

# Improving Care for Adults with Heart Failure and their Mental Well-Being

## Are You Living With Heart Failure?

We are interested in hearing about your experiences, challenges, needs, and recommendations for improving care.

### What To Expect?

- Participate in a focus group or a solo interview – your choice (30-90 mins).
- A short demographic questionnaire.
- Virtual, phone and in-person options.

You will be compensated for your time. 

### Interested?

Please contact Sarisha Philip by email at [sphilip@bruyere.org](mailto:sphilip@bruyere.org), by phone at **416-831-3476**, or scan the QR code.



INTERCONNECTOME  
**COEUR-CERVEAU**  
**BRAIN-HEART**  
INTERCONNECTOME

Bruyère

Great  
RIVER  
ONTARIO  
HEALTH TEAM



ÉQUIPE SANTÉ  
ONTARIO DU  
**Grand  
FLEUVE**

Kanlatarowanénhne Kanlataario Ata'karitóhtshera Rootinénra

archipel.

Équipe Santé Ontario | Ontario Health Team

Community-  
Based  
Research  
Project

### Are You Eligible?

- ✓ Adults (+40) living with heart failure or their caregivers.
- ✓ Speak in French or English.
- ✓ Residing in Ottawa East, Prescott-Russell, City of Cornwall, Stormont, Dundas & Glengarry, Akwesasne, rural Southeast Ottawa and Russell Township.