

2011 – 2012

Health & Wellness Directory



Desjardins
Financial Security®

Cooperating in building the future



To your health!

When the annual Desjardins Financial Security (DFS) National Health Survey asked Canadians about their main sources of day-to-day stress, 16% cited “taking care of children’s needs” and 21% said “family problems.” One in two workers also said that their main source of stress is money.

Finding and maintaining a healthy work-life balance is a major challenge for Canadians. People seem to spend more time on the job than they do with their families, and work-related stress and job uncertainty add to the pressure of long hours.



Making the right choices when it comes to habits and lifestyle has become more important than ever, and information plays a key supporting role in that regard. It is especially important to provide reliable and relevant information about mental health, which still faces a certain measure of prejudice in our society.

This latest edition of the Health & Wellness Directory is a necessary complement to health-related information. It basically answers the question: “Now that I know more about a specific health issue, where can I go to get help and support?”

The Directory also includes a two-page calendar of health and wellness events for the coming 12 months to help you find events of interest in your community. We all benefit from healthy and strong Canadian communities. So, here’s to your health!

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GENERAL INFORMATION

Canadian Institute for Health Information (CIHI)

600-495 Richmond Rd.
Ottawa, ON K2A 4H6
T: 613-241-7860
F: 613-241-8120
Website: www.cihi.ca
E-mail: communications@cihi.ca
Publication Requests:
T: 613-241-7860 ext. 6188
F: 613-241-8120
E-mail: orderdesk@cihi.ca

*CIHI provides Canadians with essential statistics and analysis about their health and their healthcare system. CIHI is a source of information for those seeking answers to critical questions around the performance of the Canadian health system, the delivery of healthcare and the status of Canadians' health. CIHI has offices in Ottawa, Toronto, Victoria, Edmonton and Montreal.**

Canadian Red Cross

300-170 Metcalfe St.
Ottawa, ON K2P 2P2
T: 613-740-1900
F: 613-740-1911
Website: www.redcross.ca
E-mail: feedback@redcross.ca
*The Canadian Red Cross Society offers a wide variety of first aid and CPR training courses, and eight workplace training courses with an emphasis on recognition and prevention of injuries before they occur. Referrals to local providers; courses in emergency and standard first aid; CPR; oxygen and AED training; advanced training for workplace emergency response teams; preventing disease transmission.**

CBC News – Health

Website: www.cbc.ca/health
Articles provide a Canadian perspective on the latest health-related news stories.

DrugCoverage.ca Plasmid Biocommunications Inc.

243 Consumers Rd.
Toronto, ON M2J 4W8
T: 416-490-2774
F: 416-491-7316
Website: www.drugcoverage.ca
E-mail: webmaster@drugcoverage.ca
*This site provides information about reimbursement for prescription medications in Canada, including information on the various types of private insurance plans, provincial/territorial drug benefit programs and federal plans.**

Health Canada It's Your Health (IYH)

4th Floor, Room 492D
Jeanne Mance Building
Tunney's Pasture
Postal Locator: 1904D
Ottawa, ON K1A 0K9
Information and Publication
Request Line:
T: 1-866-225-0709
TTY: 1-800-267-1245
Website: www.health.gc.ca/iyh
E-mail: iyh-vsuv@hc-sc.gc.ca
*Drawn directly from Health Canada and the Public Health Agency of Canada specialists, the articles explain important health and safety issues in simple language. All articles are updated regularly as scientific and new health information becomes available. They also contain links to more detailed and technical sources of information. Subscribers receive e-mail notification about new IYH articles and updates.**

Public Health Agency of Canada

130 Colonnade Rd.
Ottawa, ON K1A 0K9
Website: www.publichealth.gc.ca
*The Public Health Agency of Canada focuses on preventing chronic diseases, like cancer and heart disease, preventing injuries and responding to public health emergencies and infectious disease outbreaks.**

WebMD

Website: www.webmd.com
This site provides health information, timely articles and tools for managing your health.

ACUPUNCTURE

Acupuncture Foundation of Canada Institute

204-2131 Lawrence Ave. E.
Scarborough, ON M1R 5G4
T: 416-752-3988
F: 416-752-4398
Website: www.afcinstitute.com
E-mail: info@afcinstitute.com
Online practitioner search list of certified members in Canada.

ADDICTIONS AND SUBSTANCE ABUSE

Al-Anon/Alateen

Website: www.al-anon.org
*Links to local chapters and meetings; online meetings; lone-member service; publications; newsletters and resources for professionals.**

Alcoholics Anonymous

Website: www.aa.org
*Links to central offices, intergroups and answering services in Canada; "The A.A. Grapevine – Our Meeting in Print;" A.A. literature.**

Canadian Centre on Substance Abuse

500-75 Albert St.
Ottawa, ON K1P 5E7
T: 613-235-4048
F: 613-235-8101
Website: www.ccsa.ca
E-mail: info@ccsa.ca
*Referrals; newsletter; online searchable database and directories.**

Centre for Addiction and Mental Health

1001 Queen St. W.
Toronto, ON M6J 1H4
T: 416-535-8501
Website: www.camh.net
E-mail: public_affairs@camh.net
*Links to related sites; information on how to evaluate your drinking; guidelines.**

Note: All phone numbers with area codes 800, 866, 877 and 888 are toll free

* indicates that some bilingual services and/or materials are available

Go Smokefree! Health Canada's Federal Tobacco Control Strategy Programme

P.L. 3506C
Ottawa, ON K1A 0K9
T: 1-866-318-1116
F: 613-954-2377
Website: www.gosmokefree.gc.ca
E-mail: TCP-PLT-questions@hc-sc.gc.ca
*Reports, information and publications including "On the Road to Quitting," a resource to help Canadians quit smoking and "Smoking Cessation in the Workplace," a guide for helping employees quit smoking.**

The Canadian Lung Association

300-1750 Courtwood Cres.
Ottawa, ON K2C 2B5
T: 613-569-6411,
1-888-566-LUNG [5864]
F: 613-569-8860
Website: www.lung.ca
E-mail: info@lung.ca
*The Website provides information on respiratory diseases, smoking cessation and air quality, has detailed information on COPD (emphysema and chronic bronchitis), asthma, tuberculosis, sleep apnea and other infectious lung diseases, including pneumonia and influenza, as well as information on asthma; monthly e-newsletter. Websites for children, caregivers, adults and asthma educators.**

ALLERGIES AND ASTHMA

Allergy/Asthma Information Association

118-295 The West Mall
Toronto, ON M9C 4Z4
T: 416-621-4571, 1-800-611-7011
F: 416-621-5034
Website: www.aaia.ca
E-mail: admin@aaia.ca
*Telephone support; information; posters and referrals. Newsletters are available with a yearly membership.**

Asthma Society of Canada

2306-4950 Yonge St.
Toronto, ON M2N 6K1
T: 416-787-4050, 1-866-787-4050
F: 416-787-5807
Website: www.asthma.ca,
www.asthma-kids.ca
E-mail: info@asthma.ca
*Information available by telephone or e-mail; printed materials on topics such as exercise and asthma, avoiding triggers of asthma, pregnancy and asthma; monthly e-newsletter. Websites for children, caregivers, adults and asthma educators.**

