

UNDERSTANDING STROKE AND TIA



WHO TO CONTACT WITH QUESTIONS

STROKE/TIA SERVICE LOCATION

CONTACT INFORMATION

For urgent concerns, including any symptoms of stroke or other medical emergencies, call 911.

HOW TO USE THIS RESOURCE

THIS RESOURCE IS FOR YOU IF:

- You have experienced a stroke or TIA or you are a care partner

THE GOAL OF THIS RESOURCE IS TO:

- Help you learn more about stroke and TIA, especially how to prevent another one
- Give you tips about living well after stroke or TIA
- Give you ideas about community services that can support you

HOW TO USE THIS RESOURCE:

Work with your health care provider to discuss your personal diagnosis, risk factors and to find community services that are helpful based on your interests or needs.



ACCESSIBILITY



DO YOU NEED THIS INFORMATION IN A DIFFERENT FORMAT?

Please tell a member of your health-care team so that they can provide you with this information in a format that works for you.



Do you have any **FEEDBACK** about this stroke education resource?
Your opinion is important to us.
Please click the link here to fill out this survey or use the QR code.

Disclaimer: This patient education resource is not medical advice. It shares common health facts, advice and tips. Some of the information provided in this resource may not apply to you. Please talk to your doctor, nurse or other health-care team member to see if this information will work for you. They can also answer any questions or concerns that you might have. © 2025, Champlain Regional Stroke Network.

UNDERSTANDING STROKE AND TIA

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LEARNING MORE ABOUT STROKE AND TIA



STROKE AND TIA ARE A MEDICAL EMERGENCY

Learn, recognize and react FAST to any sign of stroke.

Call 9-1-1 even if your symptoms go away

DO NOT DRIVE



An ambulance will take you to the hospital best able to treat your stroke.

BEAT STROKE, CALL 9-1-1 **FAST**



FACE IS IT DROOPING?



ARMS CAN YOU RAISE BOTH?



SPEECH IS IT SLURRED OR JUMBLED?



TIME TO CALL 9-1-1 RIGHT AWAY.

FAST signs are the most common signs of stroke. They are the same for men and women.

Other signs that are less common include:



Vision loss or double vision



Numbness to half the body



Problems with balance



Sudden severe headache, usually with other signs of stroke

WHAT TO SAY WHEN CALLING 9-1-1

Call 9-1-1, even if you don't speak English or French.

Call, then say the language you speak:

9-1-1 can connect you with someone who speaks over 240 languages.

"I need an ambulance. I think my dad is having a stroke. He is having trouble talking and his left arm and leg got weak starting two minutes ago. We are at _ address, in _ city"



Arabic (العربية), Cantonese (廣州話), Spanish (español), Vietnamese (tiếng Việt), and more...

I HAVE HAD A STROKE OR TIA



MY DIAGNOSIS

☐ Transient Ischemic Attack (TIA)

☐ Ischemic Stroke

☐ Hemorrhagic Stroke

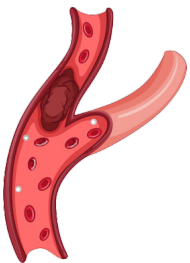
☐ Other: _____

NOTES: _____

What Causes a TIA or Stroke?

A stroke is a sudden loss of brain function to the area affected. Stroke symptoms depend on where the brain was injured, and how much damage has occurred. A stroke can impact a number of areas controlled by the brain, including your speech, strength, vision, or feeling. These changes generally occur on only one side of the body.

ISCHEMIC



Transient Ischemic Attack (TIA)

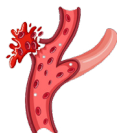
A TIA is sometimes called a mini-stroke. It happens when a clot stops blood from flowing to the brain for a short time. The symptoms of a TIA can be the same as the symptoms of a stroke except they get better within a few minutes or hours. Having a TIA is a warning sign. It tells you that you have a higher risk of having a stroke.

Ischemic Stroke

Ischemic stroke is caused by the stoppage of blood flow to the brain. It can be caused by:

- A travelling blood clot from another area of body such as the heart.
- Build-up of plaque in an artery caused by high blood pressure and high cholesterol among other factors.

