

Patient Resource Guide

Complete Guide to Patient and Family
Programs, Services and Assistance



MONARCH
INTERMEDIARIES INC

PATIENT RESOURCES YOU NEED... ALL IN ONE PLACE.

Welcome to the Patient Resource Guide: Complete Guide to Patient and Family Programs, Services and Assistance brought to by Monarch Intermediaries Inc.

We know that when you or a loved one is diagnosed with a serious or critical illness, it can be difficult to know where to turn to get the resources you need, when you need them.

That's why we created this guide — to provide you with a comprehensive list of local, national and international resources to make it simple and easy to get you the resources you need all in one place. Our goal is to continue to update this guide with future editions, to continue to bring you the most helpful resources for patients and families in your area.



Second Medical Opinion
eConsultations from the
world's best hospitals
available through your
employer, association, group, corporation
or financial institution.

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Disclaimer:

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CANADA

ASSISTANCE



Calgary Meals On Wheels

Promoting health and independence by providing tasty and nutritious meals to people recovering from a hospital stay, terminally or chronically ill, seniors, people with physical or mental disabilities, elementary school children, and the working homeless, building a stronger, caring community.

Programs/Services

- Regular Meals Program
- Frozen Entrees
- Group Catering
- Chopsticks On Wheels
- Working Homeless Lunch Program
- Hot Soup Program

Contact Details

3610 Macleod Trail SE
Calgary, AB T2G 2P9
Tel: 403-243-2834
Fax: 403-243-8438
www.mealsonwheels.com
signup@mealsonwheels.com

Mont St. Joseph Foundation

Our Mission is to "raise funds for initiatives that enhance the quality of life of those living in our special care home." People living at Mont St. Joseph include the very aged and those with disabilities who require the care, support and love of staff, volunteers and families. Donations are used to purchase furnishings and equipment required to provide care as well as for staff training and education, spiritual care, workplace wellness initiatives, transportation and other special needs that make a difference!

Contact Details

777-28th Street East
Prince Albert, SK S6V 8C2
Tel: 306-922-4663
Fax: 306-953-4550
info@montstjoseph.org
www.montstjoseph.org

ALZHEIMER'S DISEASE

Alzheimer Society Canada

The Alzheimer Society is the leading not-for-profit health organization working nationwide to improve the quality of life for Canadians affected by Alzheimer's disease and other dementias and advance the search for the cause and cure. We are located in every province across Canada and in over 150 local communities.

Programs/Services

- Education
- Information & Referral
- Support
- Public Awareness
- Living Safely
- Resources

Contact Details

20 Eglinton Avenue West, Suite 1600
Toronto, ON M4R 1K8
Tel: (416) 488-8772
Toll-Free: 1-800-616-8816
Fax: (416) 322-6656
info@alzheimer.ca
www.alzheimer.ca

AIDS/HIV

Canadian Aboriginal AIDS Network (CAAN)

The Canadian Aboriginal AIDS Network (CAAN) is a not-for-profit coalition of individuals and organizations that provides leadership, support and advocacy for Aboriginal people living with and affected by HIV/AIDS, regardless of where they reside.

Programs/Services

- Education
- Information & Referral
- Support
- Public Awareness
- Living Safely
- Resources

Contact Details

6520 Salish Drive
Vancouver BC V6N 2C7
Tel: (604) 266-7616
Fax: (604) 266-7612
www.caan.ca

Canadian AIDS Treatment Information Exchange (CATIE)

CATIE is Canada's source for up-to-date, unbiased information about HIV and hepatitis C. We connect people living with HIV or hepatitis C, at-risk communities, healthcare providers and community organizations with the knowledge, resources and expertise to reduce transmission and improve quality of life. For more details, please visit www.catie.ca or call 1-800-263-1638.

Contact Details

555 Richmond Street West, Suite 505
Toronto, ON M5V 3B1
Tel: (416) 203-7122
Toll-Free: 1-800-263-1638
Fax: (416) 203-8284
info@catie.ca
www.catie.ca

Canadian AIDS Society (CAS)

The Canadian AIDS Society is a national coalition of over 120 community-based AIDS organizations from across Canada. Dedicated to strengthening the response to HIV/AIDS across all sectors of society, we also work to enrich the lives of people and communities living with HIV/AIDS. We accomplish this by advocating on behalf of people and communities affected by HIV/AIDS, facilitating the development of programs, services and resources for our member groups and providing a national framework for community-based participation in Canada's response to AIDS.

Contact Details

190 O'Connor Street, Suite 100

Ottawa, ON K2P 2R3

Tel: (613) 230.3580

Toll-Free: 1-800-499-1986

Fax: (613) 563-4998

casinfo@cdnaids.ca

www.cdnaids.ca

CIHR Canadian HIV Trials Network

The CIHR Canadian HIV Trials Network (CTN) is an innovative partnership of clinical investigators, physicians, nurses, people living with HIV/AIDS, pharmaceutical manufacturers and others that facilitate HIV clinical trials of the highest scientific and ethical standards..

Contact Details

620B - 1081 Burrard Street

Vancouver, BC V6Z 1Y6

Tel: (604) 806-8327

Fax: (604) 806-8210

Toll-Free: 1-800-661-4664

ctninfo@hivnet.ubc.ca

www.hivnet.ubc.ca

ALS

ALS Society of Canada

The ALS Society is committed to supporting research towards a cure for ALS, supporting provincial ALS societies in their provision of quality care for persons living with ALS and building public awareness of ALS and its impact.

Contact Details

3000 Steeles Avenue East, Suite 200

Markham, Ontario L3R 4T9

Tel: 905-248-2052

Toll-Free: 1-800-267-4257

Fax: 905-248-2019

www.als.ca

ATTENTION
DEFICIT HYPERACTIVITY
DISORDER

Centre For ADHD Awareness Canada (CADDAC)

The Centre for ADHD Awareness Canada (CADDAC) is a national not-for-profit organization providing leadership in education and advocacy for ADHD organizations and individuals with ADHD across Canada.

Contact Details

3950 14th Avenue, Suite 604

Markham, ON L3R 0A9

Tel: (416) 637-8584

Fax: (905) 475-3232

www.caddac.ca

BLINDNESS

The Foundation Fighting Blindness

Over the last 30 years, The Foundation Fighting Blindness has funded dozens of research discoveries to identify the causes of genetic forms of blindness. These discoveries have helped bring scientists to this very exciting time in vision research. Today marks the first time that a treatment exists to prevent vision loss and restore some vision for those with an eye disease called 'wet' age-related macular degeneration (AMD) - and the first time human trials exist to reverse blindness in certain patients with retinitis pigmentosa (RP).

Contact Details

890 Yonge Street, 12th Floor

Toronto, ON M4W 3P4

Tel: (416) 360-4200

Toll-Free 1-800-461-3331

Fax: (416) 360-0060

info@ffb.ca

www.ffb.ca

BLOOD SERVICES

Canadian Blood Services

Canadian Blood Services is a not-for-profit, charitable organization whose sole mission is to manage the blood and blood products supply for Canadians. Donations are accepted for blood, plasma and platelets and stem cells.

Contact Details

1800 Alta Vista Drive
Ottawa, ON K1G 4J5
Tel: (613) 739-2300
Toll-Free: 1-888-2-DONATE (366283)
Fax: (613) 731-1411
www.blood.ca

OneMatch Stem Cell & Marrow Network

OneMatch Stem Cell and Marrow Network is responsible for finding and matching volunteer donors to patients who require stem cell transplants. Fewer than 30 per cent of patients who need stem cell transplants find a compatible donor within their own family. The rest rely on those who have volunteered to donate stem cells to anyone in need.

Because Canadian Blood Services' OneMatch is a member of an international network of registries, we can also search more than 11 million donors on over 50 registries in other countries. By agreeing to make their donor data available worldwide, international registries have significantly increased the odds of being able to find a matching donor for any patient, anywhere in the world.

Contact Details

35 Stone Church Road, Suite 200
Ancaster, ON L9K 1S5
Tel: 1-888-2-DONATE (366283)
Fax: (905) 540-5815
onematch@blood.ca
www.onematch.ca

BRAIN INJURY

Brain Injury Association Of Canada (BAIC)

The BAIC is committed to improving quality of life for all Canadians affected by acquired brain injury and promote it's prevention. As well, BIAC is dedicated to facilitate post-trauma research, education and advocacy in partnership with national, provincial/territorial and regional associations and other stakeholders.

Contact Details

440 Laurier Avenue West, Suite 200

Ottawa, Ontario, K1R 7X6

Tel: (613) 762-1222

Toll-Free: 1-866-977-2492

Fax: (613) 782-2228

info@biac-aclc.ca

www.biac-aclc.ca

CANCER

The Canadian Amyloidosis Support Network

The Canadian Amyloidosis Support Network, Inc. is committed to improving survivability and quality of life of Amyloidosis patients by:

- Promoting amyloidosis disease awareness in the medical community so it can be recognized earlier and appropriately treated
- Providing patient education, advocacy, support groups and resources
- Supporting high-value research projects

Programs/Services

- Patient Education
- Support Group Listings And Registration
- Information On Awareness Campaigns
- Fundraising Efforts
- Medical And Physician Referrals
- Research Articles For The Medical Community
- Patient And Family Stories
- Links To Other Amyloidosis Support Resources Around The World

Contact Details

Tel: (905) 787-9999
Toll-Free: 1-877-303-4999
info@thecasn.org
www.thecasn.org

The Canadian Cancer Society

Thanks to the generosity of our donors and the work of our volunteers and staff, the Canadian Cancer Society is leading the way in cancer control to actively prevent, cure or manage cancer. The Canadian Cancer Society takes the role as steward of donor dollars very seriously and makes every effort to allocate these dollars where they will make the most difference in making cancer history. In working to control cancer, we focus our work in five areas: research, advocacy, prevention, information and support.

Programs/Services

- Cancer Information Service
- Peer Support Service
- Online Community

Contact Details

55 St. Clair Avenue West, Suite 300
Toronto, ON M4V 2Y7
Tel: (416) 961-7223
Fax: (416) 961-4189
ccs@cancer.ca
www.cancer.ca

Locations

Alberta/Northwest Territories Division

200, 325 Manning Road NE
Calgary, AB T2E 2P5
Toll-Free: 1-800-661-2262
Tel: (403) 205-3966
Fax: (403) 205-3979
info@cancer.ab.ca

British Columbia and Yukon Division

565 West 10th Avenue
Vancouver, BC V5Z 4J4
Tel: (604) 872-4400
Toll-Free: 1 800 663-2524
Fax: (604) 872-4113
frontdesk@bc.cancer.ca

Manitoba Division

193 Sherbrook Street
Winnipeg, MB R3C 2B7
Tel: (204) 774-7483
Fax: (204) 774-7500
info@mb.cancer.ca

New Brunswick Division

133 Prince William Street
P.O. Box 2089
Saint John, NB E2L 3T5
Tel: (506) 634-6272
Fax: (506) 634-3808
ccsnb@nb.cancer.ca

Newfoundland & Labrador Division

PO Box 8921
Daffodil Place
70 Ropewalk Lane
St. John's, NL A1B 3R9
Tel: (709) 753-6520
Toll-Free: 1-888-753-6520
Fax: (709) 753-9314
ccs@nl.cancer.ca

Nova Scotia Division

5826 South Street, Suite 1
Halifax, NS B3H 1S6
Tel: (902) 423-6183
Fax: (902) 429-6563
ccs.ns@ns.cancer.ca

Ontario Division

55 St. Clair Avenue West, Suite 500
Toronto, ON M4V 2Y7
Tel: (416) 488-5400
Fax: (416) 488-2872
webmaster@ontario.cancer.ca

Prince Edward Island Division

1 Rochford Street, Suite 1
Charlottetown, PEI C1A 9L2
Tel: (902) 566-4007
Fax: (902) 628-8281
info@pei.cancer.ca

Québec Division

5151 L'Assomption Boulevard
Montréal, QC H1T 4A9
Tel: (514) 255-5151
Fax: (514) 255-2808
webmestre@quebec.cancer.ca

Saskatchewan Division

1910 McIntyre Street
Regina, SK S4P 2R3
Tel: (306) 790-5822
Toll-Free: 1-877-977-HOPE (4673)
Fax: (306) 569-2133
ccssk@sk.cancer.ca

The Canadian Testicular Cancer Association (TCTCA)

The Canadian Testicular Cancer Association is dedicated to public education and raising awareness about testicular cancer. We are a non-profit charitable organization spreading the word about this potentially deadly disease.

- Increase general awareness of testicular cancer
- Encourage young men to become familiar with their bodies
- Distribute information to educational and health care institutions
- Support research and clinical studies

Contact Details

45058-310 Fairway Road, South

Kitchener, ON N2C 1X0

Tel: (519) 894-0134

Fax: (519) 894-0134

www.tctca.org

Cancer View Canada

www.cancerview.ca connects Canadians to online services, information and resources for cancer control. It is designed to benefit: people affected by cancer: patients, survivors, friends, family and the public; people who treat or care for people affected by cancer; people who work in cancer control/health-care organizations across Canada.

This ever-evolving portal brings together resources from the many partner organizations across Canada and internationally working together in cancer prevention, screening, treatment, and supportive, palliative and end-of-life care. Through its collaborative tools, cancerview.ca also links people in the Canadian cancer community to each other. www.cancerview.ca is brought to you by the Canadian Partnership Against Cancer.

