



The ability to cope with hearing loss does not come naturally; it must be learned.

This applies not only to you, the hearing-impaired person, but also to the able-hearing who wish to communicate effectively with you.

**Fortunately, effective coping skills are easily learned.**



The HEAR program consists of six units, one unit each week. Each week we focus on a particular aspect of hearing loss.

The program is designed so that a member of your family or a friend can participate along with you – after all, communication is a two-way street.

Note: The order of the six units is occasionally changed due to speakers' schedules.

## Come HEAR what you've been missing !

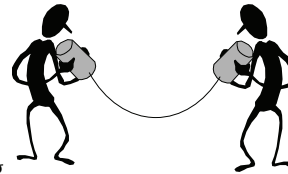


### Unit 1 How We Hear

Our first session is led by a doctor and deals with the anatomy of hearing and some of the most common reasons for hearing loss.

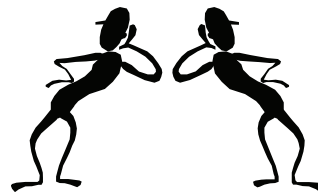
### Unit 2 Communication Strategies

In our second session, led by an audiologist, we discuss strategies for ourselves, the hearing-impaired, and also for our able-hearing family members and friends who want to communicate with us.



### Unit 3 Technology

In this unit, led by an audioprothesist (hearing aid specialist), you will learn all you need to know about hearing aids, which type is the best for you, care and maintenance, insurance and more.



### Unit 4 Assistive Listening Devices (ALD)



In this unit, led by an ALD technician, we will discuss the many types of devices that can help you regain your independence, where to get them, and who will pay for them.

### Unit 5 Stress and Loss

In this unit, led by a social worker, we explore some of the ways of dealing with the stress caused by hearing loss.



### Unit 6 The Real World of the Hearing Impaired

Now that you have heard from some of the experts, you can hear from some of us – hearing-impaired people like you. We'll discuss our experiences and coping strategies, what works and what doesn't. We know because we've been there. And we know how good it feels to talk to someone who really understands.



If your hearing is letting you down, CHIP's HEAR program can help you adjust to the day-to-day realities of hearing impairment. Our six-week program is packed with technical information, practical tips, problem-solving, and the simple joy of sharing experiences.

The HEAR program is designed for:

- Hearing-impaired persons
- Spouses, family members, and friends of the hearing-impaired
- Caregivers
- Social workers
- Anyone wanting to learn more about hearing loss.



**Call, write, or email  
CHIP today!**

### **CHIP**

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**Website:** [www.hearhear.org](http://www.hearhear.org)

### **How to get here:**

CHIP is located at the MAB-Mackay Rehabilitation Centre on Decarie Blvd, just north of Sherbrooke St

By Metro:

Villa Maria (the closest station) - walk south on Decarie Blvd

Vendome – walk north on Decarie Blvd



**CHIP** is a non-profit volunteer organization that is working to make life a little easier and the world a friendlier place for the hearing impaired.

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