ALS (LOU GEHRIG'S DISEASE)

ALS Society of Canada

200-3000 Steeles Ave. E.
Markham, ON L3R 4T9
T: 905-248-2052,
1-800-267-4ALS [4257]
F: 905-248-2019
Website: www.als.ca
E-mail: iwp@als.ca
*The Society provides information about research on the disease and supports its provincial partners in the provision of quality care for those living with ALS.**

ALZHEIMER'S DISEASE

Alzheimer Society of Canada

1600-20 Eglinton Ave. W.
Toronto, ON M4R 1K8
T: 416-488-8772, 1-800-616-8816
F: 416-488-3778
Website: www.alzheimer.ca
E-mail: info@alzheimer.ca
*Support, educational and awareness programs; referrals; brochures. Services may vary from region to region.**

ARTHRITIS

The Arthritis Society

1700-393 University Ave.
Toronto, ON M5G 1E6
T: 416-979-7228, 1-800-321-1433
F: 416-979-8366
Website: www.arthritis.ca
E-mail: info@arthritis.ca
*Information available by telephone and online; brochures on many topics, including specific types of arthritis, nutrition, physical activity, learning opportunities, such as the Arthritis Self-Management Program, the Chronic Pain Management Workshop, The Lifestyle Makeover Challenge; educational presentations; DVDs and links to helpful resources.**

AUTISM

Autism Society Canada

Box 22017, 1670 Heron Rd.
Ottawa, ON K1V 0C2
T: 613-789-8943, 1-866-476-8440
Website: www.autismsocietycanada.ca
E-mail: info@autismsocietycanada.ca
*Information and referrals on autism spectrum disorders.**

BACK PROBLEMS

Canadian Chiropractic Association

600-30 St. Patrick St.
Toronto, ON M5T 3A3
T: 416-585-7902, 1-877-222-9303
F: 416-585-2970
Website: www.chiropracticcanada.ca
E-mail: mmccandless@chiropracticcanada.ca
*The vision of the Canadian Chiropractic Association is for every Canadian to have full and equitable access to chiropractic care. Associations across the country offer practical advice on how to keep your back in shape and prevent injuries.**

BRAIN TUMOUR

Brain Tumour Foundation of Canada

301-620 Colborne St.

London, ON N6B 3R9

T: 519-642-7755, 1-800-265-5106

F: 519-642-7192

Website: www.braintumour.ca

E-mail: braintumour@braintumour.ca

*One-to-one support through toll-free Canada-wide phone line; Adult Brain Tumour Support Group meetings held monthly in 23 cities across the country; BrainWAVE support program for children and teens; free "Brain Tumour Patient Resource" handbooks (adult and pediatric version in English and French); customized information package; articles on current topics in brain tumour treatment and research; children's storybook "A Friend in Hope, A Story About Hope's Journey with a Brain Tumour" in English, French and Italian.**



CANCER

Canadian Breast Cancer Network

200-331 Cooper St.

Ottawa, ON K2P 0G5

T: 613-230-3044, 1-800-685-8820

F: 613-230-4424

Website: www.cbcn.ca

E-mail: cbcnc@cbcnc.ca

*Print and e-newsletters; Website clearinghouse; priorities include young survivors; rural, remote and Northern women living with breast cancer; metastatic breast cancer; financial issues related to breast cancer, including labour force re-entry.**

Canadian Cancer Society National Office

300-55 St. Clair Ave. W.

Toronto, Ontario M4V 2Y7

T: 416-961-7223, 1-888-939-3333

F: 416-961-4189

Website: www.cancer.ca

E-mail: ccs@cancer.ca

*Information available by telephone; brochures; referrals to local organizations.**

Childhood Cancer Canada

801-21 St. Clair Ave. E.

Toronto, ON M4T 1L9

T: 416-489-6440, 1-800-363-1062

F: 416-489-9812

Website: www.childhoodcancer.ca

E-mail: info@childhoodcancer.ca

Information available by Website, telephone or e-mail; scholarships for childhood cancer survivors; e-news bulletin.

Colorectal Cancer Association of Canada

204-60 St. Clair Ave. E.

Toronto, ON M4T 1N5

T: 416-920-4333, 1-877-50-COLON

F: 416-920-3004

Website: www.colorectal-cancer.ca

E-mail: information@colorectal-cancer.ca

*Advocacy; education; awareness; newsletter; publications; telephone support; links to related sites.**

The Leukemia & Lymphoma Society of Canada

804-2 Lansing Sq.

Toronto, ON M2J 4P9

T: 416-661-9541, 1-877-668-8326

Info Resource Centre:

T: 1-800-955-4572

F: 416-661-7799

Website: www.llscanada.org

E-mail: laila.ali@lls.org

*Information available by Website, telephone or e-mail. Also contact Cancer Information Services (CIS) at the Canadian Cancer Society, 1-888-939-3333.**

Lymphoma Foundation Canada

16-1375 Southdown Rd., Ste. 236

Mississauga, ON L5J 2Z1

T: 905-822-5135, 1-866-659-5556

F: 905-814-9152

Website: www.lymphoma.ca

E-mail: info@lymphoma.ca

*Links to lymphoma-related sites; multimedia library; publications; symptom checklist; patient support groups; "LFC News" newsletter; toll-free Canada-wide helpline.**

Ovarian Cancer Canada

101-145 Front St. E.
Toronto, ON M5A 1E3
T: 416-962-2700, 1-877-413-7970
F: 416-962-2701
Website: www.ovariancanada.org,
www.ovairecanada.org
E-mail: info@ovariancanada.org
*Awareness fact sheets; "Ovarian Cancer: Knowledge is Power" presentations for the general public and business settings; biannual newsletter; monthly electronic e-newsletter; "You Are Not Alone" guide for newly diagnosed women; Telephone Education Series and online information for women diagnosed with ovarian cancer. All resources are free of charge.**

Prostate Cancer Canada

2 Lombard St., 3rd Floor
Toronto, ON M5C 1M1
T: 416-441-2131, 1-888-255-0333
F: 416-441-2325
Website: www.prostatecancer.ca
E-mail: info@prostatecancer.ca
*Website information message board with contact details of other individuals with prostate cancer; a free bimonthly e-newsletter; online risk assessment tool.**

CELIAC DISEASE

Canadian Celiac Association

400-5025 Orbitor Dr., Building 1
Mississauga, ON L4W 4Y5
T: 905-507-6208, 1-800-363-7296
F: 905-507-4673
Website: www.celiac.ca,
www.celiacguide.org
E-mail: info@celiac.ca
*Information about celiac disease and its diagnosis; peer counselling for individuals with celiac disease; support information for healthcare professionals.**

CEREBRAL PALSY

Ontario Federation for Cerebral Palsy (OFCP)

104-1630 Lawrence Ave. W.
Toronto, ON M6L 1C5
T: 416-244-9686, 1-877-244-9686 (Ontario only)
TTY: 416-246-9122, 1-866-246-9122
F: 416-244-6543
Website: www.ofcp.ca
E-mail: info@ofcp.ca
Serves people of all ages with cerebral palsy and their families through information available online, by telephone, e-mail, or in person. Video library, brochures, OFCP info package, quarterly newsletter, online database of community services specific to people with physical disabilities. OFCP membership: individual memberships for persons with cerebral palsy and group memberships for organizations. OFCP is now a member of the Neurological Health Charities of Canada.

