

Ontario		
OHIP	https://www.ontario.ca/page/health-care-ontario	Information on Ontario's health care system
Government of Ontario	https://www.ontario.ca/page/government-ontario	Excellent resources for Ontarians.
ODSP	http://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/	Ontario Disability Support Program: If you have a disability and need help with your living expenses, you may be eligible for the Ontario Disability Support Program (ODSP).

Canada		
Health Canada	http://www.hc-sc.gc.ca	Great health info including Consumer product safety, Drugs and health products, Environmental and workplace health.
Government of Canada	https://www.canada.ca	Offers very useful info re: immigration, job, business, tax, travel, health, and benefits.
Public Health Agency of Canada	https://www.canada.ca/en/public-health.html	The Public Health Agency of Canada empowers Canadians to improve their physical and mental health to prevent disease and injuries. It also provides information for travellers.
Canada Food Guide	https://www.canada.ca/en/health-canada/services/canada-food-guides.html	Learn about Canada's food guides and how they can help you make healthy food choices. Also access history, labelling, advertising and copyright information for our guides.
Government of Canada Benefit Finder	http://www.canadabenefits.gc.ca/f.1.2c.6.3z.1rdq.5.2st.3.4ns@.jsp?lang=en	The Benefits Finder may suggest benefits from federal, provincial or territorial governments.
Canadian Living	http://www.canadianliving.com	

Toronto		
Toronto	www.toronto.ca	It gives you lots of information about services and community resources in Toronto

International		
Travel	https://travel.gc.ca https://www.canada.ca/en/public-health/services/travel-health.html	Information on how to have a safe and enjoyable journey whether you are travelling in Canada or abroad.
FDA	https://www.fda.gov	The U.S. Food and Drug Administration

Region of Peel Services		
Peel Website	https://www.peelregion.ca	
Breastfeeding Clinics	https://www.peelregion.ca/health/family-health/breastfeeding/resources/index.htm	
Prenatal Classes	https://www.peelregion.ca/health/family-health/during-pregnancy/classes-programs/index.htm	Peel Public Health offers a variety of free prenatal programs to meet the needs of the residents of Peel. All of these programs are facilitated by a Public Health Nurse.
Parenting Workshops	https://www.peelregion.ca/children/resources/workshops.htm	

Immunization		
Immunization info	http://www.parentguide.ca/tools/vaccination-chart/	Information for parents about child's vaccines
Vaccine Schedule	http://www.healthycanadians.gc.ca/apps/schedule-calendrier/index-eng.php http://chd.region.waterloo.on.ca/en/healthyLivingHealthProte	Immunization tool that makes a schedule for vaccines so that they're given at the right time. As well as Publicly funded immunization schedule for Ontario.

	ction/resources/ImmunizationSchedule.pdf	
Report immunization online	https://www.peelregion.ca/immunize/	A way for parents to report a child's immunization online

Seniors		
Elder Abuse	http://rgp.toronto.on.ca/ElderAbuse	
End of Life Care	http://rgp.toronto.on.ca/EndofLifeCare	
Care Maps	http://caremapsforseniors.ca	
Driving Services	http://driveable.com	
Exercise and Fall Prevention Classes	http://healthcareathome.ca/centralwest/en/Getting-Care/physiotherapy-services-for-seniors/exercise-and-falls-prevention-classes	These classes are intended for seniors and consist of strengthening and balance exercises to reduce the risk of falls. Exercise and falls prevention classes are developed by a qualified health care professional and coordinated by us.
Senior Support	http://rgp.toronto.on.ca/Depression	

Diabetes		
Diabetes	http://www.diabetes.ca http://www.diabetes.org	Information on how to live with diabetes varying from foods to eat to research and how it effects your community
Physical Activity	http://www.diabetes.ca/clinical-practice-education/professional-resources/physical-activity-exercise	Advice on how diabetics can get physical exercise and how it will impact their health.
LMC	http://www.lmc.ca/ http://www.lmc.ca/lmc-brampton/ http://www.lmc.ca/free-diabetes-education-classes/	Canada's largest Specialist Care Provider in Diabetes & Endocrinology.
Food	https://diabeticgourmet.com	About diabetes safe gourmet foods

