



QUEBEC

Diabetes Management & Support Resources

Assembly of the First Nations of Quebec and Labrador

The organization provides technical support and is actively involved in developing strategies aimed to support the implementation of culturally appropriate community initiatives that address the needs of Aboriginal people including their well-being and health.

Tel: (418) 842-5020, Fax: (418) 842-2660, Email: apnql@apnql-afnql.com

<http://www.apnql-afnql.com/en/apropos/historique.php>

Canadian Institute for Health Information

The Canadian Institute for Health Information provides a series of interactive websites designed for different audiences to help them understand how well Canada's health system is performing.

<http://bit.ly/1BuTIPi>

Cree Board of Health & Social Services of James Bay

The organization has a variety of healthy lifestyle support services available such as walking clubs, nutrition counselling, healthy breakfast & lunch programs, and diabetes screening.

Tel: (819) 855-2744, Fax: (819) 855-2098, Email: ccsssbj-cbhssjb@ssss.gouv.qc.ca

<http://creehealth.org/>

Diabetes Quebec

This is a great organization that provides information, reports and advocacy regarding diabetes in Quebec with a mission to inform, raise awareness and prevent diabetes.

Tel: (514) 259-3422, Toll-Free: 1-800-361-3504, Fax: (514) 259-9286

<http://www.diabete.qc.ca/>

Diabetes in Quebec- At the Tipping Point

This is a great report that provides important statistics and information on the diabetes situation in Quebec. This report is very useful for health care professionals who are looking to write project proposals and apply for diabetes grants in Quebec.

[http://www.diabetes.ca/17620 Diabetes Prog Report Quebec 3.pdf](http://www.diabetes.ca/17620_Diabetes_Prog_Report_Quebec_3.pdf)

Eagle Village First Nation Health Program

This program has a health centre to educate communities on diabetes prevention and provide primary health care services.

Tel: (819) 627-9060, Fax: (819) 627-1885

<http://www.evfn.ca/>





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JDRF – Montreal Branch

JDRF Montreal Branch implements many projects in Montreal area to raise funds for the purpose of finding the cure to diabetes. To find more information on Montreal-based activities and initiatives, visit the website below. Tel: (514) 744-5537, Toll-Free: 1-877-634-2238, Fax: (514) 744-0516

Email: montreal@jdrf.ca; Website: <http://www.jdrf.ca/locations/quebec-region/montreal>

Kahnawake Schools Diabetes Prevention Project (KSDPP)

KSDPP designs and implements intervention activities for schools, families, and communities to prevent type 2 diabetes through the promotion of healthy eating, physical activity and positive attitude for present and future Kahnawake's and for other Aboriginal communities.

Tel: (450) 635-4374, Toll-Free: 1-877-635-4374

Email: info@ksdpp.org; Website: www.ksdpp.org/contact/index.php

Kanesatake Health Center Inc.

The centre provides primary health services for Aboriginal people living with diabetes and implements school-based diabetes programming.

Tel: (450) 479-6000, Fax: (450) 479-8313

Email: info@kanesatakehealthcenter.ca; Website: <http://www.kanesatakehealthcenter.ca/>

Montreal Diabetes Research Center

The goal of the centre is to understand the mechanics of diabetes and to contribute to its prevention, treatment and cure. <http://www.montreal-diabetes-research-center.org/en/index.asp>

Montreal Health

Montreal Health provides various resources and information on chronic disease including diabetes.

Tel: (514) 286-6500, Fax: (514) 286-5669

<http://bit.ly/141ZW8Q>

Programs and Services for Seniors of Quebec

This comprehensive report provides detailed information on the quality of health services, types of health services and medical services contact information for Quebec seniors.

