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

Waterloo Wellington Health Services
[http://www.wwhealthline.ca/](http://www.wwhealthline.ca/)

Public Health Resource Centre

Healthcare – Immigration Waterloo

Waterloo Wellington LHINs
[http://www.waterloowellingtonlhin.on.ca/resources/healthlinks.aspx](http://www.waterloowellingtonlhin.on.ca/resources/healthlinks.aspx)

Healthlink at Kitchener Public Library [https://kpl.org/health](https://kpl.org/health)

Health Services in Your Community

Waterloo Region Community Information Database (Kitchener Public Library)

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/](https://canada.aplaceformom.com/)