

Annual Clinical Day - December 7

Humber River Health's 27th Annual Clinical Day took place on Saturday, December 7 in the Paul B. Helliwell Foundation Auditorium. The program enabled participants to improve their clinical skills in the prevention, diagnosis, treatment and long-term management of acute and chronic disease states.

Thank you to the planning committee for a great day, as well as Dr. Neetika Sidana, Dr. Diana Magee, Dr. Joshua Dias, Dr. Mahtab Asadabadi, Dr. Judith Seary, and Dr. Art Kushner for their talks.



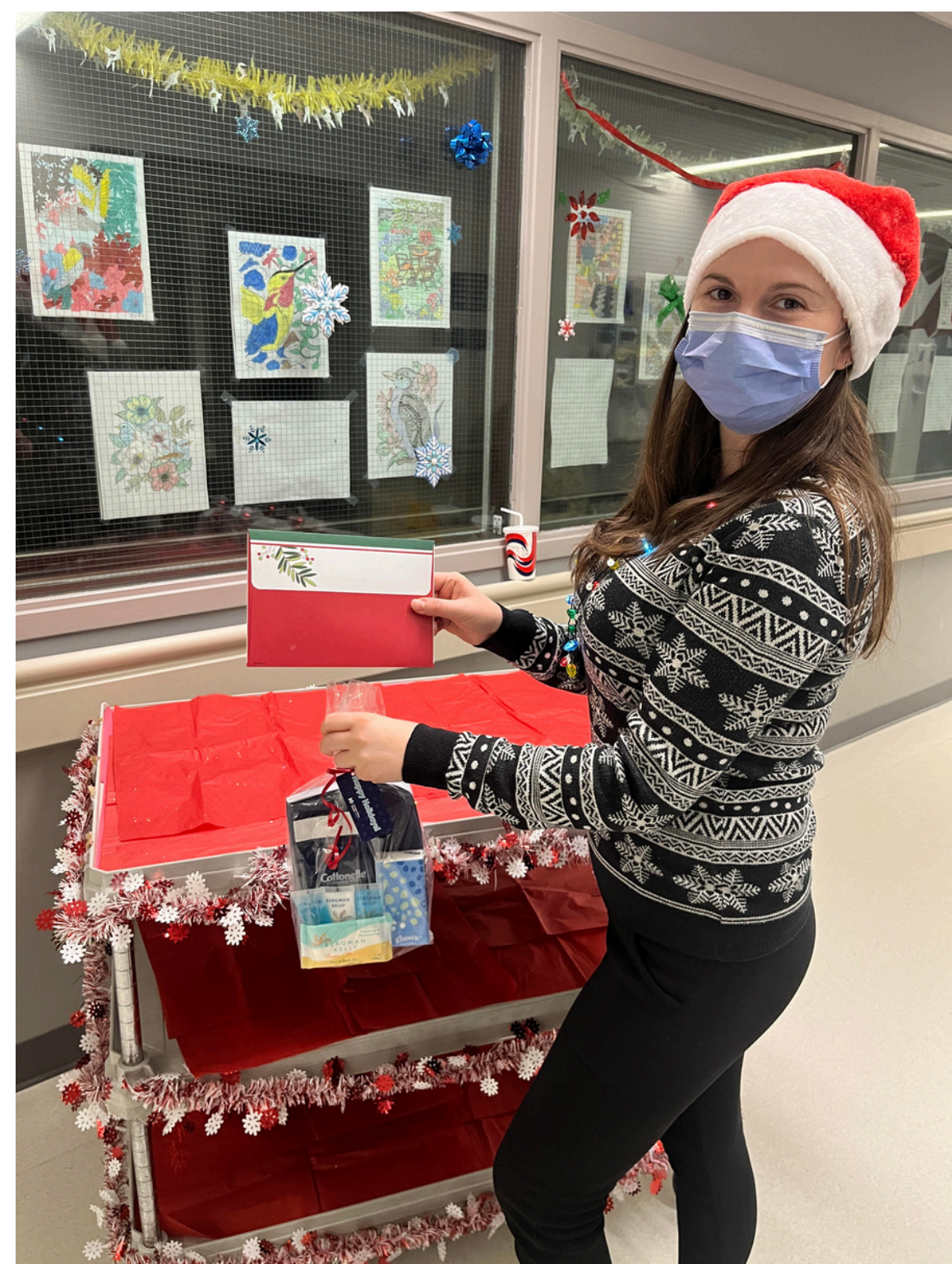
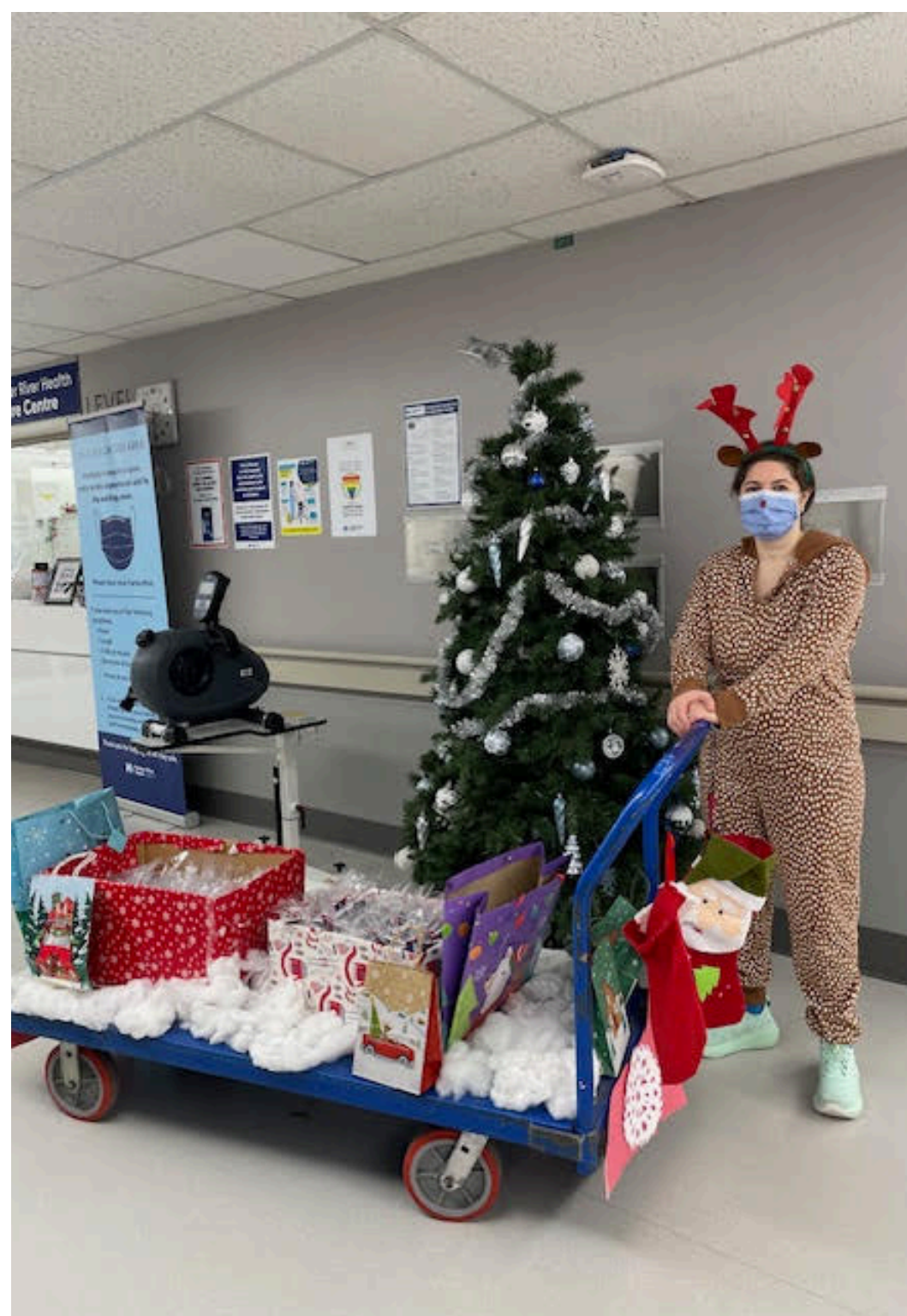
Holiday Concert - December 7

On December 7, we happily welcomed the Paschal Music Ensemble who shared their extraordinary musical talents by singing and playing instruments like the cello, violin, guitar, and ocarina. We thank these talented musicians for spreading joy at Humber this holiday season!