CHILDREN'S HEALTH

Canadian Paediatric Society

2305 St. Laurent Blvd.
Ottawa, ON K1G 4J8
T: 613-526-9397
F: 613-526-3332
Website: www.cps.ca
www.caringforkids.cps.ca
E-mail: info@cps.ca
*Website information on children's health issues: www.caringforkids.cps.ca. Information for parents on children and healthy eating, baby care, illnesses, safety, vaccinations; publications; provides resources and links.**

CROHN'S AND COLITIS

Crohn's and Colitis Foundation of Canada

600-60 St. Clair Ave. E.
Toronto, ON M4T 1N5
T: 416-920-5035, 1-800-387-1479
F: 416-929-0364
Website: www.ccfcc.ca
E-mail: ccfc@ccfc.ca
*Information available by telephone or through written materials; referrals to local chapters; "The Journal" magazine.**

CYSTIC FIBROSIS

Cystic Fibrosis Canada

601-2221 Yonge St.
Toronto, ON M4S 2B4
T: 416-485-9149, 1-800-378-2233
F: 416-485-0960, 416-485-5707
Website: www.cysticfibrosis.ca
E-mail: info@cysticfibrosis.ca
*Information and educational materials; links to other related sites.**

DIABETES

Canadian Diabetes Association

1400-522 University Ave.
Toronto, ON M5G 2R5
T: 416-363-3373,
1-800-BANTING [226-8464]
F: 416-363-3393
Website: www.diabetes.ca
E-mail: info@diabetes.ca
*Information available by telephone, printed materials and e-mail; online order desk service; "Diabetes Dialogue" quarterly consumer healthcare magazine; "Diabetes Current" e-newsletter; referrals to regional services.**

Diabète Québec

300-8550 boul. Pie-IX
Montreal, QC H1Z 4G2
T: 514-259-3422, 1-800-361-3504
F: 514-259-9286
Website: www.diabete.qc.ca
E-mail: info@diabete.qc.ca
*Information by telephone, documents or e-mail; information about company activities; member services: information, education, referrals to regional health services.**

Juvenile Diabetes Research Foundation (JDRF)

800-2550 Victoria Park Ave.
Toronto, ON M2J 5A9
T: 647-789-2009, 1-877-CURE-533
F: 416-491-2111
Website: www.jdrf.ca
E-mail: general@jdrf.ca
*Publications; "Countdown" magazine; e-newsletter "Research Frontline" and newsletter "The Cure;" information and resources on JDRF and type 1 diabetes.**

DOWN SYNDROME

Canadian Down Syndrome Society (CDSS)

283-5005 Dalhousie Dr. NW.
Calgary, AB T3A 5R8
T: 403-270-8500, 1-800-883-5608
F: 403-270-8291

Website: www.cdss.ca
E-mail: info@cdss.ca

*Parent support groups; CDSS quarterly newsletter; library; publications; online networks (where parents, siblings and educators can share information), and an annual conference. The Society also offers memberships that include current information, free training and information sessions, constant contact newsletters, discounts on conferences, new-parent packages, assistance with planning awareness events, free posters and fundraising items such as the annual calendar.**

EPILEPSY

Epilepsy Canada

336-2255B Queen St. E.
Toronto, ON M4E 1G3
T: 1-877-734-0873
F: 905-764-1231

Website: www.epilepsy.ca
E-mail: epilepsy@epilepsy.ca

*Links to other organizations; recreation and safety tips; facts; articles; brochures; a guide for children and teens.**

EYE CARE AND SAFETY

The Canadian Association of Optometrists (CAO)

234 Argyle Ave.
Ottawa, ON K2P 1B9
T: 613-235-7924, 1-888-263-4676
F: 613-235-2025

Website: www.opto.ca
E-mail: info@opto.ca

*CAO is the professional association that represents Doctors of Optometry in Canada. It is also the national federation of 10 provincial associations of optometrists and represents over 4,200 members across Canada.**

CNIB (Canadian National Institute for the Blind)

1929 Bayview Ave.
Toronto, ON M4G 3E8
T: 416-486-2500, 1-800-563-2642
TTY: 416-480-8645

F: 416-480-7700
Website: www.cnib.ca
E-mail: info@cnib.ca

*Referrals to regional services; eye-safety programs for the workplace in some regions.**

FAMILY RESOURCES

Canadian Association of Family Resource Programs

707-331 Cooper St.
Ottawa, ON K2P 0G5
T: 613-237-7667,
1-866-6-FRPCan [637-7226]
F: 613-237-8515

Website: www.frp.ca
E-mail: info@frp.ca

*Publications; downloadable resources; access to local family resource programs; information for parents on an interactive Website www.ParentsMatter.ca; multilingual resource material at www.welcomehere.ca.**

FIRST AID/CPR

St. John Ambulance

400-1900 City Park Dr.
Ottawa, ON K1J 1A3
T: 613-236-7461
F: 613-236-2425

Website: www.sja.ca
E-mail: clientservices@nhq.sja.ca

*Courses in emergency first aid, standard first aid, CPR; safety and health promotion training.**

FOOT HEALTH

Canadian Podiatric Medical Association

2063-61 Broadway Blvd.
Sherwood Park, AB T8H 2C1
T: 1-888-220-3338

Website: www.podiatrycanada.org
Information and advice about foot care and foot problems; Website provides a comprehensive list of common foot conditions and ailments and links to related Websites, including listings of podiatrists across Canada through provincial association Websites.

College of Chiropodists of Ontario

2102-180 Dundas St. W.
Toronto, ON M5G 1Z8
T: 416-542-1333, 1-877-232-7653
F: 416-542-1666

Website: www.cocoo.on.ca
E-mail: info@cocoo.on.ca
Information on chiropody and podiatry; online directory of Ontario chiropodists and podiatrists; links to related Websites.



Pedorthic Association of Canada

503-386 Broadway
Winnipeg, MB R3C 3R6
T: 204-975-8200, 1-888-268-4404
F: 1-866-994-9925
Website: www.pedorthic.ca
E-mail: info@pedorthic.ca
The pedorthist provides devices and footwear to assist in accommodation of foot deformities; realignment of anatomical structures; redistribution of external and internal forces; improvement of balance, etc. Website has information on conditions and treatments, coverage and insurance, locating a pedorthist, links to related sites.

