

# Peterborough Health Services Directory

*Free or Low Cost Health Services, Mental Health and  
Counselling Services Available in Peterborough City and County*



All the services listed can be accessed directly by individuals, without a referral from a physician. Call in advance for hours of operation and to book an appointment. Most services are available at no cost, although many require a valid Ontario Health Insurance number. An effort has been made to describe any charges where they apply.

## SPECIALIZED CLINICAL SERVICES

Blood Pressure Clinics	2
Dental Services	2
Family and Children's Services	3
Foot Care Clinics	4
Genetic Counselling	4
Immunizations	4
In-Home Health and Support Services	5
Nutrition Services	5
Sexual Health Services	5
Women's Health Services	6
Veterans Services	7

## MENTAL HEALTH & COUNSELLING

General Mental Health and Counselling Support	8
Aboriginal Services	9
Addiction Services	9
Anger Management	10
Children and Youth Services	11
HIV Counselling and Support	11
Older Adult Services	12
Serious Illness and Grief Support	12
Sexual Assault and Domestic Violence	12

AGENCIES ADDRESSING SPECIFIC HEALTH ISSUES	13
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## GENERAL CLINICAL SERVICES

### **Health Care Connect**

1-800-445-1822

Helps people find a family doctor. Call to place your name on a waiting list for placement within a Family Health Team in Peterborough City and County. Call again if there are any changes in your health status (eg. you have been admitted to hospital) or if your contact information changes.

## GENERAL CLINICAL SERVICES

### **Day Clinic (Peterborough Clinic)**

705-740-6880

A physician clinic which provides medical services to the community through pre-booked appointments. Call or go to the clinic to make a same-day appointment.

### **VON 360 Degree Nurse Practitioner-Led Clinic**

705-874-3900

A nurse practitioner-led clinic, located in downtown Peterborough. Provides medical and supporting services to registered patients. Has a special focus on clients who may have difficulty accessing primary health care.

### **Emergency Department**

#### **Peterborough Regional Health Centre (hospital)**

705-743-2121 ext. 5022 (24 hours)

The only emergency care facility in Peterborough. Provides unscheduled urgent and non-urgent patient care to adults and children.

### **Salvation Army Parish Nurse Program**

705-742- 4391 or 743-3131

Parish nurse provides health education, counselling, support and referrals. One day per week. Call for an appointment.

### **Telehealth Ontario**

1-866-797-0000 (24 hours)

A free, confidential telephone service to obtain health advice or general health information from a Registered Nurse.

## SPECIALIZED CLINICAL SERVICES

### BLOOD PRESSURE CLINICS

#### **Various Community Care Offices**

705-742-7067

Free clinics held in a variety of locations and times throughout the city and county. Call for details. No appointments necessary.

#### **Salvation Army Thrift Store, Brookdale Plaza**

Free blood pressure clinic. Held 11:00 a.m.- 12:30 p.m., second Wednesday of every month. No appointment necessary.

### DENTAL SERVICES

#### **Peterborough County-City Health Unit**

705-743-1000

Dental programs include:

- dental screening in elementary schools;
- basic dental care for children and youth, aged 17 and under, whose adjusted family is \$20,000 or less;
- financial assistance for children with urgent dental needs;
- limited financial assistance for adults in need of emergency dental treatment; and
- Community Dental Health Centres.

Some programs provide dental services at no cost to families based on age, need, and income level. Call to see if you are eligible. All of our programs allow you to choose who to visit for dental care.

## FAMILY AND CHILDREN'S SERVICES

### **Family HEALTHline**

#### **Peterborough County-City Health Unit**

705-743-1000

A free and confidential telephone service for families and professionals. A Public Health Nurse is available Monday - Friday, 8:30 a.m.- 4:30 p.m.

### **Five Counties Children's Centre**

705-748-2221

Assessment and treatment for speech, physiotherapy and occupational therapy. Primarily for children up to 6 years of age, but serves children with physical disabilities up to age 19.

### **Healthy Babies, Healthy Children**

#### **Peterborough County-City Health Unit**

705-743-1000

Provides telephone support and home visiting services for pregnant women and families with children from birth to age six years. Information is available on healthy pregnancy, parenting, nutrition, early childhood development, injury prevention, and programs and services available in the community.

