
Membership Means

Achieving the skills to *Survive and Thrive* after surgery through education, peer support, and social networking.

Our chapter hosts 9 monthly meetings providing members an opportunity to meet medical professionals and to learn new information on related subjects:

- Educational speakers from the medical profession and community service
- Opportunities to meet manufacturers to learn about their newest products and to discuss how to best use their existing products
- RAP sessions with medical professionals.
- Satellite meetings serving the communities of Aurora/Newmarket/Richmond Hill, Barrie/Orillia/Muskoka

Free delivery of 20 publications:

- Ten monthly chapter newsletters
- Eight monthly UOAC newsletters
- Two Ostomy Canada magazines

Access to Ostomy Toronto's extensive library of books, videos and Resource Centre.

Membership in our chapter's **young members 20/40 group** and social events.

***“Survive and Thrive”
with the help of Ostomy Toronto***

About Ostomy Toronto

Founded in 1958, Ostomy Toronto is a volunteer organization dedicated to improving the lives of people who have an ostomy.

Mission Statement

We are a service-based organization of caring volunteers, dedicated to assisting all persons with ostomies as a result of gastrointestinal or urinary diversions.

Ostomy Toronto provides emotional support, experienced practical help, and education to the family unit, caregivers, and the general public.

Visit us at www.OstomyToronto.com for information on chapter meetings and events

Ostomy Toronto

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The logo for Ostomy Toronto features the words "OSTOMY TORONTO" in a white, serif font on a red rectangular background.

What is an Ostomy?

An ostomy is a surgical procedure that creates an artificial opening for the elimination of bodily wastes requiring the wearing of an ostomy pouch.

Why you may need Ostomy Surgery?

Medical conditions leading to ostomy surgery include Cancer, Ulcerative Colitis, Crohns Disease, Congenital Disorders, and Physical Trauma.

***Ostomy Toronto is dedicated
to assisting all people
pre- and post-ostomy surgery***

Services We Provide:

Education on ostomy management designed for people with ostomies, family members, medical community, and the general public.

Practical Support through our Patient Visiting Program, peer support at monthly meetings, and RAP sessions chaired by enterostomal therapists (ET).

Social Networking allows members to meet other ostomates and learn the secrets to living successfully with an ostomy.

Education Services

Ostomy Toronto believes that education and peer support are key to adapting to life with an ostomy.

We provide quality education through a variety of means:

- Professional speakers
- RAP sessions with medical professionals
- Extensive library of books & videos
- Annual manufacturers meeting
- Feature articles in our newsletters
- Website & related links

Ostomy Toronto maintains a well stocked resource centre with books and videos open to the general public. The resource centre provides a comfortable, private setting where visitors can read books, watch videos, and obtain more detailed information from our onsite volunteers.

Our Resource Centre is located in suite #501, 344 Bloor Street W, near the corner of Bloor and Spadina. Please call ahead to book your visit at 416-596-7718.

Social Networking

- Monthly General Meetings
 - Annual Conference - Ostomy Canada
 - Visitor Training
 - Annual Golf Tournament
 - Youth Camp
 - Young Members 20/40 Group
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Visiting Program

Ostomy Toronto has over 25 members who are trained to provide support by telephone and in person to those who will have or have recently had ostomy surgery.

The visiting program provides moral support, literature, and answers to non-medical questions.

Visitors are men and women of all ages and backgrounds. They may be manual labourers, executives, homemakers, or models but they all have the common bond of living an active life with an ostomy.

Wherever possible, visitors are matched to the needs of the patient and their family (same type of surgery, gender, and closeness in age).

Our visiting program includes home visits, spousal support, and interpreters as required.

Patients often say that meeting our visitors gave them the encouragement they needed to adjust to their own situations.

To request a visit please call our office at 416-596-7718 or email us at info@ostomytoronto.com



Ostomy Toronto is a chapter member of the **United Ostomy Association of Canada Inc.**

Request for Information

Name:

Address:

City:

Province:

Postal Code:

Telephone:

Email:

What information would you like to receive:
