

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
First Nations and Inuit Hope for Wellness Helpline	1-855-242-3310
Kawartha Sexual Assault*	1-866-298-7778
Seniors Safety Line (elder abuse) ...	1-866-299-1011
Smokers' Helpline.....	1-877-513-5333
Suicide Crisis Helpline*	9-8-8
Telecare Distress Centre*	705-745-2273
Health811*	8-1-1
YWCA Domestic Violence*	1-800-461-7656

Home Care

Ontario Health atHome	705-743-2212
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Ontario Health atHome

Contracted Home Care Providers

CarePartners	705-745-3339
CBI Home Health.....	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"

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.....	1-866-518-000
Diabetes Canada.....	1-800-226-8464
Hospice Norwood.....	705-660-3737
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
East Region Virtual Care Clinic.....	1-888-684-1999
Enhanced Care Clinic at Guardian Pharmacy.	705-874-8080
Good Doctors	705-304-1034
Health Care Connect (new doctor) ..	1-800-445-1822
Lansdowne Place Medical Clinic	705-775-1516
Northcrest Pharmasave Medical Clinic.	705-743-1004
Parkhill Pharmacy Telemedicine Walk-in Clinic.	705-876-0700
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
PFHT Health Clinic.....	705-651-4866
Walk-in Clinic at The Medicine Shoppe.	705-743-8443

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 – Lakefield 705-651-0141
 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 Foodland 705-657-3311
 Charlotte Pantry 705-745-9068
 Norwood Foodland 705-639-2220
 Real Canadian Superstore www.pcxpress.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

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
 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) September 2025
 St. Joseph's at Fleming 705-743-4744

Large print version available upon request



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