

CAMBRIDGE
NORTH DUMFRIES

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Cambridge North Dumfries Ontario Health Team News & Updates

Primary Care Connect Clinic Now Open



The Primary Care Connect Clinic is now open and accepting appointments for individuals in Cambridge and North Dumfries who do not have a family doctor or nurse practitioner. The clinic provides access to care, assesses patient needs, and helps connect patients with a permanent primary care provider.

- ✓ Booking is available now
- 📞 Learn more and book an appointment: [HERE](#)
- ☎ Phone: 519-658-0069

Need a family doctor or nurse practitioner? **We can help!**



You can still **get the care you need today**, with convenient evening and weekend appointments. The Primary Care Connect clinic is here to provide care, assess your needs, and match you to a permanent health care provider in Cambridge and North Dumfries.

**Visit cndoht.com/primary-care-connect
or call 519-658-0069**

**SCAN HERE
TO BOOK AN
APPOINTMENT**



From our Networks



Upcoming Webinar: Using Journey Mapping and Personas to Understand Care Experiences in Health Systems

Join Amber, a health systems researcher and CIHR Health System Impact Fellow with the Guelph Wellington Ontario Health Team, for an engaging session on how journey mapping and persona development can help uncover barriers, touchpoints, and opportunities for improvement across health, housing, mental health, and addiction services. Participants will learn practical approaches for using these tools in research, service design, education, and system planning.

 July 21, 2026 | 12:00 PM to 1:00 PM
 Learn more and register [HERE](#)

Using Journey Mapping and Personas to Understand Care Experiences in Health Systems

This session explores how journey mapping and persona development can help make complex care experiences more visible. Drawing on research with people navigating mental health, addiction, housing, and health services, this session will show how lived experience narratives can be transformed into journey maps and composite personas that reveal common pathways, barriers, touchpoints, and opportunities for system improvement. Participants will also be introduced to practical strategies for collecting, organizing, and synthesizing data using this approach, with an emphasis on how journey maps and personas can be used in research, education, service design, and system planning.

By the end of the session, participants will be able to:

- Describe journey mapping and persona development as methods for understanding care experiences.
- Identify the kinds of data that can be collected to support journey mapping, including participant narratives, touchpoints, barriers, emotions, decisions, and supports.
- Explain how interview or workshop data can be organized into a journey map.
- Describe how patterns across multiple journeys can be synthesized into composite personas.
- Consider how journey maps and personas can be used to communicate care experience and identify opportunities for system improvement.

Tuesday July 21, 2026 12:00-1:00
[REGISTER HERE](#)

Amber is a health systems researcher focused on integrated care delivery for structurally marginalized populations. She is a doctoral candidate in the Department of Population Medicine at the University of Guelph and holds a CIHR Health System Impact Fellowship embedded with the Guelph-Wellington Ontario Health Team, where her work examines how mental health, addiction, and housing services coordinate across sectors. Drawing on 18 years of clinical nursing practice, she brings a frontline perspective to questions of how integrated care is designed and delivered.



Save the Date: Cervical Cancer Screening Workshop

The Waterloo Wellington Regional Cancer Program is hosting a hands-on Cervical Cancer Screening Workshop designed for RNs and RPNs looking to build HPV testing knowledge and clinical examination skills. This expert-led session is an excellent opportunity to expand nursing competencies and increase screening capacity within your practice.

 Friday, October 30, 2026

 12:00 PM to 4:00 PM

 Waterloo Regional Health Network @ Midtown, Kitchener

 Lunch and refreshments provided

Cervical Cancer Screening WORKSHOP

Our expert-led session provides the necessary HPV testing knowledge and hands-on clinical exam learning for **RNs and RPNs!**

Expand your nursing skills and increase capacity in your office!

Save the Date



Friday, October 30, 2026

12:00 PM - 4:00 PM

Lunch and refreshments included



**Waterloo Regional Health Network
@ Midtown**

835 King Street West, Kitchener

Free parking provided in parking garage



Dr. Neil Naik & Dr. Cheryl Lee

With cancer screening and colposcopy
leaders from the Waterloo Wellington
Regional Cancer Program

Limited spots
available!
Door
prizes!

**Waterloo Wellington
Regional Cancer Program**
Ontario Health (Cancer Care Ontario)

Contact us:

WWRegionalCancerProgram@wrhn.ca



Career Development Opportunity: Pathways to Careers in Healthcare

Applications are now open for Pathways to Careers in Healthcare, an Ontario Bridge Training program designed for internationally trained healthcare professionals. Participants can earn a micro-credential in Healthcare Administration or Data Analytics, gain valuable hands-on experience through mentoring and job-shadowing

opportunities, and connect with employer partners to support their career journey in Canada's healthcare sector.

Eligible participants include permanent residents, naturalized citizens, protected persons, refugee claimants, Convention Refugees, and CUAET holders.

