

# Menopause Resources That Work for You!

## Resources for Your Common Concerns

[Click here](#) for **resources** on everything you need to know about menopause, curated by the Menopause Foundation of Canada. From useful toolkits to informative videos, this page has got you covered!



Compare the Risks and  
benefits of HRT

Learn about the different  
drugs available

Watch: HRT Educational  
Video

## Managing Menopause with Medication

Advances in research continue to offer new ways to **help** with some of the more challenging symptoms of menopause **through medication**.

Deciding if medication is the **right decision for you** can be tough. Here are some useful, evidence based **resources** that might help finding the option that works best for you! **Click the links to the left to explore.**

## Pelvic Floor Health

[Click here](#) for resources to help you keep your pelvic floor healthy!

## Prioritising your Wellness

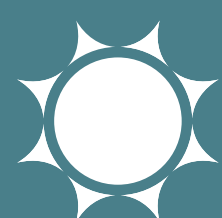
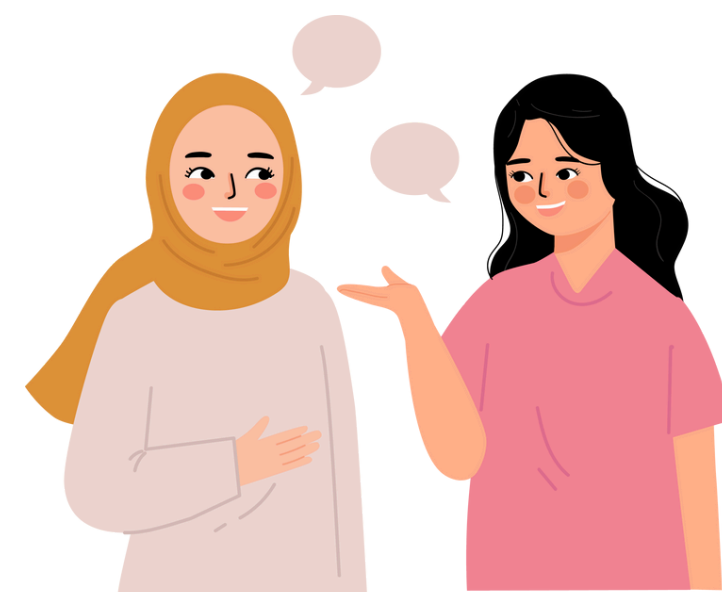
Find ways you can support your wellness and mental health [here](#)

## Menopause Preparedness Toolkit: A Woman's Empowerment Guide

[Click here](#) to download this useful toolkit which guides you through the major milestones of menopause

## Hear Other Experiences!

Hear from other people and their experiences. The “Am I in Menopause” video series shows that though our paths may be varied, we can find solace in the fact that millions of other people are travelling right beside us. [Click hear to watch!](#)



**Vancouver**  
Primary Care Network



**Vancouver**  
Division of Family Practice  
An FPSC initiative