

SELF-MANAGEMENT PROGRAMS IN ONTARIO

1. ERIE ST. CLAIR LHIN region

Master Your Health
1-855-259-3605 escsm@wehc.org
www.wehc.org/health-condition

2. SOUTH WEST LHIN region

South West Self-Management Program
1-855-463-5692
info@swwselfmanagement.ca
www.swwselfmanagement.ca

3. WATERLOO WELLINGTON LHIN region

Waterloo Wellington Self-Management Program
1-866-337-3318
selfmanagement@langs.org
www.wselfmanagement.ca

4. HAMILTON NIAGARA HALDIMAND BRANT LHIN region

Take Control Take Charge
1-855-333-2376 takecharge@hhsc.ca
www.takecontroltakecharge.ca

5. CENTRAL WEST LHIN region

Central West Self-Management Program
1-844-643-7393 cdsm@williamoslerhs.ca
www.cwselfmanagement.ca

6. MISSISSAUGA HALTON LHIN region

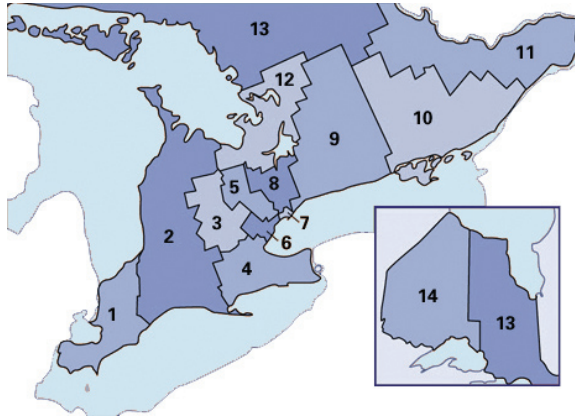
Maximize Your Health
905-338-2983 ext. 4877
maximizeyourhealth@haltonhealthcare.on.ca
www.maximizeyourhealth.ca

7. TORONTO CENTRAL LHIN region

Choose Health
416-572-3767 choosehealthtc@srhc.com
www.selfmanagementtc.ca

8. CENTRAL LHIN region

Healthy Living Now
905-895-4521 ext. 6656
1-855-462-8848 ext. 6656
SDias@southlakeregional.org
www.healthy-living-now.ca



9. CENTRAL EAST LHIN region

Central East LHIN Self-Management Program
1-866-971-5545
CE.Self-Management@lhins.on.ca
www.ceselfmanagement.ca

10. SOUTH EAST LHIN region

Living Well South East
613-542-2949 ext. 1179 & 1180
selfmanagement@kchc.ca
www.livingwellseontario.ca

11. CHAMPLAIN LHIN region

Living Healthy Champlain
1-877-240-3941 rdavidson@bruyere.org
www.livinghealthychamplain.ca

12. NORTH SIMCOE MUSKOKA LHIN region

North Simcoe Muskoka Self-Management Program
705-422-0900 ext. 108 or 119 1-833-474-2242
dsm@sgbchc.ca
www.nsmselfmanagement.ca

13. NORTH EAST LHIN region

Living Healthy North East
705-523-7155/1-866-991-7155
livinghealthy@hsnsudbury.ca
www.livinghealthynortheast.ca

14. NORTH WEST LHIN region

Healthy Change
1-866-907-5446
michael.mcbride@lhins.on.ca
www.healthychange.ca

SELF-MANAGEMENT PROGRAMS IN ONTARIO



Have a chronic condition or pain, or care for someone who does?

Find **FREE** in-person and online workshops and learn skills to live well and improve your quality of life.



WHY TAKE OUR WORKSHOPS?

LEARN TO:

- Better understand and manage your symptoms.
- Increase your confidence.
- Communicate better with loved ones and healthcare providers.
- Set realistic goals, make plans to reach your goals, and problem solve.
- Make healthier choices like eating well, exercising more, managing medications, etc.
- Improve your emotional and mental health.
- As a caregiver, take better care of yourself while caring for a friend or relative.
- Meet others in similar situations as you.

WHAT IS SELF-MANAGEMENT?

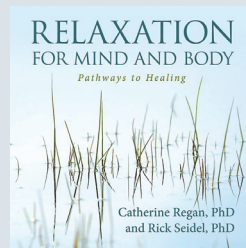
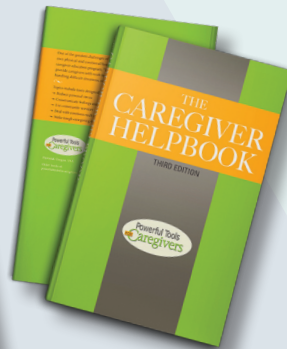
- Being able to manage the daily tasks needed to live well with one or more chronic conditions.
- Having the skills and confidence to take charge of your health and improve your quality of life and emotional well-being.
- The goal is to be as healthy as possible and to achieve the things you want to do in life.
- Being the most important and active member of your health care team.



"I think the program is excellent. It made me think of solutions that I wouldn't have thought of on my own. Gave me a lot of information."

Chronic Pain
Self-Management
Program, Belleville, ON

RECEIVE FREE RESOURCES!



"This 6 week course has changed the quality and the direction of my life."

Chronic Disease Self-Management Program,
Mississauga, ON

HOW DO YOU REGISTER?

These workshops are FREE, interactive, group-based, in-person and/or online.

To learn more about the workshops offered in your area, please contact your nearest self-management program office (see reverse).

For more information about the online workshops, or to register for one, please visit:
www.selfmanagementontario.ca

Don't know which region you live in?
Visit **www.lhins.on.ca** for maps and a postal code search tool.