

# Navigating Canada's Healthcare System Can Be Confusing and Frustrating

Patients and families are taking on more work than ever, often with little or no training. Until now!

## Learning The Ropes



A four- week online small group course for patients and families.

We cover:

- Working with multiple healthcare providers,
- Developing your support networks,
- Looking after yourself, and
- Getting your legal and financial poop in a group.



[NavigatingHealthcare.ca](https://NavigatingHealthcare.ca)



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