

## 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.....   | 1-866-518-000  |
| 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](http://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**