



Federated
Health Charities

**The Charities of Federated Health:
Programs & Services Supporting Northern Ontario**

All the charities supported by Federated Health Charities provide services across all of Ontario, including the Northern parts of the province.

That being said, we recognize there are unique circumstances and challenges experienced by those living in Northern Ontario and wanted to highlight more specifically how our charities are available to support our Northern communities. This guide highlights programs and services available specifically to those in the Northern communities.

All other services provided by the charities also apply, such as research, advocacy, and supports, but this is a guide of those that are of particular value to those in the North.

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ALS Society of Canada:
[ALS Canada – ALS Society of Canada](#)

ALS Canada's team of [Community Leads](#) provide support and assistance to people and families living with ALS across the province, including Northern Ontario. Community Leads help to navigate healthcare systems and community supports, and provide information, resources, and education. Community Leads offer both virtual and in-person home visits to discuss individual and family needs. They also facilitate both in-person and virtual support groups for people living with ALS, their family members, and their caregivers, as well as a bereavement program and caregiver program that are both accessible online.

ALS Canada helps people diagnosed with ALS to cope with the daily challenges of decreasing mobility and communication ability and to help with retaining independence through the ALS Canada [Equipment Program](#). Access to equipment and assistive devices is essential for the safety and comfort of people living with ALS and is a priority of the organization. The Equipment Program provides access to basic and essential assistive equipment across the province through:

- The Loan equipment program
 - Funding assistance programs for some leased and rented equipment
 - Flexible funding program for small bathroom equipment
- [Equipment – ALS Society of Canada](#) this link will bring you to more details on the type of equipment and the applications for equipment loan and equipment funding

Online resources including [webinars and education](#) can be found at: [Webinars and education – ALS Society of Canada](#)

If you are a resident of Ontario living with ALS, PLS, PMA, PBP, KD, or Certain HSP diagnosis, and would like to access the supports and services, please reach out to the ALS team at: communityservices@als.ca.

[First Link Care Navigators](#) travel great distances to meet with clients and offer services. [First Link](#) can connect you to dementia-focused health services, support, and information near you, such as:

- Receiving one-on-one or group support services
- Being connected to local healthcare providers and community services
- Meeting others in similar circumstances to exchange experiences
- Getting help on planning your future and managing your disease

[Finding Your Way](#) helps people (and their circle of care) living with dementia to recognize the risk of going missing and ensure that people with dementia can live safely in the community. Download the identification kit here: [Finding Your Way \(findingyourwayontario.ca\)](#).

[Minds In Motion](#) incorporates physical and mental simulation for people with early to mid-stage Alzheimer's disease or other forms of dementia. Weekly groups are facilitated at varying locations within the community of both Sudbury and North Bay. The groups consist of persons living with dementia (each accompanied by their care partners), and it is offered free of charge. In addition to the seated-exercise session, the 2-hour program offers a social component, the benefits of which cannot be measured but are readily evident upon attendance. There is also a [Virtual Program](#) and these sessions run for 1 ½ hours, once per week, for eight weeks. They are offered throughout Ontario, and there are no geographical restrictions to joining the program virtually. [Click here](#) to view upcoming sessions and to register or [contact your local Alzheimer Society for more information](#).

Where to find them:

[Sudbury/Manitoulin/North Bay Office:](#)

960B Notre Dame Avenue, Sudbury, ON., P3A 2T4 1-800-407-6369

[SUDBURY - Winter 2024 Schedule \(alzheimer.ca\)](#)

[Thunder Bay Office:](#)

1184 Roland Street Suite 490, Thunder Bay, ON., P7B 5M4 1-807-345-9556

[Timmins-Porcupine District Office:](#)

38 Pine Street North/101 Mall Suite 107 Top Floor, Timmins, ON., P4N 6K6
(705) 268-4554

Arthritis Society:

[Home | Arthritis Society Canada](#)

[Arthritis Talks](#) and [Club Sunrise](#) are fully virtual and can be accessed by anyone in Ontario. Arthritis Talks is the Arthritis Society's signature webinar series, which brings current, evidence-based information straight from the experts directly to you. Club Sunrise connects youth diagnosed with arthritis and other rheumatic diseases from coast-to-coast in a safe, supportive, and fun community. These programs have a mission to provide useful information and resources to people who would like access from the comfort of their own homes.

