



## Need Non-Urgent Care?

### Options for those living in the Peterborough area without a primary care provider:

<p><b>PFHT Health Clinic</b> Same Day or Next Day appointments. Provides problem-specific care to people <b>without a family doctor or NP</b>. Additional dedicated child/youth appointments available. 2 locations available Call: <b>705-651-4866</b> Website: <a href="https://www.peterboroughfht.com/find-a-provider/pfht-health-clinic">https://www.peterboroughfht.com/find-a-provider/pfht-health-clinic</a></p>	<p><b>Well Baby Clinic</b> Providing babies age 2-18 months <b>without a family doctor or NP</b> with routine check-up care. An appointment is required. Call: <b>705-313-1603</b> Website: <a href="https://www.peterboroughfht.com/well-baby-clinic">https://www.peterboroughfht.com/well-baby-clinic</a></p>
<p><b>Pediatric Outpatient Clinic (POP)</b> Providing in-person appointments. An appointment is required. Phones open at 8:00 a.m. Monday to Friday. Located at Peterborough Regional Health Centre Call: <b>705-740-8055</b></p>	<p><b>Women's Healthcare Centre</b> Providing women with birth control &amp; sexual planning, IUDs, pap smears, unplanned pregnancy support, sexual assault and domestic violence services. An appointment is required. Call: <b>705-743-4132</b> Website: <a href="http://prhc.on.ca">prhc.on.ca</a></p>
<p><b>East Region Virtual Care Clinic</b> Nurse Practitioner virtual care provides timely medical care. Can complete medical forms (must register online). Call: 1-888-684-1999 Website: <a href="http://www.virtualcareontario.ca">www.virtualcareontario.ca</a></p>	<p><b>Immunizations at Peterborough Public Health</b> Providing routine immunizations for all ages. Call: <b>705-743-1000 ext. 331</b> <a href="https://www.peterboroughpublichealth.ca/your-health/immunization/">https://www.peterboroughpublichealth.ca/your-health/immunization/</a></p>
<p><b>Jack Nathan Health - Medical Centre</b> Providing virtual care services. Appointment required. Call: 705-408-1171 Website: <a href="http://jacknathanhealth.com">jacknathanhealth.com</a></p>	<p><b>Sexual Health Clinic at Peterborough Public Health</b> Providing STI testing (routine and symptomatic), HPV testing, birth control ages 25 and younger and more. Call for details. Call: 705-748-2021 <a href="#">Sexual Health Clinic</a></p>
<p><b>Good Doctors</b> Providing virtual care. Must book appointment online. Two locations: Sherbrooke &amp; Westmount Pharmacy. Provides Drivers Medical Exam Call: 705-304-1034 Website: <a href="http://gooddoctors.ca">gooddoctors.ca</a></p>	<p><b>Enhanced Care Clinic</b> Healthcare services require an appointment. Four locations located in Peterborough. 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</p>
<p><b>Northcrest Pharmasave Medical Clinic</b> Virtual walk-in clinic with nurse present and doctor on screen. Call to book an appointment. Call: 705-743-1004 Website: <a href="http://pharmasave.com">pharmasave.com</a></p>	<p><b>The Medicine Shoppe Walk-In Clinic</b> Providing virtual walk-in healthcare services. Call: 705-743-8443</p>



## **While you wait for a primary healthcare provider:**

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 <https://health811.ontario.ca/static/guest/home>. 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](http://www.peterboroughfht.com).

**Community Resource** webpage for more information:

[Community Resources - Peterborough Family Health Team Peterborough Family Health Team](#)

### **Nurse-Family Partnership for first-time mothers through Peterborough Public Health.**

The Nurse-Family Partnership® (NFP) program provides expectant mothers with a relationship they can count on. A committed and compassionate public health nurse will make regular home visits over a 30-month period, from before birth until the baby is two years old. [Peterborough Public Health](#)