

City of Kawartha Lakes

Family Health Team



**Health & Social
Services
Blue Book
2014**

INTRODUCTION



Social services impact our health!

"As a family doctor, I know that social and economic factors influence our health and well-being. It is important for us to have access to health and social programs, when needed, to maintain and improve our overall health. I am pleased that our family health team has produced this "blue book" directory of health and social services so that doctors can have it on hand in their exam rooms when seeing patients. Information is key to good health when used by both doctors and patients alike."

Dr. Ruth Wilson, President
City of Kawartha Lakes Family Health Team



Meeting the community's needs...

"I am pleased to provide this new directory to our family doctors, patients and our community health partner organization. We have been hearing for some time about the need to have a single, "one stop" source containing all of the excellent health programs and social services available to people in our area. This "blue book" is a recent compilation of what is available from many local sources. We hope it will be a helpful tool for all health providers, patients and community organizations as a tool to enhance health and collaboration. We will strive to keep it current and provide an electronic version. Use it in good health!"

Mike Perry, Executive Director
City of Kawartha Lakes Family Health Team

Health and Social Services Blue Book © July 2014

Produced and published by the City of Kawartha Lakes Family Health Team.

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CHILDREN'S SERVICES

Big Brothers Big Sisters

www.bigbrothersbigsisters.info

of Kawartha Lakes-Haliburton

117 Kent St. West., PO Box 761, Lindsay, ON K9V 4W9
705-324-6800

Services: provide mentoring to children primarily from single parent families who can benefit from a friendship with a caring adult role model. Programs include one-to-one big brother/big sister or big couple program and a site-based in-school mentoring program.

Bobcaygeon Nursery School and Day Care

3 Duke St., Bobcaygeon ON, K0M 1A0
705-738-3267

Services: Children's day care centre for children 0-12 years.

Boys and Girls Clubs of Kawartha Lakes

www.bgckl.com

107 Lindsay St. S., Lindsay ON, K9V 2M5
705-324-4493

Services: programs for children, youth and families including; after school programs, licensed day care, sports programs, homework help, day camps, a winter clothes program, computer training, junior leadership and a transportation shuttle service. A free after school snack is at 4:15 pm and year-round breakfast program is 6:30-8:30 am.

- ***Creative Kids Childcare Centre:*** Lindsay, 705-878-4493
- ***Dr. George Hall Childcare Centre:*** Little Britain, 705-786-1946
- ***The Clubs' Lindsay Youth Centre:*** has programs for health, nutrition and life skills, sports and fitness, jam nights, social events, academic and employment support, indoor rock climbing, tech programs, outreach to youth-at-risk, leadership and volunteering, indoor skate park, wireless internet, and a variety of computer and other games.

Children's Aid Societywww.khcas.on.ca

42 Victoria Ave. N., Lindsay ON, K9V 4G2
705-324-3594 1-800-661-2843

Services: child protection services to report to if there are concerns that a child has been physically, emotionally, sexually abused and/or neglected or at risk of harm. Services and programs include intake and investigations, adoption services and disclosure, after hours, children and family services, foster care, Curve Lake child protection program, kinship, legal services etc.

Children's Services Councilwww.cysc.ca

205 McLaughlin Rd., Suite 202, Lindsay ON, K9V 0K7
705-328-3606

Services: support children and youth with complex care needs.

Fenelon Langton Child Care Centre

35 Wychwood Cres., Fenelon Falls ON, K0M 1N0
705-887-9524

Services: Early Childhood Educators provide daycare/childcare incorporating stimulating learning activities for 15 months to 12 years old. Nursery school — full and part time. Summer program, before and after school programs for school age children.

Five Counties Children's Centrewww.fivecounties.on.ca

9 Russell St. E., Lindsay ON, K9V 1Z9
705-324-1922 Referrals: 1-888-779-9916 and press 0

Services: helps children and adolescents with physical, communication and developmental problems – treatment centre provides speech/language therapy, occupational therapy, physiotherapy, therapeutic recreation, family services, augmentative communication, preschool resource teachers and specialized clinics.

Kawartha Youth Help Serviceswww.kawarthayouth.com

38 Cambridge St. N. 2nd Floor, Lindsay ON, K9V 4C5

705-320-9928

Services: individual and group support programs that focus on rebuilding self-esteem, trust and confidence.

Kids First Inc.www.kidsfirstinc.ca

27 William St. N., Lindsay ON, K9V 3Z9

705-324-5655

Services: a treatment foster care agency representing a cluster of foster homes providing care for children and youth of all ages. The agency provides homes with trained parents, therapy, counseling, psychological testing and evaluation, psychiatric consultation, group training, Non Violent Crisis Prevention Intervention, respite, support staff including drivers, and 24-hour on call accessibility.

Moore Foster Homes

416 Highway 36, RR3 Lindsay ON, K9V 4R3

705-328-0949 1-877-250-5652

Crisis Line: 1-888-216-5608

Services: a foster care agency dedicated to offering safe, secure foster homes for children in the community. They are an outside resource for Children's Aid Societies. They train and support foster homes in the community and offer counselling services to foster parents and children.

Ontario Early Years Centrewww.oeyc.ca/lindsay.htm

55 Mary St. W. Suite 106, Lindsay ON, K9V 5Z6

705-324-7900

Services: promote and support healthy development of children and families. FREE Drop-in early learning programs throughout the City of Kawartha Lakes for children (0 – 6 yrs) together with parents, grandparents or caregivers. Interactive play, art, music, science, and literacy activities to engage everyone! Specialized programs: Infant Massage, Strollercise, School Readiness, Physical Activity, and various Parenting Programs.

Reachingout Family Homes Inc. www.reachingoutfamily-homes.ca

10A Ridout St., Lindsay ON, K9V 2A9
705-324-7989

Services: Reachingout Family Homes is an inter-denominational community based Special Treatment Foster Care organization serving children who have emotional, behavioural, physical, medical and developmental handicaps. They are licenced by Ministry of Children and Youth Services and offer 24hour on call services and professional staff support to families.

**Salvation Army Fenelon Falls
Community and Family Services**

www.salvationarmy.ca

42 Bond St. W., Fenelon Falls ON, K0M 1N0
705-887-3031

Services: various programs for adults and children.

Tri-county Behavioural Services

www.tccss.org

George St. N. Suite 303, Peterborough ON, K9H 3P9
705-878-9245 1-888-616-3456

Services: community based clinical and support services for children /youth/adults with intellectual/developmental disabilities and/or Autism Spectrum disorder. Services include: Adult Protection Services, behavioural consultation, Central East Autism Program, ABA, and Transitional age youth.

Locations: Tri-county Community Support Services
4 Kent St. E. Lindsay – 705-876-9245

- Adult Protective Services Community Support Program
Box 1084, Haliburton – 705-457-4548
- Adult Protective Services
Lindsay – 705-324-6621

CRISIS HELP PHONE LINES



211

Crisis intervention with special transfers, in over 100 languages

Assaulted Women's Helpline

1-866-853-0511

Emergency Shelter –

A Place Called Home

705-328-0905

Four Counties Crisis Line

1-866-995-9933

Kawartha/Haliburton Victim Services

Toll free 1-800-574-4401

Kawartha Lakes Fire Rescue Services

705-324-5731

Kawartha Lakes Police Service

705-324-5252

Kawartha Sexual Assault Centre

1-866-298-7778

Kids Help Phone

1-800-668-6868

Mental Health Help Line

1-866-531-2600

Ontario Provincial Police

1-888-310-1122

Pregnancy Crisis Centre

705-878-8527

Seniors Crime Stoppers

1-800-222-8477

Telecare Distress Centre

705-878-4411

Women's Resources:

Support Line 705-878-3662

Toll free: 1-800-565-5350

EDUCATION

Fleming College—Frost Campus

200 Albert St., Lindsay ON, K9V 5E6
1-866-353-6464
Up-grading 705-324-9144 x3343

www.flemingcollege.ca

John Howard Society

31 Peel St., Lindsay ON, K9V 3L9
705-328-0472

www.johnhowardsociety.on.ca

Services: outreach literacy programs.

Learning Disabilities Association of Peterborough

242 Kent St. W., Lindsay ON, K9V 2Z4
705-324-2596

www.ldaptbo.com

Services: workshops and programs for children, teens and adults living with a learning disability or ADHD.