Learn more and apply [HERE](#)



NEWCOMER WOMEN'S SERVICES TORONTO



**APPLICATIONS
NOW OPEN**

Pathways to Careers in Healthcare

An Ontario Bridge Training program for
internationally trained healthcare professionals:



Earn a micro-credential in **Healthcare Administration or Data Analytics** from a globally recognized educational institution.



Gain hands-on experience via **mentoring, job-shadowing opportunities** & more



Connect with our **network of employer-partners** and launch your career in healthcare

***Eligible:** PR, Naturalized citizen, protected person, refugee claimant, Convention Refugees & CUAET.*

***Not Eligible:** Individuals with Canadian post-secondary education.*

In partnership with the:



APPLY NOW!



Canada

**EMPLOYMENT
ONTARIO**

Ontario

Adult Day Services: Supporting Older Adults Across Waterloo Wellington

Adult Day Services provide a welcoming, supportive group environment for older adults with diverse health and wellness needs. Programs offer social engagement, therapeutic and recreational activities, exercise, nutritious meals, wellness supports, and respite for care partners.

A range of specialized programs and services are available, including supports for dementia, acquired brain injury, younger adults living with dementia, hospice patients, overnight stays, aphasia support, and community-based personal support services. Referrals can be made through Ontario Health at Home Intake and Referral or through CareDove.

How to refer?
Refer through Intake and Referral at **Ontario Health at Home** or
Caredove: www.caredove.com/wwcss



Who We Are

Community Support Services funded by Ontario Health, providing Adult Day Services across Waterloo Wellington to support older adults with diverse health and wellness needs in a supportive group setting. Programs include social engagement, therapeutic activities, SMART exercises, nutritious meals, safe and inclusive environment, wellness checks.



Types of Programs and Services

Supportive/Integrated Day Programs:

Provide social therapeutic, recreational programs that provide non-medical care in a group setting for persons who are socially isolated and/or live with a physical disability, cognitive impairment, mental health or chronic health issues. Provides respite for care partners. **(COK, COW, TV, KWSDP, CCC, COC, VON, SJHC, EWCS)**

Specialized Day Programs:

Alzheimer Day Programs: Supports persons with various stages of Alzheimer's disease or related dementias. Provide a dementia friendly environment that is calming, accessible, safe and secure. Provides respite for care partners. **(ROW, SJHC)**

YODA (young onset dementia association): Supports those diagnosed with a dementia under the age of 65 to meet and socialize in supportive group setting. **(ROW)**

YAPP (young adult peer program): A specialized integrated program for those under the age of 65 to share and support each other with their peers. **(COC)**

Acquired Brain Injury Programs (ABI): Day programs specializing in supporting persons of any age, living with an acquired brain injury. Provides respite for care partners. **(TI, SJHC)**

Hospice Day Away Programs: Day program supporting persons living with a life limiting and/or living in their final 18 months of life. Provides respite for care partners. **(HWR)**

Specialized Services:

Overnight Stay (ONS) programs: Supports frail older adults with complex dementia and/or chronic care needs for overnight care. Provides respite for care partners. **(ROW, SJHC)**

Aphasia Program: Supportive communication groups offering 2 hour facilitated conversation groups within various Supportive Day Program sites. **(SJHC)**

WOW (without walls): Program which offers free recreation activities over the phone. **(COC, COW)**

Community PSW Program: Provides in-home personal support to assist clients with dementia to prepare for the Adult Day Program or in-home personal support during the week. Respite for care partners. **(EWCS)**

French Language Services: French speaking staff available to support individuals to access day programs and activities over the phone in French. **(COC)**

Organizations by Ontario Health Team

KW4 OHT:

Kitchener Waterloo Wilmot Woolwich Wellesley

Region of Waterloo: **ROW**
519-893-8494 ext. 6265
City of Kitchener: **COK**
519-741-2916

City of Waterloo: **COW**
519-888-6356

Trinity Village: **TV**
519-893-6320 ext. 235

K-W Seniors Day Program: **KWSDP**
519-893-1609

Community Care Concepts: **CCC**
519-669-1223

Traverse Independence: **TI**
226-444-3935

Hospice Waterloo Region: **HWR**
519-743-4114

CND OHT:

Cambridge North Dumfries

City of Cambridge: **COC**
519-740-4681 ext 4424
Region of Waterloo: **ROW**
519-893-8494 ext. 6265

GW OHT: Guelph Wellington

Victorian Order of Nurses: **VON**
1-888-506-6353 ext. 6224

St. Joseph's Health Centre: **SJHC**
519-824-6000 ext. 4415

East Wellington Community: **EWCS**
Services: 519-833-0087

funded by:  **Ontario Santé
Health Ontario**

CND OHT Members & Affiliate Members

To learn more about the Cambridge North Dumfries Ontario Health Team Members & Affiliate Members, visit our Member Directory.

[Member Directory](#)

Connect With Us



Have an update, event, or opportunity you'd like to share with our network?

We'd love to hear from you, email emilynf@cndoht.com to be included in an upcoming newsletter.

If you have any questions, or would like to learn more about the Cambridge North
Dumfries OHT, please reach out to info@cndoht.com

www.cndoht.com

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