



Central West
ONTARIO HEALTH TEAM



Central Brampton
Family Health Team



North Peel
Family Health Team



QUEEN SQUARE
Doctors & Family Health Team



WOODBINE
FAMILY HEALTH TEAM

WHO WE ARE

We are health care teams based in the Central West region:
Brampton, North Etobicoke, West Woodbridge, Malton & Bramalea.



Central Brampton Family Health Team ☎ 905 451 1937



North Peel Family Health Team ☎ 905 459 2181



Queen Square Family Health Team ☎ 905 453 1453



Woodbine Family Health Team ☎ 416 342 5140

**Call or scan the QR codes to learn more
about FREE in-person or virtual programs
and services offered!**

If you do not have access to a computer /
smartphone, please call us to learn more and
register for our free programs / services.

**For a full list of
upcoming events,
scan here:**



FREE PROGRAMS & SERVICES

- Mental Health Supports for Anxiety & Depression (Group & Individual Counselling)
- Wellness Workshops
- Gender Affirming Care & Counselling
- Exercise & Mobility Groups (Yoga, walking, & more!)
- Healthy Lifestyle Groups
- Social Groups for Seniors
- Pre-Diabetes & Diabetes Education
- Cholesterol Education
- Breastfeeding & Other Supports for Moms
- Baby & Early Childhood Feeding Workshops
- Asthma & COPD Workshops
- & many more!



For more
information,
scan here:

