



Southlake Academic
Family Health Team

***Patient
Programs***

Our Hours

581 Davis Dr. Suite 201
Newmarket ON, L3X 2P6
Phone: (905) 853-3103
Fax: (905) 853-9136
www.Southlakefht.ca



Regular Hours

Mon: 8:30 am – 5:00 pm
Tues: 8:30 am – 5:00 pm
Wed: 8:30 am – 5:00 pm
Thur: 8:30 am – 5:00 pm
Fri: 8:30 am – 5:00 pm
Sat: Closed
Sun: Closed

Urgent Care Hours

Mon: 5:00 pm – 8:00 pm
Tues: 5:00 pm – 8:00 pm
Wed: 5:00 pm – 8:00 pm
Thur: 5:00 pm – 8:00 pm
Sat: 9:00 am – 12:00 pm





Anti-Smoking Therapy

- "STOP Program" is offered to those who are highly motivated to quit smoking.
- This program is currently run by our nurses.
- If you are interested, please speak to your healthcare provider.



Breastfeeding Services

- Our breastfeeding program is run by our nurses and is offered to all clinic patients
- Prenatal breastfeeding classes – coming soon
- Please speak to your healthcare provider for more information



Heart and Stroke Blood Pressure Management Program

- We are pleased to partner with The Heart & Stroke Foundation to provide you, our patients, with the Hypertension Management Program.
- If you are 18 or older and have high blood pressure, you may benefit from this program!
- Please speak to your healthcare provider for more information

Partners in Learning... Health for Life.

Cholesterol Program

- For patients who want to learn more about their cholesterol or have cholesterol concerns, please ask your healthcare provider for more details on how our dietician can help

Cognitive Behavioural Therapy Group - Depression and Anxiety

- Our Cognitive Behavioural Therapy (CBT) groups are run by our social workers.
- This program is offered to our patients who have depression and/or anxiety. The program will help you learn how to increase your activity level, self-care, and thinking patterns, thereby improving your mood.
- Please speak to your healthcare provider for more information

Diabetes Management

- For our diabetic patients, our nurses and our dietician can help you.
- It is offered to diabetic, pre-diabetic, impaired glucose tolerance patients.
- Please speak to your healthcare provider for more information.

Gynecology Clinic

- Our gynecology clinic is run by our resident physicians and are supervised by our physicians who specialize in gynecology and obstetrics
- Services include:
 - Prenatal and post-partum visits
 - Pessary insertions
 - IUD insertion and removal

Injection Clinic

- We have an injection clinic available to you every Tuesday from 10:00 am until 5:45 pm and every Friday from 8:30 am until 3:45 pm.
- Please call to book an appointment.
- We will also ask that you stay in the office for at least 15 minutes after your injection.

Infant and Prenatal Nutrition Counselling

- Our nutritional counselling program is offered to parents at moderate to high nutritional risk for the pre-natal/infant/toddler patient population.

Lifestyle Management - "Craving Change"

- Our "Craving Change" program is run by our dietician and social worker.
- It is offered to our patients over the age of 18. This program will help you understand WHY you make food choices and will help you develop skills to stay on your path to healthy living.
- You may self refer by signing up at the registration desk or speak to your healthcare provider.

Lifestyle Management - "Healthy You"

- Our "Healthy You" program is run by our dietician. It is offered for our patients over the age of 18 and who want to learn about healthy eating habits and choices.
- You may self refer yourself by signing up at the registration desk.