Contact Details

c/o Canadian Partnership Against Cancer

1 University Avenue, Suite 300

Toronto, ON M5J 2P1

Tel: (416) 915-9222

Toll-Free: 1-877-360-1665

info@cancerview.ca

The Colorectal Cancer Association of Canada

Programs/Services

- Cancer Coaches
- Coping Programs
- Support Groups
- Online Support
- Cancer Support Network
- Workplace Support

Contact Details

Toll-Free: 1-877-50-COLON (265666)
information@colorectal-cancer.ca
www.colorectal-cancer.ca

Locations

Toronto

60 St. Clair Avenue East, Suite 204
Toronto, ON M4T 1N5
Telephone: (416) 920-4333
Fax: (416) 920-3004

Montréal

1350 Rue Sherbrooke West, Suite 300
Montréal, QC H3G 1J1
Tel: (514) 875-7745
Fax: (514) 875-7746

Gilda's Club

Gilda's Club Greater Toronto, offers a wide array of support groups, workshops, lectures and social events, with a multitude of activities to choose from each month. Alternatively, our doors are open to anyone who may simply need some peaceful time alone in any one of our cozy rooms. All of the activities at Gilda's Club are free of charge – they are supported through the generosity of foundations, corporations and individuals.

Programs/Services

- Support Groups
- Social Activities
- Workshops And Lectures
- Networking Groups
- Educational Sessions
- Arts Programming

Contact Details

24 Cecil Street
Toronto, ON M5T 1N2
Tel: (416) 214-9898
www.gildasclubtoronto.org

Kidney Cancer Canada

Kidney Cancer Canada is a charitable patient-led support organization established to improve the quality of life for patients and their families living with kidney cancer. Kidney Cancer Canada advocates for access to new treatments, provides support and information to patients, funds much-needed kidney cancer research, and works to increase awareness of kidney cancer as a significant health issue.

Contact Details

P.O. Box 25034
411 The Queensway Avenue South
Keswick, ON L4P 2C0
Tel: (905) 476-1935
Toll Free: 1-866-598-7166
info@kidneycancercanada.ca
www.kidneycancercanada.ca

The Leukemia & Lymphoma Society of Canada (LLSC)

The Leukemia & Lymphoma Society of Canada (LLSC) is a voluntary (non-profit) health organization dedicated to funding blood cancer research and providing education and patient services.

Contact Details

2 Lansing Square, Suite 804
Toronto, ON M2J 4P8
Toll-Free: 1-877-668-8326
Fax: (416) 661-7799
admincanada@lls.org
www.llscanada.org

Lung Cancer Canada

Lung Cancer Canada is a national charitable organization, which aims to increase awareness for lung cancer, support patients and the individuals who care for them, and provide educational resources to patients, family members, healthcare professionals and the general public.

Contact Details

1896-A Avenue Road
Toronto, ON M5M 3Z8
Tel: (416) 785-3439
Toll-Free: 1-888-445-4403
Fax: (416) 785-2905
www.lungcancercanada.ca
info@lungcancercanada.ca

Lymphoma Foundation Canada

The goals of LFC are to:

- To provide education and support for individuals with lymphoma and their support network
- To fund medical research to find a cure for lymphatic cancer
- To advocate for the best treatment and care for lymphoma patients
- To promote further research and new treatments in lymphoma and to promote rapid access to new developments

Contact Details

7111 Syntex Drive, Suite 351
Mississauga, ON L5N 8C3
Tel: (905) 822-5135
Fax: (905) 822-5135
Toll-Free: 1-866-659-5556
info@lymphoma.ca
www.lymphoma.ca

Melanoma Network of Canada (MNC)

Programs/Services

- Support Groups
- Clinical Trials
- Physician Resources
- Caregiver Resources
- Educational Resources
- Publication & Books
- Links to Studies
- Helpful Web Sites
- Melanoma Treatment Centres and Practitioners

Contact Details

99 Bronte Road, Suite 324

Oakville, ON L6L 3B7

Tel: (289) 242-2010

Fax: (416) 946-1353

info@melanomanetwork.ca

www.melanomanetwork.ca

Ovarian Cancer Canada

Ovarian Cancer Canada is a registered Canadian charitable organization whose mission is to overcome ovarian cancer, providing leadership by:

- Supporting women living with the disease and their families
- Raising awareness in the general public and with health care professionals

Funding research to develop early detection techniques, improved treatment and, ultimately, a cure.

Contact Details

145 Front Street East, Suite 205

Toronto, ON M5A 1E3

Tel: (416) 962-2700

Toll-Free: 1-877-413-7970

Fax: (416) 962-2701

info@ovariancanada.org

www.ovariancancercanada.org

Pancreatic Cancer Canada

Pancreatic Cancer Canada is a national, non-profit, volunteer-driven organization. We are proud to be Canada's only foundation dedicated to fighting pancreatic cancer through awareness, research, patient support and community outreach.

Contact Details

2446 Bank Street, Suite 656
Ottawa, ON K1V 1A8
Toll-Free: 1-888-PANCAN9 (7262269)
info@pancancanada.ca
www.pancreaticcancercanada.ca

Prostate Cancer Canada

Prostate Cancer Canada is the only national foundation dedicated to the elimination of the disease through research, education support and awareness. Our goals are twofold: to fund research that will uncover better diagnostic and treatment options and to provide comprehensive support services for those living with prostate cancer.

Contact Details

2 Lombard Street, 3rd Floor
Toronto, ON M5C 1M1
Tel: (416) 441-2131
Toll-Free: 1-888-255-0333
Fax: (416) 441-2325
info@prostatecancer.ca
www.prostatecancer.ca

Young Adult Cancer Canada (YACC)

To build a community of young adults diagnosed with cancer that provides information, support, skills and opportunity. Young Adult Cancer Canada is a national cancer organization providing resources for young adults looking for inspiration, information and support.

Contact Details

18 Argyle Street, Suite 201

St. John's, NL A1A 1V3

Tel: (709) 579-7325

Fax (709) 579-7326

Toll-Free: 1-877-571-7325

connect@youngadultcancer.ca

www.youngadultcancer.ca

CANCER FERTILITY

Fertile Future

Fertile Future is a Canadian national non-profit organization that provides fertility preservation information and support services to cancer patients and oncology professionals. Without knowing the importance of fertility preservation prior to treatment, many cancer patients are left infertile with few options. Fertile Future aspires to change this reality for cancer patients. Our mission is to inform, educate and support cancer patients who are facing fertility-risking medical treatment, and oncology professionals who are providing this care.

Programs/Services

- Power of Hope Cost Reduction Program
- Fertility Prevention Centres
- Patient Education

Contact Details

100-955 Green Valley Crescent
Ottawa, ON K2C 3V4
Tel: (613) 440-3302
Fax: (613) 440-3329
Toll-Free: 1-877-HOPE-066 (4673006)
info@fertilefuture.ca
www.fertilefuture.ca

Fertile Hope

Fertile Hope is a LIVESTRONG initiative dedicated to providing reproductive information, support and hope to cancer patients and survivors whose medical treatments present the risk of infertility.

Contact Details

Toll-Free: 1-855-220-7777
www.fertilehope.org

Hope For Two: The Pregnant With Cancer Network

Hope for Two: The Pregnant with Cancer Network is a national non-profit organization for women diagnosed with cancer during pregnancy. Our mission is to connect women who are pregnant with cancer with other women who have been pregnant with the same type of cancer. These women are here to lend support, offer hope and share their experiences with one another through phone and e-mail conversation.

Contact Details

Toll-Free: 1-800-743-4471

info@hopefortwo.org

www.pregnantwithcancer.org

Infertility Awareness Association of Canada (IAAC)

The Infertility Awareness Association of Canada Inc. (IAAC) was founded in 1990 and originated from an Ottawa voluntary group called the Infertility Self Support Group which began in 1983. We are committed to providing educational material, support and assistance to individuals and couples who are experiencing the anguish of infertility, a reproductive health disease which affects over half a million Canadian men and women.

Programs/Services

- Support Groups
- IVF Clinics
- Alternative Medicine
- Counselling

Contact Details

2160 Nightingale Avenue

Montréal, QC H9S 1E4

Tel: (514) 484-2891

Toll-Free: 1-800-263-2929

Fax: (514) 484-0454

info@iaac.ca

www.iaac.ca

Western Canada

Tel: (604) 732-4224

Toll-Free: 1-855-798-4222

iaacwest@bellnet.ca

CEREBRAL PALSY

Ontario Federation For Cerebral Palsy (OFCP)

The Ontario Federation for Cerebral Palsy (OFCP) is an organization committed to supporting independence, inclusion, choice and full integration of all persons with cerebral palsy (CP) in Ontario. The OFCP does this by providing and initiating a wide range of services, resources and programs for individuals with CP and their families as well as professional organizations. These services can range from funding for equipment, education and recreation to housing and life planning.

Programs/Services

- Assistive Devices Funding
- Activity Funding
- Therapies
- Financial Resources
- Long-Term Planning and Support
- Person-Centered Planning

Contact Details

104-1630 Lawrence Avenue West
Toronto, ON M6L 1G5
Tel: (416) 244-9686
Toll-Free: 1-877-244-9686
Fax: (416) 244-6543
info@ofcp.ca
www.ofcp.ca

CLINICAL TRIALS

CanadaTrials

CanadaTrials is a public source of information for patients, families and physicians, listing a searchable database of Clinical Research Trials that are actively enrolling patients in Canada. The website was primarily set up to provide information to individuals who are interested in participating in clinical research. We also provide research centers the opportunity to list their center profile for free. However, CanadaTrials is not a SMO and does not solicit clinical trials from the pharmaceutical industry.

Contact Details

www.canadatrials.com

Canadian Centre For Clinical Trials

CCCT works closely with the public and the health care community to recruit qualified candidates for participation in clinical trials and scientific studies in order to test the efficacy of investigational medications and treatments.

Contact Details

8054 Yonge Street
Thornhill, ON L4J 1W3
Tel: (289) 597-0106
Fax: (905) 886-1648

info@clinicaltrials canada.com
www.clinicaltrials canada.com

Cancer View Canada & Canadian Cancer Society

Contact Details

Tel: 1-888-939-3333

TTY: 1-866-789-3934

Hours: Monday to Friday 9am-6pm

info@cis.cancer.ca

www.canadiancancertrials.ca

National Cancer Institute of Canada (NCIC) Clinical Trials Group

The NCIC Clinical Trials Group is a cooperative oncology group which carries out clinical trials in cancer therapy, supportive care and prevention across Canada and internationally. It is one of the national programs and networks of the Canadian Cancer Society Research Institute (CCSRI), and is supported by the Canadian Cancer Society (CCS).

Contact Details

Cancer Clinical Trials Division

Cancer Research Institute

Queen's University

10 Stuart Street

Kingston, ON K7L 3N6

Tel: (613) 533-6430

Fax: (613) 533-2941

www.ctg.queensu.ca

CHILDREN

Ronald McDonald House Charities Canada

Ronald McDonald House Charities Canada helps give sick children what they need most – their families. Ronald McDonald Houses come in to provide a home away from home for the families of seriously ill children who are staying at a nearby hospital. Our Houses offer families so much more than just a roof over their heads. They have qualified staff and dedicated volunteers who are committed to taking care of the day-to-day essentials of running a home, so families don't have to worry about them. They have programs that offer everything from education to meditation. And they are filled with many different families who all share a common bond – love for their sick child.

Contact Details

One McDonald's Place
Toronto, ON M3C 3L4
Tel: (416) 446-3493
Fax: (416) 446-3762
www.rmhccanada.com

Locations

Ronald McDonald House of Northern Alberta

7726-107th Street
Edmonton, AB T6E 4K3
Tel: (780) 439-5437
Fax: (780) 433-6201
www.rmhnorthernalberta.org

Ronald McDonald House of Southern Alberta

111 West Campus Place NW
Calgary, ON T3B 2R6
Tel: (403) 240-3000
Fax: (403) 338-1277
www.rmhsouthernalberta.org

Ronald McDonald House Atlantic Canada

1133 Tower Road
Halifax, NS B3H 2Y7
Tel: (902) 429-5594
Fax: (902) 429-8650
www.rmhatlantic.ca

Ronald McDonald House British Columbia

4116 Angus Drive
Vancouver, BC V6J 4H9
Tel: (604) 736-2957
Fax: (604) 736-5974
www.rmhbc.ca

Ronald McDonald House Hamilton

1510 Main Street West
Hamilton, ON L8S 1E3
Tel: (905) 521-9983
Fax: (905) 521-9515
www.rmhamilton.ca

Ronald McDonald House Manitoba

566 Bannatyne Avenue
Winnipeg, MB R3A 0G7
Tel: (204) 774-4777
Fax: (204) 774-2160
www.rmhmanitoba.org

Ronald McDonald House Montreal

5800, chemin Hudson
Montréal, QC H3S 2G5
Tel: 514-731-2871
Fax: 514-739-8823
www.manoirmontreal.qc.ca

Ronald McDonald House of Newfoundland and Labrador

P.O. Box 28091
St. John's, NL A1B 1X0
Tel: (709) 738-0000
Fax: (709) 747-1270
www.rmhnl.ca

Ronald McDonald House Southwest Ontario

741 Base Line Road East
London, ON N6C 2R6
Tel: (519) 685-3232
Fax: (519) 685-0703
www.rmhsouthwesternontario.ca

Ronald McDonald House Ottawa

407 Smyth Road
Ottawa, ON K1H 8M8
Tel: (613) 729-6354
Fax: (613) 737-5524
www.rmhottawa.com

Ronald McDonald House Québec City

2747, boul. Laurier, Ste-Foy
Québec City, QC G1V 2L9
Tel: (418) 651-1771
Fax: (418) 651-1772

Ronald McDonald House Saskatchewan

1011 University Drive
Saskatoon, SK S7N 0K4
Tel: (306) 244-5700
Fax: (306) 244-3099
www.rmh.sk.ca

Ronald McDonald House Toronto

26 Gerrard Street East
Toronto, ON M5B 1G3
Tel: (416) 977-0458
Fax: (416) 977-8807
www.rmhtoronto.org

Hospital For Sick Children (SickKids)

The Hospital for Sick Children (SickKids) is recognized as one of the world's foremost pediatric health-care institutions and is Canada's leading centre dedicated to advancing children's health through the integration of patient care, research and education.