Disease Prevention		
Centers for Disease Control and Prevention	https://www.cdc.gov	CDC gives useful information about healthy living, diseases & conditions, travelers' health, and emergency preparedness.
Public Health Ontario	https://www.publichealthontario.ca	PHO has great information about chronic diseases, environmental and occupational health, immunization, health promotion and infectious diseases.
Canadian Public Health Association	https://www.cpha.ca	Founded in 1910, the Canadian Public Health Association, non-governmental organization, is the independent voice for public health in Canada with links to the international community. It focuses exclusively on public health and uniquely positioned to advise decision-makers about public health system reform and to guide initiatives to help safeguard the personal and community health of Canadians and people around the world.

Asthma		
Asthma	https://www.asthma.ca http://www.asthma.com https://www.asthma.org.uk http://www.asthmakids.ca http://www.4seasonsofasthma.ca/fall_index.php	Education asthma
Asthma/Allergy	http://www.aaaai.org	how asthma connects with allergies

COPD Canada		
COPD	http://www.copdcanada.ca http://www.copdcanada.info/index.html	Chronic Obstructive Pulmonary Disease in Canada

Support		
Child Care Support	https://www.toronto.ca/community-people/employment-social-support/child-family-support/child-care-support/	A Child Care Fee Subsidy helps a family with the cost of licensed child care. There is a waitlist, so apply as soon as possible. You can apply as soon as you know you are pregnant or expecting a child through adoption.
Rent Support	https://www.toronto.ca/community-people/employment-social-support/housing-support/rent-geared-to-income-subsidy/	Help supports singles, seniors and families with rent
Medical Supplies and devices:	https://www.toronto.ca/community-people/employment-social-support/health-support/medical-supplies-and-devices/	People on Ontario Works Assistance or Ontario Disability Support Program (ODSP), can apply. Low-income Toronto residents who need financial help to purchase these supplies or devices may also apply through the Hardship Fund.
Assistive Devices Program	http://www.health.gov.on.ca/en/pro/programs/adp/default.aspx	The objective of the Assistive Devices Program (ADP) is to provide consumer centered support and funding to Ontario residents who have long-term physical disabilities and to provide access to personalized assistive devices appropriate for the individual's basic needs.

Drugs and Medications		
Medication-ODB	https://www.toronto.ca/?page_id=7452?accordion=medication	People on Ontario Works automatically qualify to have the cost of their prescription medications covered under

		the Ontario Drug Benefit Program.
Special Access to drugs	https://www.canada.ca/en/health-canada/services/drugs-health-products/special-access/drugs.html	The Special Access Programme (SAP) provides access to nonmarketed drugs for practitioners treating patients with serious or life-threatening conditions when conventional therapies have failed, are unsuitable, or unavailable

Sexual Health		
Planned parenthood - Ottawa	https://ppottawa.ca	Provides a range of services and information for people in the Ottawa area to make healthy decisions about their health, bodies and relationships.
Teaching Sexual Health	https://teachingsexualhealth.ca	Helps teachers, educators, and parents achieve excellence in teaching sexual health.
LGBTQ	http://pflagcanada.ca/	Support for going families through the "coming out" process for non-heterosexual teens.
Sex Information and Education Council of Canada	http://sieccan.org	Promote information on sexual and reproductive health.
Action Canada for Population and Development	https://www.actioncanadashr.org	
Scarleteen	http://www.scarleteen.com/	Answers various questions for young females regarding sexual health, safe sex, pregnancies, etc.