HEMORRHAGIC



Hemorrhagic Stroke

Hemorrhagic stroke is a bleeding type of stroke. This occurs when an artery in the brain breaks open and blood leaks into the brain tissue.

Images from: Smart Tips for Stroke Care (2023)

STROKE PREVENTION – MY RISK FACTORS

Your risk factors can increase your chances of having another stroke. Some risk factors include your age or family history which you cannot change. You can improve other risk factors with healthy habits or treatments.

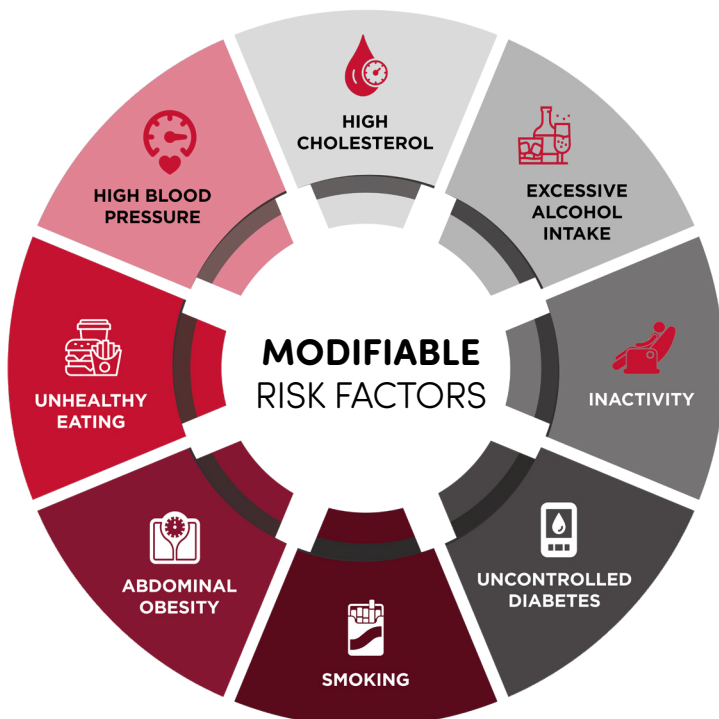
MY STROKE RISK FACTORS (CHECK THOSE THAT APPLY TO YOU)

RISK FACTORS I CAN CHANGE

- | | | |
|--|--|---|
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Uncontrolled diabetes | <input type="checkbox"/> Inactivity |
| <input type="checkbox"/> Smoking/vaping | <input type="checkbox"/> Stress/Mood | <input type="checkbox"/> High cholesterol |
| <input type="checkbox"/> Diet/Unhealthy eating | <input type="checkbox"/> Abdominal obesity | <input type="checkbox"/> Alcohol intake |











RISK FACTORS I CANNOT CHANGE

- | | | |
|--|---|--|
| <input type="checkbox"/> Atrial fibrillation | <input type="checkbox"/> Family history | <input type="checkbox"/> Prior TIA or stroke |
|--|---|--|



MY STROKE RISK FACTORS

Review your risk factors with a health care provider and talk about things you can change.

RISK FACTORS	MY VALUES	TARGET	THINGS I CAN CHANGE
 Blood Pressure	Today's blood pressure:	<div>Systolic (mm Hg)</div> <div>Diastolic (mm Hg)</div> <div>Below 140 Below 130 Below 135</div> <div>Below 90 Below 80 Below 85</div> <div>CLINIC DIABETES AT HOME</div>	
 Cholesterol	Cholesterol: LDL: Triglycerides: Non-HDL: HDL:	Cholesterol: <5.2 LDL: < 1.8 Triglycerides: <1.7 Non-HDL: <2.6 HDL: >1.0 (men) >1.3 (women)	
 Diabetes	HbA1C: Fasting blood sugar:	For most people with diabetes: HbA1C: 7% or less Fasting blood sugar: 4-7 mmol/L Prediabetes = HbA1C: 6-6.4%	
 Diet	Meals/day: Fruits & veggies/day: Proteins:	3 meals per day 7 servings of fruits & vegetables/day Lean proteins High fibre	
 Inactivity	Exercise: Minutes/day: Days/week:	150 minutes moderate to vigorous activity per week in periods of 10 minutes or more	
 Waist Circumference	Waist circumference:	MEN: <102 cm (40") WOMEN: <88 cm (35") Focus on healthy habits and wellbeing	
 Smoking/Vaping	<input type="checkbox"/> Smoking <input type="checkbox"/> Cutting back <input type="checkbox"/> Non-smoker	Smoke and tobacco free	
 Alcohol Intake	Drinks/week:	Less than 2 drinks per week Drinking less is better None is best	
 Stress/Mood	Feeling stressed, sad, depressed or anxious <input type="checkbox"/> Rarely <input type="checkbox"/> Often	Practice good mental health habits Speak with a health provider	
 Atrial Fibrillation	Atrial fibrillation: <input type="checkbox"/> Yes <input type="checkbox"/> No	Medication taken as prescribed Wear a medical alert bracelet or necklace with the name of your anticoagulation medication	