Contact Details

555 University Avenue
Toronto, ON M5G 1X8
Tel: (416) 813-1500
www.sickkids.ca

Healthy Babies Healthy Children

That's the purpose of Ontario's Healthy Babies Healthy Children Program - to help children get a healthy start in life. The program does this by helping infants and children up to age six and their families through:

- Prenatal Care
- Newborn Screening
- Vaccines
- 18 month well-baby visit

Contact Details

www.children.gov.on.ca/htdocs/English/topics/earlychildhood/health/index.aspx

Easter Seals Canada

Easter Seals works to remove barriers for children with physical disabilities. Easter Seals is dedicated to helping more than 100,000 Canadian children with disabilities like spina bifida, cerebral palsy, muscular dystrophy, amputation due to disease or accident, and any other condition that seriously restricts a child's mobility, participate fully in society.

Services include summer camps along with a full range of therapeutic recreation programs, year-round active living opportunities, as well as the provision of specialized mobility and access equipment such as mobility aids, assistive technology, adaptive computers, augmentative communication devices and adaptations to homes and vehicles for wheelchair accessibility. Normally these assistive aids are cost prohibitive for most people and families. With help from its donors and sponsors, Easter Seals works to ensure that everyone with a disability has access to the equipment and services they need to make the most of their abilities.

Contact Details

40 Holly Street, Suite 401
Toronto, ON M4S 3C3
Tel: (416) 932-8382
Toll-Free: 1-877-376-6362
Fax: (416) 932-9844
info@easterseals.ca
www.easterseals.ca

Easter Seals Alberta

Programs/Services

- Equipment and Support Services
- The Disability Travel Card
- Easter Seals McQueen Residence
- Easter Seals Camp Horizon
- Phyllis Davidson Easter Seals Scholarship Program
- Speakers in Schools

Contact Details

Toll-Free: 1-877-7-EASTER (327837)
info@easterseals.ab.ca
www.easterseals.ab.ca

The British Columbia Lions Society For Children With Disabilities & Easter Seals British Columbia

Programs/Services

- Easter Seals Camps
- Easter Seals Camps Rentals
- Easter Seals Camps Houses
- Easter Seals Camps Buses
- Patient Care Program
- BC Lions Society Awards
- BC Lions Society Laser Skin Care Centre
- BC Lions Society VGH Helipad
- BC Lions Society Bursaries
- Child Development Centres

Contact Details

3981 Oak Street
Vancouver, BC V6H 4H5
Tel: (604) 873-1865
Toll-Free: 1-800-818-4483
Fax: (604) 873-0166
info@lionsbc.ca
www.lionsbc.ca

Easter Seals Manitoba/SMD Foundation

Programs/Services

- Assistive Technology Support Program & Funding Guide
- Adult Services
- Children's Services
- Community Education and Training
- Ethno-Cultural Services
- Parking Permit Program
- Travel Assistance Program
- Wheelchair Services

Contact Details

825 Sherbrook Street
Winnipeg, MB R3A 1M5
Tel: (204) 975-3010
Toll-Free: 1-866-282-8041
TTY: (204) 975-3012
TTY: 1-800-225-9108
Fax: (204) 975-3073
www.smd.mb.ca

Easter Seals New Brunswick

Programs/Services

- Personal Services Program (PSP)
- Social Development Equipment Recycle Program
- Equipment Assessment Loans Bank
- Repair Service for Rehabilitation Equipment
- Assistive Technology Program
- Software Preview Centre
- Adapted Toy Library
- Disability Awareness Training (DAT) CDROM
- Planned Giving
- Disability Travel Card
- Camp Rotary

Contact Details

65 Brunswick Street
Fredericton, NB E3B 1G5
Tel: (506) 458-8739
Fax: (506) 457-2863
www.easterseals.nb.ca

Easter Seals Newfoundland & Labrador

Programs/Services

- Ambassador Program
- Camps
- Direct Assistance
- Outreach and Advocacy
- Recreational Therapy

Contact Details

www.eastersealsnl.ca

Easter Seals Nova Scotia

Programs/Services

- Camp Tidnish
- Active Living
- Assistive Devices
- Take PART
- Family and Community Support

Contact Details

3670 Kempt Road
Halifax, NS B3K 4X8
Tel: (902) 453-6000
Fax: (902) 454-6121
easterseals@easterseals.ns.ca
www.easterseals.ns.ca

Easter Seals Ontario

Programs/Services

- Client Registration
- Direct Financial Assistance
- Camps and Recreation
- Special Education
- Parent Resources
- Scholarships
- Incontinence Supplies Grant
- Waverly Glen Sling Program
- Top Up Program

Contact Details

One Concorde Gate, Suite 700
Toronto, ON M3C 3N6
Tel: (416) 421-8377
Toll-Free: 1-800-668-6252
Fax: (416) 696-1035
info@easterseals.org
www.eastersealsontario.ca

Easter Seals Prince Edward Island

Contact Details

21004 RPO University
Charlottetown, PE C1A 9H6
Tel: (902) 651-2373
margaret@eastersealspei.org
www.eastersealspei.org

Easter Seals Quebec/Quebec Society For Disabled Children

Programs/Services

- Camp Papillon
- Les Bosquets Albert Hudon Camp
- Caravan Papillon
- Jardin des Papillons Day Camp
- Papillon de Jour
- Papillon Day Care
- Jardin des Papillons
- Residence and Auberge Papillon
- Carrefour Papillon

Contact Details

2300, René-Lévesque Boulevard West
Montréal, QC H3H 2R5
Tel: (514) 937-6171
Toll-Free: 1-877-937-6171
Fax: (514) 937-0082
sehq@enfantshandicapes.com

Easter Seals Saskatchewan/Saskatchewan Abilities Council

Programs/Services

- Daily Living & Rehabilitation Services
- Recreation Programs
- Employment Programs
- Camp Easter Seal
- Summer Fun Camp
- Parking Program For People With Disabilities
- Adaptive Technology Services

Contact Details

2310 Louise Avenue
Saskatoon, SK S7J 2C7
Tel: (306) 374-4448

Fax: (306) 373-2665

www.abilitiescouncil.sk.ca

COUNSELLING NON-ENGLISH

African**Cross Edge Community Network**

2638 Eglinton Avenue West, Suite 202

Tel: (416) 652-3636

Jamaican Canadian Association

995 Arrow Road

Tel: (416) 746-5772

Albanian**Albanian Canadian Association Kosova**

3416 Dundas Street West, Suite 202

Tel: (416) 760-0172

American Sign Language (ASL)**Canadian Hearing Society**

271 Spadina Road

Tel: (416) 964-9595

Armenian**Armenian Community Centre**

45 Hallcrown Place

Tel: (416) 491-2900

Assyrian**Welfare Committee for the Assyrian****Community in Canada**

964 Albion Road, Suite 102

Tel: (416) 741-8836

**Chinese
(Cantonese, Mandarin)****Carefirst Seniors & Community Services Association**

Scarborough North

3601 Victoria Park Avenue, Suite 501

Tel: (416) 502-2323

Toronto Central

479 Dundas Street West

Tel: (416) 585-2013

Chinese Family Services of Ontario

3330 Midland Avenue, Suite 229

Tel: (416) 979-8299

South Riverdale Community Health Centre

955 Queen Street East

Tel: (416) 461-1925

Scadding Court Community Centre

707 Dundas Street West

Tel: (416) 392-0335

WoodGreen Community Services (Housing)

815 Danforth Avenue

Tel: (416) 645-6000

Filipino

Kababayan Community Centre

1313 Queen Street West, Suite 133

Tel: (416) 532-3888

Silayan Community Centre

240 Wellesley Street East, Sub Level 2

Tel: (416) 926-9505

Finnish

Toronto Finnish Canadian Seniors Centre

795 Eglinton Avenue East

Tel: (416) 425-4134

French

Centre Francophone de Toronto

22 College Street

Tel: (416) 922-2672

Greek

Greek Community of Toronto

760 Pape Avenue

Tel: (416) 469-1155

Japanese

Japanese Social Services

6 Garamond Court

Tel: (416) 385-9200

Lao, Thai

Lao Association of Ontario

965 Wilson Avenue

Tel: (416) 398-3057

Native Languages

Anishnawbe Health Toronto

225 Queen Street East

Tel: (416) 360-0486

Native Child and Family Services of Toronto

30 College Street

Tel: (416) 969-8510

Portuguese

Abrigo Centre

Dufferin Mall
900 Dufferin Street, Suite 104
Tel: (416) 534-3434

Slavic

Czech and Slovak Association of Canada

496 Gladstone Avenue
Tel: (416) 925-2241

Tamil

Tamil Eelam Society of Canada

1160 Birchmount Road, Unit 1A
Tel: (416) 757-6043

Vasantham (Tamil Seniors Wellness Centre)

Sherbourne Health Centre
333 Sherbourne Street, 2nd Floor
Tel: (416) 324-4185

Turkish

Turkish Social Services

2885 Bayview Avenue, Suite 904
Tel: (416) 644-9909
Social Services: (416) 644-9939

Afrikaans, Albanian, Arabic, Bengali, Bhojpuri, Chinese (Cantonese, Mandarin), Creole, Czech, Farsi, Filipino, German, Guyanese, Hindi, Hungarian, Italian, Pashto, Polish, Portuguese, Punjabi, Russian, Sinhala, Slovak, Somali, Spanish, Tamil, Tibetan, Urdu

Culture Link

2340 Dundas Street West, Suite 301
Tel: (416) 588-6288

American Sign Language, Bulgarian, Chinese (Cantonese), Farsi, Hebrew, Hindi, Italian, Polish, Punjabi, Russian, Spanish, Turkish, Urdu, Yiddish

JVS Toronto

74 Tycos Drive
Tel: (416) 787-1151

Amharic, Arabic, Armenian, Assyrian, Farsi, French, Italian, Kurdish, Lithuanian, Malay, Polish, Russian, Somali, Swahili, Turkish, Ukrainian, Urdu

Arab Community Centre of Toronto
555 Burnhamthorpe Road, Suite 209
Tel: (416) 231-7746

Amharic, Arabic, Bari, Burmese, Dari, Dinka, Farsi, Kurdish, Dromo, Pashto, Russian, Serbian, Somali, Spanish, Tigrinya, Turkish, Urdu

COSTI Reception Centre
100 Lippincott Street
Tel: (416) 922-6688

Amharic, Arabic, Tigre, Tigrinya

Eritrean Canadian Community Centre Toronto
550 St. Clair Avenue West, Suite 209
Tel: (416) 658-8580

Amharic, Arabic, Harari, Italian, Dromo, Somali, Tigrinya

Ethiopian Association in the GTA
2064 Danforth Avenue
Tel: (416) 694-1522

Arabic, Chinese (Cantonese, Mandarin), Croatian, Farsi, Kurdish, Serbian, Somali, Spanish, Turkish

COSTI Corvetti Education Centre
760 College Street, 2nd Floor
Tel: (416) 534-7400

Arabic, Chinese (Cantonese, Mandarin), Edo, Farsi, Filipino, Finnish, German, Greek, Hebrew, Hindi, Italian, Korean, Polish, Portuguese, Punjabi, Russian, Serbian, Swedish, Ukrainian, Urdu, Vietnamese

Saint Elizabeth Health Care
2 Lansing Square, Suite 600
Tel: (416) 498-8600

Chinese (Cantonese, Mandarin), French, Hindi, Portuguese, Somali, Spanish, Tamil, Urdu, Vietnamese

Alexandra Park Community Centre
105 Grange Court
Tel: (416) 603-9603

Chinese (Cantonese, Mandarin), Khmer, Korean, Vietnamese

Hong Fook Mental Health Association
260 Spadina Avenue, Suite 408
Tel: (416) 493-4242

**Chinese (Cantonese, Mandarin), Danish, Hebrew,
Romanian, Spanish, Vietnamese**

Houselink Community Homes

805 Bloor Street West
Tel: (416) 539-0690

Dutch, Italian

Catholic Family Services of Toronto

– North Branch
5799 Yonge Street, Suite 300
Tel: (416) 222-0048

French, Polish, Romanian, Russian, Ukrainian

Canadian Ukrainian Immigrant Aid Society

2383 Bloor Street West, 2nd Floor
Tel: (416) 767-4595

**French, Hebrew, Hungarian, Russian, Spanish,
Yiddish**

Jewish Family and Child

4600 Bathurst Street, 1st Floor
Tel: (416) 638-7800

**German, Hindi, Italian, Kurdish, Polish, Portuguese,
Punjabi, Russian, Spanish, Turkish, Ukrainian**

Christie Ossington Neighbourhood Centre

854 Bloor Street West
Tel: (416) 534-8941

Italian, Portuguese, Spanish

COSTI North York Centre

Sheridan Mall
1700 Wilson Avenue, Suite 105
Tel: (416) 244-7714

Over 60 Languages Available

Access Alliance Multicultural Health and
Community Services

340 College Street, Suite 500
Tel: (416) 324-8677

**Bulgarian, Farsi, Hindi, Macedonian, Polish,
Portuguese, Russian**

Salvation Army – Maxwell Meighen Centre

135 Sherbourne Street
Tel: (416) 366-2733

**Bengali, Chinese (Cantonese, Mandarin), Dari,
Farsi, Filipino, French, Gujarati, Hindi, Pashto,
Punjabi, Spanish, Tamil, Urdu**

Settlement Assistance and Family
Support Services

1200 Markham Road, Suite 214
Tel: (416) 431-4847

**Assamese, Bengali, Farsi, Gujarati, Hindi, Kannada,
Malay, Marathi, Punjabi, Sinhala, Tamil, Tibetan,
Urdu**

South Asian Women's Centre

800 Lansdowne Avenue, Unit 1
Tel: (416) 537-2276

Bengali, Chinese (Mandarin), Maltese

Toronto Christian Resource Centre

14 Blevins Place, Unit 16
Tel: (416) 363-4234

**Chinese (Cantonese, Mandarin), French,
Vietnamese**

Vietnamese Association, Toronto

1364 Dundas Street West
Tel: (416) 536-3611

**Albanian, Bengali, Chinese (Cantonese), Chinese
(Mandarin), Farsi, German, Gujarati, Hindi, Italian,
Japanese, Pashto, Portuguese, Punjabi, Russian,
Sindhi, Spanish, Swahili, Tamil, Turkish, Urdu,
Vietnamese**

WoodGreen Community Services

815 Danforth Avenue, Suite 300
Tel: (416) 645-6000

DIABETES

Canadian Diabetes Association

Our mission is to lead the fight against diabetes by helping people with diabetes live healthy lives while we work to find a cure. We deliver our mission by:

- Providing people with diabetes and healthcare professionals with education and services
- Advocating on behalf of people with diabetes
- Supporting research
- Translating research into practical applications

Contact Details

1400-522 University Avenue

Toronto, ON M5G 2R5

Tel: (416) 363-3373

Toll-Free: 1-800-BANTING (226-8464)

info@diabetes.ca

www.diabetes.ca

DISABILITY

March Of Dimes

March of Dimes is a community-based rehabilitation and advocacy charity for people with physical disabilities. Our goal is to enhance the independence and community participation of people with physical disabilities every day through a wide range of programs and services across the country.

