



New Vision News

March 9th, 2023

***NEW* Mental Health Resources**

Are you looking for mental health supports, but don't know where to start? Our Mental Health Team has put together a new resources page as a starting tool on your journey to wellness. Here you will find links to community resources/workshops, private counselling options in the area and other available online supports. There is also more information on specific topics that might better suit your needs.

[Click here](#) to view our Mental Health resources page. You can also [click here](#) for more community resources and workshops on a variety of health-related topics.

Wellness Workshops

New Vision offers a variety of both in-person and virtual workshops.

[Click here](#) to see our upcoming workshops and to register.

***Featured Workshop* Craving Change (4-week series):**

Craving Change is a *free* "how-to" workshop series focusing on helping you change your relationship with food.

New Vision is hosting an in-person 4-week session at our clinic starting on March 27th.

[Click here](#) or call 1-866-337-3318 to register through the Waterloo-Wellington Self-management Program

Nutrition Screening for Older Adults

March is Nutrition month, and in the spirit of healthy aging our Nutrition team wanted to provide a helpful tool for older adult nutrition screening. The SCREEN-14 questionnaire is a supportive tool for older adults that helps identify nutrition patterns and risk of not getting enough daily food or drink to support meeting daily needs

Please visit this [helpful link](#) to review the questionnaire, note areas of improvement to consider, and find supportive resources to assist with meal planning and overall nutritional well-being.

If you require more support, please reach out to our office for support from one of our Registered Dietitians.

Please continue to visit our website at www.newvisionhealth.ca for more updates.

Thanks,

New Vision Family Health Team

While the information provided is considered to be true and correct at the date of publication, changes in circumstances after the time of publication may affect the accuracy of the information.

