

**DO YOU NEED
HELP GETTING ON
THE RIGHT PATH
AND FINDING THE
BEST SERVICES
FOR YOU?**

**NAVIGATING THE
MAZE OF HEALTH
CARE AND SOCIAL
SERVICES CAN BE
OVERWHELMING.**

**WE ARE HERE TO
HELP.**

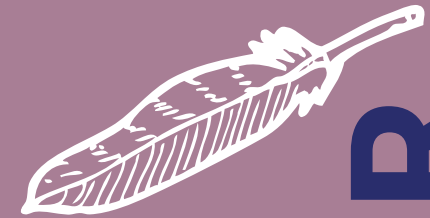


299 Montreal Road,
Ottawa, ON K1L 6B8

Phone: (613) 748-0657
Fax: (613) 748-9364

WWW.WABANO.COM

Funded By:
Champlain Local Health
Integrated Network (LHIN)



**HOSPITAL
SYSTEMS
NAVIGATOR**

Wabano: New Beginnings, Together.



Who Do We Serve?

- Self-identified First Nations, Inuit and Metis individuals with complex mental, physical, emotional and spiritual needs, accessing multiple services.



What Services Are Available?

- Case management to assist in your health care planning;
- Support and listening to your concerns;
- Advocacy and support while communicating with your health service providers;
- Discharge planning from hospital;
- Accompaniment to your appointments;
- Referrals to internal and external agencies to support your well-being.

PLEASE CONTACT:

Verna Stevens,
Hospital Systems
Navigator

Tel: 613-748-0657 ext 312

Fax: 613-749-1195

Email: vestevens@wabano.com