MY HEALTH GOALS



SPECIFIC What EXACTLY do I want to achieve?

MEASURABLE How will I measure progress or success?

ATTAINABLE Is it something that I can reach?

RELEVANT Does it fit with where I am at in my life right now?

TIMELY What is my deadline?

MY MOTIVATION

To get started, ask yourself:

What inspires me to be healthy?

What can have the biggest impact on my health?

I AM MOTIVATED BY:

CHOOSE 1 GOAL YOU CAN WORK ON IN THE NEXT 2 MONTHS

Make it **SMART** and **keep track** of your progress. Consider challenges and solutions.

MY SMART GOAL

MY GOAL: I will _____ for at least ____ each week so I can _____.

TIPS TO MAKE THIS GOAL SMART:

S: I will follow a walk-to-run plan

M: for 20 minutes

A: 3 days a week

R: so I can build up to 30 minutes, 4 days a week

T: in 2 months.

MY PLAN FOR KEEPING ON TRACK

Tracking: I will keep track using my calendar or a running app on my phone.

Challenges: I work from 9-5 pm and it's dark at night when I get home.

Solutions: I can walk-run before work on Tuesdays, Fridays and Saturdays for 20 minutes.

MY SMART GOAL

MY GOAL

S:

M:

A:

R:

T:

MY PLAN FOR KEEPING ON TRACK

Tracking:

Challenges:

Solutions:

MY MEDICATIONS

After a stroke or TIA, medications help prevent another stroke. These medicines can:

- Prevent blood clots
- Lower cholesterol
- Reduce blood pressure

The stroke team or your family health provider may have started you on new medications. It is very important to take medications properly. If you have any questions or concerns, please speak with your doctor or nurse practitioner or pharmacist before stopping your medication. Here are some more tips:



Ask questions about your medications. Know why you need them and what they do.



Keep a list of your medications on you at all times.



Take your medication at the **same time every day**.



Report any side effects to your health care team so that other options can be considered.

For more information about your medications, speak with your pharmacist, nurse or doctor.

If you have questions or concerns, your pharmacist can complete a full review of your medications.

MEDICATION ROUTINE TIP

- Use a pill organizer or blister pack to help you remember to take your medications.
- Ask your pharmacist how and where to get one.



IF YOUR MEDICATIONS HAVE BEEN CHANGED:

- Schedule a visit within 2-3 weeks to talk to your family health provider
- Discuss how the new medication is working
- Get prescription refills for the next year









MY MEDICATION SCHEDULE

MY PHARMACY: _____

DATE UPDATED: _____

Allergies: _____

 Medication name and dose How to use it (Reason for taking it)	HOW MUCH AND HOW OFTEN?				 Current action <input type="checkbox"/> Taking as prescribed <input type="checkbox"/> Taking differently <input type="checkbox"/> Not taking
	 Breakfast	 Lunch	 Dinner	 Bedtime	
					<input type="checkbox"/> Taking as prescribed <input type="checkbox"/> Taking differently <input type="checkbox"/> Not taking
					<input type="checkbox"/> Taking as prescribed <input type="checkbox"/> Taking differently <input type="checkbox"/> Not taking
					<input type="checkbox"/> Taking as prescribed <input type="checkbox"/> Taking differently <input type="checkbox"/> Not taking
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					<input type="checkbox"/> Taking as prescribed <input type="checkbox"/> Taking differently <input type="checkbox"/> Not taking
					<input type="checkbox"/> Taking as prescribed <input type="checkbox"/> Taking differently <input type="checkbox"/> Not taking

Notes about medications:

MY BLOOD PRESSURE (BP)



High blood pressure (BP) is the number one risk factor for stroke. It is important to check your BP regularly. Even if you have not been told that you have high BP, checking it at home can give you and your health provider useful information.

