

Are you a woman who has experienced abuse from an intimate partner?



Abuse can take a toll on your health and well-being.

iHEAL is a program that provides personalized support to help women manage some of the common challenges they face on a pathway toward healthier, safer, more satisfying lives.



About the iHEAL Program



Work with a
Registered Nurse



6-7 months, meeting
every 1-2 weeks



Woman-led focus on health, safety,
basic needs, relationships and more



For more information visit:

<https://www.healthunit.com/iheal>

Call: 519-663-5317

Monday-Friday, 8:30am-4:30pm