Programs/Services

- AccessAbility® Advantage
- Acquired Brain Injury Services
- Aphasia Centre
- Assistive Devices Program
- Attendant Services
- BeFriending® Program
- Conductive Education® Program
- DesignAbility® Program
- eSSENTIAL Accessibility™
- Employment Services
- Home & Vehicle Modification® Program
- Information Services & Advocacy
- MODmobility
- Northern Medical Clinics
- Post-Polio Canada
- Recreation & Integration Services
- Stroke Recovery Canada®

Contact Details

10 Overlea Boulevard
Toronto, ON M4H 1A4
Tel: (416) 425-3463
Toll-Free: 1-800-263-3463
Fax: (416) 425-1920
info@marchofdimes.ca
www.marchofdimes.ca

Spinal Cord Injury Canada

SCI-Can has been the lead community-based service provider to persons living with spinal cord injury (SCI) in Canada for the past 65 years. SCI-Can's service delivery is holistic with a complete Rehabilitation Service Framework used to provide client directed services. SCI-Can provides client directed services because we believe the client is willing to work towards a healthier mind and body when he/she is the person in control of the intensity and pace of his/her community rehabilitation.

Programs/Services

Personal Counselling

- Health
- Sexuality
- Equipment and Supplies
- Transportation
- Supports for Independence
- Accommodation
- Recreation and Leisure
- Family Counselling
- Financial Counselling
- Legal Information
- Culture & Spirituality

Vocational Counselling

- Employment Counselling
- Educational Counselling

Locations

CPA Alberta

Hys Centre, Suite 305
11010 101 Street
Edmonton, AB T5H 4B9
Tel: (780) 424-6312
Fax: (780) 424-6313
Toll-Free: 1-888-654-5444
edmonton@cpa-ab.org
www.cpa-ab.org

Contact Details

1101 Prince of Wales Dr., 230
Ottawa, ON K2C 3W7
Tel: (613) 723-1913
Fax: (613) 723-1060
info@canparaplegic.org
www.spinalcordinjurycanada.ca

British Columbia Paraplegic Association

780 S.W. Marine Drive
Vancouver, B.C. V6P 5Y7
Tel: (604) 324-3611
Fax: (604) 326-1229
vancouver@bcpara.org
www.bcpara.org

CPA Newfoundland & Labrador

342 Freshwater Road
P.O. Box 21284
St. John's, NL A1A 5G6
Tel: (709) 753-5901
Fax: (709) 753-4224
Toll-Free: 1-877-783-5901

CPA Nova Scotia

Halifax Shopping Centre
7001 Mumford Road
Suite 317A, Tower 1
Halifax, Nova Scotia B3L 4N9
Tel: (902) 423-1277
Fax: (902) 492-1213
halifax@canparaplegic.org
www.thespine.ca

CPA Ontario

520 Sutherland Drive
Toronto, Ontario M4G 3V9
Tel: (416) 422-5644
Fax: (416) 422-5943
Toll-Free: 1-877-422-1112
info@cpaont.org
www.cpaont.org

CPA PEI

14 Exhibition Drive
Charlottetown, PE C1A 5Z5
Tel: (902) 370-9523
pcudmore@cpapei.org
www.cpapei.org

CPA Manitoba

825 Sherbrook Street, Room 211
Winnipeg, MB R3A 1M5
Tel: (204) 786-4753
Fax: (204) 786-1140
winnipeg@canparaplegic.org
www.cpamanitoba.ca

CPA Saskatchewan

3012 Louise Street, Suite 3
Saskatoon, SK S7J 3L8
Tel: (306) 652-9644
Fax: (306) 652-2957
saskatoon@canparaplegic.org

DYSTONIA

Dystonia Medical Research Foundation Canada

The Dystonia Medical Research Foundation Canada (DMRFC) was founded in 1976 by Samuel and Frances Belzberg of Vancouver, after their daughter was diagnosed with generalized dystonia. The mission of the DMRFC is to advance research for more treatments and ultimately a cure; to promote awareness and education; and to support the needs and wellbeing of affected individuals and families.

Contact Details

909-100 Adelaide Street West

Toronto, ON M5H 1S3

Tel: (416) 488-6974

Fax: (416) 488-5878

Toll-Free: 1-800-361-8061

www.dystoniacanada.org

EPILEPSY

Epilepsy Canada

Epilepsy Canada is a non-profit organization whose mission is to enhance the quality of life for persons affected by epilepsy through promotion and support of research and facilitation of education and awareness initiatives that build understanding and acceptance of epilepsy. Epilepsy Canada is governed by a national board with national representation. Partner associations of Epilepsy Canada provide direct services to those with epilepsy and their families. Founded in 1966, Epilepsy Canada depends entirely upon public and corporate support for the continuing development of its research and education programs.

Contact Details

2255B Queen St E, Suite 336
Toronto, ON M4E 1G3
1-877-SEIZURE (734-0873)
Fax: (905) 513-9461
www.epilepsy.ca

FINDING A FAMILY DOCTOR

Alberta

College of Physicians and Surgeons of Alberta

Tel: (780) 423-4764

Toll-Free: 1-866-408-5465

www.cpsa.ab.ca

British Columbia

College of Physicians and Surgeons of
British Columbia

Tel: 604-733-7758

Toll-Free: 1-800-461-3008

www.cpsbc.ca

Quebec

Collège Des Médecins Du Québec

Toll-Free: 1-888-633-3246

www.cmq.org/fr/Public/TrouverMedecin

Manitoba

The Family Doctor Connection

Tel: (204) 786-7111

Toll-Free: 1-866-690-8260

TTY: 204-774-8618

New Brunswick

College of Physicians and Surgeons of
New Brunswick

Toll-Free: 1-800-667-4641

www.cpsnb.org/webdata/drdbase_form.shtml

Newfoundland and Labrador

College of Physicians and Surgeons of Newfoundland and
Labrador

Tel: (709) 726-8546

Fax: (709) 726-4725

cpsnl@cpsnl.ca

www.cpsnl.ca

Northwest Territories

Northwest Territories Department of Health and Social
Services

Toll-Free: 1-800-661-0830

www.hss.gov.nt.ca

Nova Scotia

Nova Scotia Department of Health

Tel: (902) 424-3047

Toll-Free: 1-877-731-1931

TTY/TDD: 1-800-670-8888

www.gov.ns.ca/health/physicians

Nunavut

Government of Nunavut

Toll-Free: 1-877-212-6438

www.gov.nu.ca

Ontario

Health Care Connect

Toll-Free: 1-800-445-1822

<http://ontario.ca/healthcareconnect>

College of Physicians and Surgeons of Ontario

Tel: (416) 967-2603

Toll-Free: 1-800-268-7096

feedback@cpso.on.ca

www.cpso.on.ca

Prince Edward Island

Health PEI Patient Registry Program

Toll-Free: 1-855-563-2101

healthinput@gov.pe.ca

www.healthpei.ca/patientregistry

Saskatchewan

Government of Saskatchewan

Tel: (306) 787-0146

Toll-Free: 1-800-667-7766 (SK only)

info@health.gov.sk.ca

<http://health.gov.sk.ca/find-a-doctor>

Yukon

Yukon Health and Social Services

Toll-Free: 1-867-393-6980

www.hss.gov.yk.ca/findadoctor.php

HOSPITALS

Mount Sinai Hospital

Mount Sinai Hospital provides leading-edge, compassionate patient and family-centred health care. The hospital contributes to the development of innovative approaches to effective health care and disease prevention as a pre-eminent research-based academic health centre.

Parking

Lot Location:

20 Murray Street
Toronto, ON M5T 3L9
(West of University Avenue, between Elm Street and
College Street, behind Mount Sinai Hospital)
Tel: (416) 979-3232

Hours:

24-hr lot

Rates:

\$20 daily maximum (9am - 8am)
\$13 early bird (5am - 8:59am, exit by 8:30pm)
\$5 per half hour or less
\$8 flat rate after 5pm - 9am
\$8 flat rate weekends/holidays

Monthly Passes:

Tenant: \$175/month
Non-Tenant: \$275/month

Contact Details

Joseph and Wolf Lebovic Health Complex

600 University Avenue
Toronto, ON M5G 1X5
Tel: (416) 596-4200
www.mountsinai.on.ca

Princess Margaret Hospital

Princess Margaret Hospital (PMH) is home to the Princess Margaret Cancer Centre, which has 12 site groups and 26 specialty clinics, and almost 3,000 staff who see over 400,000 patient visits every year. Its 800,000 square feet house 130 inpatient beds, 373,000 square feet of research space and 17 radiation treatment machines, making it one of the largest comprehensive cancer treatment facilities in the world and the largest radiation treatment centre in Canada. PMH sees over 1,000 patients every day and has the capacity to deliver diagnostic, treatment and follow-up care to close to 200,000 patients and their families every year. In 2010, we saw 18,103 new patients. Among the services provided this past year, we delivered 6,191 cancer surgeries, as well as 29,801 outpatient chemotherapy treatments, 10,058 courses of radiation treatment, and 257 stem cell transplants. Through ongoing research, education and innovation, PMH continues to be on the frontiers of medical, surgical and radiation oncology, embracing the latest technology and international best-practices and setting standards for patient care.

Parking

Lot Location:

Hydro Parking Lot
40 Murray Street
Toronto, ON M5T 3L9
(West of University Avenue, between Elm Street and College Street)
Tel: (416) 592-8258

Hours:

24-hr lot

Rates:

\$19 daily maximum (9am - 7am)
\$13 early bird (8am - 8am)
\$4.75 per half hour or less
\$6 flat rate after 6pm
\$6 flat rate weekends/holidays

Contact Details

610 University Avenue
Toronto, ON M5G 2M9
www.theprincessmargaret.ca

The Hospital For Sick Children (SickKids)

The Hospital for Sick Children (SickKids) is recognized as one of the world's foremost pediatric health-care institutions and is Canada's leading centre dedicated to advancing children's health through the integration of patient care, research and education.

Parking

Lot Location:

Underground parking on hospital grounds, at Elm Street and Elizabeth Street.

Tel: (416) 813-5445

Contact Details

555 University Avenue

Toronto, ON M5G 1X8

Tel: (416) 813-1500

www.sickkids.ca

Rates:

Parents

\$16 daily maximum (5:30am - 7am)

\$5 per half hour or less

\$7 flat rate evening, weekends & holidays (6pm - 7am)

Parent Monthly Parking Permits

Available in the Business Office beside Shoppers Drug Mart at

\$200/month or \$125/two weeks.

Visitors

\$30 daily maximum (7am - 7am)

\$5 per half hour or less

\$7 flat rate evening, weekends & holidays (6pm - 7am)

Toronto General Hospital

Toronto General Hospital (TGH) is leading the way in cardiac care, organ transplants and the treatment of complex patient needs.

Parking

Lot Location:

Across from 200 Elizabeth Street entrance of hospital.

Tel: (416) 595-7136

Hours:

24-hr lot

Rates:

\$28 daily maximum (7am - 7am)

\$13 early bird (5am - 9pm)

\$4.50 per half hour or less

\$9 flat rate after 6pm - 7am

\$9 flat rate Sundays/holidays

Contact Details

200 Elizabeth Street

Toronto, ON M5G 2C4

Tel: (416) 340-4800

www.uhn.ca/tgh/

Toronto Western Hospital

Toronto Western Hospital (TWH) provides world-class care in Krembil Neuroscience Centre, Musculoskeletal Health and Arthritis and Medical and Community Health programs. TWH also has a number of outpatient clinics. At the heart of TWH is patient centred care. Our staff and volunteers are committed to making the patient experience as positive as possible. Visit Health Information to learn more about the patient education services we provide.

Parking

Rates:

Contact the parking office at (416) 214-1339

Contact Details

399 Bathurst Street

Toronto, ON M5T 2S8

Tel: (416) 603-2581

www.uhn.ca/twh

HEART

Heart and Stroke Foundation of Canada

The Heart and Stroke Foundation is one of Canada's largest and most effective health charities. Over the last 60 years we have invested more than \$1.3 billion in heart and stroke research, making us the largest contributor in Canada after the federal government. In that time, the death rate from heart disease and stroke has declined by more than 75%. The Foundation's health promotion and advocacy programs across the country are saving lives every day. Working together, our employees, volunteers, donors and world-class researchers have made the Heart and Stroke Foundation what we are today: Canada's most widely recognized and trusted authority on cardiovascular health. Our mission is to create healthy lives free of heart disease and stroke.