At home, the target for most people is below 135/85. **My target:** _____
Speak with your health provider about targets that are right for you.
If your average BP is too high, make an appointment with your health team.

MEASURING MY BLOOD PRESSURE (BP)

HOW DO I MEASURE MY BLOOD PRESSURE?

When checking your blood pressure at home:

- Rest for 5 minutes first
- Sit with legs uncrossed and feet flat on the floor
- Make sure your back and arm are supported, with your arm at heart level
- Place the cuff on your bare arm, 3 cm above the elbow
- Stay still and quiet during the monitoring

WHEN DO I CHECK IT?

Measure BP twice in the morning and twice in the evening (Take BP 1 minute apart, write down the second reading)

- For 7 days before a medical appointment;
- After a change in medication;
- Or as directed by your health provider.

Try to select a time:

- Before taking your medications
- After emptying your bladder
- When you have not had caffeine or tobacco for 1 hour
- When you have not exercised within 30 minutes

A good time to check your blood pressure may be:

- Before breakfast and 2 hours after dinner

Keep a record of your BP readings

- Use a log sheet or diary
- Share your readings with your health providers



Take your **morning reading** before breakfast and before you take your medicines

Take your **evening reading** at least 2 hours after eating

BUYING A BP MONITOR



1. **Choose a BP monitor with the Recommended by Hypertension Canada logo on the box:** hypertension.ca has a list of approved monitors

2. **Ensure your cuff is a good fit**

On the box, it will tell you the cuff fit range. Ask a pharmacist or staff member to verify the cuff arm size is a good fit for you.

3. **Check that your BP monitor is working properly**

Bring your monitor to your next health care visit to compare the BP reading from your monitor with the office machine.

TIP: BP monitor costs may be covered by insurance with a prescription. Discuss other options with your health team to check your BP if cost is a problem (such as checking at your pharmacy or community options).

MY BLOOD PRESSURE LOG

[illegible]

MY EATING HABITS



Healthy foods have a HUGE impact on improving your cholesterol, blood pressure, diabetes, and weight. Simple changes kept over time can decrease your risk of stroke, improve energy and overall health.

Divide your plate into sections that include:

- 1/2 vegetables or fruit
- 1/4 whole grain
- 1/4 healthy protein for each meal

TO ESTIMATE PORTION SIZES, USE YOUR HAND:

1. **Vegetables:** Two open hands for a serving.
2. **Grains:** A fist for rice, pasta or bread.
3. **Lean protein foods:** A palm-sized portion.
4. **Fruit:** A fist-sized serving.
5. **Fats:** A thumb tip-sized amount of healthy fats

AIM FOR 7 SERVINGS OF VEGETABLES AND FRUIT. This is what a serving looks like:



1 small
apple



1 large
corn



1 large
orange



1 medium
pear



1 large
banana



12 baby
carrots



1/2 medium
cucumber



1 cup
raw leafy
vegetable

HEALTHY EATING TIPS

- Aim for 7 servings of fruits and vegetables daily
- Eat whole grains and cereals
- Choose lean meat and poultry
- Eat fish twice a week
- Eat beans, chickpeas, and lentils more often
- Use lower-fat dairy products
- Choose healthy snacks
- Reduce your intake of saturated fat. Use plant-based fats, such as olive or canola oil.
- Limit salt to fewer than 2000 mg per day
- Make water your drink of choice
- Cook at home more often
- Eat slowly and enjoy your food, take time to taste the favours and socialize

**LOOKING TO IMPROVE YOUR NUTRITION
OR MANAGE YOUR WEIGHT?**

TIP: Write down the foods you eat.
Review your food diary with a dietitian.

MY PLAN TO STAY ACTIVE

Before starting new activities, speak with your health care provider to discuss what is right for you.