HEARING LOSS/PREVENTION

The Canadian Hearing Society

271 Spadina Rd.
Toronto, ON M5R 2V3
T: 416-928-2500, 1-877-347-3427
TTY: 416-964-0023, 1-877-347-3429
F: 416-928-2523
Website: www.chs.ca
E-mail: info@chs.ca
*A Society where all people are respected, have full access to communication and are able to participate without social, economic or emotional barriers.**

HEART HEALTH

Heart and Stroke Foundation of Canada

1402-222 Queen St.
Ottawa, ON K1P 5V9
T: 613-569-4361
F: 613-569-3278
Website: www.heartandstroke.ca
E-mail: emelnick@hsf.ca
*Referrals to local offices; Web-based resources and publications regarding heart disease, stroke and healthy living; "Health Check," a food information program that helps consumers shop for healthier groceries; "Healthline" e-newsletter; "Parent Healthline" e-newsletter.**

Hypertension Canada

National Office
211-3780 14th Ave.
Markham, ON L3R 9Y5
T: 905-943-9400
F: 905-943-9401
Website: www.hypertension.ca
E-mail: admin@hypertension.ca
*Education and information about hypertension, risk factors, sodium reduction, high blood pressure; resource centre; pamphlets; links to related sites.**

HEPATITIS

(See also Liver Disease)

Hepatitis C Prevention, Support and Research Program

Community Acquired Infections Division
Centre for Communicable Diseases and Infection Control
Infectious Diseases and Emergency Preparedness Branch
Public Health Agency of Canada
A.L. 0602C
100 Eglantine Driveway
Tunney's Pasture
Ottawa, ON K1A 0K9
T: 613-941-7537
F: 613-941-7563
Website: www.phac-aspc.gc.ca/hepc/prsp-ppsr-eng.php
E-mail: jeff.potts@phac-aspc.gc.ca
*Information on hepatitis C and other sexually transmitted and blood-borne pathogens, and tuberculosis prevention and control, care and awareness, research and surveillance, and community-based support.**

HIV/AIDS

Canadian AIDS Society

800-190 O'Connor St.
Ottawa, ON K2P 2R3
T: 613-230-3580, 1-800-499-1986
F: 613-563-4998
Website: www.cdn aids.ca
E-mail: casinfo@cdn aids.ca
HIV/AIDS Provincial Hotlines:
Alberta: 1-800-772-2437
British Columbia: 1-800-661-4337
Manitoba: 1-800-782-2437
New Brunswick: 1-800-561-4009
Newfoundland and Labrador: 1-800-563-1575
Northwest Territories: 1-800-661-0844
Nova Scotia: 1-800-566-2437
Nunavut and Eastern Arctic: 1-800-661-0795
Ontario: 1-800-668-2437
Prince Edward Island: 1-800-314-2437
Quebec: No HIV/AIDS hotline available. Contact Santé et Services sociaux Québec: www.msss.gouv.qc.ca/en
Saskatchewan: 1-800-667-6876
Yukon: 1-800-661-0408 ext. 8323
*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, the Society works to enrich the lives of people and communities living with HIV/AIDS, by advocating on behalf of people and communities affected by HIV/AIDS, facilitating the development of programs, services and resources for their member groups, and providing a national framework for community-based participation in Canada's response to AIDS. Resources can be ordered through <http://orders.catie.ca> or by calling the Canadian AIDS Treatment Information Exchange at 1-800-263-1638.**

HOME CARE

Canadian Home Care Association

704-10 Kingsbridge Garden Cir.

Mississauga, ON L5R 3K6

T: 905-361-3277

F: 905-361-3274

Website: www.cdnhomecare.ca

E-mail: chca@cdnhomecare.ca

*Information on initiatives, programs, research and innovations; fact sheets; newsletter with membership; referrals to local support groups.**

HUNTINGTON DISEASE

Huntington Society of Canada

400-151 Frederick St.

Kitchener, ON N2H 2M2

T: 519-749-7063, 1-800-998-7398

F: 519-749-8965

Website: www.huntingtonsociety.ca

E-mail: info@huntingtonsociety.ca

*Information; research; educational materials; support; referrals across Canada.**

INFERTILITY

Infertility Awareness Association of Canada (IAAC)

342-2100 Marlowe Ave.

Montreal, QC H4A 3L5

T: 514-484-2891, 1-800-263-2929

F: 514-484-0454

Website: www.iaac.ca

E-mail: info@iaac.ca

*"Creating Families" magazine; journal; fertility facts; articles; online links to related sites.**

Infertility Network

160 Pickering St.

Toronto, ON M4E 3J7

T: 416-691-3611

F: 416-690-8015

Website: www.infertilitynetwork.org

E-mail: info@infertilitynetwork.org

Support groups; seminars (live and on DVD/CD/tape); books; e-mail newsletter.

INFLUENZA

Canadian Coalition for Immunization Awareness & Promotion (CCIAIP)

c/o Canadian Public Health

Association

300-1565 Carling Ave.

Ottawa, ON K1Z 8R1

T: 613-725-3769 ext. 122

F: 613-725-9826

Website: www.immunize.ca

E-mail: immunize@cpha.ca

*Downloadable posters; pamphlets; fact sheets; activities and a full database of articles and resources.**

IRRITABLE BOWEL SYNDROME

Canadian Society of Intestinal Research (CSIR) / GI (Gastro-intestinal) Society

855 West 12th Ave.

Vancouver, BC V5Z 1M9

T: 604-875-4875, 1-866-600-4875

F: 604-875-4429

Website: www.badgut.org

E-mail: info@badgut.org

*Information on IBS, GERD, Crohn's disease and ulcerative colitis, as well as other gastrointestinal diseases and disorders; pamphlets; "Inside Tract" newsletter.**

KIDNEY DISEASE

The Kidney Foundation of Canada

300-5165 Sherbrooke St. W.

Montreal, QC H4A 1T6

T: 514-369-4806, 1-800-361-7494

F: 514-369-2472

Website: www.kidney.ca

E-mail: info@kidney.ca

*Information; research; newsletters; referrals; educational materials; a peer support program for patients and families; interest-free loans for patients who are residents of Canada to help cover the cost of medical items and services; access to scholarships and bursaries. Certain branches sponsor dialysis camps for children and adults, and some branches and chapters hold patient workshops.**

LEGAL RESOURCES

Canadian Human Rights Commission

344 Slater St., 8th Floor

Ottawa, ON K1A 1E1

T: 613-995-1151, 1-888-214-1090

TTY: 1-888-643-3304

F: 613-996-9661

Website: www.chrc-ccdp.gc.ca

*Information on the Website, including links to other human rights organizations.**

LIVER DISEASE

Canadian Liver Foundation

1500-2235 Sheppard Ave. E.

Toronto, ON M2J 5B5

T: 416-491-3353, 1-800-563-5483

F: 416-491-4952

Website: www.liver.ca

E-mail: clf@liver.ca

*Educational materials; patient support programs.**

LUPUS

Lupus Canada

3-3555 14th Ave.