Contact Details

222 Queen Street, Suite 1402
Ottawa, ON K1P 5V9
Tel: (613) 569-4361
Fax: (613) 569-3278
www.heartandstroke.com

Locations

Heart and Stroke Foundation of
Alberta, NWT & Nunavut
100-119 14 Street NW
Calgary, AB T2N 1Z6
Tel: (403) 264 5549
Toll-Free: 1-888-473-4636
Fax: (403) 237 0803

Heart and Stroke Foundation of
BC & Yukon
1212 West Broadway
Vancouver, BC V6H 3V2
Tel: (604) 736-4404
Fax: (604) 736-8732

Heart and Stroke Foundation of Manitoba
The Heart and Stroke Building
6 Donald Street, Suite 200
Winnipeg, MB R3L 0K6
Tel: (204) 949-2000
Fax: (204) 957-1365

Heart and Stroke Foundation of
New Brunswick
133 Prince William Street, Suite 606
Saint John, NB E2L 2B5
Tel: (506) 634-1620
Toll-Free: 1-800-663-3600
Fax: (506) 648-0098

Heart and Stroke Foundation of
Newfoundland & Labrador
1037 Topsail Road
Mount Pearl, NL IN 5E9
Tel: (709) 753-8521
Fax: (709) 753-3117

Heart and Stroke Foundation of
Nova Scotia
Park Lane - Mall Level 3
5657 Spring Garden Road, Box 245
Halifax, NS B3J 3R4
Tel: (902) 423-7530
Toll-Free 1-800-423-4432
Fax: (902) 492-1464

Heart and Stroke Foundation of Ontario

2300 Yonge Street, Suite 1300

PO Box 2414

Toronto, Ontario M4P 1E4

Tel: (416) 489-7111

Fax: (416) 489-6885

Heart and Stroke Foundation of Prince Edward Island

180 Kent Street P.O. Box 279

Charlottetown, PEI C1A 7K4

Tel: (902) 892-7441

Fax: (902) 368-7068

Heart and Stroke Foundation of Québec

1434 Sainte-Catherine Street West, Suite 500

Montréal, QC H3G 1R4

Tel: (514) 871-1551

Toll-Free: 1-800-567-8563

Fax: (514) 871-9385

Heart and Stroke Foundation of Saskatchewan

279 - 3rd Ave N.

Saskatoon, SK S7K 2H8

Tel: (306) 244-2124

Fax: (306) 664-4016

HOME CARE

Community Care Access Centre (CCAC)

CCAC connects you with the care you need, at home and in your community. CCAC helps you stay in your own home longer by providing Care in Your Home and by coordinating Care in Your Community, including specialized support services. CCAC provides you with information about Long-Term Care Options if it becomes too difficult for you to live independently at home.

Contact Details

130 Bloor Street West, Suite 200

Toronto, ON M5S 1N5

Tel: (416) 750-1720

(416) 310-CCAC (2222) English

(416) 310-CASC (2272) French

frontdeskservices@ccac-ont.ca

www.ccac-ont.ca

Carefor Health & Community Services

Carefor Health & Community Services, a registered charity, keeps families together longer at home by providing home health care and community support services. From nursing to personal care, assisted living options and respite services to support caregivers and families with loved ones living with Alzheimer's or other dementias. Carefor services continue to meet the needs of the local communities we serve. Carefor's special brands of wound treatment, care, palliative care, personal support, retirement living and many others go unmatched in today's fast-paced health care system, and their commitment to clients, volunteers and staff is unwavering. Carefor delivers all services by trained health care professionals as part of their ongoing educational initiatives.

Programs/Services

Core Health Services

- Nursing
- Personal Support Services
- Rehabilitation
- Foot Care (in home and nursing clinics)

Respite Programs

- Adult Day Program
- Guest House
- Short Stay at Pembroke Civic Complex

Community Support Services

- Going Home Program
- Befriending Program
- Elder Abuse Prevention Program
- Palliative Care Volunteer Program
- Health & Wellness Clinics
- Workplace Immunization Clinics
- Home Support Services & Home Assistance Program
- Meals Services
- Transportation Program

Contact Details

760 Belfast Road
Ottawa, ON K1G 6M8
Tel: (613) 749-7557
Fax: (613) 749-4002
info@carefor.ca
www.carefor.ca

Locations

Corporate Office & Belfast Clinics

760 Belfast Road
Ottawa, ON K1G 6M8
Tel: (613) 749-7557
TTY: (613) 740-5786
Fax: (613) 749-4002
info@carefor.ca

Carling Clinics

2580 Carling Avenue
Ottawa, ON K2B 7H5
Tel: (613) 820-2398
Fax: (613) 820-6603
info@carefor.ca

Other

- Cancer Support Network
- Menopausal Clinics
- Hospice Cornwall
- Richmond Care Home
- Pembroke Civic Complex
- Ottawa Inner City Health

Renfrew County Office

Pembroke Civic Complex
425 Cecelia Street
Pembroke, ON K8A 1S7
Tel: (613) 732-9993
Fax: (613) 732-2415
infopembroke@carefor.ca

Eastern Counties Office

205 Amelia Street, Suite 100
Cornwall, ON K6H 3P3
Tel: (613) 932-3451
Toll-Free: 1-800-267-1741
Fax: (613) 932-0998
info@carefor.ca

Saint Elizabeth Health Care Foundation

Saint Elizabeth has been a trusted name in Canadian health care for more than a century and is a leader in responding to client, family and system needs. As an award-winning not-for-profit and charitable organization, Saint Elizabeth is known for its track record of social innovation and breakthrough clinical practices. Our team of 6,500 nurses, rehab therapists, personal support workers and crisis intervention staff deliver more than five million health care visits annually.

Programs/Services

- Home Care
- Driver Assessment and Training
- Complex and Catastrophic Rehabilitation
- Crisis Intervention

Contact Details

90 Allstate Parkway, Suite 300

Markham, Ontario L3R 6H3

Tel: 905-968-6436

Toll-Free: 1-800-463-1763

TTY: 1-800-855-0511

Fax: 905-940-9934

communications@saintelizabeth.com

www.saintelizabeth.com

Red Cross

The Canadian Red Cross provides in-home community services to help individuals in Ontario, New Brunswick and the greater Halifax area of Nova Scotia live as independently as possible. These services enhance people's well-being and dignity, be they frail or elderly, children at risk, people with disabilities or palliative patients. Home support - such as meals and general assistance for seniors, medical equipment rentals and transportation - is offered, depending on the needs of a particular community, by many Red Cross branches and regions across Canada. Red Cross medical equipment loans, for example, are available through most of Canada. However, it is only in Ontario and parts of the Maritimes that a comprehensive and separate home support program exists.

Programs/Services

- Personal Care
- Home Management
- Respite and Companion Care
- HELP Program (Health Equipment Loan Program)

Contact Details

170 Metcalfe Street, Suite 300

Ottawa, ON K2P 2P2

Tel: (613) 740-1900

Toll-Free: 1-800-418-1111

Fax: (613) 740-1911

www.redcross.ca

wecare@redcross.ca

Locations

Atlantic Zone Office

133 Troop Avenue
Burnside Business Park
Dartmouth, NS B3B 2A7
Telephone: (902) 423-3680
Fax: (902) 422-6247

Québec Zone Office

6, place du Commerce
Verdun, QC H3E 1P4
Tel: (514) 362-2930
Fax: (514) 362-9991

Ontario Zone Office

5700 Cancross Court
Mississauga, ON L5R 3E9
Tel: (905) 890-1000
Fax: (905) 890-1008

Western Zone Office

100-1305 11 Avenue SW
Calgary, AB T3C 3P6
Tel: (403) 205-3448
Fax: (403) 205-3463

Victorian Order of Nurses (VON)

If you, or someone in your family, were recovering from an illness and needed home care, who would you trust? Most Canadians from coast to coast would say VON. The reason: at VON Canada (Victorian Order of Nurses), we believe in treating the whole person, not just their ailment. VON offers more than 75 different home care, personal support, and community services to enhance each client's quality of life by providing them with the personal assistance and support needed to make them comfortable in their own home. We've been doing so for more than 114 years.

Contact Details

110 Argyle Avenue
Ottawa, ON K2P 1B4
Tel: (613) 233-5694
Toll-Free: 1-888-VON-CARE (866-2273)
Fax: (613) 230-4376

national@von.ca

www.von.ca

HOSPICE & PALLIATIVE CARE

Hospice Toronto

Started over 20 years ago, Hospice Toronto is Toronto's first not for profit, volunteer-based, in-home hospice palliative care program. Since 1988, Hospice Toronto has served 7,220 clients (directly impacting the lives of over 36,000 people). By providing and advancing compassionate care and leadership in the volunteer-based, home hospice community, Hospice Toronto has become a recognized leader in providing high-quality, hospice care and support for people through all phases of their life-threatening illness, and their loved ones, at no charge.

Programs/Services

- In Home Support
- Bereavement Support
- Children's Support Programs
- Expressive Arts Therapy
- Young Carers Program
- Advocacy & Consultation
- Special Caregiver Projects
- Creating Caring Communities

Contact Details

2221 Yonge Street, Suite 400
Toronto, ON M4S 2B4
Tel: (416) 364-1666
Fax: (416) 364-2231
info@hospicetoronto.ca
www.hospicetoronto.ca

The Dorothy Ley Hospice

The Dorothy Ley Hospice is a volunteer-based community service organization offering compassionate care to people living with the challenges of a life-limiting illness or loss.

The Dorothy Ley Hospice aims to provide comfort and help them manage so they can live every day to the fullest with dignity, meaning and hope. All of their services are offered at no cost to the individual thanks to the generosity of donors, government funding and the support of community partners.

Programs/Services

- Care Coordinators
- In-Home Support
- Day Programs
- Residential Care
- Integrative Wellness
- Bereavement Support
- Spiritual Care
- Education
- Volunteer Services

Contact Details

220 Sherway Drive
Etobicoke, ON M9C 0A7
Tel: (416) 626-0116
Fax: (416) 626-7285
www.dlhospice.org

Canadian Hospice Palliative Care Association

The CHPCA is the national voice for Hospice Palliative Care in Canada. Advancing and advocating for quality end-of-life/hospice palliative care in Canada, its work includes public policy, public education and awareness. Established in 1991, its volunteer Board of Directors is composed of hospice palliative care workers and volunteers from Canadian provinces and territories as well as members-at-large.

Programs/Services

- Acute Care Hospital
- Chronic / Long Term Care Facility
- Dedicated Hospice Palliative Care Unit
- Home
- Hospice Society
- Non-Profit Organization / Health Charity
- Nursing Home or Skilled Nursing Facility
- Out-Patient Clinic
- Private Clinic
- Residential Hospice

Contact Details

Saint-Vincent Hospital, Annex D

60 Cambridge Street North

Ottawa, ON K1R 7A5

Tel: (613) 241-3663

Toll-Free: 1-800-668-2785

Fax: (613) 241-3986

www.chpca.net

Canadian Virtual Hospice

The Canadian Virtual Hospice provides support and personalized information about palliative and end-of-life care to patients, family members, health care providers, researchers and educators.

Contact Details

One Morley Avenue, Room PE469

Winnipeg, MB R3L 2P4

info@virtualhospice.ca

www.virtualhospice.ca

Children's Hospice International (CHI)

Children's Hospice International (CHI), a non-profit organization, was founded in 1983 to:

- Promote hospice support through pediatric care facilities
- Encourage the inclusion of children in existing and developing hospice, palliative, and home care programs
- Include the hospice perspectives in all areas of pediatric care, education, and the public arena

CHI provides education, training and technical assistance to those who care for children with life-threatening conditions and their families.

Contact Details

1101 King Street, Suite 360

Alexandria, VA 22314

Tel: (703) 684-0330

Toll-Free: 1-800-2-4-CHILD (24453)

info@chionline.org

www.chionline.org

International Association For Hospice & Palliative Care

AHPC is a global non-profit, charity organization dedicated to the promotion and development of palliative care. Our Mission is to collaborate and work to improve the quality of life of patients with advanced life-threatening conditions and their families, by advancing hospice and palliative care programs, education, research, and favourable policies around the world. Our Vision is to help to increase and optimize the availability of and access to hospice and palliative care for patients and their families throughout the world.

Programs/Services

- Travelling Scholarship Program
- Bursaries
- Travelling Fellowship Program
- Recognition Awards Program

Contact Details

535 Memorial Drive, Suite F - PMB 509

Houston, TX 77007

Tel: (936) 321-9846

Toll-Free: 1-866-374-2472

Fax: (713) 589-3657

www.hospicecare.com

HUNTINGTON DISEASE

Huntington Society of Canada

The Huntington Society of Canada is a national network of volunteers and professionals united in the fight against HD since 1973. The Huntington Society of Canada aspires to a world free from Huntington disease. The Society maximizes the quality of life of people living with HD by: delivering services; enabling others to understand the disease and; furthering research to slow and to prevent Huntington Disease.

Contact Details

151 Frederick Street, Suite 400

Kitchener, ON N2H 2M2

Tel: (519) 749-7063

Toll-Free: 1-800-998-7398

Fax: (519) 749-8965

info@huntingtonsociety.ca

www.huntingtonsociety.ca

MEDICAL SERVICES

Port-A-Cath (Insertion & Removal)

Contact Details

Toronto Western Hospital

New east Wing 3rd Floor
Medical Imaging Reception
399 Bathurst Street
Toronto, ON M5T 2S8
Tel: (416) 946-2000
Mon to Fri: 9am-5pm

Toronto General Hospital

Clinical Services Building
Medical Imaging Reception
585 University Avenue
Toronto, ON M5G 2C4
Tel: (416) 946-2000
Mon to Fri: 9am-5pm

Canadian MedicAlert Foundation

If you can't speak in an emergency situation, MedicAlert speaks for you, providing vital information to emergency responders in just 5 seconds. In fact, it's the only ID that's backed by a 24-HR Emergency Hotline giving you and your loved ones peace of mind when you need it most.

Contact Details

Toll-Free: 1-877-853-4634

www.medicalert.ca

MIGRAINES

Headache Network Canada (HNC)

HNC provides educational services to headache sufferers and their family members.

Raise the awareness level among the general public of the nature and impact of headache disorders. Assist the medical profession and other health disciplines in the management of headache disorders. Co-operate and work with governments at all levels to advance knowledge about all aspects of headache disorders and to encourage governmental assistance in this field. Maintains and operates an educational website on the subject of headache disorders.

