



Do you care for a child with complex medical needs and are looking for support or connections?

Are you feeling overwhelmed by the social, emotional and economic impacts of caring for your child?

If you are looking to:

- o Meet other parents who 'get it'
- o Find accessible recreation for your family
- o Expand your social support network
- o Find effective ways to deal with and manage stress
- o Establish effective self-care techniques
- o Achieve your employment and education goals

The Navigator Program may be right for you. We are NOW accepting new families!

The Navigator Program aims to help parents who are caring for a child with complex medical needs by providing support to minimize the social, emotional and economic impacts of caring for their child. Through peer support and system navigation, parents/caregivers will be connected with key services and resources. Regular social gatherings and parent support groups are also offered through the Program.

For more information or to enroll in the program please visit our website:
<http://www.cheo.on.ca/en/Program-Navigator>

Contact us at: navigator@cheo.on.ca or 613-737-7600 ext. 3511

