

Our Programs & Services



Below are examples of the many programs and services offered across the Thames Valley Family Health Team.

Please note: These may or may not be available at this site.

- Skill building for anxiety
- Skill building for depression
- Positive psychology
- Mindfulness & meditation
- Chronic pain self-management
- Chronic disease management
- Diabetes self-management
- Support for emotional eating
- Heart healthy eating
- Smoking cessation services (access to free nicotine replacement therapy)
- Memory screening clinics
- COPD education
- Bone health
- Foot care
- Falls prevention
- Opioid management
- Sleep hygiene
- Complex case management (Health Links)
- Transitional support for various stages of life (adjusting to retired life)

A complete list of our programs is available on our website at www.thamesvalleyfht.ca/program-list/

Thames Valley Family Health Team

600 Princess Street
Woodstock, ON

Telephone: 519-290-5055, ext. 100

Office Hours:
Monday – Friday: 8:30 am – 4:30 pm

Urgent Care Hours:
Please call your family doctor for this information.

How do I book an appointment?
Appointments with a nurse practitioner are booked by calling our Team Assistant at 519-290-5505, ext. 100.

Some services require a referral from your family doctor.

Patient Survey
If you're a Thames Valley Family Health Team patient, we want your input. Fill out our patient experience survey at www.thamesvalleyfht.ca/

We are committed to ensuring our programs and services are accessible to all members of the community. If you have an appointment with us and you have special needs, please contact us at the number above before your appointment.

Thames Valley Family Health Team

In partnership with

Alliance Family Health Organization and Perry Street Family Health Organization



Thames Valley Family Health Team

www.thamesvalleyfht.ca

What is a Family Health Team?



The Thames Valley Family Health Team brings together different health care professionals who work collaboratively to deliver the highest possible quality of care. We combine the expertise and services of different health care professionals to meet many kinds of needs.

- How do we promote your health?**
- By providing you with accurate, up-to-date information about the best ways to prevent illness and disease
 - By helping you understand the risk factors for diseases and providing appropriate screening and follow-up.
 - By working to detect, address and treat health problems earlier.
 - By offering strategies to manage chronic illnesses like diabetes, depression, asthma, hypertension and COPD.

Frequently Asked Questions

How can I see a health professional?
You must be a registered patient of one of our participating physicians.

How much will it cost me?
There is no cost for any of our services. All of our programs and services are funded by the Ontario Ministry of Health and Long-Term Care.

Who are we and what do we do

Registered Nurse (RN)
We work with your family doctor and other family health team professionals to provide you with health education, screening and counselling in chronic disease management, health promotion, and disease prevention.

We also provide other services such as ear syringing, suture/staple removal, wound care, blood pressure checks, immunizations/injections, and more.

Nurse Practitioner (NP)
We provide the following services:

- Treatment for illness and injury
- Physicals and immunizations
- Counselling for health and social issues
- Helping you prevent and manage chronic conditions
- Prescribing most medications
- Referring you to specialists in the community where appropriate

Registered Dietitian (RD)
Do you need help in making changes to your eating habits? Are you overwhelmed by all the nutrition information available out there? We will work with you to create a nutrition plan to help you prevent and manage chronic conditions or another health concern where good nutrition is important.

Social Worker (SW)
Are you facing a personal or family challenge? We can help you work through your stress, grief, depression, and anxiety, and give you strategies to improve your mental health.

We can also help you find community support and resources you might need to deal with your situation in a positive way.

Pharmacist
We can help you:

- understand when you should take your medication, why you take them and how to get them if you have trouble affording them
- make sure that all your prescriptions and non-prescription medications work well together
- with quitting smoking, managing your chronic pain, controlling your diabetes and any breathing issues.

Occupational Therapist (OT)
Are you experiencing limitations in daily activities because of injury, illness, chronic disease, disability, mental health problems, aging, etc.? We will work with you to identify barriers and use a variety of approaches to promote health, maintain function and restore independence so that you can participate in the occupations of everyday living that are important to you.

Respiratory Therapist (RT)
Do you have breathing issues due to COPD, asthma or other respiratory concerns? We can conduct breathing tests to assess your overall lung health and we also provide treatment and education (for example, how to use a puffer).