Contact Details

210 Georgian Drive
Oakville, ON L6H 6T8
Tel: (905) 330-9657
www.headachenetwork.ca

MUSCULAR DYSTROPHY

Muscular Dystrophy Canada

Muscular Dystrophy Canada is a not-for-profit organization committed to finding a cure for neuromuscular disorders through well-funded research. Muscular Dystrophy Canada's dedicated volunteers and staff across the country raise funds to enhance the lives of those affected by over 150 different kinds of neuromuscular disorders by continually working to provide ongoing support and resources. From coast to coast, Muscular Dystrophy Canada delivers a variety of programs within five key areas of service: education, information, advocacy, support; and equipment.

Contact Details

2345 Yonge Street, Suite 900

Toronto, ON M4P 2E5

Toll-Free: 1-866-MUSCLE-8

Fax: (416) 488-7523

info@muscle.ca

www.muscle.ca

Locations

7th Floor, 1401 West Broadway

Vancouver, BC V6H 1H6

Tel: (604) 732-8799

Toll-Free: 1-800-366-8166

Fax: (604) 731-6127

infowest@muscle.ca

2345 Yonge Street, Suite 901

Toronto, Ontario M4P 2E5

Toll-Free: 1-800-567-2873, ext. 160

Tel: (416) 488-2699

Fax: (416) 488-0107

infoontario@muscle.ca

1425, René-Levesque Ouest, Bureau 506

Montréal, QC H3G 1T7

Toll-Free: 1-800-567-2236

Tel: (514) 393-3522

Fax: (514) 393-8113

infoquebec@muscle.ca

170 Cromarty Drive, Suite 222

Dartmouth, NS B3B 0G1

Toll-Free: 1-800-884-6322

Tel: (902) 429-6322

Fax: (902) 425-4226

infoatlantic@muscle.ca

NUTRITION

BC Cancer Agency

Contact Details

www.bccancer.bc.ca

Search for: Nutritional Care

Dietitians of Canada

Contact Details

www.dietitians.ca

Health Canada

Contact Details

www.hc-sc.gc.ca

Search for: Canada's Food Guide

UHN Department of Nutrition Services

Contact Details

University Health Network

Toronto General Hospital

Department of Nutrition Services

190 Elizabeth Street

3rd Floor - R. Fraser Elliott Building, Room 403b

Toronto, ON M5G 2C4

Tel: (416) 340-3444

Hours: 8:30am-4:30pm

PARKINSON'S DISEASE

Parkinson Society of Canada

Parkinson Society Canada is the national voice of Canadians living with Parkinson's, a neurodegenerative disease. Through 10 regional partners and 240 chapters and support groups, we provide education, support, and advocacy on behalf of over 100,000 Canadians living with Parkinson's every day. Funding innovative research helps expand knowledge on prevention, diagnosis and treatment of Parkinson's and will ultimately lead to a cure. In partnership with 10 regional societies and 240 chapters and support groups Parkinson Society Canada provides educational workshops, conferences, seminars, a toll-free National Information and Referral line, printed resources, and supportive services in both Canada's official languages.

Contact Details

4211 Yonge Street, Suite 316

Toronto, ON M2P 2A9

Tel: 416-227-9700

Toll-Free: 1-800-565-3000

Fax: 416-227-9600

general.info@parkinson.ca

www.parkinson.ca

Locations

Parkinson Alberta Society

102 5636 Burbank Crescent SE

Calgary, Alberta T2H 1Z6

Tel: (403) 243-9901

Toll-Free: 1-800-561-1911

Fax: (403) 243-8283

info@parkinsonalberta.ca

www.parkinsonalberta.ca

Parkinson Society British Columbia

890 West Pender Street, Suite 600

Vancouver, BC V6C 1J9

Tel: (604) 662-3240

Toll-Free: 1-800-668-3330

Fax: (604) 687-1327

info@parkinson.bc.ca

www.parkinson.bc.ca

Parkinson Society Manitoba

7 - 414 Westmount Drive

Winnipeg, MB R2J 1P2

Tel: (204) 786-2637

Toll-Free: (866) 999-5558

Fax: (204) 786-2327

www.parkinsonmanitoba.ca

Parkinson Society Southwestern Ontario

4500 Blakie Road, Unit #117

London, ON N6L 1G5

Tel: (519) 652-9437

Toll-Free: 1-888-851-7376

Fax: (519) 652-9267

info@parkinsonsociety.ca

www.parkinsonsociety.ca

Locations

Société Parkinson du Québec

550, Sherbrooke Street West

Office 1470, Tower West

Montreal QC H3A 1B9

Tel: (514) 861-4422

Toll Free: 1-800-720-1307

Fax: (514) 861-4510

infos@parkinsonquebec.ca

www.parkinsonquebec.ca

Parkinson Society Newfoundland and Labrador

The Viking Building

136 Crosbie Road, Suite 305

St. John's, NL A1B 3K3

Tel: (709) 754-4428

Toll-Free: 1-800-567-7020

Fax: (709) 754-5868

Parkinson Society Saskatchewan Inc.

P.O. Box 29018

Saskatoon, SK S7N 4Y2

Tel: 1-888-685-0059

Fax: (306) 933-4455

pss@sasktel.net

www.parkinsonsaskatchewan.ca

Parkinson Society Canada Central & Northern Ontario

4211 Yonge Street, Suite 321

Toronto, ON M2P 2A9

Tel: (416) 227-1200

Toll Free: 1-800-565-3000

Fax: (416) 227-1520

info.cno@parkinson.ca

www.cno.parkinson.ca

Parkinson Society Ottawa

381 Kent Street, Suite 300

Ottawa, ON K2P 2A8

Tel: (613) 722-9238

Fax: (613) 722-3241

psoc@toh.on.ca

www.parkinsons.ca

PAIN MANAGEMENT

Canadian Pain Coalition

The Canadian Pain Coalition is a partnership of pain consumer groups, health professionals who care for people in pain, and scientists studying better ways of treating pain.

Contact Details

1143 Wentworth Street West, Suite 202

Oshawa, ON L1J 8P7

TEL: (905) 404-9545

FAX: (905) 404-3727

office@canadianpaincoalition.ca

www.canadianpaincoalition.ca

PATIENT EDUCATION

ELLICSR: Health, Wellness and Cancer Survivorship Centre

ELLICSR is designed as a collaborative space for research into health, wellness and cancer survivorship. Here we strive to better understand the cancer and survivorship experience in order to improve it. We look for fresh new ideas and approaches to improve health and wellness during and after cancer treatment. We endeavour to close the gap between what we already know works and what survivors do day to day to improve their own health and wellness.

Contact Details

Toronto General Hospital
200 Elizabeth Street
Clinical Services Building, BCS021
Toronto, ON M5G 2C4
Tel: (416) 581-8620
ellicsr@rmp.uhn.on.ca
www.ellicsr.ca

SECOND
MEDICAL OPINION
SERVICE

Monarch Intermediaries Inc.

Monarch Intermediaries Inc. is an MGA (managing general agent) that connects individuals diagnosed with a serious illness to a Second Medical Opinion, with access to medical expertise from the World's Best Hospitals. Medical records are sent electronically through secure means to a group of the top academic medical centres in the U.S.: Children's Hospital Boston, Duke University Health System, Mayo Clinic, Partners Healthcare System (which includes Brigham and Women's Hospital, Dana-Farber/Partners CancerCare, and Massachusetts General Hospital), and UCLA Healthcare. Together, these institutions represent over 17,000 physicians, acclaimed specialists and sub-specialists, and over 2.6 billion dollars in annual biomedical research funding. Monarch offers Second Medical Opinion to individuals and their eligible family members. With a Monarch membership, we give you peace of mind that your diagnosis and treatment plan are optimal. NO pre-existing condition exclusions. NO travelling or additional doctor's visits. Monarch gives you peace of mind with a Second Medical Opinion when you need it most.

Monarch Second medical Opinion is for:

- Individuals who want to ensure peace of mind in the event of a serious health issue
- Employers who wants to offer the best possible benefits to their organization
- Brokers looking for a better way to serve their clients
- Insurers looking for additional coverage for personal or commercial lines

Programs/Services

- **Peace of Mind:** Top hospital experts provide opinions tailored to your specific situation
- **Ease of Access:** Opinions delivered to you without hassle of arranging travel/appointments
- **Physician Interaction:** Audio conferences between referring and consulting physician to discuss the case
- **Reinforce Local Physician-Patient Relationship:** Maintain comfort and convenience of local physician relationship, working together to ensure correct diagnosis and most effective treatment
- **Enhanced Care and Quality of Care:** Ensure treatment with the greatest chance of success is put into effect as quickly as possible

Contact Details

6725 Edwards Boulevard, Suite 101
Mississauga, ON L5T 2V9
Tel: (905) 565-8585
Toll-Free: 1-855-MONARCH (606 2724)
Fax: (905) 564-8477

info@monarchintermediaries.com

www.monarchintermediaries.com

SPINA BIFIDA

Spina Bifida & Hydrocephalus Association of Ontario (SB&H)

SB&H has grown to provide a comprehensive and essential range of services for parents, families, youth and adults with spina bifida and hydrocephalus. Programs are rooted in the principles of self-help and personal support. We also serve the broader community which includes: parents who receive pre-natal diagnosis of spina bifida and hydrocephalus; extended family members; all women of child-bearing age about the benefits of folic acid in the prevention of neural tube defects; and a wide spectrum of professionals in the social services, medical, health and education fields.

Contact Details

P.O. Box 103, Suite 1006
555 Richmond Street West
Toronto, ON M5V 3B1
Tel: (416) 214-1056
Toll-Free: 1-800-387-1575
Fax: (416) 214-1446
provincial@sbhao.on.ca
www.sbhao.on.ca

SUPPORT SERVICES

Wellspring

Founded in a welcoming coach house in 1992, Wellspring is an innovative and growing network of community-based cancer support centres that collectively offer over 50 different programs. Wellspring provides support, coping skills, and education at no charge and without need of medical referral to individuals, family members and professional caregivers living with cancer. Wellspring programs are open to individuals and caregivers who are coping with any type of cancer, at any stage. Programs include individual and group support, coping skills, expressive therapies, educational workshops and presentations, and cancer rehab programs. Programs are delivered within warm, welcoming Wellspring centres.

Programs/Services

- Support to cope with your personal situation
- Reliable information on cancer-related topics
- Physical rehabilitation and activity
- Peer support
- Coping skills
- Expressive programs
- Educations
- Support groups

Contact Details

Wellspring Downtown Toronto

4 Charles Street East, Suite 300

Toronto, ON M4Y 1T1

Tel: (416) 961-1928

Fax: (416) 323-6330

www.wellspring.ca

feedback@wellspring.ca

Locations

ONTARIO

Wellspring at Women's College Hospital

76 Grenville Street, Room 148

Toronto, ON M5S 1B2

Tel: (416) 323-6400 ext.4240

elsha@wellspring.ca

Westerkirk House at Sunnybrook

2075 Bayview Avenue

Toronto, ON M4N 3M5

Tel: (416) 480-4440

Toll-Free: 1-877-499-9904

Fax: (416) 480-4496

dawn@wellspring.ca

Chinguacousy

5 Inspiration Way

Brampton, ON L6R 0L7

Tel: (905) 792-6480

Toll-Free: 1-877-499-9904

Fax: (905) 792-1525

Halton-Peel

1148 Winston Churchill Boulevard

Oakville, ON L6J 0A3

Unit B5 - End Unit

Tel: (905) 257-1988

Fax: (905) 257-6146

Locations

London and Region

382 Waterloo Street (Inside the YMCA)
London, ON N6B 2N8
Tel: (519) 438-7379
Fax: 1-877-811-2645

Stratford

48 Well Street
Stratford, ON N5A 4L7
Tel: (519) 271-2232

Niagara

3250 Schmon Parkway, Unit 3
Thorold, ON L2V 4Y6
Tel: (905) 684-7619
Toll-Free: 1-888-707-1277

Niagara Stevensville Satellite

2763 Stevensville Road, Unit 3
Stevensville, ON L0S 1S0
Tel: (905) 382-6121

ALBERTA

Calgary

1404 Home Road NW
Calgary, AB T2N 3T8
Tel: (403) 521-5292
Fax: (403) 521-5298
www.wellspringcalgary.com

Edmonton

6616 Sandin Cove NW
Edmonton, AB T6R 0G2
Tel: (780) 758-4433
www.wellspringedmonton.ca

Childhood Cancer Canada

Founded in 1987, Childhood Cancer Canada (CCC) is the country's leading Foundation dedicated entirely to the fight against childhood cancer. We achieve our goal of improving the lives of children with cancer and their families through our vital support programs and investment in collaborative cancer research. Through our unique partnership with all of Canada's 17 childhood cancer hospitals and treatment centres, we can ensure that children with cancer are exposed to kinder and gentler treatments that will not only cure them but leave them with an improved quality of life into adulthood.

Contact Details

21 St. Clair Avenue East, Suite 801
Toronto, ON M4T 1L9
Phone: (416) 489-6440
Fax: (416) 489-9812
Toll-Free : 1-800-363-1062
info@childhoodcancer.ca
www.childhoodcancer.ca

Chai Lifeline

Since 1987, Chai Lifeline's mission has been to restore the light of childhood to children whose innocence ended when life-threatening or lifelong illness was diagnosed. Through programs that address the emotional, social, and financial needs of seriously ill children, their families, and communities, Chai Lifeline restores normalcy to family life, and better enables families to withstand the crises and challenges of serious pediatric illness.

Programs/Services

- Camps
- Hospital Services
- Counselling
- Educational Assistance
- Activities & Events
- Crisis Intervention
- Trips & Vacations
- Community Services

Contact Details

16 Stadacona Drive, Unit 1
Toronto, ON M6A 1Y6
Tel: (647) 430-5933
canada@chailifeline.org
www.chailifeline.org/canada

Nanny Angel Network

The Nanny Angel Network is a group of women comprised of professional care providers and board members who generously volunteer their time to provide quality, compassionate relief childcare, at no cost, to mothers diagnosed with breast cancer, in treatment or in the early stages of recovery. The Nanny Angel Network has spread its wings and offers relief childcare for mothers with any form of cancer who live in central Toronto.

