

Overview to Access

Life is a journey. As we age, sometimes we may run into situations we've never experienced. The road ahead may be a smooth one or we may find new bumps in the road. We may avoid making a decision if we do not know what our options are.

This resource brochure is a starting point to help you with the journey of life... to get information on health related topics, affordability, access to services, and more. It will provide information to find the answers to some of your questions or future encounters. It also provides you with information on who to contact for a complaint or who to contact to make the law work for you.

Not all communities in Ontario have the same services or resources. Inside you will always find a starting point to the road ahead... May your journey always be an informed one.

Visit www.ocSCO.ca for web listings of organizations



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Roadmap for Informed Decision Making



A Starting Point for Help
on the Journey of Life

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