Church and Finch Campus Gift Distribution

Our Church and Finch Campuses ignited some holiday joy by distributing gift bags to patients over the holidays! Thank you to everyone who coordinated and distributed the gift bags and spread kindness and cheer at our Church and Finch Campuses this holiday season!



Humber Holiday Party ❄️

On December 17, we held our annual Holiday Party in our Team Revolution Piazza for our staff, physicians, and volunteers, which included cookies, hot chocolate, and a complimentary Humber scarf! Our annual Holiday Party is one way we show our gratitude to our SPVs for their ongoing commitment to excellence in the extraordinary work they do! We appreciate you!



Holiday Cheer Event

Our Child Life Specialists Team held their Holiday Cheer Event with help from Santa and Toronto Police Services to deliver gifts and toys to paediatric patients in various departments around the Hospital! Thank you to our Child Life Specialists Team, everyone who contributed to our Child Life Services Toy Drive, and to all our sponsors for helping us spread some Humber holiday cheer!



Thank You!

We extend our gratitude to everyone who contributed to this year's Holiday Giving Event!



Together, we raised over \$10,400 to help support families in our community who need it most.

We received the sweetest hand-made holiday boxes filled with essentials, supplies and more for children in our community.



All donated food, coats, and boots were distributed to local community centres and community members.



Our Child Life Toy/Gift Station was a great success!



Thank You and Happy Holidays!

Social Media Highlights

Humber River Health
@HRHealth_

Everyone should receive the healthcare they need, including HIV prevention & treatment whenever, wherever necessary. Upholding rights means that everyone, regardless of HIV status, background, gender, or location, has access to care without discrimination. #WorldAidsDay @WHO



Humber River Health
@HRHealth_

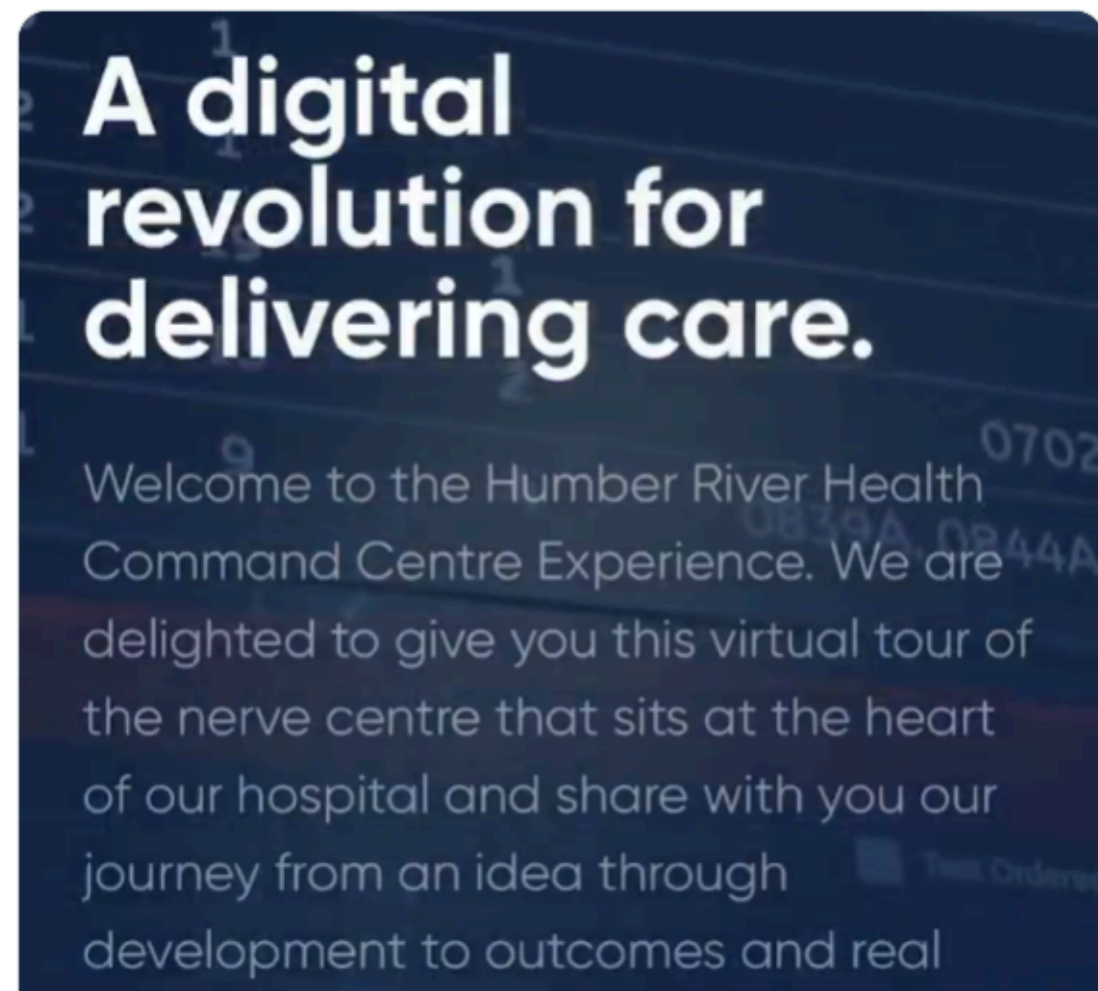
Today, at sundown, marks the beginning of Hanukkah – the eight day “festival of lights.” To those celebrating, we wish you a holiday full of prayer, hope, and traditions enjoyed with loved ones!



