

Self-Management Programs in your area

1. ERIE ST. CLAIR

Master Your Health
(Tel) 1 855-259-3605
myh@wehc.org
www.wehc.org/CDSM (coming soon)

2. SOUTH WEST

South West Self-Management Program
(Tel) 1-855-463-5692
info@swselfmanagement.ca
www.swselfmanagement.ca

3. WATERLOO WELLINGTON

(Tel) 1-866-337-3318
selfmanagement@langs.org
www.wselfmanagement.ca

4. HAMILTON NIAGARA HALDIMAND BRANT

Take Charge
(Tel) 1-855-333-2376
takecharge@hhsc.ca
www.takecontroltakecharge.ca

5. CENTRAL WEST

Living a Healthy Life
(Tel) 905-494-6752 or 1855-269-8401
cdsmp@williamoslerhs.ca
www.cwselfmanagement.ca

6. MISSISSAUGA HALTON

Maximize Your Health
(Tel) 1-888-670-6636 ext 4871
maximizeyourhealth@haltonhealthcare.on.ca
www.maximizeyourhealth.ca

7. TORONTO CENTRAL

Healthy Living with Chronic Conditions
(Tel) 416-462-2910
smp@srhc.com
www.tcsmp.ca

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8. CENTRAL

Healthy Living Now
(Tel) 905 895-4521 ext. 6489
www.healthy-living-now.ca

9. CENTRAL EAST

Healthy Life Workshop
(Tel) 1-866-971-5545
www.healthylifeworkshop.ca

10. SOUTH EAST

(Tel) 613-542-2949 x1179
selfmanagement@kchc.ca
www.livingwellseontario.ca

11. CHAMPLAIN

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

12. NORTH SIMCOE MUSKOKA

NSM Self-Management Program
(Tel) 705-791-6209
dsm@southgeorgianbaychc.ca
www.nsmselfmanagement.ca

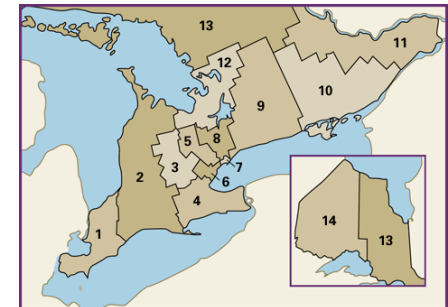
13. NORTH EAST

Living Healthy North East
(Tel) 1-866-991-7155
livinghealthyhsnsudbury.ca
www.livinghealthynortheast.ca

14. NORTH WEST

Healthy Change
(Tel) 1-800-626-5406
Charlene.snow@nw.ccac-ont.ca
www.healthychange.ca

Self-Management Programs in Ontario



For more information
call your LHIN region based
Self-Management Program Office!



Introduction to the Self-Management Programs in Ontario

Self-Management Programs (SMP) in Ontario are an outcome of the Ontario Diabetes Strategy funded by the Ministry of Health and Long Term Care (MOHLTC). SMP is an integrated, comprehensive strategy aimed at preventing and improving management of chronic conditions in Ontario.

The goal is to provide no cost education and skills training workshops to health care providers as well as individuals living with chronic conditions. Each Local Health Integrated Network (LHIN) region's SMP supports the delivery of self-management workshops for community members living with chronic conditions. Coordinators of the programs in each LHIN region also work with health care providers by offering no cost sessions that improve health care communication between providers and patients with the goal of engendering self-management skills in patients with chronic conditions.

For more information on connecting with your LHIN regions SMP, please review the last two pages of this pamphlet.

Workshops for individuals living with chronic conditions

MOHLTC approved evidence-based self-management workshops empower individuals living with chronic conditions. The use of proven techniques and peer support helps play a greater role in each person's chronic disease management by:

- Addressing behaviours and choices that may improve their condition or reduce risk of complications (e.g. diet, exercise)
- Providing tools for medication management
- Introducing skills to help manage signs and symptoms of disease
- Providing skills to set goals and problem solve
- Sharing relaxation techniques and mindfulness
- Build confidence

An example of the evidence-based program includes the Stanford Chronic Disease Self-Management workshop, developed by Stanford University's Patient Education and Research Group.

Workshops for providers working with individuals living with chronic conditions

Evidence-based workshops are designed to present providers with an opportunity to explore their own beliefs about behaviour change process and learn skills to promote behaviour change in clients living with chronic conditions. Professionals are aided by the SMP by availing themselves of the following opportunities:

- Professional development
- Ongoing mentorship support

An example of the evidence-based program includes "Choices and Changes", developed and licensed by the Institute for Healthcare Communication".