Aim to be active for **10 minutes** or more at a time to achieve at least **150 minutes** of moderate to vigorous activity each week. Find ways to be active every day.

Choosing from a variety of activities is healthy. Include activities you enjoy that improve your endurance, strength, flexibility and balance. Some examples are included here:

- STRENGTH** - Carry groceries, lift weights or do yard work twice a week
- ENDURANCE/AEROBIC** - Walk, play tennis or swim 4-7 days a week
- FLEXIBILITY** - Stretch, engage in yoga, golf or housework
- BALANCE** - Yoga, tai chi or other balance activities that are safe for you

Take rest breaks as needed and always start and finish with a 5-10 minute warm up and cool down.

Light effort	Easy to keep going for hours, can breath and talk easily.
Moderate effort	Can be active for a long time, able to talk and have short conversations.
Vigorous Effort	Almost uncomfortable, short of breath, but can still speak a sentence.



LISTEN TO YOUR BODY.

Start with light activities and slowly increase your effort as you feel comfortable.



WHAT DOES **ACTIVITY** LOOK LIKE IN YOUR DAY NOW?

Morning Afternoon Evening Night

What are you **already doing well** that you want to **keep doing**?

EVERY 10 MINUTES COUNTS TO BENEFIT YOUR HEALTH!

10 minutes walking + 10 minutes gardening + 10 minutes playing or dancing all adds up

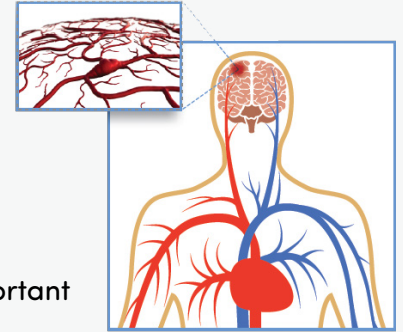
ATRIAL FIBRILLATION

The heart's job is to pump blood around the body. Normally, it does so with a squeezing action which we call our heartbeat, and beats in a steady, regular rhythm.

WHAT IS ATRIAL FIBRILLATION?

Atrial fibrillation (AFib) is a condition where the heart beats irregularly due to disorganized electrical activity in the top chambers of the heart (atria). This can cause the upper chambers to beat too fast or out of step with the lower chambers. Irregular blood flow in AFib can lead to blood clots forming in the heart, which can travel to the brain and cause a stroke or TIA.

Even if a person with AFib doesn't feel the irregular heartbeat or have symptoms, it significantly increases the risk of stroke. Therefore, it is very important to take the medication you have been prescribed to reduce stroke risk.



HOW IS ATRIAL FIBRILLATION DIAGNOSED?

Atrial Fibrillation is a rhythm that can come and go. You may have one or more of the following tests to look for this rhythm:

- Electrocardiogram ECG (A short recording)
- Holter Monitor (72 hour and 14 day recording device)

TREATMENT AND ANTICOAGULATION MEDICATIONS



The treatment for AFib is anticoagulation (blood thinner) medications to prevent clots and lower the risk of stroke or heart attack.

Talk to your health care provider about the best medication for you.

Common medications include:

- Apixaban (Eliquis®)
- Dabigatran (Pradaxa®)
- Edoxaban (Lixiana®)
- Rivaroxaban (Xarelto®)
- Warfarin (Coumadin®)



Wear a medical alert bracelet or necklace with the name of your blood thinner medication in case of Emergency

MY QUIT SMOKING PLAN

QUITTING SMOKING IS THE **SINGLE MOST IMPORTANT THING YOU CAN DO FOR YOUR HEALTH!**

It will greatly reduce your risk of stroke.

SMOKING CAN:



Reduce the amount of oxygen in your blood



Make your heart work harder



Increase your risk of blood clots



Lead to buildup in your arteries

ITS NEVER TOO LATE TO QUIT SMOKING

HERE ARE SOME TIPS TO GET STARTED



Pick a quit date in the next 30 days. Cut down the number of cigarettes you smoke today.



Make your home and car **smoke free zones**.



Discuss quit smoking medications with your doctor to see which is right for you.



