



Dr. Shailla Vaidya, MD MPH CCFP(EM) C-IAYT
The Yoga MD - Mind-Body Medicine for Stress Resilience
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Reason for Referral (check all that apply):

- ☐ Patient has suffered a concussion and experiencing Persistent Concussion Symptoms and is interested in the Reconnect Concussion Program.
- ☐ Helping Professional experiencing stress or job fatigue (Includes First Responders, Nurses, Allied Health, Social Workers, Teachers etc) available for day-time group – the Yoga of Stress Resilience.

NB: There are fees to cover non-OHIP insured services. These are on a sliding scale (Please refer to the program page)

Please Note:

- Dr. Vaidya provides GROUP MEDICAL VISITS for the above issues
- She is designated as “GP PSYCHOTHERAPIST” and will NOT negate FHO Physicians
- Patients will be assessed prior to starting groups, to ensure appropriateness for group
- Patients who do not fit the criteria should be referred elsewhere. Those suffering from distress tolerance or anger issues should seek out Dialectical Behaviour Therapy. Those with addictions should seek addiction counselling prior to seeing Dr.Vaidya.

Source of Patient’s stress:

Associated/Co-Morbid Medical Illness and Medications:

Please attach CPP, latest blood work, EKGs, pertinent medical imaging and consultant notes (Neuro, Psych, GI, Cardio, Endo).

Patient’s Name:	Referral Name:
DOB:	Billing Number:
Address:	Address:
Phone:	Fax:
Valid OHIP:	Date of Referral:
Email:	Family Doctor: