



FAMILY PRACTICE HEALTH CENTRE (FPHC) PATIENT PROGRAMS AND WORKSHOPS

The FPHC offers several programs and education workshops for its patients on a variety of topics. If you would like to learn more about the options listed below, including how to register, please speak to your healthcare provider or the program assistant.

- **Childbirth Education Program****
Comprehensive two-day weekend course in childbirth education including late stages of pregnancy and basic newborn care.
- **Craving Change Workshop***
Four-part program on why we rely on food as a source of comfort. Please note, this is not a weight-loss program.
- **Diabetes Education Workshop***
One-day workshop for patients with pre-diabetes or type 2 diabetes who want to learn about nutrition, exercise and stress management.
- **Dialectical Behavioural Therapy (DBT) Skills Group Sessions***
Twelve-week group for individuals who want to develop skills in mindfulness, interpersonal effectiveness and emotional regulation.
- **Falls Education Workshop***
Three-part workshop where patients can learn practical strategies to reduce the risk of falling. Offered by the Department of Medicine.
- **Foot Care Program***
Program for older patients or for those who have a medical condition which prevents them from caring for their feet. Offers various care services as well as education on foot care.
- **Improving Sleep Workshop***
One-day workshop that covers sleep hygiene strategies and skills as well as the pros and cons of sleep medications for those experiencing insomnia.
- **Journey to Become Smoke-Free Workshop**
Four-week group session for patients interested in quitting smoking. Provides advice and strategies to manage stress and eat healthily to aid the quitting process.
- **Mindfulness-Based Cognitive Therapy (MBCT) Group Sessions****
Eight-week program for patients with anxiety, low mood and/or mild emotional distress. Aims to prevent depression and anxiety relapses.
- **Mindfulness-Based Stress Reduction Therapy (MBSR) Group Session****
Eight-week program involving guided meditation for patients experiencing stress, chronic pain conditions, episodic health conditions or disabilities.
- **Prenatal Education and Resources Program (PREP)****
Three-part childbirth education course that is offered at different points during your pregnancy. Each session focuses on topics specific to your stage of pregnancy.
- **Single-Session Counselling Clinic**
Drop-in counselling with social workers, available once a week on Friday mornings.
- **Stanford Chronic Disease Management Workshop***
Six-week program for individuals with chronic conditions who want to better manage their health and improve their quality of life.

* These programs and workshops have associated costs and are not covered by OHIP.

** These programs and workshops are open to all patients of WCH.
Please speak to a program assistant for more information.



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