Explore community resources to help support you with quitting smoking and help to keep you smoke-free.



Think about times when you feel tempted to smoke. **Come up with a plan of what you will do instead.**

For example: I may feel tempted to smoke on breaks at work therefore I will take a walk on breaks instead.

SITUATION	MY PLAN

MY EMOTIONAL AND MENTAL HEALTH

Experiencing a stroke or TIA can be emotional and stressful. In this section you will learn about simple wellness tips that you can practice daily. Just like exercise benefits your health, it is important to include small daily habits that support your mental well being such as meditation or giving yourself credit and encouragement. Choosing healthy ways to respond to stress can have a positive impact on your attitude and quality of life.

Journaling is a valuable wellness tool for many people. My notes about my experience or how I'm feeling.

STRATEGIES FOR MENTAL HEALTH AND WELLNESS



Try to engage in exercise and activities that you enjoy.



Eat well, limit alcohol.



Find a positive social and/or peer support network.



Discuss changes to your emotions and mood with your health care providers.



Be open and honest with loved ones about your feelings and talk about your emotions.



Learn relaxation skills; practice deep breathing, mindfulness, meditation, visualization.



Remember, depression is a treatable medical condition.



Treatment can include connecting with a mental health professional, and/or taking medication.

MY WELLNESS TOOLS

Choose a tool that works for you and try practicing it for 10 minutes a day.

Two examples are included below. Pick one of these, or any other strategy that works for you. If you don't know where to begin, start with breathing exercises such as box breathing.

BREATHING EXERCISES (BOX BREATHING)

Try this breathing exercise during your daily routines such as while you wait for your coffee to brew or during a break at work.



1

**Inhale for
4 seconds**

2

**Hold for
4 seconds**

3

**Exhale for
4 seconds**

4

**Hold for
4 seconds**

5

Repeat

GRATITUDE JOURNALING

Each day, write down three things you are grateful for. Build this practice into your wake-up or evening wind-down routine. Start with five minutes.

There is space below to write or draw about: Things I am grateful for, my emotions or my feelings.

5 MINUTE JOURNALING:

DRAW YOUR EMOTIONS



MY COMMUNITY RESOURCES

Find out about programs and services that are important to you.

TOP 2 RESOURCES TO GET STARTED WITH MY STROKE CARE

1. CHAMPLAIN REGIONAL STROKE NETWORK

Visit crsn.ca to find helpful information for people who have had stroke or TIA and their care partners including:

- What you need to know about stroke and TIA prevention
- Peer support and stories from people who have experienced stroke
- Resources for care and recovery: Including topics such as fatigue, driving, balance, mood, aphasia, healthy living and exercise



2. PERSONALIZED NAVIGATION OF STROKE SERVICES – AFTER STROKE SUPPORT

March of Dimes Canada - After Stroke

1-888-540-6666 | afterstroke@marchofdimes.ca | www.afterstroke.ca

Speak with an **After Stroke Coordinator** for one-on-one help to connect you with:

- A personalized recovery plan
- A network of support to help navigate the journey ahead
- Resources in your community

March of Dimes services include:

- After Stroke Peer Support (On-line, in-person, as well as groups for young adults (age 18-40), persons with aphasia, caregivers, and life partners)
- Education
- Skill Development
- Exercise and Movement
- Home and Vehicle Modification Program
- Aphasia & Communication Support
- Employment Services



MY CONNECTIONS WITH OTHERS

PEER SUPPORTS

PEER SUPPORT GROUPS

Peer supports connect you with others who have experienced stroke

Support groups are available on-line and in-person.

There are general support groups, as well as groups for young adults (age 18-40), persons with aphasia, caregivers, and life partners. For an up-to-date listing of peer support groups, visit:

1. **CRSN:** www.crsn.ca/en/stroke-survivor-and-caregiver-support
2. **March of Dimes - After Stroke:** www.afterstroke.ca/find-support | 1-888-540-6666

APHASIA SERVICES



Aphasia Centre of Ottawa | 613-567-1119 | <https://aphasiaottawa.org>

Aphasia Peer Connect – After Stroke Program March of Dimes
<https://afterstroke.marchofdimes.ca> | 1-888-540-6666

