

The text '+ NATIONAL' is displayed in a row of eight connected, rounded rectangular boxes. The first box is orange and contains a white plus sign. The remaining seven boxes are pink and contain the letters N, A, T, I, O, N, A, L in white, uppercase, sans-serif font. The boxes are connected by small horizontal lines, giving the appearance of a chain or a digital display. The background is a faded, red-tinted image of a city skyline with a large body of water in the foreground.

+ NATIONAL

Accommodation

www.tripadvisor.com

www.reviewblue.com

www.realtravel.com

www.canadianhotelguide.com

www.travelocity.ca

www.expedia.ca

Best Western

1-800-780-7234

www.BestWestern.com

Days Inn

1-800-329-7466

www.daysinn.com

Holiday Inn

1-800-439-4745

www.HolidayInn.com

Ramada Inn

1-800-854-9517

www.ramada.com

Travelodge

1-800-578-7878

www.travelodge.ca

Medical Support

*contact details and maps
of all hospitals, medical
centres and health clinics*
www.hospitalsworldwide.com

Al-Anon Canada

www.al-anon.org

Alateen Canada

1-613-723-8484

al-anon.alateen.org

Alcoholics Anonymous (AA)

www.aacanada.com

ALS Society of Canada

www.als.ca

Alternative Medicine Complementary Medicine

www.canadianwellness.com,

www.cchh.org

Alzheimer Society of Canada

www.alzheimer.ca

Arthritis Telephone Information Service

1-800-321-1433

www.arthritis.ca*Canadian Adult Congenital Heart Network*www.cachnet.org*Canadian Association of Gastroenterology*www.cag-acg.org*Canadian Association of Retired People (CARP)*

1-800-363-9736

www.carp.ca*Canadian Cancer Society*

1-888-939-3333

www.cancer.ca*Canadian Centre on Substance Abuse*

1-613-235-4048

www.ccsa.ca*Canadian Diabetes Association*

1-800-226-8464

www.diabetes.ca*Canadian Health Links for Seniors*www.senioryears.com*Canadian Lung Association*www.lung.ca*Canadian Red Cross*

1-613-740-1900,

1-866-291-8979

www.redcross.ca*Cangrands**kinship care support*

1-613-474-0035

www.cangrands.com*Centre for Addictions and Mental Health*

1-416-535-8501

www.camh.net*Childhood Cancer Foundation*› *Candlelighters Canada*

1-800-363-1062

www.childhoodcancer.ca*Drug and Alcohol Addiction Recovery*www.addictionrecoveryguide.org

Elderhostel
1-800-745-1690
www.roadsscholar.org

*Heart and Stroke
Foundation*
www.heartandstroke.ca

*Kidney Foundation
of Canada*
1-800-461-9063
www.kidney.ca

Kids Help Phone
1-800-668-6868
www.kidshelpphone.ca

MS Society
1-866-991-0577
www.mssociety.ca

*Narcotics Anonymous
Canadian Assembly
meetings search*
www.canaacna.org

*National Clearinghouse
on Family Violence*
1-800-267-1291
www.phac-aspc.gc.ca/nfcv-cnivf

*Parkinson Society
of Canada*
www.parkinson.ca

Problem Gambling
1-800-230-3505
www.problemgambling.ca

*Thyroid Foundation
of Canada*
www.thyroid.ca

Government of Canada

www.gc.ca

- › *Indian Residential Schools Resolution*
- › *Crisis Line Health Support Program*
1-866-925-4419

Health Canada

- › *First Nation and Inuit Health Branch, Non-Insured Health Benefits (NIHB)*
1-866-362-6717
1-866-362-6719
www.hc-sc.gc.ca,
www.canada.gc.ca,
www.hc-sc.gc.ca

- › *Non-Insured Health Benefits, Dental Program*

1-867-393-6866,
1-867-667-3942

- › *Northern Region, Whitehorse*

1-867-393-6770
www.hc-sc.gc.ca

Human Resources and Skills Development Canada

- › *CPP Disability Benefits*

1-800-277-9914
www.servicecanada.gc.ca

- › *Employment Insurance Sick Benefits*

1-800-206-7218
www.servicecanada.gc.ca

Indian and Northern Affairs Canada (INAC)

1-867-667-3888,
1-800-661-0451
www.aadnc-aandc.gc.ca

Public Health Agency of Canada

www.phac-aspc.gc.ca

Seniors Canada

www.seniors.gc.ca

Service Canada

CPP, OAS, Disability
1-800-277-9914

www.servicecanada.gc.ca,
www.canada.gc.ca

Treasury Board of Canada Secretariate

- › *Federal Superannuation*

1-800-561-7930
www.fsna.com

Veterans Affairs Canada

1-866-522-2122
www.veterans.gc.ca