### **Well Baby and Breastfeeding Clinic**

#### **Peterborough Family Resource Centre**

705-748-9144

Information and support on child health and development for parents with a child from birth to 2 years old. Breastfeeding support and information as well. Drop in, Thursdays, 10:00 a.m. -12:00 p.m., and 2:00 p.m. - 3:00 p.m.

## FOOT CARE CLINICS

### **Peterborough Community Care Office**

705-742-7067

Basic foot care provided by trained volunteers to registered clients of Community Care. People 60 years or older, or adults with a physical challenge can register as clients. Fees are \$15 per visit. Appointment required. Not offered in July and August.

### **VON - Victorian Order of Nurses**

705-745-9155

Foot care provided at clinics and as an in-home service. In clinics, fees are \$45 for the first visit and \$32 after that. In-home services are \$60 for the first visit and \$50 after that.

## GENETIC COUNSELLING

### **Genetics Program - Peterborough County-City Health Unit**

705-743-1000 or 1-877-743-0101

Genetic counselling to help individuals and families understand the nature, inheritance and implications of genetic conditions and make informed decisions. Provides clinical services covered by the Ontario Ministry of Health in the area of prenatal/preconception, adult, pediatric and cancer genetics.

## IMMUNIZATIONS

### **Immunization Clinic**

#### **Peterborough County-City Health Unit**

705-743-1000

Immunizations and TB skin testing for Peterborough County and City residents who do not have a family doctor or nurse practitioner. Charges for vaccines may apply in some cases.

### **Travel Clinic - Peterborough County-City Health Unit**

705-748-2021

Provides consultation and travel immunizations. Charges apply for vaccinations. Book at least 2 months before travelling.

## IN-HOME HEALTH & SUPPORT SERVICES

### **Central East Community Care Access Centre**

705-743-2212

Coordinates and provides in-home health and support services, as well as placement services for long term care. Services include: case management, visiting nursing, physiotherapy, occupational therapy, nutrition, speech therapy, social work, placement coordination, homemaking and personal care, caregiver relief and laboratory services.

## NUTRITION SERVICES

### **EatRight Ontario**

1-877-510-5102 (9:00 a.m. – 5:00 p.m., Monday – Friday)

A free, confidential telephone service to obtain nutrition information from a Registered Dietitian.

## SEXUAL HEALTH SERVICES

### **Sexual Health Clinic**

#### **Peterborough County-City Health Unit**

705-748-2021

Birth control, pregnancy testing (up to 20 years of age with a doctor, up to 25 years of age without a doctor); sexually transmitted diseases testing and treatment (no age restrictions).

## **WOMEN'S HEALTH SERVICES**

### **Babies First - Peterborough Family Resource Centre**

705-748-9144 ext. 308

A free prenatal nutrition and support program for pregnant women. Fridays 10:00 a.m. - 2:00 p.m. Limited free transportation available within the city. Call to register in advance.

### **Kawartha Community Midwives**

705-745-7640

Provides midwifery services throughout healthy pregnancy, labour, and delivery, and continued care for 6 weeks after birth. Services are covered by OHIP. No referral required.

### **Ontario Breast Screening Program**

1-800-974-4461, or 705-740-8166 (Peterborough Regional Health Centre), or 705-876-4505 (The Medical Centre)

Free breast cancer screening, including mammograms, for women who are 50 years or over.

### **Pap Test Clinic**

705-741-1191

Routine cervical screening (Pap test) for women without a family doctor. Covered by OHIP.

### **Women's Health Care Centre**

#### **Peterborough Regional Health Centre**

705-743-4132

Offers information, counselling and/or treatment in the following areas: recent sexual assault, childhood sexual abuse, domestic violence, eating disorders, unplanned pregnancy, hassle-free pregnancy testing, menopause and post-natal mood disorders.

A lending library provides women with reliable health information in the form of books, pamphlets and videos.



