

You Are Not Alone!

Even if you have a great family and lots of friends, you can still feel different and alone. One way to help you feel not so alone is to get connected with others who have a similar health condition.



Exercise: *Search and find. Your clinic nurse, family and physician may be able to help you find the answers! Check out your neighbourhood library too.*

FIND - the name of the Association / Support Group that helps people with the same/ similar health condition as yours

SEEK - the contact person's name, address and phone number, and the web site address

FIND - a magazine, newsletter, or website that gives information to people with the same / similar health condition as my own

