March 2026

WOMEN'S HEALTH

MOBILE HEALTH CLINIC

BLACK HEALTH INITIATIVE

COMMUNITY HEALTH TEAM



ABOUT
Community Health Team

As an interdisciplinary team, we provide **holistic support** to individuals by addressing their needs across **multiple dimensions**.

Our goal is to remove barriers and empower clients to rebuild or strengthen their capabilities and social capital, enabling them to lead **better lives**, physically, mentally, and socially.

We work collaboratively, **never in isolation**. Each team member contributes ideas grounded in their expertise and experience, driven by a shared passion for serving the community.

CA Community Ambassador
- Jennifer Yee, Ziv Lok, Anthony Tong & Natalie Hui

- Build trust and strong relationships within the community
- Lead outreach and community engagement efforts
- Connect individuals to services in familiar and accessible settings
- Support health education initiatives

NP Nurse Practitioner
- Juilett Saunders & Cheryl Tai

- Provide clinical assessment, diagnosis, & treatment
- Support follow-up care for clients identified through outreach & screening activities
- Offer health advice and education

RN Registered Nurse
- Ellen Law, Wen Zhao, Christine Bertrand-Clarke & Vinnette Cunningham

- Provide health screenings (e.g. blood pressure & blood glucose)
- Offer health education in both individual and group settings
- Identify risk factors early to promote prevention

SW Social Worker
- Yvonne Lee & Idiano Oware

- Deliver culturally responsive & inclusive mental health support
- Assist clients with navigating healthcare & social service systems
- Facilitate connections to community resources & social support services

What
to expect when you call us?

- Your call will be answered by our Team Assistant, Iris Lau.
- She will listen carefully and note the reason for your call.
- If possible, she will assist you directly. Otherwise, she will transfer your call to the appropriate staff member.

(If that team member is unavailable, she will take your details and arrange for them to return your call as soon as possible.)

Language spoken

English

Cantonese | Mandarin

If we miss your call, we will return it within 2 business days.

Please note that we do not provide emergency services. If you are experiencing an emergency, please call 911 for immediate assistance.

we are excited to explore ***NEW*** partner locations & deepen our commitment to improving health outcomes for **Black**, **racialized**, & **underserved** communities through mobile outreach and culturally grounded preventive care.

Want to bring the Carefirst Mobile Health Clinic to your community or workplace?

Email: janet.chong-lee@carefirstontario.ca
Director of Client/Clinical Care & Development

General inquiry

416 - 502 - 8082
(Community Health Team Mainline)

ldphm@carefirstontario.ca

Gracias Thank you Dank je ありがとう Ευχαριστώ Takk DANKE Merci Teşekkürler grazzi Terima kasih

4 YEARS

Mobile Health Clinic

Bringing care where it's needed most

Service Locations Jan - Mar 2026

Richmond Hill
Community Church of Richmond Hill
Crescent Village

- culturally responsive
- community-based care

Markham
105 Gibson Center
Unionville Commons
York University (Markham Campus)
Centre for Immigrant & Community Services

Scarborough
Philadelphia Seventh-day Adventist Church

The Mobile Health Clinic (formerly known as Community Care Clinic) has proudly served our community for more than four years. As we continue to grow and respond to the needs of our community, we are excited to introduce a **new** service plan.

While the Carefirst Family Health Team will provide walk-in services at the 105 Gibson location and the Carefirst Main Building, our Mobile Health Clinic will expand its outreach by offering services at **new** community locations. This initiative will allow us to reach and support more community members where they are.

We are **truly grateful** for your continued support and trust in our services. Through this expansion, we hope to further highlight our commitment to **holistic** community care—supporting not only your **physical health**, but also your **mental** and **social well-being**.



March Newsletter

Call for more information
416 502 8082
Community Health Team

Community Outreach Updates

We actively connect with the community by visiting a variety of local settings to **share resources**, **conduct simple health check-ups** & **deliver engaging health talks**. We hope to empower individuals with valuable knowledge and ensure that everyone who connects with us can benefit from the support and services we offer.