## Women's Health Care Centre (Continued)

Specific programs include:

### Unplanned Pregnancy Program

Includes pregnancy testing, counselling to help women look at all their choices, referral to supportive community services for women who decide to continue their pregnancy, therapeutic abortion services and referral, counselling and follow-up services.

### Sexual Assault/Domestic Violence Response Program

Specially trained Nurses on call 24/7 to respond to individuals who have experienced recent sexual assault or domestic violence and require medical attention. Counselling sessions are also available.

## VETERANS SERVICES

### Veterans Affairs Canada

1-866-522-2122

Services and benefits to meet the health, social and economic needs of veterans, still serving Canadian Forces members, and their dependents. Health benefits for veterans include coverage for eyeglasses, dental care and medication.

## GENERAL MENTAL HEALTH SERVICES & COUNSELLING SUPPORT

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### **Canadian Mental Health Association**

705-748-6711

Offers a broad range of mental health services and programs for those living with serious mental illness in Peterborough City and County.

### **Community Counselling and Resource Centre**

705-742-4258

Professional and confidential counselling services, including credit counselling, for people of all ages who are experiencing problems. Fees are geared to income and no one is turned away due to inability to pay.

### **Community Living Peterborough**

705-743-2411

Supports and services to children, youth and adults with intellectual disabilities and their families.

### **Four County Crisis Services**

705-745-6484 or 1-866-995-9933 (24 hours)

Free professional crisis intervention support over the phone and in person to people 16 years and over. Will assist clients in dealing with immediate crisis, provide information, support and referrals to appropriate resources. In some cases, may also provide up to 10 weeks of case management support.

### **Adult Outpatient Program**

#### **Peterborough Regional Health Centre, Mental Health Services**

705-876-5028

Offers assessment and treatment to those coping with a mental illness, and where appropriate, to their families.

## **Telecare Distress Centre**

705-745-2273 (24 hours)

Telephone support line, for people who are feeling lonely, troubled, or confused. Free, confidential and anonymous service.

## **ABORIGINAL SERVICES**

### **Nijkiwendidaa Anishnaabe-Kwewag Services Circle**

705-741-0900

Counselling services and traditional Aboriginal healing programs for women and children including: one-to-one counselling, healing circles, sharing circles, consultation with Elders and traditional healers, art therapy and holistic healing.

### **Nogojiwanong Friendship Centre**

705-775-0387

One-on-one and group programs designed for children, youth and adults. Includes programs with a focus on physical activity, healthy eating, mental health, healthy relationships, self-esteem and life skills.

## **ADDICTION SERVICES**

### **Alcoholics Anonymous (A.A.)**

705-745-6111

A Twelve Step recovery from alcoholism program offering a wide variety of meeting times, places and groups for men, women and youth.

### **Four Counties Addiction Services Team (FourCAST)**

705-876-1292 or 1-800-461-1909

Offers a full range of outpatient treatment services for those experiencing problems with alcohol, drug use, and problem gambling.

### **Four Counties Needle Exchange Program**

705-749-9110

Free and confidential service offering clean needles and other drug equipment to individuals using intravenous drugs.

## **Peterborough Methadone Clinics**

Treatment for opioid dependence.

Ontario Addiction Treatment Center (OATC): 705-748-0995

First Step Clinic: 705-876-1000

ACT Peterborough: 705-740-0228

Dr. Heath: 705-749-2345

Dr. Semoff: 705-743-2010

## **Ontario Problem Gambling Helpline**

1-888-230-3505

Free, anonymous and confidential service for problem gamblers, families, friends, co-workers and professionals.

## **Pinewood Centre (Oshawa)**

1-888-881-8878 (24 hours)

Supports for people who have drug, alcohol or gambling-related problems. 24-hour telephone crisis support, daily drop-ins, groups for youth, adults and families, assessment and referrals to community treatment options, including Residential Withdrawal Management service (detox).

## **Smoking Cessation**

### **Peterborough County-City Health Unit**

705-743-1000

Free, confidential counselling or telephone support and information for individuals interested in quitting smoking.

## **ANGER MANAGEMENT**

### **Elizabeth Fry Society of Peterborough**

705-749-6809

Offers a 10 week group anger management program for women who are, have been, or may come in conflict with the criminal justice system.