Arthritis Society also offers [community grants](#) that can be accessed by those who want to provide an additional service in their area to help those suffering from arthritis.

Where to find them:

[Arthritis Society – Sudbury](#)

40 Elm Street, Suite 283, Greater Sudbury, ON., P3C 1S8, (705) 673-4641

Services offered by Sudbury office:

- Arthritis rehabilitation and education program
- Client-based programs which teaches individuals with an arthritis diagnosis how to adaptReferrals to other services in the community that can help.

[Arthritis Society – Sault Ste Marie \(serving Cochrane, Sault Ste Marie and area\)](#)

316 Wellington Street West, Sault Ste. Marie, ON., P6A 1J1, (705) 253-7750

Services offered by Sault Ste. Marie office:

- Education, programs, and support to people living with arthritis.
- Arthritis Rehabilitation and Education Program: Community-based rehabilitation program with physiotherapists, occupational therapists and social workers available for individual consultation and group education sessions.
- Chronic Pain Management Workshops - 2-hour course on pain management.
- Online self-management courses - E-learning programs, including "Mental Health and Well Being" and "Overcoming Fatigue".
- Project Thrive - Annual event for families living with childhood arthritis to come together, learn and have fun.

[Arthritis Society – Thunder Bay](#)

1077 Golf Links Rd, Suite 2, Thunder Bay, ON., P7B 5N3, (800) 321-1433 ext 3370

Services offered by the Thunder Bay office:

- Provides information, support, and educational programs to individuals living with arthritis.

- Offers online learning, workshops, and printable resources to help manage arthritis.
- Advocates on key issues for people living with arthritis, such as access to medication, medical cannabis, and wait times for joint replacement.
- Project Thrive: Hosts an annual event for families living with childhood arthritis to come together, learn, and have fun.

Arthritis Society – North Bay

1303 Main Street West, North Bay, ON., P1B, (705) 474-2314

Autism Ontario has an active [North Region](#) that provides programs and services throughout Northern Ontario. They provide numerous virtual programs to reduce travelling barriers. They also offer in-person programs throughout the North. Some of their Northern specific programs and services include:

- [Community events](#)
- [Community Connect portal](#)
- [OAP provider list](#)
- [Adult programs](#)
- [Caregiver support groups](#)
- [French language services](#)
- [Advocacy resources](#)
- [Webinars and workshops](#)
- [March Break funding](#)
- [Summer support funding](#)
- [Social/recreational programs](#)
- [Career Connection portal](#)

Offer an abundance of online learning resources, which can be found at: [Learning Resources | Autism Ontario](#)

To contact the North Region, go to <https://www.autismontario.com/region/north>

Where to find them:

18004727789 ext 390, north@autismontario.com

Erika Luoma, Fund and Volunteer Coordinator

18004727789 ext 223, Erika.luoma@autismontario.com

Canadian Cancer Society: [Canadian Cancer Society | Canadian Cancer Society](#)

Canadian Cancer Society recognizes the unique needs of the North and have launched a specific campaign to further support Northern communities. [Northern Ontario Campaign | Canadian Cancer Society](#) contains specific information about the Northern Ontario campaign, specific strategic planning, and has links to resources like Air Daffodil and driving programs.

[Community Service Locator](#). Last year, 1,248 users from Northern Ontario logged on to find information about support groups, free wigs and prostheses, financial assistance, lodges and more.

[CancerConnection.ca/ParlonsCancer.ca](#). Over 3,500 users in the north logged on to CancerConnection.ca and ParlonsCancer.ca. These online communities are places for people with cancer and their loved ones to share their experiences and build supportive relationships.

[Cancer Information Helpline](#). Northern Ontario residents made 749 inquiries on topics including cancer prevention, emotional support, cancer treatments and side effects. Our Cancer Information Helpline is a national, toll-free service for people with cancer, their caregivers, their families, and their friends, as well as the public and healthcare professionals.

[Wheels of Hope/Air Daffodil](#). 151 individuals were helped through the volunteer driver program, with drivers making 2,269 trips. To shorten the distance to treatment, 43 people received flight assistance, making 84 trips through Air Daffodil (Northern Ontario specific) and 6 individuals received financial support through the Travel Treatment Fund.

