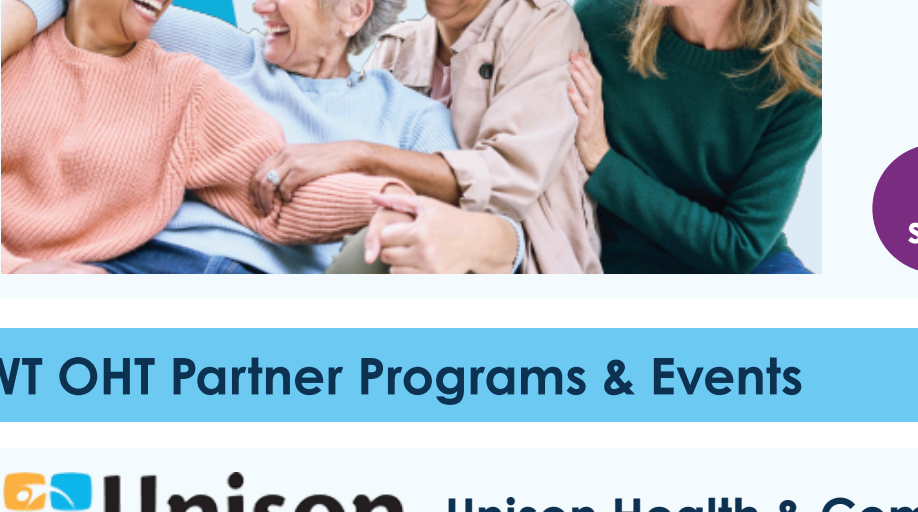
Transitions in Care

Support for you

Programs & Services for the Person you Support

[Click here to explore the Caregiver Resource Hub](#)

Essential Caregiver Partner (ECP) Program Launched at HRH!



In collaboration between the NWT OHT and Humber River Health, we're thrilled to announce that the Essential Care Partner (ECP) Program is now available at the Humber River Health Church and Finch campuses, recognizing the meaningful role that family members, friends, and caregivers play in their loved one's care journey.

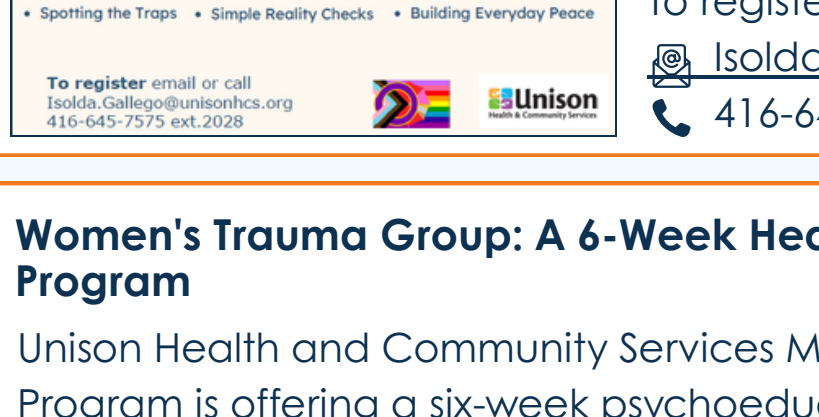
As an ECP, caregivers can support their loved ones by working alongside care teams.

[Click here to learn more about the ECP program](#)

Community Updates

October is Breast Cancer Awareness Month

This month, learn more about breast cancer screening and take steps to protect your health.



Getting checked for breast cancer can protect your health

For more information about breast cancer screening, eligibility and how to book a mammogram, visit <https://www.breastcancer.ca/en/awareness-month>

Women, Two-Spirit people, trans people and nonbinary people ages 40 to 74 may qualify for breast cancer screening through the Ontario Breast Screening Program (OBSP).

Mammograms can help find breast cancer early, when treatment has a better chance of working. **For those who qualify, mammograms are free and can be booked without a referral from a family doctor or nurse practitioner.**

For people ages 40 to 49, Ontario Health encourages you to make an informed decision about whether screening is right for you. You can speak with your family doctor, nurse practitioner or Health811 for support.

You can also visit My CancerIQ to learn about your personal breast cancer risk and practical ways to help reduce it.

[Click here to learn more about breast cancer screening, eligibility and how to book a mammogram](#)

NWT OHT Partner Programs & Events

Unison Health & Community Services - Programs & Events

Check out the programs and upcoming events hosted by Unison:

Cognitive Distortions: The Mind Tricks That Make Us Suffer
Ever feel like your own mind is working against you? These common mental habits, known as cognitive distortions, can cause unnecessary stress, anxiety, and frustration in our daily lives. Join this interactive virtual session to learn how to recognize these thinking traps, apply simple reality checks, and build greater peace in everyday life. Facilitated by Laura Ramos and Shaniah Morales.
Date/Time: **Wednesday, October 28, 2:00 PM (Virtual)**
To register, contact Isolda Gallego at Isolda.Gallego@unisonhcs.org
416-645-7575 ext. 2028

Women's Trauma Group: A 6-Week Healing and Support Program
Unison Health and Community Services Mental Health Program is offering a six-week psychoeducational group for women-identified individuals who have experienced trauma. Participants will explore how lived experiences continue to affect their lives while engaging in supportive discussions and interactive activities focused on healing, resilience, and personal growth.
Dates: **Mondays, October 19, 26, November 2, 9, 16, and 23**
Time: **10:00 AM - 12:00 PM**
Location: **Unison Jane Street Hub (1541 Jane Street)**
To register, contact Isolda Gallego at Isolda.Gallego@unisonhcs.org
416-645-7575 ext. 2028

Chair Fitness for Seniors
Stay active, improve your well-being, and connect with others through Chair Fitness for Seniors. Designed for older adults, these weekly sessions focus on gentle movement to help strengthen muscles, enhance flexibility and range of motion, reduce joint strain, and support overall mental well-being. Facilitated by Shruti Patel.
When: **Tuesdays, 10:00 - 11:00 AM (Virtual)**
Dates: **September 29 to December 1, 2026**
To register, contact Isolda Gallego at Isolda.Gallego@unisonhcs.org
416-645-7575 ext. 2028

Mind, Body, and Yoga
Support your physical and mental well-being through virtual yoga. Featuring a dynamic blend of chair and standing yoga poses for all abilities, participants will have the opportunity to improve flexibility, balance, strength, posture, and stress management in a welcoming and accessible environment. Facilitated by Shruti Patel.
When: **Thursdays, 10:00 - 11:00 AM (Virtual)**
Dates: **October 1 to December 3, 2026**
To register, contact Isolda Gallego at Isolda.Gallego@unisonhcs.org
416-645-7575 ext. 2028

Breathwork Classes
Participants will learn breathing exercises and techniques designed to support mental, physical, and emotional wellness in a welcoming and supportive environment. Regular breathwork practice may help reduce stress and anxiety, improve sleep quality, increase lung capacity, strengthen immunity, and support emotional healing.
When: **Tuesdays, 11:00 AM - 12:00 PM (Virtual)**
Dates: **September 29 to November 17, 2026**
To register, contact Isolda Gallego at Isolda.Gallego@unisonhcs.org
416-645-7575 ext. 2028