

# Here to support you

The healthcare system can be overwhelming, especially when services aren't offered in your preferred language.

**Our Patient Navigator** is here to help you understand your options, prepare for appointments, connect you with resources, and support you every step of the way.



## **Free**

There is no cost to you.



## **Confidential**

Your privacy is always respected.



## **Here to help**

We're with you every step of the way.



**Townshippers**

## Need help navigating Quebec's healthcare system?

*Our Patient Navigator is here to help!*

## Let's Connect

Contact us by phone, email, or text.  
**Our Patient Navigator is available Monday to Wednesday.**

*Messages will be returned as soon as possible during business hours.*

 **819.349.4972**

 [patientnavigator@townshippers.org](mailto:patientnavigator@townshippers.org)



**Patient  
Navigation  
Network**

# How can a Patient Navigator help?

Whether you're attending an appointment, receiving treatment, or caring for a loved one, **think of our Patient Navigator as a friend with a map**—walking beside you to help you feel more informed, prepared, and supported throughout your healthcare journey.



## Understand the healthcare system

We help you understand your options and what to expect.



## Connect you with community resources

We link you to local services that can help.



## Prepare for medical appointments

We help you get ready, answer your questions, and complete forms if needed.



## Help communicate with healthcare professionals

We make sure your questions and concerns are understood.



## Accompany you to appointments

We'll be by your side for support and reassurance.



## Support you before, during, and after your care

We're with you every step of the way.



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**In partnership with:**



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