



*Toronto Western*  
**Family Health Team**  
*Garrison Creek  
Bathurst*

# **TW FHT Newsletter**

## **February 2025**

In this issue:



### **Clinic Updates & Reminders**

[Urgent Care Clinics](#)

### **Health Promotion: Health Topics**

[Breast Cancer Screening Updates](#)

## Upcoming Health Education Workshops

Mindful Eating

Understanding Food Labels

### External Partners

Toronto Public Library (TPL)

## Clinic Updates & Reminders

### Urgent Care Clinics

We recognize that urgent medical issues can arise that cannot wait for an appointment with your regular provider.

Each TW FHT site offers Urgent Care Clinics, [click here](#) for hours of operation. Please visit the Garrison Creek site only to access our urgent care clinics.

#### **How do I know if the issue is urgent?**

Examples of urgent medical concerns can include a new injury, chest pain, difficulty breathing, new abdominal pain, urinary tract infections, a sick child OR more than 48 hours of fever/vomiting/ diarrhea in adults.

Non-urgent concerns, such as follow-ups, prescription renewals, form completion and reviewing test results should be booked during regular clinic times with your primary care provider.

#### **Important information:**

The Garrison Creek Site offers Urgent Care Clinics on Saturday mornings from 9 am to 3 pm. **This clinic is walk-in only** and patients will be seen in order of arrival.

We recommend that you arrive between 10 am and 2 pm. Note that the last registration is 60 minutes before the clinic closes (2pm). Unfortunately, if you arrive after that time we cannot guarantee you will be seen.

[Go back to top](#)

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## Health Promotion: Health Topics

### Breast Cancer Screening Updates

#### Breast Cancer Screening

The goal of breast cancer screening is to detect cancer early and provide treatment. Mammography is currently the recommended test used to detect breast cancer.

It is important to find breast cancer early because:

- There is a better chance of treating the cancer successfully
- It is less likely to spread
- There may be more treatment options
- When breast cancer is caught early, 90% of people fully recover after treatment

#### What are the new breast cancer screening recommendations?

To learn about the new breast cancer screening recommendations, visit the *Breast Cancer Screening for People Ages 40 to 49* webpage by [clicking here](#).

[Go back to top](#)

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# Upcoming Health Education Workshops

## Mindful Eating



Do you struggle with emotional eating? Are you wanting to have a healthier relationship with food? Join us for this online workshop to learn how to eat mindfully.

**Sign up for this workshop**

[Go back to top](#)

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## Understanding Food Labels



Do you find nutritional labels confusing? Join our online workshop to learn how to read them and make healthier choices!

[Sign up for this workshop](#)

[Go back to top](#)

## External Partners

Toronto Public Library



With [Toronto Public Library \(TPL\)](#), you have access to a range of services across with your library card, whether you're looking for entertainment, information or educational resources.

TPL also has a variety of computer and digital services:

#### Wi-Fi

- Access free Wi-Fi at any branch using a personal device.

#### Reserve a Computer

- Reserve a public computer workstation at any library branch for 120 minutes per day.

#### Printing and photocopying

- Print your files and photocopy documents at a branch.

#### Digital Innovation Services

- Access specialized technology and software – from 3D printing to video editing.

#### Computer and Library Training

- Access free, in-person computer classes across Toronto. Open to everyone, no library card required.

[Click here](#) to visit the TPL website and get more information about these and other services. Please contact TPL directly for more information.

For a list TPL locations and contact information near the TW FHT clinic, [click here](#).

**[Go back to top](#)**

**[www.twfht.ca](http://www.twfht.ca)**

Visit our website for clinic updates &  
up-to-date health information

Do you have feedback about our newsletter?

Do you have ideas about other health topics?



**[Submit your feedback here!](#)**