

NEWSLETTER

Summer 2026

FEATURED IN THIS ISSUE:



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Health, Wellness
& Community



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Welcoming our New
Resident Doctors

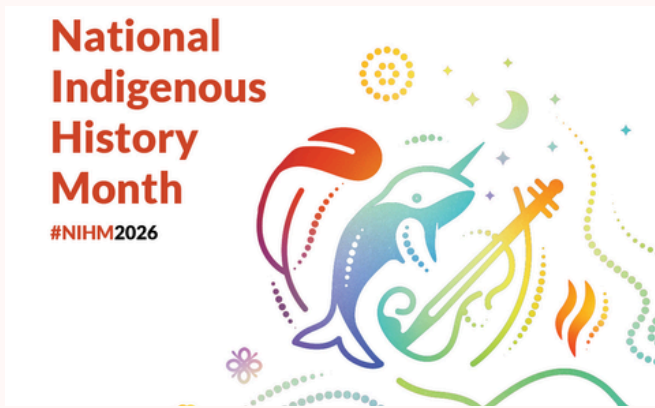


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Upcoming Events +
Clinic Updates

JUNE IS NATIONAL INDIGENOUS HISTORY MONTH

June is National Indigenous History Month in Canada, a time to recognize and celebrate the rich histories, cultures, traditions, and contributions of First Nations, Inuit, and Métis Peoples. It is also an opportunity to reflect on the ongoing impacts of colonialism and the importance of advancing truth, reconciliation, and equity. For us, this month serves as a reminder that health is shaped by more than medical care alone. Historical and ongoing inequities continue to affect the health and well-being of many Indigenous Peoples and can create barriers to accessing care. Understanding these realities is a necessary step toward fostering respectful, culturally safe, and responsive healthcare experiences.



At Credit Valley Family Health Team, we recognize the importance of continuous learning and meaningful action toward reconciliation. This month, we encourage staff, patients, and community members to explore Indigenous histories and voices, and to reflect on how we can contribute to a more inclusive and equitable healthcare system for all.

Resources:

1. [Canada's Path to Reconciliation](#)
2. [Indigenous History in Canada](#)
3. [How Canadians Can Support NIHM](#)

FRENCH SERVICES AT CREDIT VALLEY FAMILY HEALTH TEAM

For over 10 years, CVFHT has been committed to improving health equity by providing comprehensive French-language primary care services to the Francophone community across Peel-Halton.

As a bilingual family medicine clinic, CVFHT offers a wide range of services in French, including preventive care, chronic disease management, diabetes education, mental health support, dietitian services, smoking cessation programs, and overall care for patients of all ages (from newborns to seniors). Through culturally and linguistically appropriate care, CVFHT continues to reduce barriers to access and strengthen health outcomes for Francophone residents in the region. French-language services are available at our bilingual clinic located at Site B (2000 Credit Valley Road, Suite 302, Mississauga, ON L5M 4N4). If you or someone you know would benefit from receiving health care services in French, we encourage you to connect with our team and learn more about all the supports available!

SPOTLIGHT: CREDIT VALLEY SPRING MOOD WALKS

This spring, CVFHT hosted Mood Walks, a program that combines physical activity, time in nature, social connection, and practical well-being strategies to support positive mental health. Facilitated by Registered Social Workers, participants met weekly at Lake Aquitaine Park for guided group walks and activities designed to promote overall wellness. Mood Walks is part of a province-wide initiative that encourages “green exercise” as a way to support both physical and mental well-being. Thank you to everyone who participated and helped make the program a huge success. We look forward to offering similar opportunities in the future - stay tuned for Fall Walks!



AUGUST IS NATIONAL WELLNESS MONTH

This month is a reminder to prioritize habits that support physical, mental, and emotional well-being, and to make self-care an intentional part of your everyday life. This message is from the social work team here at CVFHT.

We often see patients who are running on empty: juggling work, family, health concerns, and the quiet weight of daily stress. And if we're honest, many of us on the care team know that feeling too.

Wellness doesn't have to mean overhauling your life. Small, consistent practices can make a meaningful difference:

Protect even five minutes for yourself. A short walk, a few slow breaths, stepping outside - these micro-moments signal to your nervous system that you're safe, and they add up.

Name what you're feeling. Research consistently shows that simply labeling an emotion ("I'm overwhelmed right now") reduces its intensity. You don't have to fix it - just acknowledge it.

Stay connected. Social connection is one of the strongest predictors of mental health and resilience. A brief check-in with someone you trust counts.

Rest is productive. Sleep, downtime, and doing nothing meaningful are not signs of weakness - they are how the brain and body repair themselves.



If you're finding that stress feels unmanageable, or that self-care keeps falling to the bottom of the list, you don't have to figure it out alone. Our Social Work team is here to support patients in navigating mental wellness, life transitions, and finding strategies that work for your real life - not an idealized one.

Some of life's best updates don't come through a notification - they happen right in front of us!

