

Parents – Your Health Matters!



Smoking

Where can I go for help to quit smoking?

My kids want me to quit smoking – I'm not ready.

My kids want me to quit smoking – I'm ready.

How can I get my partner/friend/relative to quit smoking?

I'm a smoker – how can I protect my child from tobacco smoke?

Mental Health

I'm a mom, and I'm not feeling like myself – could it be depression?

Coping with stress.

Alcohol

How much alcohol is ok?

Healthy Lifestyle

Should I get the flu shot?

How can I eat healthier?

How can I plan healthy meals for my family on a budget?

Top 10 tips for eating out.

How often should I be physically active?

Sexual Health

I would like to learn more about healthy sexuality and healthy relationships.

What birth control is right for me?

Finances

Making a budget and sticking to it.

We've collected some of the best resources on the web to answer your frequently asked questions.

Click on the links to the left.

Other Resources

Smoking

[Dad – Is it Your Right Time to Quit?](#)

[Dear Mommy: Please make my world smoke-free!](#)

[Smokers' Helpline](#)

Substance Use

[Addiction Services](#)

[Canadian Mental Health Association](#)

Healthy Lifestyle

[Unlock Food](#)

[Healthy Canadians](#)



Have a question that you don't see listed here?
Call our infant and child health information line!

519.352.7270 ext. 2903