

Your Rights and Responsibilities

Your Rights Include:

- Privacy and being treated with respect
- Knowing who is treating you and having your questions answered

Your Responsibilities include:

- Sharing information with your health care team
- Being respectful of other patients, visitors and staff

Cancellations

Please be considerate of other patients and the health care staff. If you are not able to keep your appointment with any member of the health care team please call as soon as possible to cancel your appointment. Your visit will be rescheduled and we may offer the time to another patient needing care.

Hours of Operation:

Mon, Wed, Thurs: 8:30am-8:00pm

Tues: 8:30am-5:00pm

Fri: 8:30am-4:30pm

Phone: (519) 971-0116

Fax: (519) 252-5646



A Community Health Centre Operated by CMHA-WECB



Visit our web-site at www.citycentrehealthcare.ca

City Centre Health Care is operated by the
Canadian Mental Health Association
Windsor-Essex County Branch (CMHA-WECB) at
1400 Windsor Ave., Windsor , Ontario



A Community Health Centre Operated by CMHA-WECB

Offering a wide range of primary and mental health care services as well as general counseling, nutrition and health promotion.



Location:
1400 Windsor Avenue
Windsor, Ontario
N8X 3L9
519-971-0116

What Services Do We Offer?

City Centre Health Care offers the following health care services to **registered patients:**

- Primary/Mental Health Care
- Therapy
- Dietary Services
- Dental Hygiene Services
- Psychiatric
- Foot Care
- Physiotherapist
- Hepatitis C Treatment Program
- Asthma Clinic
- Diabetes Education and Treatment

Priority Population

Families, children and individuals with no family doctor **and** live within the catchment area bounded by Crawford Ave, Tecumseh Rd, Central Ave and Riverside Drive **and/or** have a diagnosis of severe mental illness living anywhere in Windsor and Essex County without a family

Information on the Services

Call (519) 971-0116
for further information

Primary Care: Family Doctors and Nurse Practitioners, including Registered Practical Nurses, work together as a team to provide personalized, quality, primary and mental health care to registered patients.

Therapists: Provide a variety of clinical treatment interventions to registered patients on an individual, family or group basis.

Dietitian: Individual nutrition counseling as well as group nutrition counseling is offered for a variety of health concerns.

Dental Hygienist: ODSP recipients can benefit from teeth cleaning, stain removal, fluoride treatment and more.

Foot Care Specialist: An Advanced Foot Nurse provides specialized foot care for high risk individuals.

Physiotherapist: interventions focus on pain relief and the prevention of future occurrence of pain and injury.

Low Back Pain Program: a Physiotherapist or Chiropractor develop a treatment plan to address your low back pain. Treatment may include: Physiotherapy, Chiropractor or Massage Therapy.



Group Sessions

Open to adults in Windsor /Essex County (519) 255-9940 x. 115 for further information on groups:

Breathe Easy: a support and education group for adults who want to quit smoking.

Let's Get Moving! : A beginner exercise group with a focus on heart health, muscle strengthening and flexibility

Maintaining Healthy Weight: This quarterly program gives you the tools you need for making your weight loss a healthy habit for life.

Healthy Weight Loss: Learn the basic skills to lose weight and keep it off .

Weight Loss and Beyond: After completing the Healthy Weight Loss Program, you can be part of this program to help support you on your way to losing weight.

Socially Speaking: a 6 week self-help group for persons who find it difficult to relax in social settings.

Yoga for Healthy Living: a monthly beginner's yoga class which focuses on breathing, calmness and stress reduction.

Tai Chi Easy: a gentle exercise program that helps to improve balance, lower blood pressure and decrease stress

Overcoming Anxiety Group: a 8 week group that teaches Cognitive Therapy, relaxation and meditation techniques to treat anxiety.