Markham, ON L3R 0H5

T: 905-513-0004, 1-800-661-1468

F: 905-513-9516

Website: www.lupuscanada.org,

www.walkforlupus.ca

E-mail: info@lupuscanada.org

*Information; articles; fact sheets; links to lupus organizations across Canada.**

MEDICALERT

Canadian MedicAlert® Foundation

800-2005 Sheppard Ave. E.

Toronto, ON M2J 5B4

T: 416-696-0267, 1-800-668-1507

F: 1-800-392-8422

French: 1-800-668-6381

Website: www.medicalert.ca

E-mail: medinfo@medicalert.ca

*A MedicAlert bracelet or necklace is custom-engraved with a member's vital medical information and an electronic medical record is stored on a confidential database that is accessible to first responders and healthcare professionals via a 24-Hour Emergency Hotline.**

MEN'S HEALTH

The Fe/Male Health Centre

407-1235 Trafalgar Rd. N.
Oakville, ON L6H 3P1
T: 905-338-3130
F: 905-338-3150

Information on erectile dysfunction and prostate cancer, andropause, female sexual dysfunction; contacts for other Ontario offices.

MENTAL HEALTH

Anxiety Treatment and Research Centre

St. Joseph's Hospital
301 James St. S., 6th floor
Fontbonne Building
Hamilton, ON L8P 3B6
T: 905-522-1155 ext. 33697
F: 905-521-6120

Website: <http://anxiety.stjoes.ca>

Online referrals to treatment centres across Canada; links to helpful resources.

Canadian Foundation for Trauma Research and Education, Inc.

207-346 Lawrence Ave.
Kelowna, BC V1Y 6L4
T: 250-860-8860, 1-888-960-9960
F: 604-860-8863

Website: www.cftre.com

E-mail: info@cftre.com

Training for various health practitioners; referrals to practitioners; information; research; online newsletter "CFTR eNews."

Canadian Mental Health Association

Phenix Professional Building
303-595 Montreal Rd.
Ottawa, ON K1K 4L2
T: 613-745-7750

F: 613-745-5522

Website: www.cmha.ca

*Information brochures in English, French and other languages; workplace seminars on topics such as stress and depression; advice on issues such as workplace accommodation for bereavement, the emotional impact of unemployment, secondary depression as a result of physical or mental illness and accommodation in the workplace for people with mental illness; workplace stress kit with video; back-to-work strategies; links to employment-focused mental health sites.**

Canadian Psychiatric Association

701-141 Laurier Ave. W.

Ottawa, ON K1P 5J3

T: 613-234-2815

F: 613-234-9857

Website: www.cpa-apc.org

E-mail: cpa@cpa-apc.org

*Publications, newsletters and an online family and consumer booklet on the assessment and treatment of schizophrenia.**

Canadian Psychological Association (CPA)

702-141 Laurier Ave. W.

Ottawa, ON K1P 5J3

T: 613-237-2144, 1-888-472-0657

F: 613-237-1674

Website: www.cpa.ca

E-mail: cpa@cpa.ca

*CPA Performance Network presents organizations with the opportunity to meet world-class psychologists, both scientists and practitioners, through addresses at special events, annual conferences, workshops or training programs; journals including "Canadian Psychology," "Canadian Journal of Behavioural Science," "Canadian Journal of Experimental Psychology," "Synopsis."***

Centre for Suicide Prevention

320-1202 Centre St. SE.

Calgary, AB T2G 5A5

T: 403-245-3900

F: 403-245-0299

Website: www.suicideinfo.ca

E-mail: csp@suicideinfo.ca

Information kits; pamphlets; library and resource centre; training and workshops in suicide awareness and intervention; research on suicide-related issues; online workshop on aboriginal youth suicide prevention (River of Life).

Department of Psychiatry and Behavioural Neurosciences

McMaster University St. Joseph's Healthcare

Centre for Mountain Health Services

Administration – J Wing

100 West 5th St.

Hamilton, ON L8N 3K7

T: 905-522-1155 ext. 36291

F: 905-575-6085

Website: www.fhs.mcmaster.ca/psychiatryneuroscience

Information; articles; research.

Douglas Mental Health University Institute

6875 LaSalle Blvd.

Borough of Verdun

Montreal, QC H4H 1R3

Website: www.douglas.qc.ca

*Website's "Mental Health Info" section provides simple, practical and reliable information on specific mental illnesses.**

Mood Disorders Society of Canada

3-304 Stone Road W., Ste. 736

Guelph, ON N1G 4W4

T: 519-824-5565

F: 519-824-9569

Website: www.mooodisorderscanada.ca

E-mail: info@mooodisorderscanada.ca

Information available by Website, telephone or e-mail; brochures and referrals to local organizations.

The Organization for Bipolar Affective Disorders

1019 7th Ave. SW.

Calgary, AB T2P 1A8

T: 403-263-7408, 1-866-263-7408

Website: www.obad.ca

E-mail: obad@obad.ca

Reading materials; books; "Ask an Expert" tool; consultations on support groups, bipolar or mood disorders; public speaking engagements.

Schizophrenia Society of Canada

100-4 Fort St.

Winnipeg, MB R3C 1C4

T: 204-786-1616, 1-800-263-5545

F: 204-783-4898

Website: www.schizophrenia.ca

E-mail: infor@schizophrenia.ca

*Telephone information; referrals to local resources; brochures; publications; support programs for families living with schizophrenia.**

Veterans Affairs Canada

Bag Service 4000

Kirkland Lake, ON P2N 3P4

T: 1-866-522-2122

French: 1-866-522-2022

Website: www.veterans.gc.ca

E-mail: information@vac-acc.gc.ca

*Offers information about operational stress injuries, including anxiety, depression and post-traumatic stress disorder.**

MIGRAINES

Help for Headaches

515 Richmond St., Box 1568, Stn. B

London, ON N6A 5M3

T: 519-434-0008

Website: www.headache-help.org

E-mail: brent@helpforheadaches.org

Free interview online (Deaf Response, Audio Response for the Blind); Canada-wide Find-a-Headache-Doctor Service by province, online; books, including "Headaches That Persist;" e-mail responses (time permitting); 10 different "Headache Types" and "Headache Hygiene" posters on Website. All Website services free.

MULTIPLE SCLEROSIS

Multiple Sclerosis Society of Canada

700-175 Bloor St. E., North Tower

Toronto, ON M4W 3R8

T: 416-922-6065, 1-800-268-7582

F: 416-922-7538

Website: www.mssociety.ca

E-mail: info@mssociety.ca

*Online access to information about the disease. The Society offers support for people with MS and their families across Canada.**

NATUROPATHIC MEDICINE

Canadian Association of Naturopathic Doctors (CAND)

200-20 Holly St.

