

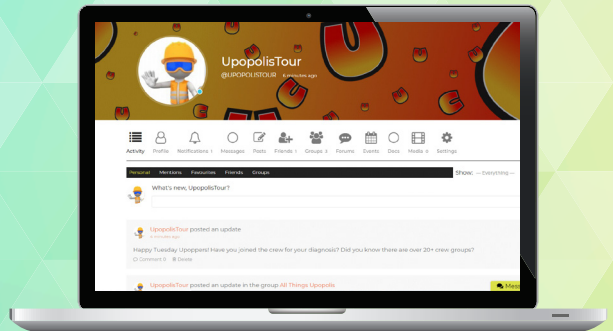


With Upopolis, youth ages 10-18 with hospital experience or chronic medical conditions can connect with friends, family members and other Upopolis users from these leading hospitals, and more!

- BC Children's
- CHEO
- Children's Hospital LHSC
- Holland Bloorview Kids Rehabilitation Hospital
- SickKids
- IWK Health Centre
- Montreal Children's Hospital
- Shriners Hospital for Children
- CHU Sainte-Justine
- Janeway Children's Health & Rehab Hospital
- McMaster Children's
- Stollery Children's

[www.kidshealthlinks.org/Upopolis](http://www.kidshealthlinks.org/Upopolis)

DEVELOPED IN PARTNERSHIP BY:



**UPOPOLIS** is a private online social support network available to youth 10-18 years with hospital experiences or chronic medical conditions. It's fun, interactive, and created especially for youth like you!

**JOIN TODAY!**

To sign-up or for more information, ask a staff member or email us at [support@upopolis.com](mailto:support@upopolis.com)



# WHAT CAN DO WITH UPOPOLIS?

**CONNECT** with youth at healthcare centres across Canada.

**LEARN** more about your diagnosis & treatments with **Uknow** - a group full of youth-friendly medical information and videos that have been reviewed and approved by medical professionals.

**ENGAGE** in online sharing and initiatives with other Upopolis users with similar medical experience.

**Access medical content and videos created with youth in mind!**  
**Topics range from:**

- Explanations of diagnoses
- Unique hospital video tours
- Coping resources & distraction techniques

**Interact with other youth like you!**

- Create your own group on Upopolis and invite people to join, share and collaborate!
- Be part of Upop and enter contests!
- Star in or help make Uknow videos!
- Get volunteer hours by taking on a leadership role as a Upal or Umentor!

**Youth-led Upopolis Groups:**  
Jokes, Music Fun, Scars and more!

**Diagnosis-specific Groups:**  
Asthma, Diabetes, Crohns and Colitis, Cancer, CF, Pain, Epilepsy, Burn Survivor and more!

**Other awesome Groups:**  
Uknow, Ucope, Upop Adventure, Ask Jes! Your Uknow CCLS, YAC Across Canada, health centre groups and more!