Contact Details

4841 Yonge Street, Unit 2B
North York, ON M2N 5X2
Tel: (416) 730-0025
Fax: (416) 730-8963
www.nannyangelnetwork.com

The Olive Branch of Hope

The Olive Branch of Hope exists to provide social, emotional and spiritual support for women diagnosed with breast cancer. Our services are open to all women with a focus on women of colour and other immigrant women whose lives have been affected by breast cancer.

Contact Details

845 Wilson Avenue, Suite 103

Toronto, ON M3K 1E6

Tel: (416) 256-3155

Fax: (416) 256-4069

www.theolivebranch.ca

TRANSPORTATION

SERVICES

(MEDICAL APPOINTMENTS)

Locations

TORONTO NORTH

Downsview Services To Seniors

497 Wilson Avenue

Tel: (416) 398-5510

Eligibility: Seniors only

Fee: Yes

Notice: 1 week

North York Neighbourlink

5845 Yonge Street

P.O. Box 69507

Tel: (416) 221-8283

Eligibility: People not eligible for additional services, and who cannot financially afford transportation

Fee: No

Sprint

140 Merton Street, 2nd Floor

Tel: (416) 481-0669 Ext. 223

Eligibility: Seniors only

Fee: Yes

Notice: 5 days

North York Seniors Centre

21 Hendon Avenue

Tel: (416) 225-1231 Ext. 31

Eligibility: Members of North York Senior Centre only

Fee: Yes

Notice: 23 days

TORONTO EAST

Call A Service

2 Gower Street

Tel: (416) 752-8868

Eligibility: Seniors only (some exceptions)

Fee: Yes (Based on distance)

Notice: 24 hours

Carefirst Seniors & Community Services Association

3601 Victoria Park Avenue, Suite 501

Tel: (416) 502-2323

Eligibility: Seniors only

Fee: Yes

Notice: 2 weeks

Scarborough Support Services For The Elderly

1045 McNicoll Avenue

Tel: (416) 750-9885

Eligibility: Seniors and persons living with a disability

Fee: Yes

Notice: 2 weeks

Senior Link

2625 Danforth Avenue

Tel: (416) 691-7407

Eligibility: Seniors only (some exceptions)

Fee: Yes

Notice: 2 weeks

St. Paul's L'amoreaux Seniors Centre

3333 Finch Avenue East

Tel: (416) 493-3333

Eligibility: Seniors only

Fee: Yes

Locations

Warden Woods Community Centre

74 Firvalley Court

Tel: (416) 694-1138

Eligibility: Seniors and persons living with a disability

Fee: Yes

West Hill Community Services

3545 Kingston Road

Tel: (416) 284-5931

Eligibility: Seniors and persons living with a disability (not wheelchair accessible)

Fee: Yes

Notice: 2 weeks

Woodgreen Community Care and Wellness For Seniors

1070 Queen Street East

Tel: (416) 469-5211 Ext.1247

Eligibility: Seniors only

Fee: Yes

TORONTO SOUTH

Aids Committee Of Toronto

399 Church Street, 4th Floor

Tel: (416) 340-2437 Ext. 230

Eligibility: Must be a client of the AIDS Committee of Toronto.

Fee: No

Canadian Cancer Society

55 St. Claire Avenue West, Suite 150

Toronto, Ontario M4V 2Y7

Tel: (416) 480-7901 (option 4)

Eligibility: Cancer related medical appointments only.

Notice: 4 business days

Fee: No

Canadian Red Cross

21 Randolph Avenue

Tel: (416) 236-3180

Eligibility: Must be unable to access TTC and register first.

Notice: 45 days

Fee: Yes

Good Neighbours Club

170 Jarvis St.

Tel: (416) 366-5377

Eligibility: Must be a member of the Good Neighbours Club or homeless man 50 years of age or older.

Notice: 45 days

Fee: No

Mid Toronto Community Services

192 Carlton Street

Tel: (416) 962-9449 Ext. 231

Eligibility: Seniors and persons unable to access TTC. Must be mobile and have a foldable wheel chair if wheelchair use is required.

Notice: 48 hours

Fee: Yes

TORONTO WEST

Etobicoke Services For Seniors

1447 Royal York Road

Tel: (416) 243-0127

Eligibility: Seniors only (some exceptions)

Fee: Yes

Locations

St. Clair West Services For Seniors

1669 Eglinton Avenue West

Tel: (416) 787-2114

Eligibility: Seniors only

Fee: Yes

West Toronto Support Services

80 Ward Street

Tel: (416) 653-3535

Eligibility: Seniors and persons living with a disability

Fee: Yes

WIGS

4women.com (online store)

BeauBeau® head scarves are designed specifically for hair loss due to chemotherapy, alopecia or other medical conditions. They're unique, fashionable and versatile! Pre-designed, no tying necessary. You don't have to be an expert at tying scarves - the design is already in place. The BeauBeau® is lined with exquisitely soft cotton, preventing slippage and acting as a wicking layer, never hot. Each cancer scarf comes with a matching scrunchie that allows a variety of styling options.

Products/Services

- Head Scarves (women, girls)
- Transition Scarves
- Head Warmers
- Exercise, Sleep & Swim Caps

Contact Details

2075 Main Street, Ste. 4
Sarasota, FL 34237
Tel: (941) 361-2408
Toll-Free: 1-877-4WOMEN (4966361)
Fax: (941) 366-2160
After Hours: 215-421-9668
susan@beausang.com
www.4women.com

Angel Hair for Kids™

Angel Hair for Kids™ is a program of A Child's Voice Foundation™ that provides wigs and hair loss solutions to financially disadvantaged children in Canada who have lost their hair due to a medical condition or treatment. Using hair that is generously donated to the program, the foundation can create wigs and hair systems and provide them at no cost to the child's family.

Contact Details

A Child's Voice Foundation

3034 Palstan Road, Suite 301

Mississauga, ON L4Y 2Z6

Tel: (905) 275-3434

Fax: (905) 275-3139

Toll-Free: 1-888-837-3354

www.acvf.ca/index.php/our-programs/angel-hair-for-kids

info@acvf.ca

Continental Hair

Established in 1964 by husband-and-wife team Peter and Emma Suba, Continental Hair Ltd. has been retailing the finest quality custom and ready-made synthetic and human hair wigs available for more than thirty years. Serving tens of thousands of clients across Canada, Continental Hair Toronto has won the hard-earned respect of clients and healthcare providers alike.

Products/Services

- Wigs
- Postiche
- Integration Systems
- Hair Extensions
- Laser Hair Loss Treatment
- Hair Loss Control Products
- FREE Consultation

Contact Details

Main Salon

92 ½ Avenue Road
Toronto, ON M5R 2H2

Tel: (416) 923-7747

Fax: (416) 962-9603

info@continentalhair.com

www.continentalhair.com

Tues to Fri: 10am – 5pm

Sat: 9am – 4pm

Toronto Sunnybrook Odette Cancer Centre

Room TB-206, Basement Level

2075 Bayview Avenue

Toronto, ON M4N 3M5

Tel: (416) 480-5157

Mon-Fri: 9:30am – 4pm

First Lady

First Lady has been a key retailer of ladies wigs and hairpieces in Canada for over 40 years. We are located in select Hudson Bay® stores with 27 locations coast to coast. Our knowledgeable sales staff is available to assist you in a private and supportive environment with the selection to best suit your personal needs. First Lady offers a large selection of both synthetic and human hair fashion and medical wigs at competitive and affordable prices.

Contact Details

www.firstlady.ca/bayRetail/index.html

Gabi's Wig Boutique

After working in the wig business for several decades, we've sold thousands of wigs to customers in countries all around the globe and have now brought our expertise and our wigs to the internet. We've tried to create a one-stop-shop for all your wig needs. We offer only the very best quality merchandise; we personally select all the hair we use and our wigs are designed and manufactured exclusively for Gabi, so we can verify the quality of each wig. We offer human hair wigs, wigs for cancer patients, wigs for kids, medical wigs and alopecia wigs.

Products/Services

- Custom hand- and machine-made European hair wigs
- Blends
- Synthetics
- Free personal consultation with no pressure to buy
- Private consultations for alopecia and cancer patients
- Cutting & styling by professional staff on premises
- Finest quality at reasonable prices

Contact Details

3561 Bathurst Street
Toronto, ON M6A 2Y7
Tel: (416) 787-3129
info@gabiswigs.com
www.gabiswigs.com

Hair Club® For Kids

Since 1992, Hair Club® has offered free hair restoration services to children who suffer from diseases that lead to hair loss or alopecia. Hair Club for Kids is a non-profit program funded entirely by Hair Club that's available at no charge to children ages 6-17.

Contact Details

Toll-Free: 1-800-269-7384

www.hairclub.com/hairclub-for-kids.php

Hats With Heart (online store)

Kay Gravette founded Hats With Heart in 1993 as a result of her own need. After Kay's passing in 1998, Hats With Heart, continues to meet the needs of women enduring the stages of cancer treatment and hair loss due to alopecia, trichotillomania, lupus, burns and other medical conditions and treatments. Over 90% of our products at Hats With Heart are hand-sewn locally by cottage sewers who place their heart in each and every product. Our focus on one hat at a time – instead of using mass-production techniques – reflects our commitment to meeting the unique needs and desires of each customer.

Products/Services

- Turbans
- Hats
- Scarves
- Sleep Hats
- Accessories

Contact Details

Tel: (801) 567-0066
Toll-Free: 1- 800-708-0066
Fax: (801) 569-1305
530 W. 9460 S., Suite A
Sandy, UT 84070
hatswithheart@gmail.com
www.hatswithheart.com
Mon to Fri 8:30am-4:30pm

Headcovers Unlimited (online store)

At Headcovers Unlimited, our specialty is hats, turbans and other headwear for hair loss and cancer patients. Standard hair loss headwear goes beyond the ordinary with our stylish hats, turbans, and wigs designed for you. Every item is designed especially for those with hair loss due to cancer chemotherapy, alopecia, trichotillomania and other medical hair loss.

Programs/Services

- Headwear
- Head Scarves
- Eyelashes & Eyebrows
- Swim Caps
- Wigs (women, men, children)

Contact Details

214 S. Iowa Avenue
League City, TX 77573
Tel: (281) 334-4287
Fax: (832) 632-2728
Toll-Free: 1-800-264-HATS (4287)
www.headcovers.com
Mon to Fri: 9pm – 5pm

Just In Time (online store)

Just In Time chemo hats are designed specifically for cancer patients in chemotherapy or women with hair loss for any reason. All styles are original designs created by Verley Platt, a breast cancer survivor who started the company in 1991, after experiencing her own hair loss in chemotherapy.

Programs/Services

- Cancer Hats
- Chemo Caps
- Head Wraps
- Sleep Caps
- Chemo Scarves
- Turbans

Contact Details

PO Box 27693
Philadelphia, PA 19118
Tel: (215) 247-8777
Fax: (215) 247-0956
tome@softhats.com
www.softhats.com

Look Good Feel Better

Look Good Feel Better holds FREE group workshops that teach beauty techniques to female cancer patients to help them combat the appearance-related side effects of cancer treatment. Launched in 1992 by a charitable foundation of the Canadian Cosmetic, Toiletry and Fragrance Association (CCTFA), Look Good Feel Better is Canada's only cancer charity dedicated to empowering women to manage the effects that cancer and its treatment have on their appearance, and often on their morale. Over 130,000 women have been helped through the FREE workshops offered across Canada.

Contact Details

420 Britannia Road East, Suite 102
Mississauga, ON L4Z 3L5
Tel: (905) 890-5161
Toll-Free: 1-800-914-5665
Fax: (905) 890-2607
lgfb@lgfb.ca
www.lgfb.ca

Paula Young (online store)

Paula Young offer women of all ages beautiful, affordable hair solutions that help them develop the confidence to believe in themselves and their beauty. For more than 30 years, women across North America have welcomed their catalogue into their homes, and are the world's leading retailer of wigs, hair pieces and fashion add-ons, with more than two million active customers.

Products/Services

- Apparel & Accessories
- Hairpieces
- Wigs

Contact Details

P.O. Box 483
Brockton, MA 02303
Toll-Free: 1-800-364-9060
Fax: (508) 238-1965
custserv@scdirect.com
www.paulayoung.com

PMH Wig Salon & Accessories Boutique

The Princess Margaret Hospital Wig Salon & Accessories Boutique is a not-for-profit service that was founded in 1995. Its goal is to provide a safe, relaxed and private environment within which people dealing with the side effects of cancer treatment can come and be fitted for the wigs and other hair alternatives they require. The Wig Salon & Accessories Boutique offers a large selection of wigs and hair alternatives.

Products/Services

- Synthetic & Human Hair Wigs
- Wig Fitting Services
- Headwear
- Accessories
- Workshops

Contact Details

Princess Margaret Hospital
610 University Avenue
3rd Floor, Room 642
Toronto, ON M5G 2M9
Tel: (416) 946-6596
Hours: Mon to Fri 9am – 4pm

ENGLAND

2 Care UK

2 Care is a private run, high support hostel providing long term support and accommodation for vulnerable adults in the community and at present its supported housing provides approximately 50 places in the community for people with varying degrees of mental health problems, learning difficulties and other needs. As with any group of people, those suffering mental disorders vary enormously from each other. Each person is a unique individual, having special qualities, experiences and talents.

Programs/Services

- Promoting Independence
- Living Skills
- Paid Therapeutic Work
- Social Skills Development
- Health And Wellbeing
- Recreational Activities

Contact Details

935 Christchurch Road
Bournemouth
Dorset
BH7 6AY
Tel: 01202 428178
Fax: 01202 418687
2care@btconnect.com
www.2care.uk.com

British Heart Foundation

Our vision couldn't be much more ambitious - a world where people no longer die prematurely from heart disease. When you have a vision that big in mind, it helps to set some milestones along the way. That's why we've set a number of objectives to guide our day-to-day work. But we can't do any of it alone. We are working alongside government, other health charities, healthcare professionals and thousands of dedicated supporters to beat heart disease. Everybody has a part to play.