Resources:

- [Workplace Wellness - a Guide for Employees](#)
- [NIH Wellness Toolkits](#)
- [Benefits of Physical Exercise](#)
- [Digital Detox and Mental Health](#) (includes an informative recorded webinar)

IPCT: COMMUNITY PATIENTS

Better health starts with the right support. CVFHT's Inter-Professional Care Team (IPCT) brings together dietitians, nurses, pharmacists, physiotherapists, and social workers to provide personalized care tailored to your needs. Whether you're managing a health condition, working toward a wellness goal, or simply looking for trusted advice, our team is here to help. Beyond one-on-one care, we also offer engaging community health and nutrition sessions that promote learning, awareness, and overall well-being. Discover new ways to support your well-being - see page 5 for upcoming community workshops and events.



WELCOMING IN THE NEW RESIDENTS

We are pleased to welcome our new resident doctors, who will be joining CVFHT on July 1. Over the coming year, they will work alongside our clinical teams, gaining valuable experience while contributing to patient care.

We look forward to supporting their learning journey and introducing them to our patients and community.



Richard Saleh



Rabeeya Ahmed



Amrit Brar



Sara Elsaigh



Arooj Imran



Sameera Khalid



Katherine Berardinetti



Christian Awad



Aiman Zaki



Melanie Jonnalagadda

IPCT UPCOMING EVENTS

To register for any upcoming IPCT event or workshop, please call 905-813-1100 ext. 81-4777
For an updated list of all events and more information, click here: [Detailed Event Schedule](#)

10 JUN	Brain Health With PCHS at 1555 South Parade	Learn about simple, evidence-informed actions that can help support brain health, maintain cognitive function, enhance quality of life, and promote healthy aging.
16 JUN	Culturally Relevant Nutrition With the Newcomer Centre of Peel (NCP)	This presentation explores how to apply healthy eating guidelines in a way that respects cultural food traditions and preferences.
	Mindfulness & Self-Compassion With The Regional Learning Centre	This presentation explores what mindfulness eating looks like, managing cravings, and how to change your personal eating environment.
19 JUN	Culturally Relevant Nutrition With PCHS at 2980 Drew Road in Malton	This presentation explores how to apply healthy eating guidelines in a way that respects cultural food traditions and preferences. It includes practical strategies for incorporating culturally familiar foods, adapting recipes using ingredients commonly available in Canada, and highlights local grocery stores and markets that support diverse dietary patterns.
	Culturally Relevant Nutrition With the Newcomer Centre of Peel (NCP)	
24 JUN	Diabetes Prevention & Control With South Asian Seniors *VIRTUAL	Highlights strategies for diabetes prevention and control, including risk reduction, early detection, lifestyle management, and approaches to improving long-term health outcomes.
2 JUL	Brain Health With PCHS at Credit Valley Park	It includes a brief overview of nutrition with emphasis on healthy fats such as omega-3s, along with other practical strategies that may support memory, mood, and brain function.
7 JUL	Diabetes Prevention & Control With DNBC	Highlights strategies for diabetes prevention and control, including risk reduction, early detection, lifestyle management, and approaches to improving long-term health outcomes.
23 JUL	Diabetes Prevention & Control With DNBC for Peel Seniors Connect	Highlights strategies for diabetes prevention and control, including risk reduction, early detection, lifestyle management, and approaches to improving long-term health outcomes.
3 AUG	Heart Health Made Simple With DNBC for Westminster Church Seniors Group	Covers heart disease and recognizing warning signs. Emphasizes the importance of eating habits and nutrition in maintaining heart health. Explore goal-setting and healthy lifestyle tips.
26 AUG	DASH Way of Eating With DNBC for South Asian Seniors	This presentation introduces the DASH (Dietary Approaches to Stop Hypertension) eating pattern, designed to support blood pressure management and heart health.

CLINIC NEWS & UPDATES

RN PRESCRIBING PROGRAM

Did you know that CVFHT patients can now book select appointments directly with our Registered Nurse, Maureen Mueller, through Medeo? Available Wednesday mornings, this service offers convenient access to certain prescriptions and renewals, including routine immunizations, eligible contraceptive medications, and allergy medications such as non-urgent renewals of epinephrine auto-injectors (e.g., EpiPen). RN prescribing helps improve timely access to care while ensuring patients receive safe, evidence-based treatment within the nurse's scope of practice. Visit our website or scan the QR code below to learn more about eligibility and booking options.



MINOR AILMENT PRESCRIPTIONS

CVFHT's primary care pharmacists can now prescribe treatment for a variety of minor ailments, providing faster access to care for common, short-term health concerns for patients without a complex medical history. During your appointment, our pharmacist will review your symptoms, medications, and medical history to recommend the most appropriate treatment or self-care strategies. In certain cases, further assessment or testing may be required, so you will be referred to one of our physicians or nurse practitioners.



The City of Mississauga is located on lands which were occupied by numerous Indigenous nations since time long past. We acknowledge that the land on which we gather at Credit Valley Family Health Team is part of the Treaty and Traditional Territory of the Mississaugas of the Credit First Nation. We recognize the importance of this land and pay our respects to the Anishinaabe and other First Nations, Metis and Inuit past, present and future.

CVFHT HOURS

MONDAY TO FRIDAY – 9AM TO 5PM
SATURDAY & SUNDAY – 9AM TO 12PM

EVENING CLINIC HOURS:
MONDAY TO THURSDAY – 5PM TO 8PM



OUTSIDE OF CLINIC HOURS, PLEASE USE OUR TELEHEALTH TRIAGE SERVICES: 1-866-553-7205