Humber River Health
@HRHealth_

In honour of our Command Centre’s 7th anniversary celebrated this week, we invite you to check out our virtual tour. We’re thrilled to share with you our journey from an idea through development to outcomes and real results.

Start the tour: humbercommandcentre.ca



Humber River Health
@HRHealth_

During today’s Leadership Forum, we were thrilled to receive a musical presentation from two of our talented staff members, Ledor Babatinca, Rita Basu, and Jennifer Yoon – filling us all with some holiday spirit and cheer!



Humber River Health
@HRHealth_

Thank you to the Katyal Family for the sweetest donation of hand-made holiday boxes through their "Smile Boxes" Campaign, The Smile Box Effect! Each Smile Box was filled with clothing, gift cards, school supplies and more for children and families in our community. #HolidayGiving



Humber River Health
@HRHealth_

To everyone celebrating, we wish you a safe, healthy, and #MerryChristmas spent with family and friends!

Thank you to our staff, physicians and volunteers working today and throughout the holiday season – we appreciate your dedication to our patients, community, and each other!



Humber River Health
@HRHealth_

Have you seen our Child Life Holiday Display? Join us in spreading holiday cheer by donating a new toy at our Child Life Toy/Gift Station by the South Entrance of our Wilson Hospital. Our Child Life Team will distribute the gifts to our paediatric patients through the holidays!



