

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

Ontario Health atHome.....705-743-2212

Ontario Health atHome

Contracted Home Care Providers

CarePartners705-745-3339

CBI Home Health.....705-742-7751

Nightingale Nursing Registry Ltd705-652-6118

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"*

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+	647-542-1953
Glen Alda Seniors	705-656-1850
Lakefield Golden Years Club	705-652-0202
Havelock-Belmont-Methuen Seniors	705-778-2386
Mapleridge Recreation Centre	705-742-1481
McDonnell Street Community Centre	705-874-1301
Peterborough Sports & Wellness Centre	705-742-0050
YMCA	705-748-9622

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
CCRC – Professional Counselling.....	705-742-4258
ConnexOntario (24/7).....	1-866-531-2600
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
Rapid Access Addiction Medicine Clinic (RAAM Clinic)	705-749-9708
TALK NOW(Mental Health & Addictions).....	705-876-5826

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 x 2321
Selwyn Public Library	705-292-8022

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*

Shopping and Grocery Delivery

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

Buckhorn Foodland705-657-3311

Charlotte Pantry.....705-745-9068

Norwood Foodland.....705-639-2220

Real Canadian Superstore www.pcexpress.ca/delivery

Transportation

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
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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, Emma Harrison	705-745-2258
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
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Canterbury Gardens	705-876-1414
Chartwell Jackson Creek.....	705-742-0411
Empress Gardens.....	705-876-1314
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

Station Place (Havelock).....	705-740-1690
St. Joseph's at Fleming.....	705-743-4744