



Healthy Babies
Healthy Children



Dental



Youth
Engagement
Theatre



Beaches



Speech &
Language



School
Health



You &
Your Baby



Parenting



Facebook



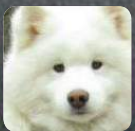
Food
Safety



Community
Partnership



Youtube
Video



Animal
Bites



Sexual
Health



Twitter



Youth
Engagement

Algoma Public Health 2011 Report to the Community





Dr. Allan Northan
Medical Officer of Health

Algoma Public Health (APH) has modern facilities at all office locations, Blind River, Elliot Lake, Sault Ste. Marie, and Wawa.

The new Blind River office was opened in 2009, the new Elliot Lake office in 2010, and the new Sault Ste. Marie and newly renovated Wawa offices were opened in 2011.

Staff and our clients have modern, well-designed, and technologically current facilities to function in. The completion of renewed infrastructure is the big highlight of 2011.

Our partnership with Sault College in a collocation setup is unique in Ontario for the physical alignment of an academic College and a Health Unit. This relationship will bring many synergies to health and education and is expected to positively impact retention of our youth in the North.

A second important event is the introduction of IntraHealth, a new modern electronic health record (EHR) system to replace our previous EHR system used for the past 10 years. This will move us forward in the collection and rapid retrieval and interpretation of data.

Algoma Public Health has an energized, committed group of employees, supported by good facilities, a forward thinking Board, and community partners who work together to promote wellbeing in our communities.

2011 was an important year which will set the stage for many meaningful initiatives in the next decade for the improvement of the public's health.



Guido Caputo
Board Chair

The Algoma Public Health Board is extremely proud of its ultra-modern facilities in all our office sites, Blind River, Elliot Lake, Sault Ste. Marie, and Wawa.

These offices will be a great asset to staff in our communities for decades to come.

The Board is indeed very proud of APH's staff. Our staff run a multitude of programs to protect health, prevent disease, and to service community health issues. Algoma has a large area, but we have staff spread throughout the district to plan and deliver health programs that impact the whole population.

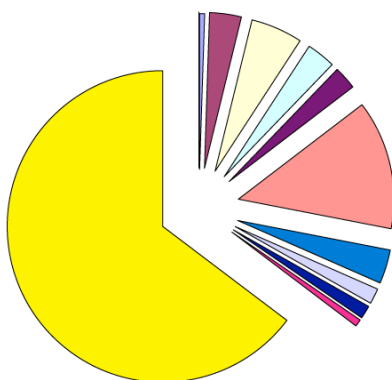
Vaccinations, outbreak management, and case management of communicable diseases help to control and reduce the burden of communicable diseases. Family health programs address the prenatal and immediate post natal needs of families. Early intervention and informed, supported parenting influences healthy child development. The earlier dental and speech/language issues are dealt with, the better for children. The Boards of Education work with APH to keep children healthy. Chronic disease prevention is addressed throughout the life stages to ensure a healthy population with reduced incidence of heart disease, cancer, and diabetes. Injury prevention is another important mandate.

Community mental health is supported by our community program to enhance quality of life and integrate all citizens into their communities. Addictions to substances control many lives, but APH is helping to prevent addictions from occurring and helping clients with addictions to overcome obstacles to healthy living, including efforts to overcome drug dependency.

Our communities are healthy because of Algoma Public Health and its mandate for disease prevention and healthy living in the community.

The Board is proud of the achievements of its staff, and you are urged to review this report for some of the reflection on 2011 activities.

2011 Program Expenses



- Brighter Futures for Children
- Infant Development
- Healthy Babies
- Healthy Children
- Preschool Speech/Communication
- Dental Health
- Community Mental Health
- Alcohol/Drug Assessment
- Genetics
- Early Years Programs
- Other Prevention Programs
- Public Health

BOARD OF HEALTH

Guido Caputo (<i>Chair</i>)	City of Sault Ste Marie
Ron Rody (<i>Vice Chair</i>)	Municipality of Wawa, Townships of White River and Dubreuilville
Marchy Bruni	City of Sault Ste Marie
Karen Marinich	City of Sault Ste Marie
Gordon Post	Town of Bruce Mines, Village of Hilton Beach and the Townships of Hilton, Jocelyn, Johnson, Laird, MacDonald, Meredith and Aberdeen Additional, Plummer Additional, Prince, St. Joseph and Tarbutt and Tarbutt Additional
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Robert Ambeault	Town of Blind River, Town of Spanish, Township of the North Shore
Sandy Finamore	City of Elliot Lake
Janet Blake	Province of Ontario
Rosario Capillo	Province of Ontario
Anthony Rossi	Province of Ontario
Trina Mount	Executive Assistant Secretary to the Board of Health

DISTRICT

Elliot Lake - You and Your Baby

You & Your Baby parenting group is a 6-week program, held once a week, designed for parents/caregivers of young infants up to 6 months-of-age. This program provides parents and caregivers with an opportunity to meet other parents/caregivers and to increase parenting knowledge and confidence.