[Search | Community Service Locator \(cancer.ca\)](#) shows services by postal code, letting you know what is available right in your area, such as home care support, individual and group meetings, specific cancer type centres.

[Cancer and Tumour Support Groups and Organizations - North East - northeasthealthline.ca](#) provides contacts for Cancer & Tumor Support Groups in the North East.

[Health Sciences North](#) in Sudbury is one of 14 cancer centres in Ontario. A wide range of services are offered there including dietitians; social workers; psychologists;

speech language pathologists; physiotherapists; dental oncology team; aboriginal services; genetic counselling; pediatric cancer satellite clinic.

Where to find them:

[Canadian Cancer Society – Thunder Bay](#)

193 Barton Street, Thunder Bay, ON., P7B 5N3, (807) 244-5433

[Canadian Cancer Society – Algoma Community Office – Sault Ste Marie](#)

390 McNabb St, Sault Ste Marie, ON., P6B 1Z1, (888) 939-3333,
algoma@ontario.cancer.ca

Canadian Liver Foundation:

[Canadian Liver Foundation Home - Canadian Liver Foundation](#)

The [Resource Hub \(liver.ca/resource-hub\)](#) has relevant and essential information on the 100+ forms of liver disease.

[National Help Line: 1-800-563-5483](#). This help line gives you and your loved one somewhere to turn for answers after diagnosis, helps you understand your disease, and provides you with the resources you need.

A bank of [liver-friendly recipes](#).

[LIVERight Webinars](#) – monthly webinars with experts on a range of liver disease and liver health topics. Free, online monthly forum for people living with liver disease, transplant recipients and their families to connect with each other in person, to learn about their disease and learn how to cope. The program consists of sessions covering topics ranging from nutrition and exercise to treatments and transplantation. Guest speakers include liver specialists, social workers, nutritionists, psychotherapists, liver transplant nurses and kinesiologists. The [Living with Liver Disease](#) program is being presented in a series of sessions, visit www.liver.ca/lwld to register.

[Healthy Workplace Presentations and Cooking Demonstrations](#). Community presentations on liver health are offered to community groups (health & community centres, retirement homes, etc.) which promote a better understanding and awareness of liver disease.

Where to find them:

Jennifer Nebesky (Central & Northern Ontario) (416) 491-3353, jnebesky@liver.ca

Sarah Laister, Ontario Chapter Representative, slaister@liver.ca

Crohn's & Colitis Canada:

[Ontario - Ontario Location - Crohn's and Colitis Canada \(crohnsandcolitis.ca\)](#)

[MyGut App](#) - a free, easy-to-use-app that enables people to track, understand, and manage their journey with Crohn's disease or ulcerative colitis.

[Crohn's and Colitis Connect](#) – Allows people to connect with experienced individuals (mentors), hear from others about managing symptoms, navigating treatment, and caring for those affected, attend our virtual peer connect event and find information from evidence-based resources.

The websites below feature many [events in the Northern Ontario](#) area:

[Sudbury - Ontario Location - Crohn's and Colitis Canada \(crohnsandcolitis.ca\)](#)

[Thunder Bay - Ontario Location - Crohn's and Colitis Canada \(crohnsandcolitis.ca\)](#)

[\(2\) Facebook \(GetGutsy Northern Ontario\)](#)

Where to find them:

Call the [National Help Line](#)

Nicole Sage, Development Coordinator, Northern Ontario,
nsage@crohnsandcolitis.ca (705) 890-9782

Cystic Fibrosis Canada: [Cystic Fibrosis Canada](#)

[About Us \(cysticfibrosis.ca\)](#): Northern & Eastern specific Cystic Fibrosis webpage that includes contacts and chapters in North Bay, Sault Ste Marie, Sudbury, and Thunder Bay

[Cystic Fibrosis Clinic, Health Sciences North](#): Sudbury, ON, Sharri-Lynne Zinger, RN (705) 523-7100, Ext. 3263

Where to find them:

Paige Shemilt, North Bay Chapter, pshemilt@gmail.com (705) 499-7629

Frieda Labelle, Sault Ste Marie Chapter, flabella_915@hotmail.com (705) 782-0603

Robert McCarthy, Sudbury Chapter, robbymac42@gmail.com

Barb Thomson, Thunder Bay Chapter, barbthomson@tbaytel.net

Diabetes Canada:

[Canada needs a nation-wide diabetes strategy now - Diabetes Canada](#)

Diabetes Canada is actively present in communities across Northern Ontario with:
Virtual Accessibility: Receiving diabetes education and support from the comfort of your home.