Peterborough Victoria Northumberland and Clarington

Catholic District School Board

Board office: 1355 Lansdowne St. W., Peterborough ON, K9J 7M3
1-800-461-8009

www.pvnccdsb.on.ca

Trillium Lakelands District School Board (Public)

300 County Rd. 36, Lindsay ON, K9V 4S4
705-324-8776

www.tldsb.on.ca

- **TLDSB Adult and Alternative Education**

www.anewstart.ca

- **Lindsay Alternate Education and Training Centre**

- 230 Angeline St. S., Lindsay
705-324-5280

- **Fenelon Alternate Education and Training Centre (TLDSB)**

- 21 Market Street, Fenelon Falls, 705-887-3283

EMPLOYMENT SERVICES

Job Quest

www.job-guest.ca

64 Lindsay St. S., Lindsay ON, K9V 2M2
705-878-5627

Services: employment program that provides specialized support and brings together those looking for work and employers.

Lindsay Employment Resource Centre

www.lindsayerc.com

32 Cambridge St. S., Lindsay ON, K9V 3B8
705-878-7092 email: info@lindsayerc.com

Services: an employment counseling service that conducts career related workshops, provides one-to-one counseling and group counseling, resume writing etc.

Northern Lights

www.northernlightscanada.ca

863 Chemong Rd., Peterborough ON, K9H 5Z5
1-800-361-4642

Services: vocational rehabilitation, employment counseling, ODSP supports and employment, case management and training.

Service Canada

www.servicecanada.gc.ca

65 Kent St. W., Lindsay ON, K9V 2Y3
1-800-622-6232 email: Ontario.inquiry@hrsdc-rhdcc.gc.ca

Services: government job postings.

VCCS Employment Services

www.careerservices.org

370 Kent St. W., Lindsay ON, K9V 6G8
705-328-0180 email: careers@careerservices.org

Services: employment related services for students, youth and adults. Programs include targeted initiatives for older workers, employment counselling, assessments, job search, summer student jobs program, community information and volunteer databases.

FINANCIAL ASSISTANCE

Assistance for Children with Severe Disabilities

Ministry of Children and Youth Services www.children.gov.on.ca

360 George St. N., 2nd Floor, Peterborough ON, K9H 7E7

1-800-663-8560

Services: financial/drug benefits for children with severe disabilities.

Canada Pension Plan/Old Age Security www.servicecanada.gc.ca

Lindsay Service Canada Centre

65 Kent St. W., Lindsay ON, K9V 2Y3

1-800-277-9914

Services: benefits are based on contributions and on eligibility requirements.

- CPP (individual can collect as early as age 60)
- CPP Disability (eligible between ages of 18-65)
- Survivor Benefits for surviving spouse and children
- OAS (universal benefit for those 65 and over)

Canadian Mental Health Association

CMHA Financial Planning

www.cmhahkpr.ca

33 Lindsay St. S., 2nd Floor, Unit C, Lindsay ON, K9V 2Y1

705-328-2704 1-866-990-9956

email: info@cmhahkpr.ca

Services: individual case management.

City of Kawartha Lakes Social Services

And Ontario Works

www.city.kawarthalakes.on.ca

322 Kent St. W, 1st Floor, Lindsay ON, K9V 4S7

705-324-9870

Services: for those in need of financial assistance.

**Community Counseling
And Credit Counseling Centre**

www.nomoredebts.org

705-743-2272 1-800-274-1611

Services: provides assistance to individuals and families experiencing over-indebtedness or money management issues—provision of debt repayment plans and mediation with creditors.

Employment Insurance

www.servicecanada.gc.ca

Lindsay Service Canada Centre

65 Kent St. W., Lindsay ON, K9V 2Y3

705-324-3562 1-800-206-7218

email: ontario.inquiry@hrsdc-rhdcc.gc.ca

Services: financial benefit for those who contributed to the benefit and meet eligibility requirements.

Ontario Disability Support Program (ODSP)

www.mcass.gov.on.ca

322 Kent St. W., 2nd Floor, Lindsay ON, K9V 4T7

705-324-6128 1-800-565-3554

Services: for those with a disability who have substantial physical or mental impairment which restricts the person's ability to work.

Trillium Drug Program

www.health.gov.on.ca

P.O. Box 337, Station D, Etibicoke ON, M9A 4X3

1-800-575-5386

email: trillium@ontariodrugbenefit.ca

Services: Ontario drug benefit program for those individuals without drug benefits. The deductible is based on net income. Applications are available at most pharmacies.

