

Community Care Locations

Apsley.....	705-656-4589
Buckhorn	705-657-2171
Chemung.....	705-292-8708
Havelock.....	705-778-7831
Lakefield	705-652-8655
Millbrook	705-932-2011
Norwood	705-639-5631
Peterborough.....	705-742-7067
Access to Primary Care (APC)	705-872-6850
Caremobile (County residents).....	705-749-0036
Home at Last.....	705-872-6850

Helplines *available 24 hours

Caregiver Helpline*	1-833-416-2273
Crisis Services*(suicide prevention) .	1-833-456-4566
Four County Crisis*	1-866-995-9933
Kawartha Sexual Assault*	1-866-298-7778
Ontario Problem Gambling.....	1-888-230-3505
Seniors Safety Line (elder abuse)...	1-866-299-1011
Smokers' Helpline	1-877-513-5333
Telecare Distress Centre*	705-745-2273
Telehealth Ontario*	1-866-797-0000
YWCA Domestic Violence*	1-800-461-7656

Home Care

Central East LHIN, Home and Community Care
.....705-743-2212

LHIN Contracted Home Care Providers

CarePartners	705-745-3339
CBI Home Health (We Care).....	705-742-7751
Nightingale Nursing Registry Ltd	705-652-6118
VON.....	705-745-9155

To hire private home care, please call 2-1-1 or refer to the phone book for "Home Health Care Services"

Respite Care (non-profit)

VON Adult Day – Ptbo Square	705-745-4934
VON Adult Day – Woodland.....	705-874-3000
VON In Home Respite.....	705-745-9155 ext 6423

To hire a private organization for in-home respite care, please call 2-1-1 or refer to the phone book

Support for Health Conditions

Alzheimer Society.....	705-748-5131
Arthritis Society	705-742-7191
Brain Injury Association.....	705-741-1172
CNIB.....	705-745-6918
Canadian Cancer Society.....	705-742-3823
Canadian Hearing Society.....	1-866-518-000
Diabetes Canada	1-800-226-8464
Heart & Stroke Foundation.....	705-749-1044
Hospice Peterborough.....	705-742-4042
Kidney Foundation	1-800-387-4474
Multiple Sclerosis Society.....	705-748-4221
Osteoporosis Canada.....	1-800-463-6842
Parkinson Society Canada	705-292-8119

Medical

Community Dental Health Clinic.....	705-748-2230
Good Doctors Walk-in Clinic	705-304-1034
Health Care Connect (new doctor) .	1-800-445-1822
Lansdowne Place Walk-In Clinic.....	705-775-1516
Peterborough 360 Degree Nurse Practitioner-Led Clinic	705-874-3900
Peterborough Family Health Team	705-740-8020
Peterborough Public Health	1-877-743-0101
Peterborough Regional Health Centre	705-743-2121
Peterborough Virtual Care Clinic.....	705-536-0882
Rapid Access Addiction Medicine Clinic (RAAM Clinic)	705-749-9708

Mental Health Services & Counselling

Canadian Mental Health Association (CMHA)	1-866-990-9956
CCRC – Professional Counselling	705-742-4258
Four Counties Addictions Services (FourCAST).....	1-800-461-1909
Psychiatric Assessment Service for the Elderly (PASE)	1-866-877-2910
Schizophrenia Clinic.....	705-876-5071

Medical Equipment

Align Home Health Care.....	705-304-2000
Medigas.....	705-742-5533
Motion	705-742-6185
Wellwise by Shoppers Drug Mart.....	705-743-5100

Library Home Delivery Service

Asphodel Norwood Public Library 705-639-2228
Cavan Monaghan Library - Millbrook.. 705-932-2919
Peterborough Public Library 705-745-5382 x2321
Selwyn Public Library 705-292-8022

Seniors' Recreation

ABC (Anstruther/Burleigh/Chandos) Seniors
..... 705-306-0347
Activity Haven Senior Centre..... 705-876-1670
Chemung Senior Citizens Family 50+ 705-749-9093
Ennismore Seniors Activity Club 50+ .705-741-1718
Glen Alda Seniors 705-656-1850
Golden Years Club – Lakefield..... 705-652-0202
Havelock-Belmont-Methuen Seniors ..705-778-2386
Mapleridge Recreation Centre..... 705-742-1481
McDonnell Street Activity Centre..... 705-874-1301
Peterborough Sports & Wellness Centre705-742-0050
YMCA..... 705-748-9622

Shopping and Grocery Delivery

Buckhorn Foodland 705-657-3311
Charlotte Pantry 705-745-9068
Real Canadian Superstore www.pcxpress.ca/delivery

Transportation

Call-A-Cab (accessible)..... 705-745-2424
Capitol Taxi (accessible) 705-742-4242
Caremobile (accessible – County)..... 705-749-0036
Handivan (accessible – City) 705-745-5801
Peterborough Transit..... 705-745-0525
Wheels of Hope (cancer) 1-800-263-6750

*For private organizations offering transportation,
please call 2-1-1 or refer to the phone book*

Financial

Assistive Devices Program..... 1-800-268-6021
Canada Revenue Agency..... 1-800-959-8281
Credit Counselling – CCRC..... 705-743-2272
Ontario Disability Support Program 705-742-9292
Ontario Drug Benefit Program 1-888-405-0405
Ontario Works 705-748-8830
Pensions (CPP, OAS, GIS) 1-800-277-9914
Pensions (GAINS) 1-866-668-8297
Trillium Drug Program (under 65).. 1-800-575-5396
Veterans Affairs Canada 1-866-522-2122

Free Income Tax Clinics

FRIENDS Peterborough (year-round) 705-745-2830
Community Volunteer Income Tax Program
Salvation Army 705-742-4391
The Happy Wanderers 705-745-4303

Legal

Advocacy Centre for the Elderly 1-416-598-2656
Legal Aid Ontario..... 705-743-5430
Peterborough Community Legal Centre
..... 705-749-9355

Police

OPP-General Inquiries 705-742-0401
- 24 Hour Service 1-888-310-1122
Peterborough Police Service 705-876-1122

Government

MP, Maryam Monsef 705-745-2108
MPP, Dave Smith 705-742-3777
Service Canada..... 1-800-622-6232
Service Ontario..... 705-755-4427

Housing

Housing Resource Centre - CCRC..... 705-743-2272

Retirement Homes

Applewood Retirement Residence 705-749-1500
Canterbury Gardens..... 705-876-1414
Empress Gardens 705-876-1314
Jackson Creek Retirement Residence .705-742-0411
Kawartha Heights Retirement Living .1-855-749-2300
Maple View Retirement Residence 705-639-5374
Peterborough Retirement Residence .705-748-5343
Princess Gardens..... 705-750-1234
Regency Retirement..... 705-761-2400
Royal Gardens 705-741-6036
Rubidge Retirement Residence 705-748-4000
Sherbrooke Heights..... 705-750-1020

Shelters

Brock Mission 705-748-4766
Cameron House 705-748-4766
YES Shelter for Youth & Families 705-748-3851
YWCA Crossroads 1-800-461-7656

**Large print version available
upon request**



Looking for a resource not listed here? Call 2-1-1- or visit 211.ca