Toronto, ON M4S 3B1

T: 416-496-8633, 1-800-551-4381

F: 416-496-8634

Website: www.cand.ca

E-mail: info@cand.ca

*Information on the training, education and regulation of Naturopathic Doctors (NDs); brochures; speakers on naturopathic treatment for a broad range of health issues; verification of ND credentials; Canada-wide referrals. Online: "Find an ND;" health tips; publications and position papers on current health topics.**

NUTRITION AND EATING DISORDERS

Canadian Council of Food and Nutrition

2810 Matheson Blvd., 1st Floor

Mississauga, ON L4W 4X7

T: 905-625-5746

Website: www.ccfnd.ca

E-mail: info@ccfn.ca

Provides a series of consumer fact sheets called "Current Perspectives On..." to facilitate consumer understanding of various nutritional topics, including trans fat, food labels, sodium, vitamin D and childhood obesity prevention; hosts a series of quarterly Webcasts; consumer research.

Dietitians of Canada

604-480 University Ave.

Toronto, ON M5G 1V2

T: 416-596-0857

F: 416-596-0603

Website: www.dietitians.ca

E-mail: centralinfo@dietitians.ca

*Online "Find A Dietitian" tool; online resource centre; publications.**

National Eating Disorder Information Centre

ES 7-421, 200 Elizabeth St.

Toronto, ON M5G 2C4

T: 416-340-4156,

1-866-NEDIC-20 [633-4220]

F: 416-340-4736

Website: www.nedic.ca

E-mail: nedic@uhn.on.ca

Nationwide listing of treatment services and resources; written information on eating disorders, food and weight preoccupation; assistance in the development of information materials; information on support groups for families and for those with eating disorders and food and weight preoccupation; lectures and workshops for community groups and professionals; "Bulletin" newsletter; sponsor of the national Eating Disorder Awareness Week (EDAW); prevention and awareness campaigns.



Health & Wellness Directory

Office of Nutrition Policy and Promotion

Health Canada
Tower A, Qualicum Towers
2936 Baseline Rd., 3rd Floor
A.L. 3303D
Ottawa, ON K1A 0K9
T: 613-957-8329
Website: www.healthcanada.gc.ca/nutrition
E-mail: nutrition@hc-sc.gc.ca

*Resources on healthy eating; healthy weights; prenatal nutrition; nutrition labelling; Canada's Food Guide; research and policy reports; publications.**

Université Laval's Research Chair in Obesity

Centre de recherche de l'Institut universitaire de cardiologie et de pneumologie de Québec (CRIUCPQ)
2725, Chemin Sainte-Foy, Room Y4235
Québec, QC G1V 4G5
T: 418-656-8711 ext. 3392
F: 418-656-4929
Website: www.obesity.ulaval.ca
E-mail: obesity.chair@crhl.ulaval.ca
*Professional resources; online tools; support group information; newsgroup; references; newsletter; magazine; online database; links; information on weight management, nutrition and physical activity.**

ORTHOTICS AND PROSTHETICS

Canadian Association for Prosthetics and Orthotics (CAPO)

605-294 Portage Ave.
Winnipeg, MB R3C 0B9
T: 204-949-4970
F: 204-947-3627
Website: www.prostheticsandorthotics.ca
E-mail: capo@mts.net
*Information on locating a CAPO professional; medical research; links to related organizations and associations; resources including the book, "A Canadian History of Prosthetics and Orthotics: 1955 – 2004."**

OSTEOPOROSIS

Osteoporosis Canada

301-1090 Don Mills Rd.
Toronto, ON M3C 3R6
T: 416-696-2663, 1-800-463-6842
F: 416-696-2673
French: 1-800-977-1778
Website: www.osteoporosis.ca
E-mail: info@osteoporosis.ca
*Referrals; peer counselling phone line; workplace seminars; minimal charge for bulk orders of literature; Website includes contact information for provincial chapters.**

PALLIATIVE CARE

Canadian Hospice Palliative Care Association

Annex D, Saint-Vincent Hospital
60 Cambridge St. N.
Ottawa, ON K1R 7A5
T: 613-241-3663, 1-800-668-2785
Living Lessons® Hospice Palliative Care Info Line: 1-877-203-4636
F: 613-241-3986
Website: www.chpca.net
E-mail: info@chpca.net
*Online directory of hospice palliative care services across Canada; list of provincial associations.**

PARKINSON'S DISEASE

Parkinson Society Canada

316-4211 Yonge St.
Toronto, ON M2P 2A9
T: 416-227-9700, 1-800-565-3000
F: 416-227-9600
Website: www.parkinson.ca
E-mail: general.info@parkinson.ca
*Referrals to 10 regional partners, 240 chapters and support groups, educational conferences; resource materials, fundraising events; electronic newsletter, online information.**

PHARMACY

Canadian Pharmacists Association (CPhA)

1785 Alta Vista Dr.
Ottawa, ON K1G 3Y6
T: 613-523-7877, 1-800-917-9489
F: 613-523-0445
Website: www.pharmacists.ca
E-mail: info@pharmacists.ca
*CPhA is the national professional association for pharmacists. CPhA advocates for and supports its members to advance the profession and enhance patient outcomes; publishes books and electronic resources for healthcare professionals.**

PHYSIOTHERAPY

Canadian Physiotherapy Association (CPA)

270-955 Green Valley Cres.
Ottawa, ON K2C 3V4
T: 613-564-5454, 1-800-387-8679
F: 613-564-1577
Website: www.physiotherapy.ca
E-mail: information@physiotherapy.ca
*CPA is the national professional organization of physiotherapists providing leadership and direction to foster excellence in practice, education and research and to promote a high standard of health in Canada.**

PRIVATE HEALTH CARE

Find Private Clinics (FPC)

2910, pl des Sarcelles
Laval, QC H7L 3R3
T: 514-909-2145
Website: www.findprivateclinics.ca
E-mail: info@findprivateclinics.ca
*FPC is Canada's only human-edited directory for locating quality private clinics and healthcare centres across Canada. "Find Private Clinics Health Directory" is a resource searchable by category, province and city, filled with manually reviewed private clinics, health and wellness centres in Canada.**

SEXUAL HEALTH

The Sex Information and Education Council of Canada (SIECCAN)

850 Coxwell Ave.
Toronto, ON M4C 5R1
T: 416-466-5304
F: 416-778-0785
Website: www.sieccan.org
E-mail: sieccan@web.ca

Provides research-based information on sexual health; consultation services to organizations seeking to promote the sexual health of Canadians; "Canadian Journal of Human Sexuality" and other articles through the Website; links to related Websites; full text of SIECCAN resource document, "Common Questions about Sexual Health Education;" research library; referrals.

SKIN CONDITIONS

Canadian Dermatology Association (CDA)

425-1385 Bank St.
Ottawa, ON K1H 8N4
T: 613-738-1748, 1-800-267-3376
F: 613-738-4695, 1-866-267-2178
Website: www.dermatology.ca
E-mail: contact.cda@dermatology.ca
*Tips for parents and daycares; CDA-recognized sunscreens; facts about sun exposure, using sunscreen, sunscreen and vision safety; public education; CDA library.**

Psoriasis Society of Canada

Box 25015
Halifax, NS B3M 4H4
T: 1-800-656-4494
F: 902-443-2073
Website: www.psoriasisociety.org
E-mail: judyomisner@eastlink.ca
Organizes support groups across Canada; provides up-to-date information on new treatments, programs and services.