Diabetes Deep Dives: Get in-depth information about diabetes management presented as a video series.

Diabetes Open Hours: Connecting individuals with expert guests in live Q&A-style sessions.

How 2 Type 1 Video Series: Empowering individuals with knowledge, expert advice, and actionable steps for thriving, whether recently diagnosed or in need of a refresher.

Virtual Diabetes Classes: Providing a platform to learn more about diabetes management through Diabetes Canada's virtual diabetes education classes.

Webinars: Expert-led webinars on a variety of diabetes-related topics for individuals and caregivers.

1-800 BANTING (226-8464) Toll Free and Online Support: A specialized and virtual care telephone and email program delivering up-to-date diabetes resources and personalized service across the country.

[Diabetes Education Programs - City of Thunder Bay - northwesthealthline.ca](#) lists Diabetes programs and services in the Thunder Bay area.

Diabetes Health Thunder Bay: outpatient education program of St Joseph's Care Group located at 63 Carrie Street, Thunder Bay, ON., P7A 4J2 [Diabetes Health \(sjcg.net\)](#)

Health Sciences North: diabetes care services located at 865 Regent Street South, Sudbury, ON., P3E 3Y9 [Diabetes Care Services \(hsnsudbury.ca\)](#)

The Algoma Diabetes Education & Care (Group Health Centre): diabetes care services located at 83 Willow Avenue, Sault Ste Marie, ON., P6B 5B1 [Algoma Diabetes Education & Care - Group Health Centre \(ghc.on.ca\)](#)

Heart & Stroke:

[Fund life-saving research | Heart and Stroke Foundation](#)

Heart & Stroke funds breakthrough research across Canada, including in Northern Ontario. This includes the research project “[Why 911 Ontario](#)”, which examines why patients in the region have hesitated to call an ambulance in the event of a medical emergency, such as stroke.

Heart & Stroke has also partnered with the Northern Ontario School of Medicine to [fund a renewable five-year Chair in Indigenous and Rural Health Research](#). Dr. Robert Ohle, who assumed the Chair role in October 2023, will advance research on cardio and cerebrovascular disease with Indigenous and rural communities and collaborate with Indigenous partners with an aim to build capacity in rural health across Ontario.

We offer [digital peer support](#) through two online peer communities which are private, closed, moderated and peer led. Our [Community of Survivors](#) is for people with lived experience of stroke or heart disease and the [Care Supporters' Community](#) is for caregivers. These groups connect people with lived experience with others who have had similar situations to share experiences, supports and learn from one another. These communities currently connect over 1,150 caregivers and 3,100 people with lived experience from across the country allowing for peer support regardless of geographic location. More information can be found here: www.heartandstroke.ca/connect.

The following offer some General Cardiology Clinic, Education & Testing:

[North Bay Cardiology – Excellent cardiac Care at home in Northern Ontario](#)

[Northeastern Ontario Stroke Network > About Us \(neostrokenetwork.com\)](#) lists stroke prevention clinics in Sudbury & area; North Bay & area; Timmins & area, Sault Ste Marie & area

Hemophilia Ontario:

[Hemophilia Ontario -An inherited bleeding disorder community](#)

Information about Hemophilia Ontario Programs like [community days, women with bleeding disorder days, camps, and financial assistance](#) can be found at: [Helpful Hemophilia Ontario Programs | Camps, Assistance](#)

Thunder Bay Family Camp [Thunder Bay Family Camp - Hemophilia Ontario | New for 2020](#): The goal of the camp program is to offer children in the province of Ontario with hemophilia and other inherited bleeding disorders a camping experience that meets their medical needs while fostering social interaction, facilitating personal growth and developing educational and recreations skills. The camp promotes fellowship, provides parental respite, and offers an opportunity for leadership.