No cost.

### **John Howard Society of Peterborough**

705-743-8331

Offers a 16 week Partner Assault Response (PAR) program for men and women with a focus on healthy relationships and learning techniques for defusing violence and abuse before it occurs. Cost is based on a sliding scale. Also offers an 8 week anger management program for both men and women. Cost is \$80.

## **Salvation Army**

705-742-4391

Offers an eight week anger management program for men and women. Call for information and details.

## **CHILDREN & YOUTH SERVICES**

### **Family and Youth Clinic**

#### **Peterborough Regional Health Centre,**

#### **Mental Health Services**

705-876-5114

An outpatient program offering treatment for children/adolescents (0-18 years) and their families where significant mental health difficulties are a concern.

### **Kids Help Phone**

1-800-668-6868 (24 hours)

Provides confidential toll-free counselling to children and teenagers experiencing a wide variety of problems, issues and concerns.

### **Kinark Child and Family Services**

705-742-3803 or 1-800-386-6561

A children's mental health centre offering free and confidential programs and services to children and youth with mental health issues as well as support to their families/caregivers.

### **Peterborough Youth Services**

705-743-1681

Provides counselling and support to young people aged 10 - 18 years and their families at no cost. Individual, family and group counselling are available, as well as outreach services for older teens.

## **HIV COUNSELLING & SUPPORT**

### **PARN - Your Community AIDS Resource Network**

705-749-9110

Provides support to HIV-infected and HIV-affected individuals. Services include confidential counselling, peer support, practical help, referrals and needle exchange.

## OLDER ADULT SERVICES

### **Psychiatric Assessment Services for the Elderly (P.A.S.E.) Peterborough Regional Health Centre, Mental Health Services**

705-876-5076, 1-866-877-2910

Mental health assessment, consultation and education services, with some capacity to provide treatment and case management, for people 65 years and older.

## SERIOUS ILLNESS & GRIEF SUPPORT

### **Hospice Peterborough**

705-742-4042

Professional and volunteer support at no cost for individuals and families living with, or affected by, life-threatening illness or grief.

## SEXUAL ASSAULT & DOMESTIC VIOLENCE

### **Anishnaabe Kwewag Gamig**

1-800-388-5171

Southeastern Regional Women's Shelter for Aboriginal and non-Aboriginal women. Provides free counselling, advocacy and referrals.

### **Kawartha Sexual Assault/Domestic Violence Centre**

705-741-0260 or 1-866-298-7778 (24 hour crisis line)

Free and confidential counselling, advocacy, and support to adult sexual assault and incest survivors.

### **YWCA of Peterborough, Victoria, and Haliburton**

705-743-3526

Counsellors provide free domestic abuse crisis intervention, referrals, support groups, advocacy and information.

## AGENCIES ADDRESSING SPECIFIC HEALTH ISSUES

The following agencies offer a variety of resources and support services related to specific health issues. Please contact them directly for more information.

Allergy and Asthma Information Association	1-800-611-7011
Alzheimer Society of Peterborough and Area	705-748-5131
Arthritis Society	705-742-7191
Autism Ontario	705-748-0910
Canadian Cancer Society	705-742-3823
Canadian Diabetes Association	705-742-2733
Canadian Hearing Society	705-743-1573
Canadian National Institute for the Blind (CNIB)	705-745-6918
Crohn's and Colitis Foundation of Canada	1-877-338-7426
Four Counties Brain Injury Association	705-741-1172
Heart and Stroke Foundation of Ontario	705-749-1044
Learning Disabilities Association of Peterborough	705-748-9455
Lung Association	705-742-6637
Multiple Sclerosis Society of Canada	705-748-4221
Osteoporosis Canada	705-740-2776
Parkinson Society Canada	705-741-4205
Schizophrenia Society of Ontario	705-749-1753

For a more complete listing of community agencies and services visit [www.fourinfo.com](http://www.fourinfo.com), or call Community Information Services, United Way of Peterborough and District, 705-742-0395.

This guide was produced in **November 2011** by the Poverty & Health Program of the Peterborough County-City Health Unit, in collaboration with the Peterborough Health Coalition.

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