Oral Hygiene		
Dental Services	https://www.toronto.ca/?page_id=7452?accordion=dental-ontario-works-and-odsp	Through Ontario Works, adults (18 years and older) are eligible for emergency dental treatments.
Oral Health	http://www.peelregion.ca/health/professionals/oral-health.htm	

Physiotherapy		
Physiotherapy Support	https://www.ontario.ca/page/get-physiotherapy?_ga=1.79219156.114151673.1468415450	Learn how you can receive government-funded physiotherapy services to help you recover from illness, surgery or injury. If you are a senior, you may benefit from exercise classes designed to keep you healthy, active and independent.
Physiotherapy Clinics	http://healthcareathome.ca/centralwest/en/Getting-Care/physiotherapy-services-for-seniors/publicly-funded-physiotherapy-clinics	List of Publicly-Funded Physiotherapy Clinics

Skin Care		
Eczema	http://www.eczemaCanada.ca https://www.itchingforanswers.ca https://eczemahelp.ca http://www.eczemaguide.ca http://www.handeczema.ca	Information on eczema in Canada
Sun Safety	http://saveyourskin.ca http://sunsmarts.ca http://www.sunsmart.com.au	Information on sun safety
Melanoma	http://pcdsc.ca/2016/06/14/dear-16-year-old-me/ https://www.melanomanetwork.ca http://www.cancer.ca/en/cancer-information/cancer-type/skin-melanoma/melanoma/?region=on	Resources to learn about melanoma, its causes, treatment and how others could help the initiative.
CIU	https://www.itchingforanswers.ca	
Unwanted Facial hair	http://www.unwantedfacialhair.ca	
Acne	https://www.acneaction.ca http://www.acneguide.ca	websites about acne control, treatment, and skin care

Rosace	http://rosaceaainfo.com	website about rosacea control, treatment, and skin care
Cold Sore	http://www.coldsores.ca/en/	Developed by dermatologists, this website is your online guide to managing and preventing cold sores.
Non-melanoma Skin Cancer	http://www.cancer.ca/en/cancer-information/cancer-type/skin-non-melanoma/non-melanoma-skin-cancer/?region=on	Resources on the types of non-melanoma skin cancers
Skin Cancer	http://www.skincancerguide.ca	From skin cancer symptoms to currently available treatments this guide offers comprehensive information to those looking for answers to their questions.

Hair		
Canadian Hair Loss Foundation	http://www.canadianhairlossfoundation.org	Canadian Hair Loss Foundation research in hair loss in Canada, educate the public and health care practioners about hair loss.
Lice	http://www.lice.ca	This website answers some of the most frequently asked questions about lice. You'll learn how to identify lice and where they occur, as well as some common medical treatments to get rid of them

Psoriasis		
Psoriatic Arthritis	http://www.psoriaticarthritisguide.ca	Offers treatments and patient support on arthritis
Psoriasis Society of Canada	http://www.psoriasisociety.org	
Psoriasis stories	https://www.psoriasisstory.ca/	
CAPP	http://www.canadianpsoriasis.ca/index.php/en/	Learn more about psoriasis, the current treatment options and how psoriasis can affect your overall health in the long term. The treatment information has been vetted by

		top dermatologists.
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Healthy Diet		
Eat Right Ontario	https://www.eatrightontario.ca	EatRight Ontario is here to answer your nutrition and healthy eating questions.
Dietitians	https://www.dietitians.ca/Your-Health/Find-A-Dietitian/Find-a-Dietitian.aspx https://www.dietitians.ca	Dietitians make it easier for the public to make healthy food choices. The advice and information they provide is tailored to the needs and values of their clients and communities
Food	https://www.canada.ca/en/health-canada/services/food-nutrition/canada-food-guide/food-guide-servings-tracker/male-aged-19-50.html https://www.canada.ca/en/health-canada/services/canada-food-guides.html https://www.dashforhealth.com	