SPINA BIFIDA

Spina Bifida and Hydrocephalus Association of Canada

647-167 Lombard Ave.
Winnipeg, MB R3B 0V3
T: 204-925-3650, 1-800-565-9488
F: 204-925-3654
Website: www.sbhac.ca
E-mail: info@sbhac.ca
*Information; newsletters; information on folic acid and latex allergies; online links.**

SPINAL CORD INJURY

Rick Hansen Foundation

300-3820 Cessna Dr.
Richmond, BC V7B 0A2
T: 604-295-8149, 1-800-213-2131
F: 604-295-8159
Website: www.rickhansen.com
E-mail: info@rickhansen.com
*Foundation brings together researchers, service providers and people with spinal cord injury (SCI) to accelerate improvements to the quality of life of those with SCI.**

THYROID DISEASE

Thyroid Foundation of Canada

P.O. Box 9
Mantiock, ON K4M 1A2
T: 1-800-267-8822
F: 514-630-9815
Website: www.thyroid.ca
*Latest updates in thyroid disease; educational materials; health guides; thyrobulletin; articles; fact sheets; thyroid assessment questionnaire (TAQ).**

WELLNESS

Canadian Wellness

288 Benita Ct.
Oakville, ON L6J 4L2
T: 905-330-5370
Website: www.canadianwellness.com
E-mail: info@canadianwellness.com
Online information related to fitness, exercise, sports services; information on corporate wellness; information on nutrition, spiritual wellness, alternative and complementary health; information on pet wellness; online database of practitioners in areas across the country.

WOMEN'S HEALTH

The Canadian Women's Health Network (CWHN)

203-419 Graham Ave.
Winnipeg, MB R3C 0M3
T: 204-942-5500, 1-888-818-9172
F: 204-989-2355
Website: www.cwhn.ca
E-mail: cwhn@cwhn.ca
*CWHN is a network of individuals, groups and organizations concerned with women's health. Publications; resources on women's health with news and feature articles; online "Women's Health Information Centre;" links to related Websites.**

Motherisk

c/o The Hospital for Sick Children
555 University Ave.
Toronto, ON M5G 1X8
Motherisk Helpline: 416-813-6780
Motherisk Alcohol and Substance Use Helpline: 1-877-327-4636
Nausea and Vomiting in Pregnancy Helpline: 1-800-436-8477
HIV and HIV Treatment in Pregnancy Helpline: 1-888-246-5840
Website: www.motherisk.org
*Newsletters; pamphlets; books; information.**

The Society of Obstetricians and Gynaecologists of Canada (SOGC)

780 Echo Dr.
Ottawa, ON K1S 5R7
T: 613-730-4192, 1-800-561-2416
F: 613-730-4314
Website: www.sogc.org (Click on "Menopause" under "Women's Health Information" section.)
E-mail: helpdesk@sogc.com
*The SOGC produces print, audiovisual and online public education materials on topics related to reproductive health and pregnancy. The SOGC also maintains several public education Websites with extensive evidence-based information, articles and fact sheets on topics such as healthy sexuality, contraception and STIs (sexualityandu.ca); menopause (menopauseandu.ca); HPV (hpvinfo.ca); and endometriosis (endometriosisinfo.ca).**

Women's Health Collectives:

Vancouver Women's Health Collective: T: 604-736-5262
Women's Health Centre (Regina): T: 306-766-4860
Women's Health Clinic (Winnipeg): T: 204-947-1517
Marion Powell Women's Health Information Centre (Toronto): T: 416-323-6045
Women's Centre of Montreal: T: 514-842-1066
IWK Health Centre (Halifax): T: 902-470-8888
East Prince Women's Information Centre (Summerside, PEI): T: 902-436-9856
Labrador West Women's Centre: T: 709-944-6562

WORKPLACE HEALTH & SAFETY

Association of Canadian Ergonomists

105-150 Crowfoot Cres. NW., Ste. 1003
Calgary, AB T3G 3T2
T: 403-219-4001, 1-888-432-2223
F: 403-451-1503
Website: www.ace-ergocanada.ca
E-mail: info@ace-ergocanada.ca
*"Communiqué," a quarterly newsletter; "Ergonomics-Ergonomie Canada" magazine; online links to information and resources; directory of ergonomic consultants in Canada; professional development events; publications.**

Canadian Centre for Occupational Health and Safety (CCOHS)

135 Hunter St. E.
Hamilton, ON L8N 1M5
T: 905-572-2981, 1-800-668-4284
F: 905-572-2206
Website: www.ccohs.ca
E-mail: clientservices@ccohs.ca
*CCOHS is Canada's national resource for the advancement of workplace health and safety. CCOHS promotes the total well-being, physical, psychosocial and mental health of working Canadians by providing information, training, education, management systems and solutions that support health and safety programs and the prevention of injury and illness.**

Canadian Race Relations Foundation

701-4576 Yonge St.
Toronto, ON M2N 6N4
T: 416-952-3500, 1-888-240-4936
F: 416-952-3326, 1-888-399-0333
Website: www.crrf-fcrr.ca
E-mail: info@crrf-fcrr.ca
*Referrals; information; roundtable discussions and consultations; antiracism education and training; research reports and publications available via the Website.**

CanOSH

Website: www.canoshweb.org
*Canada's National Workplace Health and Safety Website; enables Canadians to locate workplace health and safety information from the Canadian federal, provincial and territorial governments and their agencies.**

Council of Canadians with Disabilities

926-294 Portage Ave.
Winnipeg, MB R3C 0B9
T: 204-947-0303
TTY: 204-943-4757
F: 204-942-4625
Website: www.ccdonline.ca
E-mail: ccd@ccdonline.ca
*Publications; newsletters; links.**

Employee Assistance Program Association of Toronto (EAPAT)

101-33 Hazelton Ave., Lower Level
Toronto, ON M5R 2E3
T: 416-410-8913
Website: www.eapat.org
E-mail: pres@eapat.org
EAPAT assists in the professional development of its members who include occupational health nurses, human resource professionals, disability management specialists, benefits consultants, health and safety staff, labour representatives and business persons.

Institute for Work and Health

800-481 University Ave.
Toronto, ON M5G 2E9
T: 416-927-2027
F: 416-927-4167
Website: www.iwh.on.ca
E-mail: info@iwh.on.ca
Produces evidence-based information and tools on preventing workplace injury and disability for use by employers, workers, policy-makers, clinicians and researchers.