Left to right: Connie Free PHN, Krystle Edwards, Danielle Goulah, Melanie Burke, Alaina-Kaye Verrall, Julie Arnott (seated)

Prevent Alcohol and Risk-related Trauma in Youth Program – PARTY Program

The PARTY program is an interactive workshop where students follow the path of an injured trauma survivor from a drinking and driving collision. The students meet professionals who would care for them in a trauma situation. Paramedics, emergency physicians, nurses, and therapists describe the painful journey of a trauma patient in the actual

hospital setting. Facts are presented regarding head and spinal injuries and students have hands-on experience with the equipment used in trauma care and rehabilitation.

The PARTY program aims to instill in youth the message that life is a matter of choices; one poor choice can change your life forever.



Grade 10 Elliot Lake Secondary School student, Danielle Tessier, walks the line with Fatal Vision goggles.

Thessalon School Health Club

In the fall 20 students from the Thessalon School Health Club met with eight seniors from Algoma Manor to make

and enjoy chicken vegetable soup and pumpkin pies. The vegetables for their soup were lovingly planted, grown and harvested from the Thessalon School garden. The children also grew the pumpkins that went into the pies.



3 club members, one resident of Algoma Manor and our dedicated parent volunteer, Patricia Wynter making pie crusts.

With the help of the Algoma Manor, seniors and other staff who work with the club, made the pie crusts as well as the pumpkin mixture for the pies. This was the third annual event coordinated between the Thessalon School Health Club and the Algoma Manor.

ADDICTION SUPPORTIVE HOUSING (ASH) PROGRAM

Services within the Addiction Supportive Housing Program (ASH) are based on a 'housing first' model, which has been shown to be effective for people who have problematic substance use and potentially concurrent disorders. Stable housing is essential to attaining treatment goals, with housing being part of any treatment plan. The goal of the program is to increase the health and social outcomes of people with problematic substance use as well as issues related to the social determinants of health.

The four objectives of the ASH program are:

- to reduce the frequency of re-admissions to addiction programs
- to reduce contact with the criminal justice system
- to reduce emergency department visits
- to increase successful tenancy

The ASH program is based on developing independent living skills and affordable housing that provide opportunities for individuals to stabilize their personal situations and re-establish connections with the community. Housing is linked to intensive case management services that are voluntary and flexible to meet the clients' needs and preferences.

Intensive case management services include: assessment, ongoing treatment planning, teaching daily life skills, counselling, advocacy, referrals to other service providers and case coordination.

A rent subsidy program where rent is geared to a clients income as well as the market rate for safe, affordable housing is an important part of the ASH program.

COMMUNITY MENTAL HEALTH PROGRAM

The Community Mental Health Program provides the following services in Sault Ste. Marie and throughout the Algoma district for individuals with a serious mental illness (SMI).

- Intensive Psychiatric Case Management
- Rent Supplement Administration

Over **503** individuals received intensive psychiatric case management services. Focusing on a client's strengths, client-identified problem areas are addressed through life and interpersonal skills development, supportive counselling, advocacy, crisis planning, medication/symptom monitoring, family support and coordination of referrals to other supports and services.

A strong focus on the social determinants of health helps to inform Algoma Public Health mental health practitioners on how to best meet the needs of those who experience inequities in health status by focusing on all the factors that promote, protect or sustain good health. An important determinant of health is access to appropriate health care.



Mental health and physical health are fundamentally linked. People living with a mental illness are at greater risk of experiencing a wide range of physical health problems. Taking advantage the broad health resources available through Algoma Public Health, we developed and offered a variety of groups classes to improve client knowledge of healthy lifestyles, such as health and wellness groups, exercise groups, community gardens and community kitchens. Another important change is the development of smoking cessation and tobacco management supports by program staff, specifically designed for those dealing with mental illness.

