

## What is Post-Polio Canada?

Our program links polio survivors and their family members to **peer support groups** in the community, offering **education, information and hope**. Through our work with local peer support groups across the country, we provide Canadians with the resources needed to live more fully with post polio syndrome.

### What is a Peer Support group?

Peer support groups give polio survivors, their families, friends and caregivers the opportunity to share their personal stories, struggles and triumphs they experience as polio survivors.

Peer support groups range in size, purpose, age, settings, and background, and offer a network of support, education and social activities.



### Post-Polio Canada® Services:

Polio survivors and their families have access to:

<p><b>Peer Support Groups</b></p>	<p>Contact us to <b>find a group in your area</b> or if you are interested in starting your own group.</p>
<p><b>Polio Warmline®</b>  1-888-540-6666</p>	<p>A toll-free number that offers information and support for polio survivors and family. It operates Monday to Friday 9:30am to 4:00pm EST.</p> <p>A staff or volunteer will answer with <b>information</b> or help connect the caller with a <b>fellow polio survivor or caregiver</b>.</p>
<p><b>Newsletter</b>  <i>PoliO'Canada</i></p>	<p>This <b>FREE</b> bi-annual newsletter shares survivor stories, services, information and current research relevant to polio. Contact us to <b>join our mailing list!</b></p>
<p><b>Education and Information Services</b></p>	<p>Members can request and receive valuable <b>information</b> from our website, information packages, research, conferences, publications, and other events.</p>

## ***What else does March of Dimes Canada offer for polio survivors?***

Post-Polio Canada<sup>®</sup> is a program of March of Dimes Canada, a leader in serving people with disabilities. For close to 60 years, March of Dimes has been on the forefront of the disability movement, dedicated to helping Canadians with disabilities lead more independent and empowered lives.

### **More March of Dimes services include:**

- AccessAbility<sup>®</sup> Advantage
- Acquired Brain Injury Services
- Assistive Devices Program (ADP)
- Conductive Education<sup>®</sup>
- DesignAbility<sup>®</sup>
- Employment Services
- BeFriending<sup>®</sup>
- Home and Vehicle Modification<sup>®</sup> Program
- Independent Living Services
- Information and Advocacy
- Northern Medical Clinics
- Recreation and Integration Services

If you would like more information on any of these services, contact:

**The Post-Polio Warmline<sup>®</sup> 1-888-540-6666**

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