Contact Details

Greater London House
180 Hampstead Road
London
NW1 7AW
Tel: 020 7554 0000
Fax: 020 7554 0100
Heart HelpLine: 0300 330 3311
www.bhf.org.uk

Locations

Mansfield Office

The Willows, Ransom Wood Business Park
Southwell Road West
Mansfield
Nottinghamshire
NG21 0HJ
Tel: 01623 624 558
Fax: 01623 629 982
north@bhf.org.uk

Birmingham Office

Lyndon Place
2096 Coventry Road
Sheldon
Birmingham
B26 3YU
Tel: 0121 661 5100
Fax: 0121 742 9571
west@bhf.org.uk

Lamberhurst Office

PO Box 296
Tunbridge Wells
TN3 9DA
Tel: 01892 890 002
Fax: 01892 891 655
east@bhf.org.uk

British Red Cross

We are a volunteer-led humanitarian organisation that helps people in crisis, wherever and wherever they are. We enable vulnerable people at home and overseas to prepare for and respond to emergencies in their own communities. And when the crisis is over, we help people recover and move on with their lives.

Programs/Services

- Care In The Home
- Medical Equipment
- Transport Service
- Therapeutic Care

Contact Details

44 Moorfields
London EC2Y 9AL
Tel: 0844 871 11 11 (+ 44 2071 3879 00 from abroad)
Fax: 020 7562 2000
Textphone: 020 7562 2050
information@redcross.org.uk
www.redcross.org.uk

Macmillan Cancer Support

We are a source of support, helping with all the things that people affected by cancer want and need. It's not only patients who live with cancer, we also help carers, families and communities. We guide people through the system, supporting them every step of the way. We fund nurses and other specialist health care professionals and build cancer care centres. But we give so much more than medical help.

Contact Details

89 Albert Embankment

London

SE1 7UQ

Tel: 020 7840 7840

Toll-Free: 0808 808 00 00

Fax: 020 7840 7841

www.macmillan.org.uk

IRELAND

ARC Cancer Support Centre

ARC is a haven, offering professional personal support to men and women affected by cancer and those who care for them. The support is holistic and complements primary medical treatment with education and psychological support and care. Founded in 1994, ARC is a registered charity.

Programs/Services

- Drop-in Services
- One-to-one counselling, reflexology, metamorphosis, acupuncture
- Relaxation and Breathing Class
- Drop-In Centres
- Relaxation & Visualisation Class
- Tai Chi Relaxation Class

Contact Details

Tel: (01) 8307333 (ARC Eccles St.)

Tel: (01) 7078880 (ARC South Circular Rd.)

www.arccancersupport.ie

Brainwave – Irish Epilepsy Foundation

Brainwave was established in 1966 by a group of individuals concerned to improve the quality of life of people with epilepsy in Ireland. Over the 44 years since our inception, the Association has grown and expanded and now provides a range of services from headquarters in Dublin and from regional offices in Cork, Dundalk, Galway, Kerry, Kilkenny, Letterkenny, Limerick, Sligo and Tullamore.

Contact Details

249 Crumlin Road

Crumlin Dublin 12

Tel: (01) 4557500

Fax: (01) 4557013

info@epilepsy.ie

www.epilepsy.ie

Camphill Communities of Ireland

Camphill Communities of Ireland is part of an international charitable trust working with people with intellectual disabilities and other kinds of special needs. In Camphill our residents share their home, spiritual and working lives with those who are motivated to meet others as individuals needing support and recognition for what they are, and not as carer and cared for in the conventional sense. Most of the people providing support to those with disabilities are volunteers, coming locally or from abroad.

Programs/Services

- Schools for children in need of special care
- Colleges and training centres providing further education and training
- Mutual help communities for adults with varying degrees of intellectual disability and other kinds of special needs
- Working villages for adults
- Enterprise projects with employment opportunities for residents from the communities and day attendee
- Independent, supported accommodation

Contact Details

41 Nutley Avenue
Donnybrook Dublin 4
Tel: (01) 2694406
www.camphill.ie

The Carers Association

The Carers Association is Ireland's national voluntary organization for and of family carers in the home. Family carers provide high levels of care to a range of people including frail older people, people with severe disabilities, the terminally ill and children with special needs.

Programs/Services

- Advocacy and Lobbying
- Care Line
- Home Respite Service
- Information
- Membership
- Resource Centre
- Support Groups
- Training

Contact Details

Tel: 1800 240 724
Fax: (057) 9323623
info@carersireland.com
www.carersireland.com

Headway

Since 1985 Headway has brought positive change to those with brain injury and their carers through a range of services tailored to individual needs. We help people who have been ill or injured to rebuild their skills to achieve the best quality of life that they can. We also provide support to families who have been affected by brain injury.

Programs/Services

- Information and Support
- Day Rehabilitation
- Rehabilitative Training
- Psychological Support
- Accessing Your Local Community and Employment
- Vocational Training

Contact Details

1-3 Manor Street Business Park
Shea's Lane, off Manor Street
Dublin 7

Tel: (01) 8102066

Fax: (01) 8102070

Helpline: 1890 200 278

www.headway.ie

UNITED STATES

Alzheimer's Association

The Alzheimer's Association is the leading, global voluntary health organization in Alzheimer's care and support, and the largest private, non-profit funder of Alzheimer's research. The Alzheimer's Association works on a global, national and local level to enhance care and support for all those affected by Alzheimer's and related dementias.

Contact Details

225 N. Michigan Avenue, Fl. 17

Chicago, IL 60601-7633

Tel: (312) 335-8700

TDD: (312) 335-5886

Fax: 1-866-699-1246

24/7 Helpline Toll-Free: 1-800-272-3900

24/7 Helpline TDD: 1-866-403-307

info@alz.org

www.alz.org

American Cancer Society

For nearly 100 years, the American Cancer Society (ACS) has worked relentlessly to save lives and create a world with less cancer and more birthdays. Together with millions of our supporters worldwide, we're helping people stay well, helping people get well, finding cures, and fighting back against cancer.

Programs/Services

- Online Communities/Support
- Road To Recovery (Transportation)
- Hope Lodge (Lodging)
- TLC (Hair Loss & Mastectomy Products)
- Reach To Recovery (Breast Cancer Support)
- Man To Man (Prostate Cancer Support)
- I Can Cope (Cancer Education Classes)
- Look Good...Feel Better (Help With Treatment Appearance-Related Side Effects)
- Look Good... Feel Better (Teens)
- Tell Your Story
- Patient Navigator Program (Personal Cancer Guide)

Contact Details

250 Williams Street NW

Atlanta, Georgia, 30303

Toll-Free: 1-800-227-2345

TTY: 1-866-228-4327

www.cancer.org

American Heart Association

Our mission is to build healthier lives, free of cardiovascular diseases and stroke. That single purpose drives all we do. The need for our work is beyond question.

Contact Details

7272 Greenville Avenue
Dallas, TX 75231
Toll-Free: 1-800-AHA-USA-1
1-800-242-8721
1-888-474-VIVE
www.heart.org

Boston Children's Hospital CarePages

CarePages.com, brought to you in connection with Boston Children's Hospital. Staying in touch with loved ones and friends while also managing a healthcare challenge can be difficult. But staying connected is a crucial component to getting, and staying well—for both patients and caregivers. Boston Children's Hospital understands these obstacles, and we're prepared to help. Now you can stay connected with family, friends and colleagues before, during and after a healthcare challenge through a CarePages website.

Programs/Services

- Update family, friends and even colleagues all at once
- Share photos
- Collect supporting messages from loved ones and friends
- Learn more about healthcare issues
- Connect to others with similar concerns

Contact Details

www.carepages.com/chb

CaringBridge

Think of us as an online space where you can connect, share news, and receive support. It's your very own health social network, coming together on your personalized website. And thanks to those who donate, we are available 24/7 to anyone, anywhere, at no cost.

Programs/Services

- CaringBridge Sites
- SupportPlanner

Contact Details

1715 Yankee Doodle Road, Suite 301
Eagan, MN 55121

Tel: (651) 452-7940

24hr: (651) 789-2300

Fax: (651) 681-7115

www.caringbridge.org

Duke Medicine CarePages

CarePages.com, brought to you in connection with Duke University Health System. Staying in touch with loved ones and friends while also managing a healthcare challenge can be difficult. But staying connected is a crucial component to getting, and staying well—for both patients and caregivers. Duke University Health System understands these obstacles, and we're prepared to help. Now you can stay connected with family, friends and colleagues before, during and after a healthcare challenge through a CarePages website.

Programs/Services

- Update family, friends and even colleagues all at once
- Share photos
- Collect supporting messages from loved ones and friends
- Learn more about healthcare issues
- Connect to others with similar concerns

Contact Details

www.carepages.com/dukehealth

eMindful

eMindful offers a variety of courses in mind-body medicine and personal growth, all in our virtual classroom where you can see, hear, and interact with an expert teacher and other participants. All of eMindful's classes are secular in nature. We believe that mindfulness, personal growth, health, and wellbeing should be available universally. eMindful holds live, online classes in our virtual classroom in stress reduction, behavioural change, weight management, and yoga.

Programs/Services

- Stress Reduction Course
- Weight Loss/Management Course
- Diabetes Course
- Pain Management Course
- Mental Health Course
- Heart Disease Course
- Relapse Course

Contact Details

www.emindful.com

Locks of Love

Locks of Love is a public non-profit organization that provides hairpieces to financially disadvantaged children in the United States and Canada under age 21 suffering from long-term medical hair loss from any diagnosis. We meet a unique need for children by using donated hair to create the highest quality hair prosthetics.

Contact Details

234 Southern Boulevard
West Palm Beach, FL 33405-2701

Tel: (561) 833-7332

Toll-Free: 1-888-896-1588

Fax: (561) 833-7962

www.locksoflove.org

info@locksoflove.org

Massachusetts General Hospital CarePages

CarePages.com, brought to you in connection with Massachusetts General Hospital. Staying in touch with loved ones and friends while also managing a healthcare challenge can be difficult. But staying connected is a crucial component to getting, and staying well—for both patients and caregivers. Massachusetts General Hospital understands these obstacles, and we're prepared to help. Now you can stay connected with family, friends and colleagues before, during and after a healthcare challenge through a CarePages website.

Programs/Services

- Update family, friends and even colleagues all at once
- Share photos
- Collect supporting messages from loved ones and friends
- Learn more about healthcare issues
- Connect to others with similar concerns

Contact Details

www.carepages.com/mgh

Mayo Clinic Online Health Community

Mayo Clinic is a non-profit worldwide leader in medical care, research and education for people from all walks of life. Doctors from every medical specialty work together to care for patients, joined by common systems and a philosophy of "the needs of the patient come first."

Contact Details

<http://connect.mayoclinic.org>

Partners HealthCare Clinical Trials

Clinical trials are research studies involving humans of new treatments and techniques for addressing various diseases, illnesses, and health conditions. Hundreds of active clinical trials are in progress across Partners institutions.

[Clinicaltrials.partners.org](http://clinicaltrials.partners.org) is a collaborative clinical research study listing. The site identifies actively recruiting clinical research studies and trials taking place at Brigham and Women's Hospital, Massachusetts General Hospital, McLean Hospital, and Spaulding Rehabilitation Hospital Network.

Contact Details

<http://clinicaltrials.partners.org/>

UCLA CarePages

CarePages.com, brought to you in connection with UCLA Health System. CarePages websites are free patient blogs that connect friends and family during a health challenge. Staying in touch with loved ones and friends while also managing a healthcare challenge can be difficult. But staying connected is a crucial component to getting, and staying well—for both patients and caregivers. UCLA Health System understands these obstacles, and we're prepared to help. Now you can stay connected with family, friends and colleagues before, during and after a healthcare challenge through a CarePages website.

Programs/Services

- Update family, friends and even colleagues all at once
- Share photos
- Collect supporting messages from loved ones and friends
- Learn more about healthcare issues
- Connect to others with similar concerns

Contact Details

www.carepages.com/ucla

RECOMMENDED READS

Caregiving

Between Two Worlds Special Moments Of Alzheimer's Dementia

Author: Ellen Young

Caring And Competent Caregivers

Author: Robert M. Moroney

Caring For The Parkinson Patient

Author: Thomas Hutton

Encyclopedia Of Home Care For The Elderly

Author: Davis Ada Romaine, Jennifer Boondas

In Sickness And In Health

Author: William A. Grubbs

Nursing Homes: The Family's Journey

Author: Peter S. Silin

Coping/Emotional Support

After The Diagnosis: Transcending Chronic Illness

Author: Julian Seifter, MD and Betsey Seifter, PhD

A Year To Live: How To Live This Year As If It Were Your Last

Author: Stephen Levine

Close To The Bone: Life Threatening Illness And The Search For Meaning

Author: Jean Shinoda Bolen, MD

Comfortable With Uncertainty: 108 Teachings On Cultivating Fearlessness And Compassion

Author: Pema Chodron

Kauffman Thoughtbook 2011

Author: Ewing Marion Kauffman Foundation

Cancer

Anti-Cancer

Author: Dr. David Servan-Schreiber

Cancer: 50 Essential Things To Do

Author: Greg Anderson

Cancer As A Turning Point

Author: Lawrence Lashan

Cancer Is A Word, Not A Sentence

Author: Dr. Robert Buckman

The Chemotherapy Survival Guide: Everything You Need To Know To Get Through Treatment

Author: Tamera Schacher, Judith McKay

Crazy, Sexy, Cancer Tips

Author: Kris Carr

Everything Changes

Author: Kairol Rosenthal

Fighting Cancer From Within: How To Use The Power Of Your Mind For Healing

Author: Dr. Martin L. Rossman

Illness As Metaphor

Author: Susan Sontag

Kitchen Table Wisdom

Author: Rachel Naomi Remen