

One-on-One or Group Counselling

Individual or family counselling sessions are available to those seeking additional support during challenging times.

Prenatal

Educates parents on what to expect during pregnancy, prenatal nutrition, breastfeeding, labour and birth, basic baby care and adjusting to parenthood.



3 Year Old Well Child Program

The program is designed for 3 year olds. It focuses on the growth and development of the child prior to entering school.

Chronic Pain Self-Management

This is a four-hour workshop designed to provide participants with information on how to cope with persistent pain and understand the disease process. The goal of pain management is to reduce symptoms and improve an individual's ability to carry out daily activities.

Coping With Emotions

Coping with Emotions is an 8 week group that teaches emotion regulation skill building which is very effective in identifying and modifying the thinking and behaviour that can weigh you down.

Lung Health (Chronic Obstructive Pulmonary Disease/Asthma)

Optimizing patient health through education, prevention, diagnosis and self-management of COPD and Asthma.

How do I access the services at the Hanover Family Health Team?

Educational group programs or seminars offered by the HFHT are open to all members of the public. Please call in advance to register.

To utilize an individual service you must have a family physician in Hanover. You can request through your physician to see one of our health care professionals or you can simply self-refer by personally calling to schedule an appointment.

All HFHT programs and services are free.

Patient Resources

The Hanover and District Hospital
www.hanoverhospital.on.ca

Alzheimer's Society of Grey-Bruce
www.alzheimer.ca/greybruce

The Arthritis Society
www.arthritis.ca

Grey Bruce Diabetes
www.diabetesgreybruce.ca

South West Health Line
www.southwesthealthline.ca

Eat Right Ontario
www.eatrightontario.ca

STOP STUDY
www.stopstudy.ca

Centre for Addiction and Mental Health
www.camh.ca

Canadian Diabetes Association
www.diabetes.ca

Health Care Connect
www.health.gov.on.ca/en/ms/healthcareconnect/public

Follow us on Facebook
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Visit Our Website
www.hanoverfht.ca



Hanover

Family Health Team

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Established in 2011, the **Hanover Family Health Team (HFHT)** is a group of specialized health care professionals working together to coordinate the highest level of patient care possible. Specifically constructed based on the needs in our area and to close gaps in service, our mission is simple – improve the overall health and quality of life for individuals living within our community.

The HFHT consists of the following:

Family Physicians – Provide continuing, comprehensive health care for patients of all ages through health promotion, disease prevention, counselling and maintaining and/or restoring health through the assessment, diagnosis and treatment of disease, injury and other physical and mental impairments

Registered Nurse/Health Educator – offers preventative care and treatment of chronic health conditions through health education initiatives both individually and in group environments to achieve the best possible patient health

Nurse Practitioner – provides comprehensive primary healthcare services encompassing health promotion, disease prevention, diagnosis and treatment

Pharmacist – facilitates patient understanding of drug therapy and identifies potential and actual drug-related problems and the appropriate solutions

Registered Dietitian – supports patient in understanding and applying principles of healthy eating to achieve optimum wellness and addresses specific nutrition-related concerns

Clinical Psychologist – applies specialized knowledge of human behaviour, emotion, personality and mental processes to help people make healthy changes in their coping styles and behavioural patterns

Occupational Therapist – addresses the physical effects of disability, injury or disease as well as the psychosocial, community and environmental factors that influence daily function



Addictions/Mental Health Counsellor – provides counselling, education, assessment and support to individuals, couples and family who are concerned about their own or someone else's substance use and/or mental health issues

Social Worker – assesses and treats individual, interpersonal and societal problems using skills, interventions and therapies to assist individuals, couples and groups

Administrative Staff – assist all health care professionals by providing support with managing and organizing patient care

Programs

Craving Change

Craving Change focuses on “why” we eat rather than “what” we eat. Anyone who struggles to maintain healthy eating habits, who eats for comfort or in response to strong feelings, or wants to feel in control of their eating will find this program beneficial.

Breastfeeding Support

1-on-1 breastfeeding appointments are available to new mothers, infants and their partners to educate, assist and support

families in partnership with Hanover and District Hospital and BFI Ontario.

Healthy You

A lifestyle approach to weight management focusing on healthy eating and active living. Guest speakers, fun discussions and interactive learning activities such as label reading, recipe adaptations, goal setting and more.

Diabetes Series

Topics discussed during the program include how Diabetes works, living with Diabetes, foot care, healthy eating & staying active, starting insulin, and savour the flavour cooking demonstration.

Smoking Cessation/Reduction Group & Individual Appointments

Provide tools and offer support needed to cut back or quit smoking and help patient remain smoke free through individual or group counselling.

Memory Clinic

By identifying and treating memory loss early, we can help maintain independent living and quality of life for the patient and caregiver for as long as possible.

Medication Review

Increase your understanding about the prescription and non-prescription drugs, natural health products, and alternative medicines that you are using, their effects, how they might interact with each other, correct dosage, and safe usage to eliminate risk and unnecessary duplication.