

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	705-874-0140
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	1-866-518-0000
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
.....	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 x 2321
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
McDonnel Street Activity Centre.....	705-874-1301
Peterborough Sports & Wellness Centre.....	705-742-0050
YMCA	705-748-9622

Shopping and Grocery Delivery

Buckhorn Foodland.....	705-657-3311
Charlotte Pantry	705-745-9068
Real Canadian Superstore	www.pccexpress.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