Health Sciences North offers an outpatient Hemophilia program: [Hemophilia \(hsnsudbury.ca\)](#)

Have your say in the Thunder Bay community by completing the survey here: [Attention Thunder Bay Community! - Hemophilia Ontario](#)

Institute for Advancements in Mental Health: [I am mental health \(iamentalhealth.ca\)](http://iamentalhealth.ca)

[Strengthening Families Together Program \(SFT\)](#) with Dalton Association to provide education to peacekeepers to give support for people supporting someone with schizophrenia.

[CBT-P training for front line staff](#) working with Indigenous population in Sudbury.

[Police training](#) in Thunder Bay and Owen Sound.

[One on One Support Line](#). Our support line is staffed by a team of mental health counselors who provide individualized supportive counseling, system navigation, and customized information and education to caregivers, individuals living with chronic mental illness, and our community. Call us at [1888-449-9949](tel:1888-449-9949).

[Mental health resources](#) can be found at: [Find mental health support | ontario.ca](http://Findmentalhealthsupport.ontario.ca)

Where to find them:

Counselling line: [1888-449-9949](tel:1888-449-9949)

Support email: support@iamentalhealth.ca.

The Kidney Foundation:

[Kidney Foundation - The Kidney Foundation of Canada - Home Page](#)

Short Term Emergency Financial Assistance: Our last resort, short term emergency financial assistance may be available to residents of Canada to cover medical and other expenses associated with kidney disease and its treatment. [1-800-387-4474](tel:1-800-387-4474)
ontario.programs@kidney.ca

Program for Reimbursing Expenses of Living Organ Donors (PRELOD): To help reduce the financial burden associated with the living donation process, living organ donors may apply for financial support.

Summer camp (located in Dorset, Ontario— Central North area) provides experiences for adults and youth affected by kidney disease or living with a transplant. Camp is the chance to have new adventures and make new friends in an environment that also provides essential medical services, including an on-site medical clinic and trained medical staff.

Active Living for Life program: The program is free of charge to chronic kidney disease patients and their support person(s). The program allows people to become more active and have more energy to do the things they love! Participants can learn kidney-friendly exercise in a virtual class setting, participate in discussions and share ideas to help make healthy choices.

Peer support: Talk to others with similar life experiences about what to expect when learning to live with kidney disease. You and your family members will be paired with trained volunteers who have first-hand experience coping with kidney disease. [1-866-390-7337](tel:1-866-390-7337) peersupport@kidney.ca

As part of our strategic plan, Vision 2025: Together We Are Stronger, we are embarking on the development of a **Northern Strategy** to better meet the needs of patients and families in Northern Ontario.

Lung Health Foundation:

[Lung Health Foundation - Helping Canadians Breathe Easier](#)

[Fitness for Breath \(FFB\)](#) offers individuals living with lung disease access to exercise programming, at no cost through a videoconferencing platform. FFB focuses on the health-related benefits of exercise—including delaying disease progression and increasing physical tolerance, improved day-to-day quality of life, the importance of staying active, while creating a community. [Fitness for Breath Virtual Classes](#) sign up and online videos can be accessed here: [Fitness for breath \(lunghealth.ca\)](#)

Digital learning centre: [Digital Learning Centre - Lung Health Foundation](#)

Register for [My Lung Health Coach](#), which is delivered virtually by Lung Health Coaches (who are Certified Respiratory Educators) and provides support, information, and coaching so that you can better manage your COPD here: [My Lung Health Coach - Lung Health Foundation](#)

[Primary Care Asthma Program \(PCAP\)](#): PCAP is an evidence-based education and management program to offer implementation support and enhancement to respiratory health programs across Ontario. The Lung Health Foundation has partnered with 12 primary care teams across Ontario, and supported over 100 other practices, to bring Asthma/COPD care to communities without access to major health centres. Our sites include:

Anishnawbe Mushkiki AHAC and the Meno Ya Win Health Centre in Sioux Lookout

Sault Ste Marie PCAP site serves 8 First Nations communities in the Algoma region

Dryden and Marathon Family Health Teams in Northern Ontario both serve indigenous communities