<http://bit.ly/1H16gdz>

Quebec En Forme

Quebec En Forme is an organization that supports healthy living among Aboriginal children and youth through various education projects with a strong focus on remote Aboriginal communities in Northern Quebec. Tel: (819) 370-6688, Toll-Free: 1-866-370-6688, Fax: (819) 370-6664

<http://www.quebecenforme.org/>





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Santé at Services Sociaux

The mission of Santé at the Services Sociaux is to maintain and enhance the health and welfare of the citizens of Quebec, by making integrated and quality health services and social services accessible to them, with a view to contributing to the social and economic development of Québec.

www.msss.gouv.qc.ca/en/

Timiskaming First Nation Health Centre Diabetes Program

The health centre offers fitness programs, nutrition programs as well as diabetes screening and prevention initiatives aimed to support Aboriginal people living with diabetes.

Tel: (819) 723-2260, Fax: (819) 723-2272

https://timiskamingfirstnation.ca/Health_Center.html

Ungava Tulattavik Health Centre

The centre serves vulnerable Aboriginal communities in Northern Quebec with a wide range of health services including prevention and management of diabetes as well as promoting healthy eating and physical activity.

Tel: (819) 964-2905, Fax: (819) 964-2071

<http://www.ungava.info>

Physical Activity, Nutrition, Healthy Weights

Diabetes Quebec—Physical Activity Recommendations

This resource provided by Diabetes Quebec outlines exercise recommendations, benefits of starting exercise and information on what to do before and after physical activity.

<http://bit.ly/1Jh755V>

Egale Action

The organization promotes the participation of Aboriginal women of all ages in sport and physical activity and ensures equality of participation.

Tel: (514) 252-3114, Fax: (514) 254-9621, Email: info@egaleaction.com

www.egaleaction.com

Fast and Female Kuujuaq

Fast and Female Kuujuaq is a national not-for-profit organization with a mandate to promote the empowerment of young women through sport, with an emphasis on cross-country skiing.

A Fast and Female cross-country skiing group was created in Kuujuaq for girls aged 9-17 years old.

<http://www.fastandfemale.com/>





Meal Planning for People with Diabetes

This is an excellent resource on meal planning for people with diabetes from Diabetes Quebec.

<http://publications.msss.gouv.qc.ca/acrobat/f/documentation/2010/10-215-02A.pdf>

Bonus Resources

- Tobacco, Smoking & Diabetes, •Mental Health, •Foot Care
- Kidney Health, •Healthy Heart

Canadian Mental Health Association – Quebec Region

The association provides resources and information about mental health and addictions in Quebec.

Tel: (514) 849-3291, Fax: (514) 849-8372

Email: info@acsm.qc.ca

www.acsm.qc.ca

Diabetes Quebec-Foot Care

This is a resource on what to look for and what to do when it comes to foot care including information on foot care examination, what socks and shoes to wear, and what to do if a problem occurs.

<http://bit.ly/1wKNx4p>

Head & Hands

Since 1970, Head & Hands has been committed to the physical and mental health of the Montreal community youth. Today, this organization offers a number of medical, social, and legal services.

Tel: (514) 481-0277, Fax: (514) 481-2336, Email: info@headandhands.ca

www.headandhands.ca

Heart and Stroke Foundation – Quebec

The Heart and Stroke Foundation of Québec is dedicated to the advancement of research and the promotion of heart health in order to reduce disabilities and the number of deaths attributed to cardiovascular disease and stroke.

<http://bit.ly/1wt5oNw>

Heart at Work

Heart at Work is a turn-key program offering simple, effective ideas for encouraging healthy eating and regular physical activity in the workplace.

<http://aucoeurdutravail.org/>





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Kidney Foundation of Canada – Quebec

The Kidney Foundation of Canada is committed to patient services, public education, organ donation awareness and communication. Assistance is available to help kidney patients locate the information and resources they need to learn more about how they can manage kidney disease.

<http://www.kidney.ca/page.aspx?pid=503>

My Mental Health

My Mental Health provides information, raises awareness and offers contact information for mental health services in Quebec.

<http://www.mymentalhealth.ca/tabid/1087/default.aspx>

Santé et Services Sociaux Quebec

This resource provides information on the prevalence of smoking in Quebec. The report shows a breakdown of what segments of the population have high rates of smoking. The website also contains resources on smoking awareness and cessation.

Toll-Free: 1-877-416-8222

<http://bit.ly/1r7xnBI>