FOOD RESOURCES

Boys and Girls Clubs of Kawartha Lakes

www.bgckl.com

107 Lindsay St. S., Lindsay ON, K9V 2M5
705-324-4493

Services: A free after school snack program is at 4:15 pm, year-round breakfast program from 6:30-8:30 am.

Christmas Hampers

- A Place Called Home, Social Services, Children's Aid Society clients.
- St. Vincent de Paul – Adopt a family program offers food hampers and an Angel tree to families. Applications are processed during the month of October on Monday and Fridays from 9-11:30 at the Queen St. United Church Food Bank, 35 Lindsay St. N. 3rd floor, or call 705-340-3001 for information.
- Salvation Army – applicants apply to the food bank in their area, or call the Salvation Army Family Services at 705-878-5331.

Community Care City of Kawartha Lakes

www.ccckl.ca

34 Cambridge St. S. 2nd Floor, Lindsay ON, K9V 3B8
705-324-7323 1-800-461-0327

- **Good Food Box Program:** box of fresh fruits and vegetables for \$15 (cash only) – paid by first Tues. of the month, pick-up third Tuesday. Payments are collected at; 34 Cambridge St. S., Lindsay; Community Health Centre Reception, 108 Angeline St. S. Door B; 71 Bolton St. Unit D Bobcaygeon, and Fenelon Falls at the Community Care Reception, 70 Murray St.
- **Meals on Wheels/Frozen Meals:** delivered by volunteers or frozen meals can be picked up. Small cost for meals. Meals are made for special diets such as low fat, low salt, pureed meals etc. Gift certificates are available.

Food For Kids City of Kawartha Lakeswww.foodforkidsckl.ca

267 Bowen Dr., Peterborough ON, K9H 0B8

705-750-1043

Services: Food For Kids CKL works to ensure all children and youth have access to healthy, nutritious, safe and personally acceptable food to optimize their learning at school. They support the student nutrition programs that exist in every school throughout the City of Kawartha Lakes. All students can access food programs. Food For Kids is a non-profit community partnership that works with Trillium Lakeshore District School Board, Peterborough Victoria Northumberland and Clarington Catholic District School Board, the Ministry of Children and Youth Services, the Haliburton Kawartha Pine Ridge District Health Unit and the Boys and Girls Clubs of Kawartha Lakes.

Kawartha Lakes Food Sourcewww.kawarthalakesfoodsource.com

107 Lindsay St., Lindsay ON, K9V 2M5

705-324-0707

Services: a community effort to reduce hunger in the City of Kawartha Lakes by maintaining a central warehouse to supply food to organizations that provide food to individuals in need.

FREE OR LOW COST MEALS FOR GROUPS

Community Care Diner's Club

www.ccckl.ca

705-324-7323 1-800-461-0327

Services: provides home cooked meals and entertainment for seniors. Club is hosted monthly in several communities, dates and times can be found online or by calling Community Care.

Community Soup Kitchen – St. Andrew's Presbyterian Church

40 William St. N., Lindsay ON, K9V 4A1

705-324-4842

Services: free – open Mon., Wed. and Fri. from 11:30- 1pm, not July and August.

Royal Canadian Legion

www.lindsaylegion.ca

12 York St. N., Lindsay ON, K9V 3Z6

705-324-2613

Services: lunch is available Tues. and Thurs. noon to 2 pm for \$4.

Victorian Order of Nurses – Adult Day Centre

www.von.ca

55 Mary St. Unit 114, Lindsay ON, K9V 5Z6

705-328-2816

Services: seniors can socialize and have a hot meal - \$19 for full day and \$10 for half day- referral from CCAC is required.

FOOD BANKS

Adult Protective Services

55 Mary St. W, Suite 214
705-328-1055
Services for agency clients only.

Bethany/Pontypool Daily Bread

Food Bank – Bethany United
Church 705-277-2204
Alice 705-277-2167
Open 3rd Wed. of month
10am-12

Bobcaygeon Helps Food Bank

Christ Anglican Church
43 Sherwood St.
705-738-2415
Open Tues. and Fri., 2-4 pm

Canadian Mental Health

705-328-2704
For agency clients only

Central Food Cupboard

Queen St. United Church
35 Lindsay St. North, Lindsay
Open Mon. and Fri. 9:30am-12

Coboconk Food Bank

Civitan House
Hwy 35 and 7th concession
Gwen Saunders 705-454-9887
Open 4th Thurs. of month 10am
to 3pm.