Safe, affordable housing is another important social determinant of health, assisting clients with their recovery process. Housing support is an integral part of our service provision. Community Mental Health provided rent subsidy to **163** clients in 2011. The Program also continues to work with other Algoma Public Health programs and many community partners on broader social housing initiatives throughout the district.

YOUR ENVIRONMENT = YOUR HEALTH

Buzzzzzzz - Mosquitoes and West Nile Virus (WNV)

During the summer, **5,002** adult mosquitoes were trapped at **18** sites across the Algoma district. Two mosquito pools tested positive for West Nile Virus.

Mosquito larvae were controlled by the addition of environmentally-friendly bacteria (that kills mosquito larvae) to **336** buried electrical vaults across the City of Sault Ste. Marie. This is done by the Public Utilities Commission.

Thirteen ticks were submitted for speciation and testing. None were confirmed ixodes scapularis (the deer tick responsible for the spread of the disease).

Clean

Public health inspectors (PHI) inspected daycares, group homes, long-term care homes and personal service settings (hair salons, nail salons and tattoo parlours) to educate and prevent the spread of disease.

Jaws and Claws

All animal bites, scratches and other reported exposures that are a risk to human health are investigated. We investigated **182** reports; 138 dogs, 32 cats and 12 other assorted animals. Remember to protect your own and leave others alone.

Thirsty?

PHIs conducted **221** risk assessments, monitoring all small drinking water systems in Algoma that are accessed by the public, such as private wells used by camp grounds and restaurants.



We also continue our work with many community groups and participated in the Source Water Festival for Children to spark an interest in our water quality and protecting our drinking water sources.

Splashes

There are **18** public beaches across the Algoma district, and the bathing water quality in Algoma is excellent. We monitored all the beaches during the summer and it was necessary to post **15** public advisories at 9 different beaches due to water quality results exceeding the provincial protocol. This usually happens after heavy rainfalls or strong wind that stirs up the bottom sediment. Before you head to the beach visit the beach warnings section on our website.

All **21** recreational public pools and **15** public spas were inspected a total of **136** times for health and safety and for chemical standards and maintenance.

Good Eats

BBQs and special events were made safe with public health inspectors (PHI) reviewing over **223** temporary food applications and issuing certificates. If you are hosting an event make sure to complete the temporary food permit application on our website.

Do you enjoy restaurant reality shows? For your safety, PHIs conducted over **1,243** inspections of food places. We also work with your children's school food program to help them make safe and healthy food.

**Fresh Air**

We worked with municipalities in Algoma to help enforce the by-laws for no smoking at outdoor parks. In addition, youth trained as test shoppers accompanied tobacco enforcement officers to ensure all tobacco vendors in Algoma were not supplying tobacco to minors under 19-year-olds. There were **26** charges for supplying tobacco to minors issued from **222** store inspections. If a person looks under 25 they need to provide ID.

WiFi and Electromagnetic Fields (EMF)

We did some testing to ensure that WiFi in schools and EMF are not a health concern. We have a tool that we can lend out for your own testing and piece of mind.

**Have a Question?**

We are here to help answer questions you may have on issues related to the physical environment and your health. We answered over **813** calls last year on many topics including mould, bed bugs, drinking water, recreational water, air quality, and pest control.

INFECTION CONTROL

2011 was a busy year for the Infection Control program at Algoma Public Health. The move from the Civic Centre to our new building on Willow Avenue brought new challenges and new opportunities. The connection to Sault College has made mentoring Sault College nursing students in the Infection Control program and meeting with their faculty advisors more productive and efficient. We had **3** students successfully go through our program.

The Needle Exchange program (NEP) is evolving to offer better service to our clients and works with the Community Alcohol and Drug Assessment program and partners such as the Group Health Centre. APH has established new hours/days for the drop off and pick up of needles and for counseling with our clients.

The Infection Control team had the opportunity to participate in the Chamber of Commerce Travel and Leisure show held in Sault Ste. Marie in September. The team focused on improving knowledge of the need for travel consultations and took the opportunity to speak with other agencies and the public regarding travel immunizations and precautions. Infection Control did **300** individual travel consultations through the program for people travelling all over the world.

The Infection Control team continues to work in communicable disease follow up and investigations and responds daily to institutional, community and public infection control inquiries.



Travel Wise
Immunize

YOUTH ENGAGEMENT

Algoma Public Health continues to embrace the successes and opportunities of Youth Engagement and Development (YED) experiences. A strategy has been created to help with YED practices meeting the standards of public health.