Physical Activity		
Canadian Physical Activity Guidelines	http://www.csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_adults_en.pdf https://www.canada.ca/en/public-health/services/health-promotion/healthy-living/physical-activity.html https://www.canada.ca/en/public-health/services/health-promotion/healthy-living/physical-activity/24-hour-movement-guidelines-children-youth.html http://www.csep.ca/home	

Specialists		
Find a Foot Specialist	http://opma.ca/findapodiatrist	Websites to access Doctors with their specialties
Find a Optometrist	https://www.optom.on.ca/oao/patients/find_a_doctor/oao/find_a_doctor.aspx	
Find a Physiotherapist	http://publicregister.collegept.org	

	/PublicServices/Start.aspx	
Find a Naturopath	https://oand.org https://www.cand.ca	
Find a chiropractor	https://www.chiropractic.on.ca	
Find a Homeopath	http://www.ontariohomeopath.com	
Find a doctor	https://www.ontario.ca/locations/health/index.php?lang=en	

Cancer	
Canadian Cancer Society	http://www.cancer.ca/en/?region=on
Cancer Care Ontario	https://www.cancercare.on.ca
American Cancer Society	https://www.cancer.org
National Cancer Institute	https://www.cancer.gov

STD/STI		
Herpes	http://www.herpesguide.ca	These sites help you understand the basics of herpes, warts, HIV how they are diagnosed, the role of cold sores and which drugs are effective in treating herpes.
Genital warts	http://www.genitalwarts.ca	
HIV	http://www.halco.org	

Dementia	
Alzheimer	https://www.alz.org http://www.alzheimer.ca

Alcohol and Drugs	
Alcoholics Anonymous	http://aa.org
Cocaine Anonymous	https://ca.org
Gamblers Anonymous	http://www.gamblersanonymous.org/ga
Narcotics Anonymous	https://www.na.org
Overeaters Anonymous	www.oa.org

Mental Health	
Mental Health	https://cmha.ca http://www.ementalhealth.ca/splash.php http://ontario.cmha.ca http://www.schizophrenia.on.ca https://moodgym.com.au
Suicide	https://www.suicideprevention.ca http://suicidehotlines.com/canada.html
Depression	http://comh.ca/antidepressant-skills/adult/

Allergies	
Allergy	http://www.allergyaware.ca http://www.aaia.ca
Celiac	https://www.celiac.ca
Medic Alert	https://medicalert.ca

Organs	
Liver	https://www.liver.ca
Lungs	https://www.lung.ca
Obesity	http://www.obesitynetwork.ca
Spine	http://spinecanada.ca

Pregnancy	
Abortion	<p>Brampton: http://www.bramptonwomensclinic.com</p> <p>Mississauga: https://mwclinic.com http://www.morgentaler.ca http://www.abortiontoronto.com http://www.bloorwestwomensclinic.com http://cabbagetownwomensclinic.com http://hasslefreeclinic.org/home/women-trans-clinic/abortions http://womenscareclinic.ca</p>

Pregnancy	http://www.pregnancyinfo.ca	
Mother Risk	http://www.motherisk.org	
Postpartum Depression	http://www.pmdinpeel.ca	Helps new mothers with postpartum depression, offers many services from workshops to peer groups.

OW		
Peel Region	https://www.peelregion.ca/ow/	
Toronto	https://www.toronto.ca/community-people/employment-social-support/support-for-people-in-financial-need/assistance-through-ontario-works/	
Medical Transportation-OW	https://www.toronto.ca/?page_id=7452?accordion=medical-transportation-ontario-works	People on Ontario Works may receive money for transportation costs to attend medical appointments.
Special Diet Allowance-OW	https://www.toronto.ca/?page_id=7452?accordion=special-dietary-needs-ontario-works http://www.mcass.gov.on.ca/en/mcass/programs/social/special_diet_apply.aspx	

