

The Windsor Family Health Team (WFHT) provides high-quality, inclusive care to residents in Windsor-Essex that is focused on helping you meet your health care goals through disease management and prevention, rehabilitation, palliative care, and health promotion. We are able to do this through all of the various programs and services that we offer.

The following is a list of programs offered by the Windsor Family Health Team.



Primary Care

The Family Practice Program offers primary health care to residents of all ages living in Windsor and the surrounding area. Some of our programs and services are offered to enrolled patients, exclusively and others are open to the general public.



Team Care Centre

The Windsor Team Care Centre (WTCC) is the Windsor Family Health Team's largest program and is a care team of health professionals supporting "solo-practicing" primary care providers and their patients in Windsor-Essex. The WTCC team serves patients focusing on both their medical concerns and their needs related to the social determinants of health as well as providing a variety of programs and services. Patients of the WFHT can also benefit from these programs and services.



Social Work

For enrolled patients those 16 years of age and older providing time limited individual counselling. Group workshops are offered in collaboration with other team members such as the Health Promoter and Dietitian, as well as in partnership with other community organizations. A referral is needed from a Windsor Family Health Team physician or nurse practitioner.



Preventative Care and Cancer Screening

For enrolled patients of all ages, this program aims to prevent and detect illness and disease and promote the health of our patients based on guidelines to reduce severity of breast cancer, colorectal cancer and cervical cancer.



Oral Health Education

For enrolled patients and Team Care Centre clients, available free of cost, giving patients the maximum benefit through education, available preventative treatments, and free oral health provisions (e.g., toothbrush, toothpaste, etc.). The program is also offered through community partnerships with Windsor Regional Hospital and other local health organizations. Patients of the Windsor Family Health Team can self-refer.



Dietitian/Nutrition

For enrolled patients those 18+ years of age providing time limited individual nutrition counselling. The aim of sessions is to increase participant knowledge of nutrition and to increase their confidence and ability to self-manage their health and well-being. A referral is needed from a Windsor Family Health Team physician or nurse practitioner.



Health Promotion

The Health Promoter is a Registered Practical Nurse with extensive experience working in primary care supporting illness prevention and improved access to care through program development and facilitation. Health Promotion is delivered in a variety of ways by creating programming and activities to engage in community outreach.



Social Prescribing

For enrolled patients of all ages, the Health Promoter works to address the social determinants of health through the Social Prescribing Program. We connect patient with non-clinical services in the community to improve their health, mental health, and overall well-being. Patients can get a referral from their health care provider or self-refer.



Heart Health

For enrolled patients who have been diagnosed with atrial fibrillation. This program offers monitoring, the affects atrial fibrillation has on daily life, medication reviews, and referrals to other supports. Offered in partnership with the Asthma Research Group of Windsor-Essex. A referral is needed from a Windsor Family Health Team physician or nurse practitioner.



Memory Clinic

For enrolled patients those over 55 years of age with new onset memory and/or cognition concerns not related to Acquired Brain Injury (ABI) or a psychiatric diagnosis. Memory clinics provide early diagnosis, treatment and education. The team works closely with the patients Primary Care Provider, and with community groups like the Alzheimer's Society, and specialist physicians to ensure care needs are met.



Lung Health/Smoking Cessation

For enrolled patients offering diagnosis and treatment to support respiratory health, Chronic Obstructive Pulmonary Disease (COPD) and Asthma. Individual smoking cessation counselling offered by certified educators including education, support and free nicotine replacement therapy. A referral is needed from a Windsor Family Health Team physician or nurse practitioner.