STEALTH



The STEALTH committee in Blind River voiced their support for a local Smoke Free Parks and Recreational Areas bylaw at Town Council. Youth facilitated public awareness through community displays.

TEENS IN MOTION



The Teens in Motion committee in Wawa partnered with the Lion's Club to create an inviting space to get together for meetings and to host events.

TEENS IN ACTION



The Teens in Action committee in Elliot Lake identified substance misuse as a priority. Youth partnered with local Project ABCD committees to facilitate presentations to elementary schools. Elliot Lake youth have also facilitated brain injury work stations as part of the PARTY program designed to reduce alcohol related trauma in youth.

SCHOOLS WITHOUT BORDERS



Schools Without Borders from Sault Ste. Marie and Teens in Motion from Wawa created a campaign to get on-screen tobacco use and images out of youth rated films. Activities included presentations to youth, a poster contest, theatre ads, and STOMP movie activities.

VOLUNTEERS

Our volunteer resource program currently has **108** active volunteers throughout the district who assist in a wide variety of our program initiatives.

Volunteers contributed **3,042** hours to help us fulfill our goal of 'supporting healthy communities in Algoma.'

Our volunteers are a great example of what being part of a TEAM is all about:

T - Together
E - Everyone
A - Accomplishes
M - More



YOUTH ENGAGEMENT THEATRE (YET)



After more than three months of research, writing and rehearsal, APH's Youth Engagement Theatre (YET) hit the road with its original one act forum-style theatre presentation, *Vickie Stone: Victim or Victor?*

In partnership with the Algoma District School Board, the Huron Superior Catholic District School Board, Sault Ste. Marie Police Services and Project ABCD, YET travelled from Wawa to Elliot Lake performing for Grade 9 and 10 student audiences in high schools across Algoma.

The hard work and dedication of the YET peer leaders resulted in over **1,000** Algoma district students sharing in an interactive theatrical experience which delivered harm reduction messaging on substance misuse and safe partying practices as well as other key health and safety topics and social issues relevant to today's youth.

The response to this production was so positive that APH's Youth Engagement Theatre has been invited by Project ABCD and the school boards to deliver its peer-to-peer knowledge sharing presentation on an annual basis to Grade 9 students throughout the district.

Congratulations, YET!



For more information or to access any of these programs, call the Parent Child Information Line at 705-541-7101 or district-wide at 1-888-537-5741

REPRODUCTIVE HEALTH

Special Delivery - Ontario's Prenatal Education Modules

Algoma Public Health (APH) is pleased to announce the arrival of a new prenatal education curriculum!

APH fulfilled our contract with Health Nexus/Best Start Resource Centre to develop **11** prenatal modules for child-birth educators in Ontario. The aim of this project was to standardize prenatal class content using the most up-to-date, research-based information around healthy lifestyle in pregnancy, labour and birth, breastfeeding, and postpartum/newborn care.

We are already incorporating the new information into our prenatal classes, so register early by calling your local office!

HEALTHY BABIES HEALTHY CHILDREN



After my baby was born I received a home visit from a public health nurse who told me about Healthy Babies, Healthy Children (HBHC).

HBHC is a voluntary program available to me and my child that occurs in my home. Home visits are done by the public health nurse and family support worker.

HBHC has introduced me to many other community supports and events that are available for me and my child. Some things that I have learned about through the home visits include healthy growth and development, bedtime, healthy eating and even developing and keeping healthy relationships.

These visits have provided me with companionship and a feeling of relief knowing that, as a new mom, my questions will be answered at the visit that occurs every other week.

Lindsay

PRENATAL/POSTPARTUM NURSE PRACTITIONER CLINIC

The nurse practitioner clinic provides primary health care services to children up to 5 years of age, and their mothers, who do not have a primary care provider.

Services include:

- Newborn, well baby and well child checkups and immunizations
- Enhanced 18 month well baby visit

Well-woman visits:

- Initial prenatal assessment and referral to an obstetrician for ongoing prenatal care
- Referrals to pediatricians and specialists as required
- Episodic illness treatment and chronic disease management.

The clinic is run by nurse practitioners who have access to 4 community physicians for consultation. Clinic services are available 4.5 days per week by appointment.

There are approximately 700 clients registered to the clinic.

