

| Markham FHT Programs (Groups) | Who? | What? | When? |
|--|--------------------|--|--------------------|
| ACT (Acceptance and Commitment Therapy) | SW | For depression/anxiety - 8 weeks in length | 3 times per year |
| Caring for the Caregiver | SW | For caregivers, self-care and stress reduction - 6 weeks in length | 2 times per year |
| CBT (Cognitive Behavioural Therapy) formerly Taking Control of your Mood | SW | For depressive/anxiety symptoms - 8 weeks in length | 3 times per year |
| CBT for Insomnia (CBT-i) | SW, Ph | For chronic insomnia - 6 weeks in length | 3 times per year |
| CPSM (Chronic Pain Self Management) | OT | For chronic pain- 6 weeks in length | 1-2 times per year |
| Healthy You | RD, SW | For lifestyle choices and food behavioural changes - 6 weeks in length | 2 times per year |
| Heart Smart | RD | For management of high cholesterol - 1.5 hour stand-alone workshop | 4 times per year |
| Mood Walks (in-person outdoor nature walks) | SW | For mild/moderate depression/anxiety - 4 weeks in length | 3 times per year |
| My Best Weight | Ph, RD, SW, OT, NP | Educational class on managing obesity - 1.5 hour stand alone workshop | 4 times per year |
| Prediabetes | RD | Educational class on Pre-diabetes - 1 hour stand-alone workshop | 5-6 times per year |

| Program | Who? | What? |
|----------------------------------|-----------------|---|
| Anticoagulation | Ph, RN | INR management of patients taking warfarin |
| Diabetes | RD(CDE), Ph, Ch | Team-based, comprehensive diabetes care |
| Eating Disorders Bridge (EDB) | NP, SW, RD | Counselling and medical monitoring of patients waiting for community ED treatment program |
| Immunizations/Influenza Vaccines | RPN, RN | Access to nurses for administration of vaccines |
| Medication Reconciliation | Ph | Post hospital discharge reconciliation of meds |
| Smoking Cessation | NP | Counselling to stop/reduce smoking |
| Time to Thrive (T2T) | NP, Ph, OT | Support seniors determined to age in place through assessment and individualized care plans |
| Transitions | NP, RN | Post hospital discharge follow-up to reduce risk of readmission |

Interdisciplinary Health Professional (IHP) Team

No referral necessary! To learn more about our programs:

Certified Diabetes Educator (RD- CDE)
 Chiropodist (Ch)
 Clinical Pharmacist (Ph)
 Nurse Practitioner (NP)
 Occupational Therapist (OT)
 Registered Dietitian (RD)
 Registered Nurse (RN)
 Registered Practical Nurse (RPN)
 Social Worker (SW)



<https://www.markhamfht.com/programs/>