Dream Centre Food Bank

Cambridge St. Lindsay
Contact Jenny Csiki/Bev Austin at
705-324-7613
Open Tues.– Thurs. 9:30am– 4pm

Dunsford Food Bank

United Church
1981 Sturgeon Rd, Dunsford
705-793-2511
Open 10am – noon on the 2nd
and 4th Tues. of the month

Fenelon Falls Salvation Army

Family Services Food Bank
42 Bond St. W, Box 819
Contact Captain Michael Simpson
or Denise Auger at 705-887-1408
Open Mon. and Wed. 9:30am to
noon and 1-3pm

Janetville Food Bank

Rainbow Thrift Store
712 Janetville Rd
705-324-4006 Call ahead
Open Wed.– Fri. 10am – 4 pm

Little Brittain/Mariposa

Community Food Bank
932 Hwy 7, Oakwood Library
Contact Denise Boyd/Sandy
Norris at 705-928-7506
Open 2nd, 4th Thurs. 9:30am–12

Lindsay Salvation Army

30 Peel St., Lindsay ON, K9V 3L8
705-878-5331

By appointment only-open Tues. and Thurs. from 10am to noon.

Omeme Food Bank

Christ Church, Box 46, Omeme ON, K0L 2W0
Contact Cathy Morrissey at 705-799-6847
Drop-in 3rd Mon. from 2-4pm.

SSFC Student Food Bank

Fleming College, Student Association Office,
200 Albert St. S., Lindsay ON, K7L 3V3
705-324-9144
Must be a student and bring student card to access.

Woodville/Eldon Christian Food Bank

100A King St. Box 70, Woodville ON, K0M 2T0
Contact Sandy Schad at 705-439-3939
Open every Thurs. from 10am to noon except holidays.



HEALTH & COMMUNITY AGENCIES

A Special Place—The Clothing Giveaway

17 Bolton St., Bobcaygeon ON, K0M 1A0
705-738-3573

Services: non-profit store for used clothes and household items.

Adult Protective Services: Tri-county Community Support Services
705-324-6621

Alzheimer Society

www.alzheimer.ca

55 Mary St., W., Lindsay ON, K9V 4R1
705-878-0128

info@alzheimerjourney.ca

Services: provides support, resources, information and education for those with Alzheimer's disease and other dementias, their families, caregivers and health care professionals.

Association of Hearing Instrument Practitioners of Ontario

55 Mary St. W., Lindsay ON, K9V 5Z6
705-328-0907 1-888-745-2447

helpmehear.ca

Brain Injury Association Peterborough Region

www.biapr.ca

158 Charlotte St., Peterborough ON, K9J 2T8
705-741-1172 1-800-854-9738

Services: client is linked with Client Service Coordinator who assists the client to address priorities, develop plans through recovery, other services include day services, peer support, advocacy, education and awareness.

Canadian Diabetes Association Lindsay and District Branch

108 Kent St. W., Lindsay ON, K9V 2Y4
705-878-0131

Canadian Hearing Societywww.chs.ca

189 Kent St. W., Lindsay ON, K9V 5G6
705-878-5092 TDD 1-888-697-3623

CML HealthCare**Lindsay Diagnostic X-Ray Centre**www.cmlhealthcare.com

65 Angeline St. N., Unit 5, Lindsay ON, K9V 5N7
705-324-8584

Services: Laboratory services and halter monitoring.

CNIBwww.cnib.ca

705-745-6918 1-800-563-0887

Services: CNIB Low Vision Clinics in Lindsay, call for information.

Canadian Red Crosswww.redcross.ca

1-866-386-8960

Central East Community Care Access Centrewww.ce.ccac-ont.ca

700 Clonsilla Ave., Ste 202, Peterborough ON, K9J 5Y3
705-743-2212 1-800-263-3877

email: info@ce.ccac-ont.ca

Services: provides information and referrals to services for all ages.

- provision of in-home health care services (nursing, physiotherapy, occupational therapy, speech-language therapy, social work, dietetics, medical supplies and personal support).
- admission to long-term care homes/programs, school health support services. Specialized programs: acquired brain injury, convalescent care, mental health, and palliative care. Referrals from client, family member/caregiver, physician/health professional accepted.

Children in need of Dental Treatment

705-324-3569

CKL Parks and Recreation and Culture Division

133 Adelaide St .S., Lindsay ON, K9V 5R8

Recreation Complex: 705-324-9112

Services: open-year round, the Lindsay Recreation Complex has an arena, swimming pools, squash courts, skateboard park and a new two story fitness centre and an array of complementary programs.