Labour Program, Work-Life Balance in Canadian Workplaces

Human Resources and Skills Development Canada
Ottawa, ON K1A 0J2
T: 1-800-O-CANADA [622-6232]
Website: www.labour.gc.ca
*Weblink on work-life balance in Canadian workplaces (<http://www.hrsdc.gc.ca/eng/lp/spila/wlb/01home.shtml>)**

National Institute of Disability Management and Research™

202-830 Shamrock St.
Victoria, BC V8X 2V1
T: 250-386-4388
F: 250-386-4398
Website: www.nidmar.ca
E-mail: nidmar@nidmar.ca
*Online education modules; professional certifications; audit and assessment tools; publications; videos; electronic database with regard to disability management and return to work.**

Persons With Disabilities Online

Government of Canada
Service Canada
Attention: Disability Cluster
T: 1-800-O-CANADA [622-6232]
TTY: 1-800-926-9105
Website: www.pwd-online.ca
*Information; links to provincial offices and addresses; publications available online.**

Workplace Safety & Prevention Services (WSPS)

5110 Creekbank Rd.
Mississauga, ON L4W 0A1
T: 905-614-1400, 1-877-494-9777
F: 905-614-1414
Website: www.wsps.ca
E-mail: customer@wsps.ca
As one of four health and safety associations operating under the Health & Safety Ontario banner, WSPS is a trusted advisor to businesses, large and small, seeking to boost productivity and profitability by reaching zero work-related injuries, illnesses and fatalities. Previously you knew us as: Farm Safety Association (FSA), Industrial Accident Prevention Association (IAPA), Ontario Service Safety Alliance (OSSA). WSPS provides industry-specific health and safety products, training and consulting services to 154,000 businesses and 3.8 million employees in Ontario's agricultural, manufacturing and service sectors.



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Group Insurance desjardinsfinancialsecurity.com



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Financial Security®

¹ Source: Survey of Canadian Workers, September 2010. ² 2010 survey by Global Finance.
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Cooperating in building the future

Life, health, retirement

Calendar of Health-Related Events

2011

JUNE

ALS Awareness Month
www.als.ca

National Spina Bifida and Hydrocephalus Month
www.sbhac.ca

Stroke Awareness Month
www.heartandstroke.ca

JUNE 5th

National Cancer Survivors' Day
www.cancer.ca

JUNE 6th – 12th

National Sun Awareness Week
www.dermatology.ca

JUNE 8th

Clean Air Day
www.lung.ca

SEPTEMBER

Arthritis Awareness Month
www.arthritis.ca

Ovarian Cancer Awareness Month
www.ovariancancer.ca

SEPTEMBER 10th & 11th

Parkinson Super Walk
www.parkinsonsuperwalk.ca

SEPTEMBER 16th

Alzheimer Coffee Break
www.alzheimer.ca

SEPTEMBER 19th – 25th

Prostate Cancer Awareness Week
www.prostatecancer.ca

SEPTEMBER 21st

World Alzheimer Day
www.alzheimer.ca

OCTOBER

Breast Cancer Awareness Month
www.cancer.ca

Canadian Autism Awareness Month
www.autismsocietycanada.ca

Eye Care Month
www.opto.ca

Flu Prevention Month
www.lung.ca

Lupus Awareness Month
www.lupuscanada.org

Healthy Workplace Month
www.healthyworkplacemonth.ca

National Brain Tumour Awareness Month
www.braintumour.ca

Psoriasis Awareness Month
www.psoriasisociety.org

OCTOBER 2nd – 8th

Mental Illness Awareness Week
www.miaw.ca

OCTOBER 3rd – 9th

National Family Week
www.frp.ca/nfw

OCTOBER 10th

World Mental Health Day
www.wfmh.org

OCTOBER 23rd

National Psoriasis Walk
www.psoriasisociety.org

NOVEMBER

Amaryllis Month (Huntington Society)
www.inspirehope.ca

Crohn's and Colitis Awareness Month
www.getgutsymonth.com

CPR Awareness Month
www.heartandstroke.ca
www.redcross.ca/cprmonth

Diabetes Awareness Month
www.diabetes.ca

Lung Cancer Awareness Month
www.lung.ca

Osteoporosis Month
www.osteoporosis.ca

NOVEMBER 1st – 7th

National Down Syndrome Awareness Week
www.cdss.ca

NOVEMBER 14th

World Diabetes Day
www.worlddiabetesday.org

NOVEMBER 16th

World COPD Day
www.teamcopd.ca

DECEMBER

Christmas Seal Campaign
www.lung.ca

DECEMBER 1st

World AIDS Day
www.cdnaids.ca

JANUARY

Alzheimer Awareness Month
www.alzheimer.ca

JANUARY 17th – 23rd
 National Non-Smoking Week
www.nnsw.ca

JANUARY 19th
 Weedless Wednesday
www.cctc.ca

FEBRUARY

Heart Month
www.heartandstroke.ca

FEBRUARY 4th
 World Cancer Day
www.cancer.ca

MARCH

Juvenile Arthritis Awareness Month
www.arthritis.ca

Kidney Health Month
www.kidney.ca

Liver Health Month
www.liver.ca

National Colorectal Cancer Awareness Month
www.colorectal-cancer.ca

National Epilepsy Month
www.epilepsy.ca

National Nutrition Month
www.dietitians.ca

Red Cross Month
www.redcross.ca

MARCH 8th
 World Kidney Day
www.kidney.ca

MARCH 24th
 World Tuberculosis Day
www.lung.ca

APRIL

Daffodil Month/Daffodil Days:
 Cancer Awareness
www.cancer.ca

IBS Awareness Month
www.badgut.com

Parkinson Awareness Month
www.parkinson.ca

APRIL 7th
 World Health Day
www.who.int/world-health-day

APRIL 21st – 28th
 National Immunization Awareness Week
www.immunize.ca

MAY

Celiac Awareness Month
www.celiac.ca

Cystic Fibrosis Awareness Month
www.cysticfibrosis.ca

Foot Health Awareness Month
www.podiatrycanada.org

Huntington Disease Awareness Month
www.hsc-ca.org

MedicAlert Month
www.medicalert.ca

Mental Health Week
www.cmha.ca

Multiple Sclerosis Month
www.mssociety.ca

National Physiotherapy Month
www.physiotherapy.ca

Speech and Hearing Awareness Month
www.chs.ca

Walk to Fight Arthritis
www.walktofightarthritis.ca

Walk a Block for Lupus
www.walkforlupus.ca

MAY 1st
 World Asthma Day
www.ginasthma.com
www.lung.ca

MAY 6th – 12th
 National Hospice Palliative Care Week
www.chpca.net

MAY 6th – 12th
 North American Occupational Safety & Health Week
www.naosh.org

MAY 9th – 15th
 Naturopathic Medicine Week
www.cand.ca

MAY 10th
 World Lupus Day
www.lupuscanada.ca

MAY 12th
 Canada Health Day
www.cpha.ca

MAY 12th
 Fibromyalgia and Chronic Fatigue Syndrome National Awareness Day
www.fm-cfs.ca

MAY 18th
 World AIDS Vaccine Day
www.cdnaids.ca

MAY 31st
 World No Tobacco Day
www.who.int/tobacco/en

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Desjardins Financial Security also serves companies and organizations of all sizes, offering comprehensive and competitive group insurance plans adapted to their needs, backed by a team of experts skilled in plan set-up and administration. Our solutions also include disability management and prevention services. Employers can use these services to prevent work absences and minimize the negative impact of these significant challenges.

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