

SUMMER EVENT NEWSLETTER

July to September 2025

Proud members of the Central West Ontario Health Team



Who We Are

We are primary health care providers in the Central West region [Brampton, North Etobicoke, West Woodbridge, Malton, and Bramalea].

Central Brampton Family Health Team
North Peel Family Health Team
Queen Square Family Health Team
Woodbine Family Health Team

Purpose of this Newsletter

To provide a quarterly update on community-based FREE in-person and virtual programs and services offered by Central West Family Health Teams.

UPCOMING EVENTS AT CENTRAL WEST FAMILY HEALTH TEAMS

Mental Health

Queen Square Family Health Team

For any QSFHT events below register [HERE](#)

Anxiety & Depression Cognitive Behavioural Therapy (CBT) Group (8 week program) run by two social workers. FREE Manual included. Healthcare Provider Referral Required. In person and Virtual Groups Offered. *Groups run in the mornings and evenings daily.*

FREE Individual counselling for adults 16+ through the Ontario structured psychotherapy program. In partnership with CarePoint Health. No referral required. You can sign up online. Registration: www.ospcarepointhealth.ca

Wellness Workshops (FREE. Virtual via Zoom. Link provided upon registration):

- **Self Compassion Techniques** – Sept 2 at 2pm – In Person at Brampton Library 20 Loafer's Lake Lane, Brampton
- **Self Esteem Workshop** Sept 9 at 4pm – Virtual
- **Mindfulness** Sept 18 4–5:30pm – Virtual
- **Healthy Relationships** Sept 29th at 4:30pm – Virtual
- **Sleep Workshop** Oct 7th at 2pm – In Person at Springdale Brampton Library 10705 Bramalea Road, Brampton
- **Grief Workshop** Sept 24th at 4pm – Virtual

Mental Health

Queen Square Family Health Team

For any QSFHT events below register [HERE](#)

Gender-Affirming: CBT Affirm group therapy – A group designed to help 2SLGBTQ+ manage stress. AFFIRM supports mental and sexual health, enhances coping skills, and validates strengths of its participants. For ages 16–29. Next Group starts: Sept 29th 5–7pm until Nov 24 (8 weeks) (virtual and in person)

North Peel Family Health Team

For any NPFHT events below register [HERE](#)

CBT: Feeling Unstuck 5-session cognitive behavioural therapy (CBT) group: Led by Registered Social Workers.

When: Wednesdays 3:00–4:30PM

Location: 157 Queen Street East, Suite 204 (FHT office)

REGISTRATION REQUIRED

Central Brampton Family Health Team

For any CBFHT events below register [HERE](#)

Mental Health Webinar Series – Tune in for discussion related to building confidence, managing stress, handling relationships, setting boundaries and more! Wednesdays 1:00–2:00PM, starting September 10th 2025, for 7 weeks.

Where: Online via Zoom, you can join this link

Meeting ID: 3712851089

For more info visit: <https://cbfht.ca/>

Chai & Chat: South Asian Female Mental Health Webinar Series – Join our mental health counsellor for culturally relevant topics and approaches to improving your mental health based on cultural experiences! Available in Hindi and Urdu. Tuesdays 1:00–2:00PM, starting September 16th 2025, for 6 weeks.

Where: Online via Zoom

For more info visit: <https://cbfht.ca/>

Exercise and Mobility

North Peel Family Health Team

For any NPFHT events below register [HERE](#)

Walking Club

When: Mondays 12:00–1:00 PM

Location: Centennial Park (45 Centre St. S of Queen, L6W2X7).

Registration required

Mat Yoga – 8-week sessions of beginner-level yoga with a health educator

When: Mondays 10:30–11:30AM

Chair (Seated) Yoga – 8-week sessions

When: Tuesdays 11AM to Noon

CHANGE™ Program (Virtual)

Weekly nutrition & exercise program led by a Dietitian & Kinesiologist

When: Tuesdays via ZOOM at 4:30PM–6:30PM

Staying Sturdy for Bone Health – 8-week session. A movement program to help keep your muscles and bones strong.

When: Tuesdays 3:00–4:30PM

Location: provided with registration Registration required

Central Brampton Family Health Team

For any CBFHT events below register [HERE](#)

Highway to Health – Struggling to lose weight? Don't know where to start with exercise? Wondering why your approach to healthy eating isn't working? Join our registered dietitian and health educator/kinesiologist for 8 weeks of an educational, guided support workshop. Learn practical approaches to sustaining healthy lifestyle habits.