C-Links Social Mapping

www.c-links.ca/social-mapping

Frost Campus, Fleming College

200 Albert St. S., P.O. Box 8000, Lindsay ON, K9V 5E6

705-324-9144 ext. 3092

Services: It is an interactive web map which provides information on the many social services that are available within the City of Kawartha Lakes. The C-Links Social Mapping Project is made possible by VCCS, City of Kawartha Lakes, C-Links, the Kawartha Lakes Community Futures Development Corporation, Fourinfo.com, United Way and Fleming College. Information is provided about 16 different areas of social services, plus transit information.

Community Care City of Kawartha Lakes

Community Health Centre

www.community-care.on.ca

108 Angeline St. S., Lindsay ON, K9V 3L5

705-879-4100 1-800-461-0327

Services: client-centered primary health care, integrated team with physicians, nurse practitioners, nurses, social workers etc.

34 Cambridge St., Lindsay ON, K9V 3B8
705-324-7323 1-800-461-0327

- **Community Support Services** – 705-324-7323 1-800-461-0327
Services: adult day program, caregiver support, connecting seniors, diners clubs, emergency response, friendly visiting, home at last, home first, home maintenance and repair, in home respite care, income tax returns, meals on wheels, supportive housing and transportation.
- **Community Health Centre** – 108 Angeline St. S. Unit B,
705-879-4100
Services: primary health care, blood pressure clinics, chronic disease management, diabetes education, elder abuse awareness, falls prevention, foot care, good food box, nutritional education, smoking cessation, social work, and stroke survivors groups.
- **Hospice Services** – 705-324-7323
Services: palliative care support in home, hospital or long-term care facility, bereavement and grief support, children/youth programs, education and palliative care.
- **Low income dental clinic** –705-879-4100
Services: affordable dental care clinic, Healthy Smiles Ontario, is a no cost dental program for eligible youth 17 and younger.
- **Community Care Transportation** – 705-324-7323
Services: door-to-door transportation, volunteer drivers who use their own vehicles, Care-A-Van which is wheelchair accessible. Fees for services apply.

705-328-0464

Services: helps people with intellectual challenges to live, work and take part in all aspects of the community. Agency provides supports to children and adults, services include:

- ***Almost Home Respite House:*** children with special needs and adults with intellectual challenges stay and give families a rest.
- ***Building Bridges:*** program which assist people ages 17.5 –21 to transition from high school to the community after graduation.
- ***Community Connections:*** which is a Respite Registry of screened workers who provide respite.
- ***Day Nurseries Resource:*** funding program which provides funding to childcare centres so that they can hire additional staff to support children with special needs.
- ***Day Supports:*** which gives the people an opportunity to make new friends and learn new skills.
- ***Early Childhood Resource Program:*** consultants assist children ages 2.5 to 12 years who have developmental delays.
- ***Early Learning Quality Initiative:*** professional development.
- ***Family Supports:*** for families of children ages 12-18 years.
- ***Foundations:*** helps people ages 21-28 with change from high school to living on their own.
- ***Home Share:*** offers alternative living to adults they support, who find it difficult or lonely living on their own.
- ***Independent Living:*** helps people live and work in the community.
- ***Job Quest:*** helps people who have a disability or impairment find and keep a job.
- ***Residential Services:*** residents live together in apartments or group homes and are assisted by staff members.

Elder Abuse Prevention Network

705-324-7323 1-800-461-0327

Services: assist older adults who are experiencing abuse or neglect.

Extencicare: Kawartha Lakes

www.extencicarecanada.com

125 Colborne St. E., Lindsay ON, K9V 6J2

705-878-5392

Services: facilities include nursing homes, retirement apartments, long-term care, nursing, home health care, sub-acute care and out-patient rehabilitation.

Fenelon and CKL Counselling Services

205 Francis St. E., Fenelon Falls ON, K0M 1N0

705-738-3381

Services: counselling for depression, stress management, relationship issues, grief, family problems and post traumatic stress disorder. Services are provided through employee assistance programs.

Fenelon Independent Living Association

105 Lindsay St., Fenelon Falls ON, K0M 1N0

705-887-9604

Services: affordable housing for seniors. Also offers dining facilities.

