

## Markham Stouffville Hospital opens new wellness clinic in the community

**Markham, ON (January 28, 2020)** – Markham Stouffville Hospital (MSH) is proud to have opened the MSH Wellness Clinic, which provides mental health programs and services outside of the hospital setting, making care more accessible for patients.

The 3,000 square foot clinic is located on Wooten Way North in Markham. It features two bright and spacious rooms equipped with large screens for group therapy sessions, four offices where one-on-one client care can take place and a welcoming reception area.

“The MSH Wellness Clinic brings the hospital vision of providing care beyond our walls and connecting with the community to life,” said Jo-anne Marr, President and CEO at MSH.

“The new clinic allows us to provide recovery and support services to mental health patients, when and where they need it most, right in the community.”

An interprofessional team of occupational therapists and social service workers staff the MSH Wellness Clinic. The team uses a holistic approach that focuses on strategies to reintegrate patients back into the community. The new space has proven to be very effective in patients’ recovery since they can receive easily accessible care in their own community. Programs running in the MSH Wellness Clinic include the BRIDGE program and the Women’s Wellness Clinic.

The BRIDGE program is an adult day treatment program that offers group therapy five days a week for 12 consecutive weeks. Group therapy sessions include topics such as coping strategies, recovery, stress management, yoga and art therapy, goal setting, and more.

“The new home for the BRIDGE program has enhanced accessibility for patients and broken down barriers. It is a literal ‘bridge’ back into the community for them – they no longer have to make a long walk to get to a group class or be interrupted by a jarring code call mid-session,” said Teresa Wong, Patient Care Manager, Outpatient Mental Health at MSH. “The clients love the new space and location; they feel like it’s their own.”

Walls of the new clinic are adorned with art created by patients in the art therapy group, which is part of the women’s wellness services offered. Using different methods, the Women’s Wellness Clinic aims to improve women’s sense of personal wellbeing, strengthen focus and mental flexibility, manage difficult emotions, promote self-awareness and distinguish healthy from unhealthy coping.

“The long-term plan for therapeutic services at the hospital has always included an offsite clinic to improve access to mental health care,” said Allan Bell, Vice President, Community Relations and Corporate Partnerships at MSH Foundation. “And thanks to the continuous support from generous donors and sponsors, the hospital is able to meet the growing needs of the community through this new clinic.”

The MSH Wellness Clinic is made possible by the generous support of Shoppers Drug Mart and TD Bank Group. In honour of their generosity, the hospital has named the Shoppers Drug Mart Wellness Rooms and the TD Bank Group Reception within the MSH Wellness Clinic.

"At TD, we're committed to enriching the communities where we live and work," said Rachael Wong, District Vice President for Branch Banking, Markham, TD. "We're thrilled to be able to support Markham Stouffville Hospital and their new Wellness Clinic in the Markham community with the donation of this space."

Shoppers Drug Mart has been supporting MSH through the Run for Women since 2015. The Run for Women, brought by the LOVE YOU by Shoppers Drug Mart program, is Canada's first and only women's and girls' running race series, benefiting women's mental health initiatives across the country and has raised over \$8.4 million dollars for local mental health programming since 2013.

"Every dollar raised by the Run for Women supports mothers, daughters, and friends in the community to take the next step to recovery," said Adriana Palazzo, Vice-President Operations, Shoppers Drug Mart. "We put women first and our partnership with vital organizations like Markham Stouffville Hospital enables us, together, to put women's health first."

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**About Markham Stouffville Hospital:**

Markham Stouffville Hospital is a leading community hospital with 329 beds. The hospital provides diagnostic and emergency services and delivers clinical programs in acute care medicine and surgery, addictions and mental health, and childbirth and children's services. Our Markham and Uxbridge sites and the Reactivation Care Centre (RCC) provide high quality, patient-centred, care to over 412,000 patients each year. Partnering with other specialist providers, the hospital's 500 physicians, 23 midwives, over 2,300 staff and nearly 1,300 volunteers make it the centre of community care for the residents of the City of Markham, the Town of Whitchurch-Stouffville and the Township of Uxbridge.

For more information: visit [www.msh.on.ca](http://www.msh.on.ca).

**About Markham Stouffville Hospital Foundation:**

Markham Stouffville Hospital Foundation exists to enable the growth of Markham Stouffville Hospital by raising funds and awareness for its ongoing priorities and needs. Donations from the community fund life-saving medical equipment that helps to ensure the delivery of first-class health care at MSH.

For more information: visit [www.mshf.on.ca](http://www.mshf.on.ca).

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