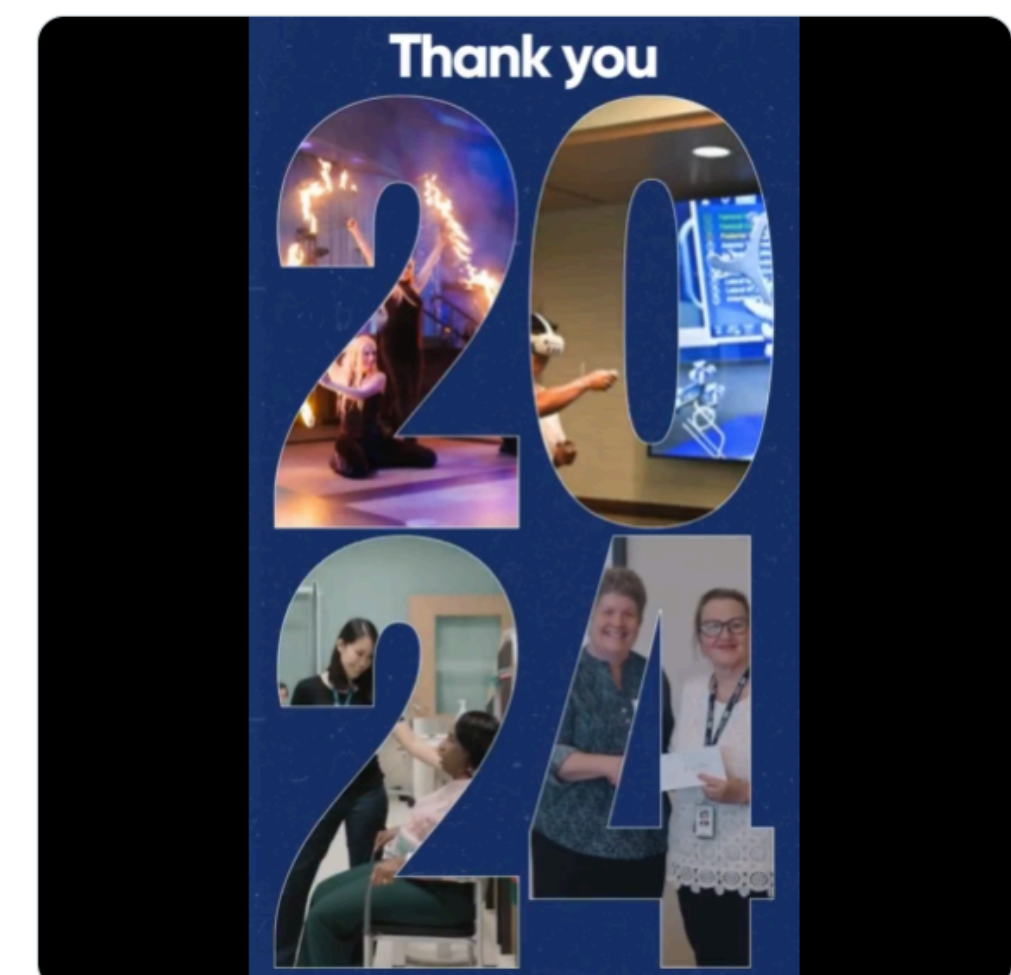
Humber River Health
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Happy Kwanzaa! Wishing everyone celebrating a holiday full of love, light, and joy spent with family, friends, and loved ones!



Humber River Health
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ICYMI: 2024 was an amazing year for Humber and @HRH_Foundation. Through the dedication of our SPVs, we worked together with our community, partners, and donors to deliver innovative, safe, and equitable healthcare. Wishing you and your loved ones a safe and happy #NewYearsEve!



Tamil Heritage Month

Tamil Heritage Month, which started in 2010, aims to celebrate the history of Canada's Tamil community and its contribution to the social, cultural, political and economic strength of Canada. The month of January was chosen as the Tamil Heritage Month for a number of reasons. The Pongal festival, the most important and widely-celebrated festival amongst Tamils around the world, falls in the middle of the month. The first month of the Tamil calendar, Thai, begins in the middle of January.



Religious/Spiritual Days

JAN 6

Epiphany commemorates the visit of the Magi (Three Kings, or Three Wise Men) to baby Jesus.

JAN 13

Lohri is a Hindu festival at the end of the winter solstice and the harvest of the winter rabi crops, especially in Northern India.

**JAN 15 -
18**

Pongal is a Hindu harvest festival celebrated in India and is dedicated to Surya, the Sun God.

JAN 25

Thaipusam is a Tamil Hindu festival observed on the initial full moon day of the Tamil month of Thai, corresponding with the Pusam star.

International Day of Women and Girls in Science Event

FEBRUARY 7, 2025 | In celebration of **International Day of Women and Girls in Science**

Moving the needle

Women and women's health at the forefront of science 2025

Morning session:

Pathways to Discovery

Afternoon session:

Trajectory to Translation



You are invited to join us to celebrate **International Day of Women and Girls in Science** in-person at the MaRS Discovery District on Friday, February 7, 2025!

This free event will consist of two sessions – see below for a detailed breakdown of each session. **Please note registration for the morning and afternoon sessions is separate.** Aspiring or seasoned professionals, trainees, and undergraduate/post-graduate students in science are welcome to attend. You are welcome to register for one session or both.

MORNING SESSION: Pathways to Discovery

This session will feature plenary speaker, Dr. Sheena Josselyn, senior scientist at The Hospital for Sick Children (SickKids), lunch, Living Library networking groups, a rapid-fire science Q&A, and panel discussions with women leaders from top research institutes.

AFTERNOON SESSION: Trajectory to Translation

The afternoon session will feature a discussion with leading women's health innovators and provides opportunities to connect with experts in areas including raising capital, IP, and business strategy.

Spots are limited! Learn more and register by clicking below.

[Register Here](#)