Fenelon Medical Centre Laboratory

205 Francis St. E., Fenelon Falls ON, K0M 1N0

705-887-1500

Geriatric Assessment Intervention Network

(GAIN Community Team)

www.centraleastlhin.on.ca

33 Lindsay St. S., Unit B, Lindsay ON, K9V 2L9

705-879-4112 email: gaininfo@community-care.on.ca

Services: GAIN Clinics provide inter-professional assessments and care for seniors who have multiple complex medical, functional and psycho-social problems, or have recently experienced a functional or cognitive decline, or are at risk for falling, or have experienced falls.

Haliburton Kawartha Pine Ridge District Health Unit

108 Angeline St. S., Lindsay ON, K9V 3L5

www.hkpr.on.ca

705-324-3569

Services: chronic disease and injury prevention programs, communicable disease control, environmental health, family health and oral health – provide sexual health clinic, water testing, and healthy babies, healthy children program.

Homestead Oxygen And Medical Equipment Inc.

55 Mary St. W., Lindsay ON, K9V 5Z6

705-328-3015

Services: Mobility and safety equipment, home modifications, Oxygen and CPAP, Post Mastectomy products, supplies, service, sales/rentals.

Kawartha Lakes Pregnancy Centre

www.lcpc.on.ca

241 Kent St. W., Lindsay ON, K9V 2Z3

705-878-8527

Services: Assistance for any pregnant woman, family or father regardless of marital status, national origin, age, race or creed. Guest speaker available to discuss pregnancy related issues, social issues etc.

Kawartha North Family Healthy Team

www.kawarthanorthfht.ca

50 Colborne St., Fenelon Falls ON, K0M 1N0

705-887-3535

Services: a primary health care provider.

Medigas

www.medigas.com

90 McLaughlin Rd., Lindsay ON, K9V 6B5

705-324-1790

Services: oxygen therapy, home medical equipment, sleep therapy.

Paramed Home Health Care

www.paramed.com

108 Angeline St. S., Lindsay ON, K9V 3L5

705-328-2280

Services: professional home support, respite, and nursing staff.

PARN (Aids Resource Network)

www.parn.ca

705-749-9110

Services: provides support, health promotion, education and advocacy for HIV-infected and HIV affected.

Ross Memorial Hospital

www.rmh.org

10 Angeline St. N., Lindsay ON, K9V 4M8

705-324-6111

St. John Ambulance—Kawartha Branch

www.sja.ca

210 Kent St. W., Lindsay ON, K9V 2Y8

705-324-9894

Services: first aid training.

Victorian Order of Nurses VON

www.von.ca

51 Mary St. W., Lindsay ON, K9V 5Z6

705-328-2816

Services: provides personal care and nursing staff as well as the VON Adult Day Program.

Women’s Resource Centre

www.womensresources.ca

22 Russell St. E., Lindsay ON, K9V 2A1

705-878-4285

24 Hour Crisis Support Line and Victoria’s Women’s Shelter:

1-800-565-5350

Services: provides services for abused women and their children and works to provide opportunities to end violence against women.



ADDITIONAL INFORMATION AVAILABLE AT:

www.city.kawarthalakes.on.ca

Visit the site for: community centres, children’s sports, churches, community support agencies, chambers of commerce, education, health and emergency services, nature groups, libraries, municipal centres, seniors groups, sports and activities, and theatre and arts.

HOUSING RESOURCES

A Place Called Home Emergency Shelter

www.apch.ca

64 Lindsay St., Lindsay ON, K9V 2M2

705-328-0905 1-866-520-2689

Manager of Hostel and Outreach services: 705-328-0905 x 228

Services: emergency shelter (up to 18 beds) for a maximum of 6 weeks for individuals and families who are homeless. Shelter also offers the following programs to the public:

- **Emergency Home Energy Resource Program:** offers support to individuals facing disconnections of all household utilities, financial planning and budgeting services.
Contact – 705-328-0905 x 223
- **Youth in Transition:** practical and emotional support to youth ages 16-24, who are homeless or living in precarious situations, provides budgeting and trusteeship.
- **Identification Clinic:** assists with forms to replace ID, fees for the documents can be covered by the program.
Contact – 705-328-0905 x 229
- **Outreach and Aftercare:** intended for former residents, will make referrals, and advocate.