Fertility	http://health.gov.on.ca/en/public/programs/ivf/pub_clinics.aspx http://www.astrafertility.com/mission.html http://newlifefertility.com http://www.onefertility.com http://www.rccfertility.com http://bramptonlifecentre.com http://nahalfertility.com http://www.torontofertility.com http://mountsinaifertility.com http://triofertility.com http://ivfcanada.com http://www.createivf.com http://hannamfertility.com	
ADHD	www.caddac.ca http://www.adhdandyou.ca http://adhdsolution.com http://chadd.org	

Autism	http://www.autismontario.com https://autismcanada.org autismspeaks.org https://www.erinoakkids.ca http://icdspeel.ca http://www.ldao.ca
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Flu	https://www.canada.ca/en/public-health/services/diseases/flu-influenza.html?utm_source=vanity_url&utm_medium=canada.ca_a_flu_en&utm_campaign=canada.ca
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Briatric	http://www.empoweredweightloss.ca http://www.ontariobariatricnetwork.ca http://www.uhn.ca/Surgery/PatientsFamilies/Clinics_Tests/Bariatric_Clinic/Pages/why_special.aspx http://www.ontariobariatricnetwork.ca/our-centres/bcoes-centers/~723_Toronto%20Western%20Hospital%20-TWH- http://www.centrichealthsurgicaltoronto.ca/services/weight-loss-procedures/ http://start.smartshape.ca/procedures/?keyword=bariatrics%20surgery&keyword=bariatrics%20surgery&creative=196863339320&gclid=CjwKCAjwhOvPBRBxEiwAx2nhLrZ1QQ_s1il7AI-fGJTqUgROSIhrraohnjliWwSaGMf0ZklyHoWJcRoCaQEQA_vD_BwE https://www.whatclinic.com/bariatric-surgery/canada/ontario/brampton/empowered-weight-loss
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Kids	http://caringforkids.ca http://www.children.gov.on.ca https://cmho.org http://www.motherisk.org/index.jsp http://www.aboutkidshealth.ca/En/Pages/default.aspx
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Other	
Health assessment:	http://healthtoolsonline.com
Epilepsy:	http://www.epilepsy.ca
PAP:	http://infotestpap.ca/index_e.html
Canadian Foundation for Women's Health:	http://cfwh.org
Osteoporosis	http://www.osteoporosis.ca
Canadian Hearing Society	http://www.chs.ca
Poison	http://capcc.ca

Overactive Bladder	www.overactivebladder.ca
Prostate	http://www.canadian-prostate.com
Low Testosterone	www.lowt.ca
Bereavement	http://www.bereavedfamilies.net
Hypertension Canada:	https://www.hypertension.ca
The Arthritis Society	https://www.arthritis.ca
Alopecia areata	http://www.canaaf.org
Sleep and disorders	http://css.to
Chronic Pain, Chronic Disease, Diabetes Self Management Programme Brochure	http://www.williamoslerhs.ca/docs/default-source/healthcare-professionals-documents/diabetes-selfmngmtbrochure.pdf?sfvrsn=0
Sunnybrook	https://sunnybrook.ca/

Smoking
http://www.smokershelpline.ca https://www.canada.ca/en/health-canada/services/smoking-tobacco/quit-smoking/tips-help-someone-quit-smoking/you-can-quit-smoking-we-can-help.html https://www.canada.ca/en/health-canada/services/health-concerns/tobacco.html https://www.ontario.ca/page/support-quit-smoking http://www.cancer.ca/en/support-and-services/support-services/quit-smoking/?region=on https://www.lung.ca/lung-health/smoking-and-tobacco http://www.canadianliving.com/health/prevention-and-recovery/article/6-ways-to-quit-smoking http://breakitoff.ca https://www.nicotinedependenceclinic.com/English/teach/Pages/Home.aspx http://youcanmakeithappen.ca https://www.peelregion.ca/health/tobacco/tobaccor.htm https://www.nicotine-anonymous.ca https://www.nicorette.com https://www.nicotrol.com https://www.zyban.com https://www.habitrol.com https://www.Champix.com https://www.ontario.ca/page/support-quit-smoking