Overview of visits in 2011:

Total visits	1,322
Newborn visits	285
Well baby visits (7 weeks -18 months)	560
Well child visits (19 months – 5 years)	145
Well Adult visits	117
Illness visits	281
Prenatal visits	65
Enhanced 18 month well baby visits	41

TRIPLE P - POSITIVE PARENTING PROGRAM

Algoma joined the Triple P program in 2011, and over **100** practitioners have been trained in Algoma including staff from Algoma Public Health.

Triple P is for every parent, whether you have a specific problem or you are just looking for advice on common everyday parenting issues. It provides easy to use tips and new ideas that will help you build confidence.

To register for a seminar, group, or an individual session call the Parent Child Information Line.

A moms thoughts on Triple P: *“I love learning about Triple P in my home, it is really great what they came up with to help me be a better parent. Practicing and rehearsing what to say was really helpful.”*

PARENT CHILD INFORMATION LINE (PCIL)

**Parent Child Information Line:
705-541-7101 or 1-888-537-5741**

The Parent Child Information Line (PCIL) provides a single point of access to clients and agency providers for services to children 0-6.

PCIL is staffed by public health nurses (PHN) who provide information and support on a variety of topics such as nutrition, breastfeeding, parenting programs, oral health, safety, and infant/child and maternal health.

PHNs are able to complete referrals so that families have a direct link to a variety of services and agencies within the district of Algoma.

Hours of operation are Monday to Friday 9:00 a.m. to 12:00 p.m. and 1:00 to 4:00 p.m. (closed on statutory holidays). Please note that after hours you can leave a confidential message, and a public health nurse will return your call the next business day.

Total number of phone calls in 2011: 2,058

Top 5 reasons for calls in 2011:

- Infant Child Health
- Parenting Concerns/Programs
- Food and Nutrition
- Breastfeeding
- Maternal Health

PARENT CHILD INFORMATION CENTRE (PCIC)

Over **900** families visited the Parent Child Information Centre in 2011.

Families can visit with a public health nurse or one of the lactation consultants.

Topics covered at the Parent Child Information Centre include: breastfeeding support, infant nutrition, growth and development, baby weights, prenatal and parenting information as well as support and screening for postpartum mood disorders.

We are open Monday to Friday: 1:00 – 3:30 p.m. and are located at 294 Willow Avenue. Parking is free.

ORAL HEALTH

Early assessment of a child's oral health increases the likelihood of a painfree mouth. Educating parents in the practice of good oral hygiene habits and healthy nutrition choices is the key to keeping a child's mouth healthy for life.

Algoma Public Health Oral Health Services continues to provide screening in all elementary schools throughout Sault Ste. Marie and the district of Algoma. Teams of dental hygienists and dental health educators visit each school to assess the oral health of the children, and offer information and programs for individuals who may require treatment.

Last year **5,856** students were screened, and dental staff identified **326** students as needing urgent care.

Our screening program expanded to include day cares. This will provide an opportunity to educate families of young children and for children in need of services to access treatment at an earlier age.



We also offer preventive services to children 0-17 whose family does not have private insurance and who require cleanings, fluoride treatments and sealants.

INFANT AND CHILD DEVELOPMENT PROGRAM (ICDP)

In 2011:

- We provided intervention to over **600** children across the district of Algoma.
- Were trained in Triple P (Positive Parenting Program) Stepping Stones as part of Algoma's community of practice around positive parenting.
- We provided Psychological Assessments in collaboration with Community Living Algoma. The assessments are completed for children that demonstrate red flags or present as an Autism Spectrum Disorder query. The diagnostic assessments are critical in the early identification of special needs. We also provided Universal Screening for Autism. We assessed **35** young children at 2 psychology clinics.
- We continued to enhance the community transition to school process for families. The school boards were made aware of over **30** children with special needs to ensure a smooth transition to school.

SPEECH AND LANGUAGE PRESCHOOL PROGRAM - ALGOMA

About 1 in 10 children needs help to develop communication skills. Without this help, it can be a struggle to listen and talk, to play with other children, to learn to read, and to be successful in school.

In 2011:

- **263** children were referred, with an average age of referral of 31 months.
- **260** children, ranging from birth to 4 years 11 months, were seen for an initial speech and language assessment.



Children and their parents participated in one or more of the following interventions in a variety of locations:

- Parent training (e.g. It Takes Two to Talk® Hanen, Wee Talk)
- Group therapy (e.g. Toddler Talk, early language groups, speech production groups)
- Individual therapy
- Caregiver consultation and home programming

CAR SEAT INSTALLATIONS

Car seat clinics are held the first and third Thursday of every month from 1:00 to 4:00 p.m. at the Main Fire Hall on the corner of Tancred and Bay. These clinics are by appointment only. We check and install at least 6 -7 seats per clinic.