The [Lung Health Line](#) is the easiest way for patients to connect with the Lung Health Foundation and be directed to the most appropriate supports. Expert advice is just a phone call, email, or chat away thanks to the Lung Health Line, a free service that connects users with a [Certified Respiratory Educator](#) for one-on-one guidance and counselling. This year, our impact stretched coast-to-coast and included calls from bustling cities and remote villages alike. Contact the Educators Monday to Thursday from 9am-4pm and Friday from 9am to noon [1-888-344-LUNG](tel:1-888-344-LUNG) and info@lunghealth.ca

[MS Knowledge Network](#), which is an information hub where MS navigators help individuals find their way through all things MS. The MS Navigator Team are available Monday to Friday by phone, email, and chat to support the MS community.

[1:1 Peer Support Program \(1:1 Peer Support | MS Canada\)](#) and MS Support Groups ([MS Support Groups | MS Canada](#)) bring together people diagnosed with MS, family, friends and caregivers, to share common concerns and experiences in an informal and safe environment. From coast-to-coast, we currently have 72 peer support groups - of which 62 of these groups are regionally based (with 20 of those based in Ontario) and ten are nationwide virtual support groups that individuals can join regardless of where they live.

[Quality of Life Equipment Grants](#) - Designed to provide financial assistance to those requiring support with the purchase of mobility equipment, and safety devices.

[CPP-D Application Support](#) - Aims to help individuals with MS who are applying for the Canada Pension Plan Disability benefit.

[Virtual wellness programs](#) - such as TIME at Home, SPIRIT Club, and NeuroSask.

[Free nationwide education webinars](#) - Those interested, can join MS live from the convenience of their home or office for in depth discussions with experts on a variety of topics related to MS. Each webinar is designed to provide individuals in our community with information, plus tools and resources that can be used to help live their best life with MS.

[An online social community](#) – We Talk MS which brings people living with MS together to share, grow and learn from each other's experiences and stories. Using private chat and public threads, the digital platform supports discussions to help people work through difficult conversations and strengthen bonds with family and friends.

North Bay MS virtual Support Group: [North Bay MS Support Group | MS Canada](#)

Ontario AIDS Network:

[Ontario AIDS Network – Learning, Leadership & Advocacy](#)

Our network includes [four agencies](#) that specifically serve communities in Northern Ontario. We work closely with them to identify training and capacity building needs, resources/information sharing opportunities, and advocate for increased funding for services in their region.

North Bay: [Home - North Bay Aids Committee \(aidsnorthbay.ca\)](#)

- Offers services like no-cost condoms; pre-exposure prophylaxis medication (PrEP); post-exposure prophylaxis (PEP); HIV testing; needle & syringe program.
- New Horizons programs for 2SLGBTQ+ Older Adults Program

Thunder Bay (and Northwestern Ontario): [Elevate NWO | Elevate NWO](#)

- Elevate NOW offers non-judgmental, compassionate and confidential support. Provides individual and group-based programs that help manage health and navigate the challenges that arise from living with a chronic illness.
- Elevates HIV clinic provides treatments and support.

Sudbury: [About the Agency | Reseau Access Network](#)

- Harm reduction outreach services
- Supervised consumption site
- Education, information, and support

Barrie: [The Gilbert Centre | LGBTQ & HIV Support in Barrie, Ontario](#)

- Research; education; information; resources
- Assessments; workshops; consultations

Ontario Federation for Cerebral Palsy:

[OFCP - Ontario Federation for Cerebral Palsy - Charitable Organization](#)

Ontario Federation for Cerebral Palsy outlines three main program buckets called Funding, Children & Families, and Life Planning and System Navigation.

The [funding program](#) offers funding assistance to members of OFCP who have cerebral palsy. Categories for funding include activity and assistive devices; scholarships and awards; and research. The [Assistive Devices Funding Program \(ADFP\)](#) and [Life Enriching Activity Fund \(LEAF\)](#) provide financial support for equipment and community activities respectively, in order to enrich the lives of those living with cerebral palsy. OFCP's Funding program also financially supports research in areas relevant to the cure, cause, prevention, improved treatment and/or understanding of cerebral palsy. [Funding - OFCP - Ontario Federation For Cerebral Palsy](#)

Through the [Children & Family program](#), OFCP provides assistance to individuals with cerebral palsy in the form of connection to relevant resources, therapy services, financial aid and educational support.

