

## USEFUL LINKS

My Health Canada - Offers regional support group listings and information specific to multiple illnesses [www.MyHealthCanada.com](http://www.MyHealthCanada.com)

Healthy Ontario  
<http://health.gov.on.ca/en/>

Waterloo Wellington Health Services  
<http://www.wwhealthline.ca/>

Public Health Resource Centre  
<https://www.regionofwaterloo.ca/en/health-and-wellness/public-health-resource-centre.aspx>

Healthcare – Immigration Waterloo  
<http://www.immigrationwaterlooregion.ca/en/settle-and-belong/health-care.aspx>

Waterloo Wellington LHINs  
<http://www.waterloowellingtonlhin.on.ca/resources/healthlinks.aspx>

Healthlink at Kitchener Public Library <https://kpl.org/health>

Health Services in Your Community  
<http://www.health.gov.on.ca/en/common/system/services/default.aspx>

Waterloo Region Community Information Database (Kitchener Public Library)  
<http://books.kpl.org:81/search>

The Care Guide – online resource for retirement options  
[www.thecareguide.com](http://www.thecareguide.com)

Canadian AIDS Society [www.cdnaids.ca](http://www.cdnaids.ca)

Smart Patients – An online community where patients and their families learn from each other [www.smartpatients.com](http://www.smartpatients.com)

Community Deathcare Canada – Collective engagement with dying, death and bereavement [www.communitydeathcare.ca](http://www.communitydeathcare.ca)

Canadian Virtual Hospice – An online source of information about palliative care and end of life care [www.virtualhospice.ca](http://www.virtualhospice.ca)

A Place For Mom – Find and compare senior housing options  
<https://canada.aplaceformom.com/>