

Do you need Non-Urgent Care?

Do you not have a family doctor or nurse practitioner?

Here are options for those living in the Peterborough area without a primary care provider:

PFHT Health Clinic

An appointment is **required**. Provides problem-specific care to unattached patients. Phones open on weekdays at 8:30 a.m. Dedicated child/youth appointments available (age: 0-17).

Call: 705-651-4866

Clinic hours: Visit

www.peterboroughfht.com for details.

Pediatric Outpatient Clinic (POP)

Providing in-person appointments. An appointment is required. Phones are open Monday to Friday at 8:00 a.m.

Call: 705-740-8055

Clinic hours: Monday to Thursday 1:00 p.m. to 6:15 p.m., Fridays 1:00 p.m. – 4:00 p.m.

East Region Virtual Care Clinic

Nurse Practitioner **virtual** care provides timely medical care. Can complete medical forms (must register online).

Call: 1-888-684-1999

Website: www.virtualcareontario.ca

Jack Nathan Health - Medical Centre

Providing **virtual** walk-in and urgent care services. Appointment required.

Call: 705-408-1171

Website: jacknathanhealth.com

Good Doctors

Providing **virtual** care. Must book appointment online. Two locations: Sherbrooke & Westmount. Provides Drivers Medical Exam

Website: gooddoctors.ca

Northcrest Pharmasave Medical Clinic

Virtual walk-in clinic with nurse present and doctor on screen. Call to book an appointment.

Call: 705-743-1004

Website: pharmasave.com

Well Baby Clinic

Providing babies age 2-18 months without a family doctor with routine check-up care. An appointment is required.

Call: 705-313-1603

Clinic hours: Tuesday & Friday from 9:00 AM – 4:30 PM.

Women's Healthcare Centre

Providing unattached women with birth control & sexual planning, IUDs, pap smears, unplanned pregnancy support, sexual assault and domestic violence services. An appointment is required.

Call: 705-743-4132.

Clinic hours: Monday to Friday from 8:30 a.m. to 4:30 p.m.

Health 811

A free, confidential service available by calling 811 or visiting healthconnectontario.health.gov.on.ca. You will speak with a registered nurse day or night, 24/7.

The Medicine Shoppe Walk-In Clinic

Providing **virtual** walk-in healthcare services.

Call: 705-743-8443

Clinic Hours: 9:00 AM - 3:30 PM Monday to Friday.

Enhanced Care Clinic

Healthcare services require an appointment. Four locations, call for hours:

Website: <https://gotodoctor.ca>

Rexall Portage Place:

Call: 705-742-7616 | Email: 6710RX@Recall.ca

East City Pharmacy

Call: 705-874-2821 | Email:

eastcitypharmacy@gmail.com

Remedy's RX Parkhill Pharmacy

Call: 705-876-0700 | Email:

parkhillpharmacy2023@gmail.com

High St. Guardian Pharmacy

Call: 705-874-8080 | Email:

highstreetapothecary815@gmail.com

Did you know...

While you wait for a primary healthcare provider, there are various places you can seek care when you need it. You can access the following health services on your own:

Cancer Screening

- Mammogram: Ontario Breast SP - 705-740-8166
- Cervical: PRHC Women's Health Clinic - 705-743-4132
- Colon cancer (FIT): call 8-1-1

Immunizations

- Ask your pharmacist
- Peterborough Public Health Immunization Clinic: 705-743-1000 ext. 331
- PFHT Well-Baby Clinic: 705-313-1603

Sexually Transmitted Infections (STI)

- Peterborough Public Health Sexual Health Clinic: 705-748-2021

Pregnancy

- Partners in Pregnancy Clinic (PIPC): 705-741-1191
- Evolve Women's Health: 705-876-4530
- Local Midwives: call 8-1-1 to inquire your local options

Women's Health

- PRHC Women's Health Clinic: 705-743-4132
 - The clinic can help you with a variety of concerns such as but not limited to: domestic violence, sexual abuse, abortion, cancer screenings, etc.

TB Skin Testing

- New Dawn Walk-In Clinic (Oshawa): 905-440-7520

Visit our Community Resource webpage for more information:



Keep a folder with important medical information (specialist names, medication list, allergies, recent testing or visits to specialists) and bring to your appointments.