COGNITION & DEMENTIA

DEMENTIA SUPPORT SERVICES:

Dementia Society of Ottawa and Renfrew County | www.dementiahelp.ca | Email: info@dsorc.org
Ottawa: 613-523-4004 | Renfrew County: 1-888-411-2067

Alzheimer's Society of Cornwall and District | www.alzheimer.ca/cornwall | 613-932-4914
Alzheimer.info@one-mail.on.ca



ACCESSING HEALTH CARE SERVICES

DOCTOR OR NURSE PRACTITIONER SERVICES

PRIMARY CARE PROVIDER SERVICES:

Health Care Connect | Ministry of Health and Long-Term Care program designed to help Ontario residents without a primary care provider find one: **1-800-445-1822** | <https://hcc3.hcc.moh.gov.on.ca>

Walk-in Clinics, Champlain | Search for walk-in primary care services near you using your postal code or city www.champlainhealthline.ca/listServices.aspx?id=10072

East Region Virtual Care Clinic | Nurse Practitioner-led virtual care clinic | Register for an appointment 7 days a week from 1:00pm and 9:00pm | www.virtualcareontario.ca | 1-888-684-1999

MEDICATION AND PHARMACY SERVICES

The MedsCheck Program: A free, one-on-one review of all your medications with a pharmacist. Available in-pharmacy or at home for those unable to visit due to physical or mental health conditions. Eligibility: Ontario residents with a valid Health Card, taking at least 3 prescription medications for a chronic condition.

To access MedsCheck: Contact your pharmacy team

MEDICAL ALERT JEWELRY



It is recommended that anyone taking anticoagulation medication wear a medical alert bracelet or necklace with the specific name of their medication to notify medical providers in cases of emergency. Ask your pharmacy if they sell medical alert jewelry or look at online stores for options by searching “medical alert jewelry”.



GETTING HELP IN MY COMMUNITY

HOME AND COMMUNITY CARE SERVICES

ONTARIO HEALTH AT HOME | Call 310-2222 (no area code required)

Call and speak to a Care Coordinator if you feel that you or your family member needs health care support at home or in the community.

Based on assessments, services may include:

- Nursing or Personal support
- Speech therapy or Social work
- Physiotherapy or Occupational therapy
- Medical supplies and equipment

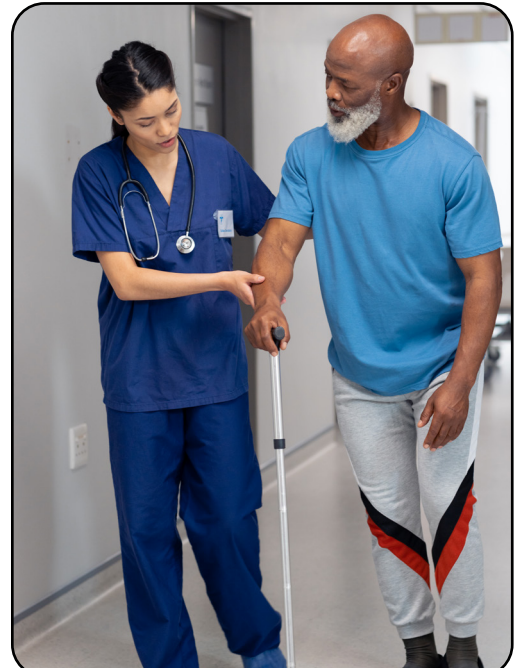
COMMUNITY SERVICES

CALL 211 (ONTARIO) OR 311 (OTTAWA) for access to various community services like transportation, food access and community agencies.

CHAMPLAIN COMMUNITY SUPPORT NETWORK: Helps you to find non-profit services close to home using your postal code. Visit communityhomesupport.ca

An example of services includes:

- Meal and grocery delivery
- Caregiver support
- Respite programs
- Transportation
- Housekeeping
- Telephone safety checks



WHAT AM I INTERESTED IN SIGNING UP FOR TODAY?

CALL OR CLICK TO SIGN UP! Sign up for free community workshops for health and stroke prevention. Most of these programs are accessible during the day or in the evening for your convenience. You can sign up on your own and do not need a doctor to refer you.

