

CONTACT US

Health Information & Wellness Centres

Trillium Health Centre – Mississauga

(adjacent Family Care Centre)

100 Queensway West

Mississauga, ON L5B 1B8

905-848-7511

Trillium Health Centre – West Toronto

(Main Floor, near Main Entrance)

150 Sherway Drive

Toronto, ON M9C 1A5

416-521-4187

Opening Hours at both locations:

10:00 a.m. to 4:30 p.m. Monday to Friday

Email: hiwc@thc.on.ca

Website: <http://www.trilliumhealthcentre.org/health>

Find a Doctor Helpline:

905-848-7359

Mandarin and Cantonese Health Information Helpline:

905-848-7398

Hindi, Punjabi, and Urdu Health Information Helpline:

905-848-7377

Health Information and Wellness Centres

**SERVICES AVAILABLE TO
OUR COMMUNITY**

Do you need more information about your health or that of your family?

Do you need to find a family doctor?

Do you need to find community support?

Do you need health information in your own language?



Look no further! Come and visit one of our centres, contact us by phone or email, or visit our website. All our services are FREE of charge.

Here is what we can do for you:

INTERNET SEARCHING FOR HEALTH INFORMATION

We provide Internet access and help to find reliable, understandable health information from sites recommended by our staff. We also offer training in navigating the Internet to find health information you can trust.

FIND A DOCTOR

We have an up to date list of family doctors, affiliated with Trillium, who are accepting new patients.

HEALTH INFORMATION PACKAGES

We can create a package of information on any health topic, which can be mailed directly to you.

HEALTHFINDERS

We produce the HealthFinder series of brochures to help people find reliable health information. They list good resources on a particular topic which include internet sites, books, and local community organizations.

HEALTH INFORMATION RESOURCES

We have a collection of up-to-date books, videos, and brochures on a great variety of health topics. The books and videos may be borrowed for up to two weeks.

MULTILINGUAL SERVICES

We are expanding services in languages other than English. We have a telephone health helpline in Chinese, Hindi, Punjabi, and Urdu languages. We are working to improve access to Internet sites and printed materials with health information in different languages.

COMMUNITY PRESENTATIONS AND HEALTH FAIRS

Our staff can come and talk to your group about our services, or provide a booth at your event.