Where: Online via Zoom, link provided with registration

For more info email eagbenyiga@cbfht.ca

Diabetes Care

North Peel Family Health Team

For any NPFHT events below register [HERE](#)

Living a Healthy Life with Chronic Conditions: 6-week workshop developed by the Self-Management Resource Center (check website for details)

Central Brampton Family Health Team

For any CBFHT events below register [HERE](#)

Pre Diabetes Webinar – Learn healthy dietary and exercise habits that you can use to improve your health and prevent chronic illness. Webinars will begin in Sept 2025

Where: Online via Zoom, link provided with registration.

For more info email eagbenyiga@cbfht.ca

Woodbine Family Health Team

For any WFHT events below register [HERE](#)

Diabetes 101 – July 16, 2025 – Wednesday 3–5pm (Virtual) – email nguyenj@woodbinefht.ca to register

Senior/Older Adult Wellness

Queen Square Family Health Team

For any QSFHT events below register [HERE](#)

Senior Social Club – 4th Friday of every month 10AM to Noon.

Dates & Topics: **Jul 25th** – City of Brampton Recreation. **Aug 22nd** – CBC Documentary “Never Too Old”. **Sep 26th** – Dementia 101 by Alzheimer’s Society Peel

Central Brampton Family Health Team

For any CBFHT events below register [HERE](#)

Senior Chair Exercise and Social Hour – Join us every Monday at 10AM for a fun and engaging Senior Chair Exercise Program! Designed especially for our senior community members, this program offers a perfect mix of gentle chair-based exercises and social activities hosted by our health educator/kinesiologist.

Where: TBA **Sept 2025** – visit website www.cbfht.ca or email eagbenyiga@cbfht.ca

Nutrition

Queen Square Family Health Team

For any QSFHT events below register [HERE](#)

Registered Dietitian Workshops

Jul 8th from 2–3:30PM – Nutrition for Healthy Aging – In Person at Brampton Library (South Fletcher’s Branch)

Jul 16th from 10–11:30AM – Free Cooking Class! Topic: Eating Well with Plant-Based Protein – In Person at North Bramalea United Church

UPCOMING EVENTS AT CENTRAL WEST FAMILY HEALTH TEAMS

Nutrition

Central Brampton Family Health Team

For any CBFHT events below register [HERE](#)

Early Childhood Feeding: Starting Solids Webinar – Monthly webinar by our nurse and breastfeeding specialist to support parents of children transitioning to solids.

When:

Location: Online via Zoom.

Email eagbenyiga@cbfht.ca to register or for additional information.

Tiny Tum mies: Early Childhood Eating Workshops – Workshop that offers tips and guidance from our dietitian and nurse for parents to help their kids learn healthy, nutritional eating habits.

When: sessions will begin Sept 8th at 10AM

Location: Online via Zoom.

Email eagbenyiga@cbfht.ca to register and receive link or for additional information.

Woodbine Family Health Team

For any WFHT events below register [HERE](#)

Feeding Healthy Baby – August 19, 2025 – Tuesday 1–3pm – Virtual – Send email to leem@woodbinefht.ca if you would like to register

Cholesterol 101 – August 21, 2025 – Thursday 1–3pm – Virtual – Send email to nguyenj@woodbinefht.ca if you would like to register

Women's Health

Central Brampton Family Health Team

For any CBFHT events below register [HERE](#)

Breastfeeding Café – Online support group led by a dietitian and nurse for new mothers and partners to seek education, and resources on the best supplies, breastfeeding, and other new parenting milestones.

When: 10AM on Jul 28th, Aug 18th, Sept 29th **Location:** Online via Zoom. Registration required **Email** eagbenyiga@cbfht.ca to register

All Other Programs and Events

Queen Square Family Health Team

For any QSFHT events below register [HERE](#)

Chronic Pain Education Workshop – Virtual via Zoom **Jul 15th** 4–6PM. **Sept 16th** 4–6PM

Gender Affirming Care Program Navigating Hormone Therapy – 60 min info session by Pharmacists on medical transitioning therapies. Multiple dates offered.

Central Brampton Family Health Team

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Woodbine Family Health Team

For any WFHT events below register [HERE](#)

Cholesterol 101 – August 21, 2025 – Thursday 1–3pm – Virtual – Send email to nguyenj@woodbinefht.ca if you would like to register

Breathe Well – Asthma/COPD Workshop – August 27, 2025 – Wednesday 1–3pm In-Person – Send email to ezekwembav@woodbinefht.ca if you would like to register