



The Kidney Foundation of Canada

Support for People Living with Kidney Disease

www.kidney.ca

Living with kidney disease and its treatment can be difficult - The Kidney Foundation of Canada (KFOC) is here to help with education materials, information and referral, short-term financial assistance, peer support and the Kidney Community Kitchen (an online diet and nutrition resource).

Information and Referral

We can provide valuable information on kidney disease and its treatment. We can also help connect you to other groups, resources and support in your area.

Educational Materials

We provide many brochures and fact sheets on a number of topics such as diet, treatment, and tax tips. They are all free on our web site at www.kidney.ca.

The **Living with Kidney Disease manual** is a valuable source of information on how kidneys work, types of kidney disease, treatment options, healthy living and more. It is available free of charge and can be obtained from your local renal unit.

Short-Term Financial Assistance

Short-term and emergency funds may be available to cover some of the direct costs of kidney disease and its treatment. This funding is only provided as a last resort. To find out if you may be able to get funding, speak to your social worker at the unit or hospital where you are receiving treatment, or contact the KFOC office near you.

Peer Support

We offer **KIDNEY CONNECT, a peer support program** that will connect you with others who have had their own first-hand experience coping with kidney disease. To learn more, call the Peer Support Helpline at 1-866-390-PEER (7337) or the KFOC office near you.

Kidney Community Kitchen

The Kidney Community Kitchen is a **free online kidney diet resource**. The site includes kidney friendly recipes, sample meal plans, diet tips, and a meal-planning tool. To learn more go to www.kidneycommunitykitchen.ca.

Ontario Branch, Chapters, Units and Community Volunteer Groups

Branch, Chapter, Unit or Group	Contact Number
Ontario Branch (provincial office)	905-278-3003 / 1-800-387-4474
African Caribbean Kidney Association	1-800-387-4474 x 4140
Brampton	1-800-387-4474 x 4120
Brant County	1-800-387-4474 x 4130
Greater Toronto Area	905-278-3003 or 1-800-387-4474
Chinese Renal Association	905-278-3003 or 1-800-387-4474 x 4977
Ottawa	613-724-9953 or 1-800-387-4474 x 4500
Hamilton & District	1-800-387-4474 x 4969
Kingston	613-542-2121 or 1-800-387-4474 x 4400
Kitchener-Waterloo-Guelph	519-850-5362 or 1-800-387-4474 x 4800
London	519-850-5362 or 1-800-387-4474 x 4800
Niagara Region	1-800-387-4474 x 4969
North Bay	1-800-387-4474 x 4110
Sarnia-Lambton	519-344-4038 or 1-800-387-4474 x 4700
Sault Ste. Marie	705-949-0400 or 1-800-387-4474 x 4300
Thunder Bay	807-624-2680 or 1-800-387-4474 x 4200
Timmins-Porcupine	705-235-3233 or 1-800-387-4474 x 4100
Windsor & District	519-977-9211 or 1-800-387-4474 x 4600