

# 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 healthy growth and development intake line!

519.352.7270 ext. 2903