OFCP's [Life Planning program](#) includes system navigation support, financial and estate planning. A major component of this program is OFCP's [Resources Across My Province \(RAMP\)](#) resource tool. RAMP guides the public in their search for services and provides information and links that are specific to cerebral palsy. [Resources - OFCP - Ontario Federation For Cerebral Palsy](#)

OSTEOPOROSIS AND YOU: Learn about the disease and gain a better understanding of how you or a loved one can live well with osteoporosis. Topics include nutrition, safe exercise, treatment and fall prevention. This program will help participants to make informed decisions about their bone health.

LIVING WELL WITH OSTEOPOROSIS: A 6-week interactive virtual program for individuals who have been diagnosed or are at risk of osteoporosis. This in-depth program takes a closer look at osteoporosis and helps people to make informed decisions about risk reduction and how to better manage living well with the disease. Participants receive current, accurate information on a variety of topics, discussions and experience sharing and have professional guest speakers.

SUPPORT GROUPS: Join with others living with Osteoporosis to learn from each other and provide support. Support groups are safe spaces for people with shared experiences offering the opportunity to learn from one another, discuss self-management, talk freely with peers, exchange ideas while offering each other the support only someone in a similar situation can provide.

BONE HEALTH 101: A general presentation designed to be presented to groups of any size for those who want to learn about bone health and osteoporosis. This presentation provides a general overview on what is osteoporosis, how to maintain good bone health to reduce the risk of the disease and related osteoporotic fractures. Book your webinar today.

Sign up the above listed virtual programs here: [Programs | Osteoporosis Canada](#)

In addition to the programs and services listed above, osteoporosis has educational webinars and podcasts featuring members of the [Scientific Advisory Committee](#) made up of over 80+ volunteer members who specialize in Bone Health and osteoporosis. All these programs are virtual.

OC is also working to [recruit local volunteers](#) who can be trained and act as a resource in Northern Ontario to provide in-person programming and support. For information on volunteering or learning more about educational opportunities in Ontario including Northern Ontario email cpearcy@osteoporosis.ca

Parkinson Canada: Home - Parkinson Canada

CareFinder is an innovative, user-friendly online directory designed to connect one with Parkinson's-informed services based on someone's location. Simply some information and access a community of support, from movement disorder specialists to essential wellness programs. This wonderful tool directs you towards tailored services, programs, and supports, in your community.

Information and Referral Helpline: The helpline is a toll-free Canada-wide number for people living with Parkinson's, their caregivers and health care professionals. We provide free and confidential non-medical information and referral services. When you have questions or need assistance, our information and referral staff help connect you with resources and community programs and services that can help you. We provide help by phone or email, Monday to Friday, 9:00 a.m. - 5:00 p.m. ET. Email information.referral@parkinson.ca or call 1 (888) 664-1974.

Support Groups and Additional Programs: Parkinson Canada's extensive network of support groups provides safe spaces for individuals to share experiences and cope with the daily challenges of Parkinson's. Additionally, various programs, including exercise classes and educational opportunities, offer holistic support to individuals and their families. We offer in-person support groups in Sudbury and Thunder Bay, and we are currently recruiting in-person group facilitators in other Northern Ontario communities in order to open up new groups. We also offer a virtual Northern Ontario support group and a virtual francophone group for the French speaking community.

Sudbury Support Group (In-person & Virtual) [Sudbury Support Group \(In-person plus Virtual\) - Parkinson Canada](#)

Thunder Bay In-person Support Group [Thunder Bay Support Group \(In-Person\) - Parkinson Canada](#)

Peer-to-Peer Support Program that matches trained volunteer mentors with those who are newly diagnosed or caring for someone with Parkinson's. This program provides one-on-one support, based on the lived experience of the mentor, to help reduce social isolation, build resiliency, and provide guidance. It's a program that brings individuals together to share experiences, creating a supportive community that understands the challenges of Parkinson's disease.

Education Through Webinars and Publications: Access to educational webinars, video and audio resources provides a deeper understanding of Parkinson's. These resources, curated by topic experts, allow for flexible participation, enabling individuals to learn at their own pace. Additionally, articles contributed by experts in the field offer valuable insights for both families and healthcare teams.

