



With Upopolis, youth ages 10-18 living with a medical diagnosis or conditions can connect with peers, a team of child life specialists, and staff from their referring organization

- 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.upopolis.com](http://www.upopolis.com)

DEVELOPED IN PARTNERSHIP BY:



**UPOPOLIS** is a private online social support network available to youth 10-18 years with a medical diagnosis or condition. 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 peers with similar diagnosis and conditions across Canada.

**LEARN** more about your diagnosis, condition & 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 experience.

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

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

**Interact with other youth experiencing things similar to 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:**

DIY, 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, Ucamp, All Things Upopolis, YAC Across Canada, health center groups.