SELF-MANAGEMENT AND HEALTH PROMOTION SERVICES

Chronic Disease Self-Management | Free online workshops and coaching to help individuals living with chronic conditions to take control of their health and live healthier and more fulfilling lives.

3-month programs available including group format or 1-on-1 coaching.

www.selfmanagementontario.ca | **TOLL FREE:** 1-844-301-6389 | **EMAIL:** apuderer@bruyere.org

FREE REGISTERED DIETITIAN SERVICES

www.Unlockfood.ca | **Health 8-1-1 Ontario:** Call 8-1-1

FREE SMOKING CESSATION SERVICES

Health 8-1-1 Ontario: Call 8-1-1

Quit Smoking Program/Clinic at the Heart Institute: 613-696-7069 | **E-MAIL:** quitsmoking@ottawaheart.ca

Community Program for Smoking Cessation from the Heart Institute: Live call with counsellor for a quit plan visit – leave voicemail for call back: 1-888-645-5405

FREE DIABETES EDUCATION SERVICES

You can refer yourself to meet with a nurse and dietitian about prediabetes or diabetes care and other resources like funding assistance. These services are available across the region.

HEALTH 8-1-1 ONTARIO: To sign up for a free **Diabetes Education program** close to your home, call 8-1-1 or visit <https://health811.ontario.ca/static/guest/find-a-service>, enter the keyword “Diabetes”, your city or postal code and select “Diabetes Education Programs” under Filter categories.

HEALTHLINE: Another option is to search: “Diabetes Education Programs Champlain Healthline” for a list of programs you can filter by postal code



WHAT AM I INTERESTED IN SIGNING UP FOR TODAY?

PHYSICAL ACTIVITY AND MOBILITY (OR/BALANCE) PROGRAMS

POST-STROKE EXERCISE CLASSES FOR ADULTS (VIRTUAL OR IN-PERSON)

- Appropriate for any level of impairment
- Stroke-specific accommodations
- Seated or standing

To register or for more information, contact Grace at 613-796-4729 or gkowalczyk@familyphysio.com

HEART WISE EXERCISE

Locations across Champlain: fitness programs in your community with classes that are appropriate for people who want to stay healthy or who may be living with a chronic health condition.

<https://heartwise.ottawaheart.ca/locations/map>

OTTAWA REGION

Better Strength, Better Balance Programs are offered virtually and in person: 613-580-6744

To watch classes on-line, search "YouTube + Better Strength, Better Balance Ottawa"

RENFREW COUNTY

Exercise and Fall Prevention Programs | contact@rcdhu.com 613-732-3629

Renfrew County and District Health Unit (rcdhu.com)

CORNWALL, STORMONT, DUNDAS & GLENGARRY

Exercise and Balance Programs

For a listing of options, search "Seaway Valley CHC + exercise programs" | 613-930-4892 x229



SERVICES TO SUPPORT MY RELATIONSHIPS AND MENTAL HEALTH

MENTAL HEALTH OR SUBSTANCE USE SUPPORT AND SERVICES

ACCESS MHA (www.accessmha.ca, 1-833-527-8207) is a free, online service that provides a single point of entry to eastern Ontario's system of care for people needing support with mental health or substance use. After reaching out, you will be paired with a trained specialist who will connect you to the services you need from a network of partner organizations.

MOOD AND MENTAL HEALTH

Bounceback | A skill-building program for managing symptoms of mild to moderate depression and anxiety. The program involves telephone coaching sessions to help clients develop new skills to manage stress, mood, depression, and anxiety. Free with valid Ontario health card. Self-referral.
bouncebackontario.ca | Referral form: www.accessmha.ca.



NONE OF THESE RESOURCES ARE FOR PEOPLE IN CRISIS.
If you believe you need immediate mental health assistance, call 911.

Mental Health Crisis line information
(Within Ottawa 613-722-6914 • Outside Ottawa 1-866-996-0991)

ADDITIONAL COUNSELLING SERVICES, FOR ALL YOUR NEEDS

Walk in Counselling Clinic | Virtual and in-person services across Champlain | walkincounselling.com
613-755-2277

Counselling Connect | Same-day or next-day phone or video counselling sessions | counsellingconnect.org
or call 211