St. Joseph's Healthcare Hamilton

Service	**North Hamilton Community Health Centre** 438 Hughson St. North Hamilton, ON L8L 4N5 Phone (905) 523-6611 ext 2000 Fax: (905) 523-5173 http://www.nhchc.ca/pages/index/Contact%20Info%20%26%20Map
Services Offered	• Primary care • Health and mental wellness programs • Programs for seniors, parents, and youth • Pathways to education • Community programs • Multicultural programs • Fitness programs • Health/diabetes Programs and for individuals with COPD
Inclusionary/ Exclusionary Criteria	**Primary Care** • Individuals can attend if they live in the catchment area- Bay to Sherman North of Barton • Inclusive of individuals who are marginalized and recent immigrant **Health Wellness** • Eligible clients are those with a physician at NHCHC • Anyone with Type 2 Diabetes living in Hamilton • If the individual's doctor is part of the Hamilton Family Health Team, the individual must ask for permission first. **Fitness Programs** • Individuals can only attend the fitness program if they live in the catchment area- Bay to Sherman North of Barton
Treatment Details	**Primary Care** • Primary care provided by a multidisciplinary team **Health Wellness** • A multi-disciplinary team provides services such as rehabilitation services, chiropody, nutrition, diabetes education, and asthma education. **Mental Wellness** • Mental Wellness Toolkits provides a safe atmosphere where clients can discuss mental health. There are nine programs n total for Mental Wellness Toolkit and they are offered in four different languages (English, Spanish, Portuguese and Farsi). Toolkits are offered at different times throughout the year. **Programs for Seniors** • Chronic Disease Self-Management • Personal Fitness Programs • Seniors Advisory Group (open to North End senior residents) • Seniors Community Kitchen (open to North End senior residents). • Third Youth (Open to Latin American seniors) **Programs for Parents** • Healthy Moms Healthy Babies • Maternal/Child Clinic (open to women in transition, pregnant women, pregnant teens, and mothers and their children 0-6 years who do not have a family doctor and live in the North End). **Programs for Youth** • Children's Breakfast Club • Grub Club **Pathways to Education (For high school students)**

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Treatment Details (Continued)	• Community Programs • Click here for monthly calendars http://hamilton.danimaclients.com/pages/index/Community%20Program **Multicultural Programs** • A Mi Salud (open to Latin American refugee and immigrant women) • Chronic Disease Self-Management (in Spanish) • Diabetes education (in Spanish and Portuguese) • Multicultural Health Services • Third Youth (open to Latin American seniors) • Twinning Program ("twins" work together to improve conversational English) • Viva La Vida (seven week workshop for men and women who speak Spanish and have experienced depression) **Fitness Programs** • Receive an individualized exercise program that can be performed at home or in their gym (only if living in catchment area). **Health/Diabetes Programs** • Asthma Education (open to all North Hamilton clients) • Chronic Disease Self-Management • Diabetes education, cooking, and physical activity programs • Maternal/Child Clinic • Smoking Cessation **Caring for my COPD** • 10-week program for people with COPD, with weekly education sessions, a personalized exercise program and access to telephone support.
Philosophy of treatment	N/A
Cost/ Payment Options	No
Referral Process	For Health Wellness • Call (905) 523-0090 for appointment information For Programs for Youth • Call Jenn at (905)-523-6611 ext. 3006 For Viva la Vida • Call Jodi at (905)-523-6611 ext 3006 For Caring for my COPD • Referrals are made by a healthcare provider through this referral form http://www.nhchc.ca/userfiles/COPD_Referral_Form_Hamilton_PD8575-2014-02_%283%29_1.pdf
Hours of Operation	Monday 8:00am- 5:00pm Tuesday 8:00am- 8:00pm Wednesday 8:00am-8:00pm Thursday 8:00am-8:00pm Friday 8:00am-4:00pm
Staff Compliment	Family Doctors, Nurse Practitioners, Client Advocates, Social Workers Physician Assistant, RNs/RPNs, Pharmacist Consultant
Any other special considerations?	Provides customized services for individuals with disabilities.
Wheelchair	Yes

Accessible?	
Bus Routes	Downtown core. King, Cannon, Barton, B-Line etc.
Languages	Interpretation services are available on request and include; French, Spanish, Portuguese, Albanian, Turkish, Farsi/Dari, Italian, Somali, Arabic, Russian, Vietnamese, Karen, Bengali, Czech, .and more

(Please note this document was created January 20, 2015. Program information may change. Please contact agency to receive latest information regarding their services)