As Long as Someone Needs Help, We Keep Serving

Outreach Locations

- Mosaic House
- Aaniin Community Cenre
- The Cross-Cultural Community Services Association
- Catholic Community Services of York Region
- Markham Food Bank
- Bur Oak Secondary School
- Good Food Market
- Centennial Pool
- Genesis Place

Health Screening

- Blood Pressure
- Body Fat Percentage
- Body Mass Index (BMI)
- Waist Circumference



Common Topics

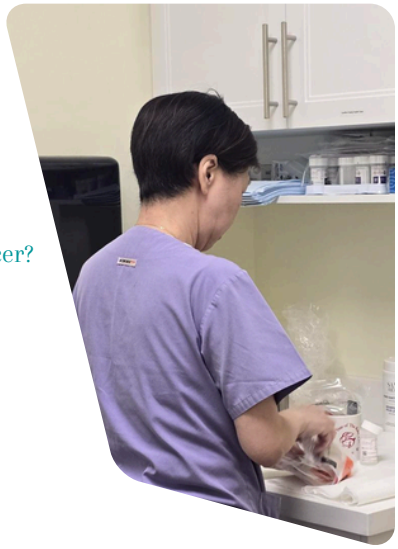
- High Blood Pressure
- Heart & Lung Diseases
- Stress Management
- AI & Health
- Healthy Diet







Cervical Screening



By bringing cervical screening directly into the community, we continue to **reduce barriers** to healthcare, such as transportation challenges, and limited access to primary care.

Facts about Cervical Cancer

Reference
@ Government of Canada - What should I know about cervical cancer?
@ Cancer Care - Cervical Screening

Risk factors

- Multiple sexual partners: increased exposure to Human papillomavirus [HPV]
- History of sexually transmitted infections
- Weakened immune system: reduced ability to clear HPV
- Giving birth to many children
- **Lack of regular cervical screening** (i.e. HPV tests)
- Smoking

Why HPV tests, not other tests for your cervix

Cervical cancer is usually caused by high-risk HPV. Most HPV infections go away on their own, but some can cause cell changes that may lead to cancer.
The HPV test specifically checks for these **high-risk** types, making it a more reliable way to catch early problems before abnormal cells develop.

Scan Here

MARKHAM Every Monday

105 Gibson Center
105 Gibson Dr., Markham

10 AM - 4 PM
Excluding Holidays

New Service Location

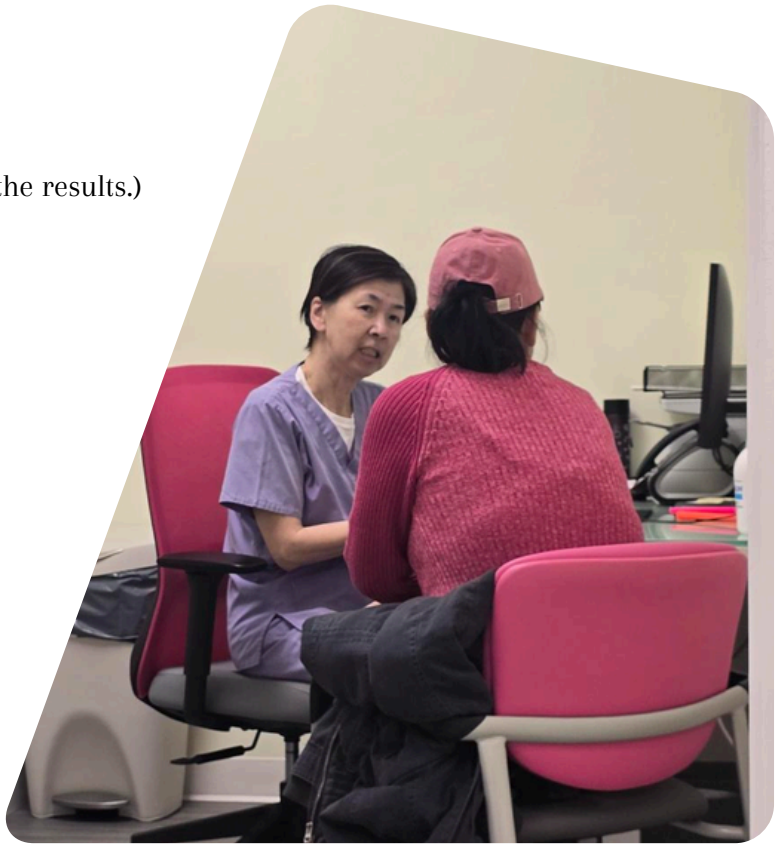
SCARBOROUGH Every Wednesday

Carefirst @ R0
300 Silver Star Blvd, Scarborough

10 AM - 4 PM
Excluding Holidays

Cervical Screening Service Flow

- Call 416-502-8082 / Book online
- Get your HPV test done
- Receive your results securely
  (With your consent, your family doctor will also receive the results.)



Our clinic is funded by
Ontario Cervical Screening Program
OHIP is required

English
Chinese: Mandarin & Cantonese
Intepretation Services provided on request

Staffed by an all-female team
We are considerate & supportive
We are dedicated to provide a safe environment

Led by well-trained and experienced Nurses
> 400 HPV tests conducted since March 2025

@ Bayview Hill Community Centre



"You're not alone. Let's talk" Performance Workshop

> Don't be afraid to ask for help or advice. You'll catch up soon enough.
>
> — Leonard Cohen

Our Volunteer Community Health Ambassadors continue to play an important role in strengthening our efforts to promote mental health across York Region and Scarborough.

