

## 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
First Nations and Inuit Hope for Wellness Helpline .....	1-855-242-3310
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
Health811*.....	811
YWCA Domestic Violence* .....	1-800-461-7656

## Home Care

Home & Community Care Support Services (HCCSS) .....	705-743-2212
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### HCCSS Contracted Home Care Providers

CarePartners .....	705-745-3339
CBI Home Health (We Care).....	705-742-7751
Nightingale Nursing Registry Ltd.....	705-652-6118
SE Health.....	1-800-668-4773
VON.....	705-874-3935

*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 – Havelock .....	705-778-1794
VON Adult Day – Ptbo Square .....	705-874-0140
VON Adult Day – Woodland.....	705-874-3000
VON In Home Respite.....	705-874-3935

*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
Psychosis Assessment & Treatment Clinic (PATC) .....	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

## Housing

Housing Resource Centre - CCRC.....	705-743-2272
Ontario Aboriginal Housing.....	1-866-391-1061

## 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 Centre	705-742-0050
YMCA .....	705-748-9622

## Shopping and Grocery Delivery

Contact your local Community Care office for more information – numbers on first page

Buckhorn Foodland .....	705-657-3311
Charlotte Pantry .....	705-745-9068
Norwood Foodland.....	705-639-2220
Real Canadian Superstore <a href="http://www.pcxpress.ca/delivery">www.pcxpress.ca/delivery</a>	

## 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 Canada.....	1-800-267-2272
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, Michelle Ferreri .....	705-745-2108
MPP, Dave Smith .....	705-742-3777
Service Canada.....	1-800-622-6232
Service Ontario.....	705-755-4427

## 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

## Long Term Care Homes

Centennial Place .....	705-932-4464
Extendicare Lakefield .....	705-652-7112
Extendicare Peterborough.....	705-743-7552
Fairhaven .....	705-743-4265
Pleasant Meadow Manor.....	705-639-5308
Riverview Manor.....	705-748-6706
Springdale Country Manor .....	705-742-8811
St. Joseph's at Fleming.....	705-743-4744

## 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