[The Every Victory Counts® manual](#), offering indispensable guidance tailored for Canadians affected by Parkinson's. This resource, authored by 50 leading Parkinson's physicians, allied health professionals, and individuals living with Parkinson's, covers diverse topics such as symptom breakdowns, treatments, living strategies, and future planning.

[Exercise and Wellness Initiatives](#): Parkinson Canada provides resources emphasizing the importance of staying active and resilient. These resources encourage individuals to maintain physical fitness and overall wellness. Check out the various exercise and well initiatives.

["When Life Gives You Parkinson's" Podcast](#): Parkinson Canada proudly collaborates as a presenting partner for the podcast hosted by Larry Gifford. This insightful podcast offers a platform to listen to full episodes, providing valuable perspectives and information.

[Act on Time](#): Recognizing the crucial role of timely medication in managing Parkinson's, the Act on Time initiative emphasizes the importance of consistent medication schedules to prevent the condition from progressing unchecked.

Northern Ontarians can access all Parkinson Canada programs and services by calling 1-888-664-1974 or emailing support@parkinson.ca. You can find community-based support groups at <https://www.parkinson.ca/programs-near-you/> or <https://carefinder.parkinson.ca/>

Sickle Cell Awareness Group of Ontario:

[Home - Sickle Cell Awareness Group of Ontario \(sicklecellanemia.ca\)](http://sicklecellanemia.ca)

We have currently applied for Provincial Government funding for a comprehensive program for Sickle Cell Disease (SCD) in Thunder Bay Regional Hospital. Once there is a designated clinic for SCD in this region, it will help us to better organize our program there. Currently, we offer the healthcare professionals in Northern Ontario the opportunity to learn more about SCD via our [E-course](#) for healthcare professionals and annual summit.

Given that we do not currently have an office in Northern Ontario, patients and families from this region can access SCAGO's programs virtually. Such programs include the [peer support program](#), [counselling](#), [LFL](#), [Emergency grants support](#), etc. The clinicians in Northern Ontario can also access our educational E-course and other resources.

SCAGO counselling supports (virtual or phone): [SCAGO Counselling Supports - Sickle Cell Awareness Group of Ontario \(sicklecellanemia.ca\)](#)

Spinal Cord Injury Ontario:

[Spinal Cord Injury Ontario | Supporting and advocating for and with people with a disability. - Home \(sciontario.org\)](#)

Spinal Cord Injury Ontario programs and services include peer support, family peer support, service navigation, employment services, equipment, education, and advocacy. [Local staff in regional offices](#) in Thunder Bay, Sault Ste. Marie and Sudbury serve the north with an understanding of the unique challenges faced by people with disabilities in northern and remote areas of the province.

Thunder Bay: [Thunder Bay - Spinal Cord Injury Ontario | Supporting and advocating for and with people with a disability. \(sciontario.org\)](#)

Our Thunder Bay Region location supports people with spinal cord injury and family members living in the areas of Northern Ontario with a primary focus on Northwestern Ontario (including districts of Thunder Bay, Sioux Lookout, Dryden, Fort Frances, Atikokan, Kenora, Marathon, Greenstone, Red Lake and several dozen First Nations Communities) with these direct services.

Sault Ste Marie: [Sault Ste. Marie - Spinal Cord Injury Ontario | Supporting and advocating for and with people with a disability. \(sciontario.org\)](#)

Our Sault Ste. Marie Region location supports people with spinal cord injury and family members living in the areas from Elliot Lake to the East, to Marathon on the West, to Hearst on the North and all the places between with these direct services.

Sudbury: [Sudbury - Spinal Cord Injury Ontario | Supporting and advocating for and with people with a disability. \(sciontario.org\)](#)

Our Sudbury Region location supports people with spinal cord injury and family members living in the areas of Northeastern Ontario (including Timmins and Cochrane area to the north) with these direct services.

In addition to the help, established connections, and resources local staff bring, as internet access improves, we are increasingly able to help people with additional supports online, including [Peer Support educational webinars](#) and access to trustworthy knowledge and best practices through our education platform [Cortree: cortree.sciontario.org](#)