We collaborate with a wide range of partners and use diverse approaches — particularly drama-in-education — to raise awareness about the importance of mental health, while also encouraging help-seeking, reducing stigma, and increasing knowledge of local community support services.

Silver C.H.E.E.R - Phishing Scams & Cyber Security



@ Markham Public Library - Aaniin Branch

Silver C.H.E.E.R was supported by the Ontario Seniors Community Grant to reduce social isolation among individuals aged 55 and above through personalized wellbeing plans, Caring Circles, and social prescribing initiatives.

Although Silver C.H.E.E.R. has come to an end, the relationships we have built will continue to support and strengthen our work in the future. We remain committed to serving residents in subsidized housing by empowering them to stay connected to the world—especially through technology.

Technology can sometimes feel intimidating for seniors. We will continue to empower seniors because we believe they can truly thrive and keep up with the times when given hands-on experience and patient guidance. After all, they were once the influencers of our society—and they still have so much to contribute.

> “The ability to care for oneself through awareness, self-control, and self-reliance in order to achieve, maintain, or promote optimal health and well-being.”
>
> (Martínez et al, 2021)

Self-care

Test your understanding of self-care

	1st attempt		2nd attempt	
	Yes	No	Yes	No
1. Self-care equals pampering yourself.	☐	☐	☐	☐
2. Self-care is about being able to say no when necessary.	☐	☐	☐	☐
3. Self-care could be uncomfortable sometimes.	☐	☐	☐	☐
4. Self-care is all about a bubble bath.	☐	☐	☐	☐

Please check the answers at the bottom of this page.

Let yourself **re**-test after watching the video!

@ Mosaic House



Healthy Living Series - “Move Your Body, Lift Your Mood”

Self-care comes in different forms because it is personal. As long as it grounds you or supports your well-being, it counts. Starting self-care is not as difficult as you might imagine, but it does require intention. This means you may experience a range of emotions, including negative ones.

Savor the Blessings of Nature

Nature has been scientifically proven to restore our attention and ability to concentrate after we become fatigued. (Mason et al., 2022)

Nature is free and helps manage your mood & stress levels, making you less irritable. (Neill et al., 2019)

1

Enjoy the natural light!



Enjoy at no cost

Easy said, easy done

2

American Robin



Pay attention to the birds as you commute to school or work

3

Go to your local park for a mindful walk!



Little by little, it adds up.

ANS: 1. No; 2. Yes; 3. Yes; 4. No

In recent months, we reached **137** new individuals & enhanced support for > **100** existing clients through a combination of in-person, virtual, and mobile outreach efforts. We understand that collaboration drives greater impact. Alongside individual outreach, we connected with **33** organizations, of which **8** responded positively to partnership opportunities.

Black Health Initiative

improving access to health services for Black communities by bringing care directly into trusted community spaces such as housing sites, churches, and community centers. Through this initiative, we offer mental health support, health screenings, education, and help navigating the healthcare system.



Goal

Build ongoing relationships to better support Black community needs

Next Step

Expand mobile outreach & strengthening partnerships with Black-led organization



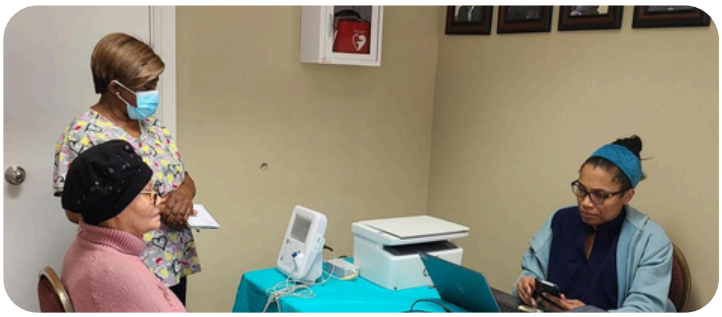
> Health is a state of complete physical, mental & social well-being and not merely the absence of disease or infirmity.
>
> - World Health Organization

Factors that influence your health

(including but not limited to ...)

- Education & Literacy
- Access to Health Services
- Income & Social Status
- Healthy Behavior
- Culture

We are committed to identifying, reducing, & eliminating factors that negatively impact health quality.



We are excited to be developing meaningful partnerships to better serve the Black community. If you are interested in exploring opportunities to collaborate with us, we would love to hear from you. Kindly reach out to Christine Bertrand-Clarke (Program Director, Community Health and HDAP) via email @ **Christine.Bertrand-Clarke@carefirstontario.ca**