

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 people without a family doctor or NP. Additional dedicated child/youth appointments available.

Call: 705-651-4866

Website: www.peterboroughfht.com.

Pediatric Outpatient Clinic (POP)

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

Call: 705-740-8055

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** 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

Call: 705-304-1034

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 or NP with routine check-up care. An appointment is required.

Call: 705-313-1603

Website: www.peterboroughfht.com

Women's Healthcare Centre

Providing 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

Website: prhc.on.ca

Immunizations at Peterborough Public Health

Providing routine immunizations for all ages. Call: 705-743-1000 ext. 331

Sexual Health Clinic at Peterborough Public Health

Providing STI testing (routine and symptomatic), HPV testing, birth control ages 25 and younger and more. Call for details.

Call: 705-748-2021

Enhanced Care Clinic

Healthcare services require an appointment. Four locations located in Peterborough. Call each individual location:

- Rexall Portage Place - 705-742-7616
- East City Pharmacy - 705-874-2821
- Remedy's RX Parkhill Pharmacy - 705-876-0700
- High Street Guardian Pharmacy - 705-874-8080

Website: <https://gotodoctor.ca>

The Medicine Shoppe Walk-In Clinic

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

Call: 705-743-8443

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 Screening Program - 705-740-8166
- Cervical: PRHC Women's Health Clinic - 705-743-4132
- Colon cancer (FIT): call 8-1-1

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

Mental Health

- 9-8-8
- TalkNOW: 705-876-5826
- CMHA HKPR: 705-748-6711
- CCRC: 705-743-2272

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.

Health & Wellness Programming

Peterborough FHT provides all residents of Peterborough city and the surrounding area with access to free programs and workshops to support your health. Learn more by visiting www.peterboroughfht.com.

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.