Over **200** car seats were inspected last year.

These clinics are a community partnership with Kidsafe Algoma, Algoma Public Health, and Child Care Algoma, Early Years/Best Start Hub.

YOUNG PARENTS CONNECTION

Many young mothers face challenges. They include:

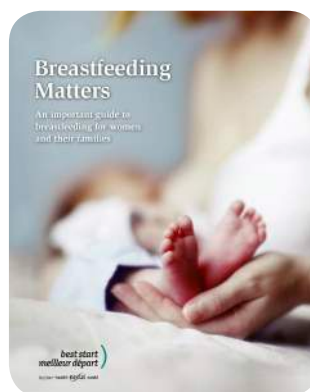
- social isolation
- poverty
- lack of food
- lower rates of high school completion



The Young Parents Connection (YPC) committee is aware of these challenges and is committed to reducing these barriers by inviting young parents up to the age of 25 to drop in weekly for parenting programming/information. The goal of YPC is to support young parents in improving the health and well being of their families by providing them information, skill building activities and social support through a weekly event in which partner agencies collaborate with programming.

In 2011, **140** young parents participated in the program. YPC has been running successfully for 6 years and plans to continue offering this program for many more years to come.

MOTHERS IN ALGOMA AGREE - BREASTFEEDING MATTERS



A new booklet called Breastfeeding Matters was released provincially and made available throughout the district of Algoma. This booklet is designed to help women and their families make an informed decision to breastfeed and provide the information needed to breastfeed exclusively through the first six months of life.

In Ontario, 90% of women initiate breastfeeding in comparison to Algoma's rate of 79%.

Inconsistent information was one of the main reasons given by mothers within Algoma as to why they stopped breastfeeding in the early stages. Parents successful with breastfeeding credit their success to attending a prenatal breastfeeding class.

It is our hope that with the release of this provincial booklet, families will have the information and guidance to breastfeed with confidence and success.

For a free copy of Breastfeeding Matters, visit the Parent Child Information Centre or contact the Parent Child Information Line.

SEXUAL HEALTH

The sexual health program strives to provide essential sexual and reproductive health services to the communities in Algoma. In order to meet the changing needs of our diverse community, our team developed creative health promotion campaigns to enhance the services that we provide.

Youth sexual risk taking remains a big problem and is poorly understood. Young men and women may have sex for different reasons; universally the gaps in knowledge about sexual health continue to exist. Recognizing communication as an important factor influencing sexual health we worked to spread the Canadian Aids Treatment Information Exchange's World AIDS Day message—zero discrimination, zero new infections, zero AIDS related deaths.



Our aim was to understand sexual health miseducation and help with decision making. We partnered with youth at Sault College to increase youth's ability to:

- share sexual health education
- address the lack of condom usage
- increase the practice of safer sex
- increase understanding of issues around increased risk with substance use and sexual decision making.

Our goal was to inspire critical thinking in decision making among youth who have risky sexual behaviour.

Using new media, we created an education campaign with prevention information tailored to minimize the risk of HIV transmission. Two promotional videos were developed and implemented using Sault College students to deliver sexual health education to their peers.

We shared these videos on all our social media channels - Facebook, Youtube and Twitter. We also shared these videos on our main website and our youth friendly website.



SOCIAL DETERMINANTS OF HEALTH

The Social Determinants of Health (SDOH) are one of Algoma Public Health's (APH) strategic directions and are closely aligned

with client centred care. The overall health of individuals and communities is influenced by social and economic factors, the physical environment, and individual behaviours and conditions. Health starts where we live, work, and play. These factors which refer to the determinants of health include:

- Income and social status
- Social support networks
- Education and literacy
- Employment/working conditions
- Social and physical environments
- Healthy child development
- Health services
- Gender
- Culture
- Language
- Personal health practices and coping skills
- Biology and genetic endowment

Recognition of the SDOH is evident through the various programs and services which APH provides to individuals, groups, families, and communities.

APH:

- Assesses and reports on the health of our communities
- Modifies public health programs and services to meet client and community needs
- Collaborates with other community agencies to improve health outcomes
- Supports and participates in creating healthy public policies.

APH is continually working to increase knowledge and understanding regarding the impact of the social determinants of health.



CONTACT US:

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