

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, preparation for labour and delivery, basic baby care and adjusting to parenthood.



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

Workshop designed to help those living with chronic pain cope with everyday challenges.

Conquering Social Anxiety

This group will help individuals suffering from social anxiety understand the cause and to learn skills to challenge their negative thoughts and become more assertive and comfortable in social situations.

Lung Health (Chronic Obstructive Pulmonary Disease/Asthma)

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

Building Healthy Bones

Topics include bone basics, nutrition, exercise and movement, drug therapies, health care services and protecting your bones.

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 patient care through health and wellness promotion, diagnosis, treatment and monitoring of disease and patient navigation through the healthcare system

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.

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.

Living with Arthritis

Provides an overview of Arthritis, how to self-manage the disease, understand and manage symptoms including pain, healthy eating for Arthritis, medications, how to regain function through aids, as well as discussing lifestyle and relationships.

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.

Bone Health

Designed to assess and treat patients with osteoporosis or patients at high risk for fractures reach and maintain their optimal bone health.

Health and Wellness Series: Take Charge of Your Health!

3 educational, interactive and motivating sessions covering eating mindfulness, weight management, goal setting, active living, sleep patterns and stress management.

Depression/Anxiety

Learn how to safely ride the waves through depression during this 6-week seminar exploring the benefits of mindfulness while developing skills to manage unhappiness.

Living on Less

Workshop created to educate people about community resources and healthy eating on a budget. Designed for people living on a limited income or who simply want to spend less.



Mild Cognitive Impairment (MCI)

Intended for older adults experiencing mild cognitive impairment and their support person(s). The focus is on optimizing health through lifestyle choices, memory training, and support.

Parenting/Behavioural Management Program

Strategies for positive and effective parenting.

[Cooking for 1 or 2](#)

Designed for people who live alone or with one other person and want to learn more about nutrition basics and cooking balanced meals for 1 or 2 people.



[Immunization Clinics](#)

In partnership with family physicians, our current prevention programs offer vaccination updates to those patients who are identified as 'not up to date'. Eligible patients can receive their vaccinations by appointment through our clinics.

[Pulmonary Rehab](#)

An exercise program that helps people build their physical fitness as well as teach people breathing techniques and strategies for living better with COPD.

[Cardiac Rehab](#)

In partnership with St. Mary's General Hospital, patients with heart failure will be assessed and treated by members of the multidisciplinary team according to patients' needs.

[Blood Pressure](#)

Our clinic offers assessment, monitoring and treatment to those with high blood pressure.

[Women's Health](#)

This clinic offers education on maintaining good reproductive health, immunizations, and prevention of pregnancy and sexual transmitted diseases.