

TW FHT Health Information & Education

August 2026



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Health Information

Protecting Your Lungs from Wildfire Smoke



Wildfire smoke can irritate the respiratory system and trigger an immune response. While the lungs are most directly affected, wildfire smoke can also impact other parts of the body. People may experience different symptoms depending on their health status and level of exposure.

Who Is Most at Risk?

Some individuals are more likely to experience health problems from wildfire smoke, including:

- people with an existing or chronic health conditions, such as lung or heart disease, or diabetes
- people aged 65 and older
- infants and young children
- pregnant people
- people with increased likelihood of exposure due to location or occupation
- people living in situations of lower socioeconomic status

Common Symptoms:

Exposure to wildfire smoke may cause:

- Headache
- Sore throat
- Mild cough
- Runny nose
- Eye irritation
- Increased phlegm (mucus) production

Seek Medical Attention Immediately, Serious Symptoms:

If you experience any of the following, seek medical care right away:

- Shortness of breath
- Severe cough or wheezing
- Dizziness
- Chest pain
- Heart palpitations (irregular heartbeat)

10 Ways to Protect Your Lungs from Wildfire Smoke

When wildfire smoke levels are elevated:

1. Check your local air quality regularly.
2. Stay indoors when smoke levels are high.
3. Keep windows, doors, and fireplace dampers closed.
4. Use air conditioning on recirculation mode and limit outdoor air entering your home.
5. Wear a properly fitted N95 respirator if you must go outside.
6. Keep asthma, COPD, or other lung conditions well managed.

7. Update and follow your Asthma Action Plan or COPD Action Plan.
8. Seek advice from a healthcare professional if breathing symptoms worsen.
9. Stay informed about wildfire alerts and health warnings in your area.
10. Prepare for emergencies, including power outages and potential evacuations.

Online Resources

- [Wildfire smoke and your health - Canada.ca](#)
- [Ontario - Air Quality Health Index \(AQHI\) - Environment Canada](#)
 - [Toronto, Ontario - Air Quality Health Index \(AQHI\) - Environment Canada](#)
- [How to protect your lungs from wildfire smoke | The Canadian Lung Association](#)

If you have concerns about your breathing or an existing lung condition during periods of wildfire smoke, contact your primary care provider.

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Upcoming Health Education Workshops September 2026

Addressing Anxiety
Online

MENTAL



HEALTH

Gain a better understanding of anxiety and how it can impact daily life. Join this workshop to learn about the different anxiety disorders including signs and symptoms, treatments and self-care strategies.

Sign up for this workshop

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Nutrition for a Healthy Heart

Online



Have you been diagnosed with high cholesterol or high blood pressure and want to learn about nutritional

management? Join us for our virtual workshop to get heart healthy!

[Sign up for this workshop](#)

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Preventing Falls: Staying Strong and Steady

In person at Garrison Creek



Have you had a fall or are you afraid of falling? Are you curious to learn what you can do to prevent a fall? Join us for this in-person interactive information session to learn about falls, what contributes to falls and ways you can prevent falls.

[Sign up for this workshop](#)

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Staying Safe Online: The Basics

Online



Learn about the potential risks of your online activities and how you can stay safe when you are connected. Join us for tips on using the internet and staying safe online.

Sign up for this workshop

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Dealing with Depression Online



Learn more about depression and its effects on daily life and well-being. This workshop will review Major Depressive

Disorder including signs and symptoms, treatments and self-care strategies.

[Sign up for this workshop](#)

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Gut Health 101: Nutrition Workshop for Digestive Health Online



Gut Health 101 is all about understanding and taking care of your digestive system!

In this workshop, we will discuss common digestive issues and share tips for keeping your digestive system running smoothly.

[Sign up for this workshop](#)

Sleep Therapy 101 In person at Bathurst Site



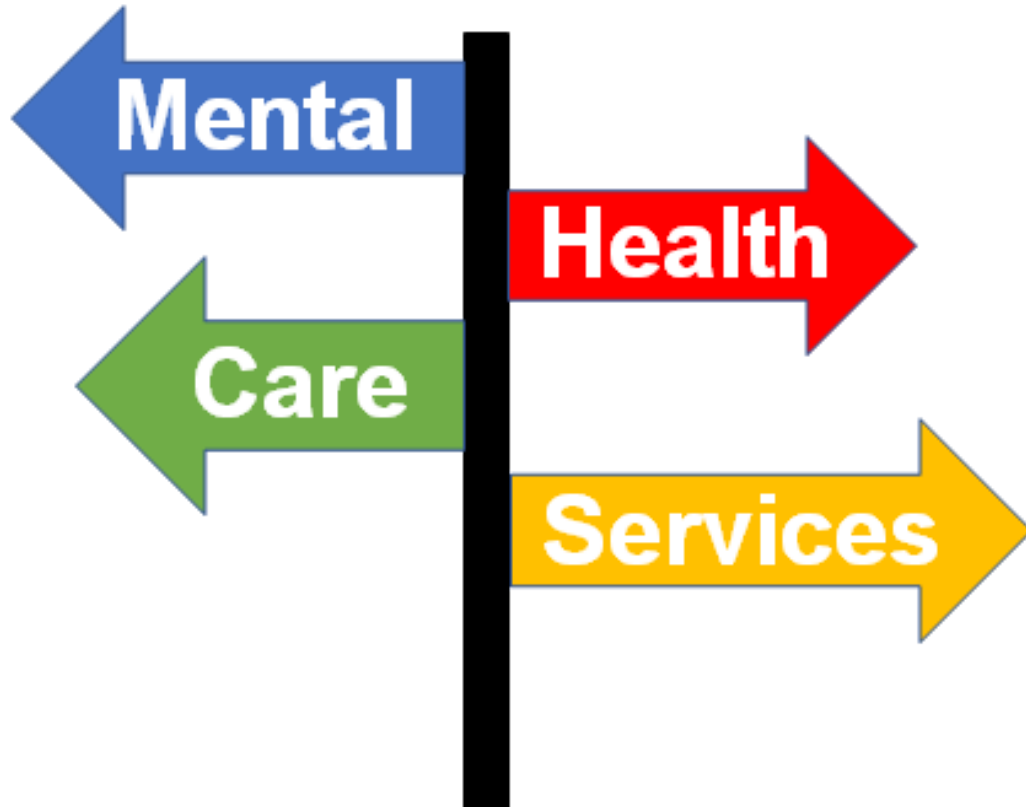
Having trouble sleeping, whether falling asleep or staying asleep? Join us to learn practical, medication-free strategies to improve your sleep.

[Sign up for this workshop](#)

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Learning About Mental Health Care Services in Ontario

In person at Garrison Creek Site



Are you struggling with your mental health or living with someone who has mental health problems and don't know where to find help? The mental health care system in Ontario is complex and can be challenging to find what you need.

Sign up for this workshop

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Mental Health Groups

October 2026

Mindfulness Training for Emotional Resilience (MTER)



This 4-week skills-based group is for patients of the TW FHT who are interested in learning about mindfulness skills to cope with life's challenges.

The facilitators will complete a brief phone intake with you to confirm suitability for this group. If interested and available to attend all 4 sessions, please sign-up below.

Space is limited

Sign up for this group

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www.twfht.ca

Looking for other workshops or groups?



[Click here to view our workshop and group calendar](#)