Access to Permanent Housing Committee

64 Lindsay St. S., Lindsay ON, K9V 2L9

705-328-2215

Services: A local initiative comprised of service providers, other organizations and individuals who are interested in housing issues within the City of Kawartha Lakes. They meet quarterly.

Canadian Mental Health Association

www.cmhahkpr.ca

33 Lindsay St. S., 2nd Floor Unit C, Lindsay ON, K9V 2Y1

705-328-2704 1-866-990-9956

email: info@cmhahkpr.ca

Services: multiple housing services and supports for clients.

- **Harrison House:** transitional 8-bed co-ed rehabilitative housing program for individuals with a diagnosed mental illness. Rental agreements are time limited and geared toward the goal of returning to independent living. Contact the Housing Support Worker at 705-328-2704 ext. 28
- **Rent Supplement Program:** provides subsidy with portable and flexible mental health and housing support. Clients must meet low income criteria and be enrolled in the Case Management Program Contact Program Manager at 705-748-6711 x 2021.

City of Kawartha Lakes Housing Services

322 Kent St. W., Lindsay ON, K9V 4S7

705-324-6401 1-800-463-4120 www.city.kawarthalakes.on.ca

email: socialhousingrequest@city.kawarthalakes.on.ca

Services: affordable housing for low income including people with special physical, developmental and psychological needs.

John Howard Society

www.jhscklh.on.ca

31 Peel St., Lindsay ON, K9V 3L9

705-328-0472

email: info@jhscklh.on.ca

Services: anger management for adults, community based literacy program for 18+, and the following programs:

- **Men's Transitional Housing:** agency has relationship with private landlords and can secure up to 6 beds. Individuals must be 18 and over, involved in counseling or program and willing to participate. Individuals can stay up to 6 months.

- **Housing Support Program:** which supports individuals and also families, offers assistance with finding housing, working with landlords, seeking financial support, completing applications etc. Contact for both programs is Carla Cooper 705-328-0472.
- **Straight Talk:** program for youth, contact 705-328-0472 x 927.

Victoria's Women Shelter

Women's Resource Centre

www.womenresources.ca

22 Russell St. E., Lindsay ON, K9V 2A1

705-878-4285

Crisis Line: 705-878-3662

Services: 18 beds, safe, short term shelter for women and their children seeking safety from abuse. The shelter operates 24 hours a day, 7 days a week. It offers individual and group support for those staying in the shelter. Emergency transportation is available to get women to the shelter.

Shelter Supervisor can be reached by email:

suzochukwu@womenresources.ca

Wigwamen Housing

www.wigwamen.com

705-878-6282

Services: safe and affordable housing for aboriginal and non-aboriginal individuals and families with units available across five locations in the City of Kawartha Lakes. They also operate the Peterborough Renovates Program for home-owners with disabilities living in the County of Peterborough.

LEGAL SERVICES

Community Legal Clinic

www.communitylegalclinic.ca

Kent Place Mall, 189 Kent St. W. Suite 214, Lindsay ON, K9V 5G4
1-800-461-8953

Services: Eligibility based on income level and type of legal problem.
Clinic is open every Tues.

Court Services - Ministry of the Attorney General

440 Kent St. W., Lindsay ON, K9V 6G8
705-324-1400

Landlord and Tenant Board

www.ltb.gov.on.ca

1-800-332-3234

Services: information can be found at the Service Ontario office at
322 Kent St. W.

Legal Aid Ontario

www.legalaid.on.ca

1-800-668-8258

Services: legal assistance for low-income people.

Ontario Probation/Parole Services

www.mcscs.jus.gov.on.ca

322 Kent St. W., Lindsay ON, K9V 4T7
705-324-5621

Ontario Provincial Police

21 Angeline St. N., Lindsay ON, K9V 5B7
705-324-6741

Social Benefits Tribunal

1-800-753-3895

MENTAL HEALTH SUPPORT

AA/NA – Victoria- Haliburton

www.alcoholics-anonymous.org

Answering machine: 705-324-9900 Peterborough:705-745-6111

Services: support group which is a fellowship of men and women who share their experiences, strength and hope with each other that they will solve their common problem and help others to recover from alcoholism and/or drug addiction.



Canadian Mental
Health Association
Haliburton, Kawartha, Pine Ridge

Canadian Mental Health Association

www.cmhahkpr.ca

33 Lindsay St., Lindsay ON, K9V 2C5

Central Intake: 705-328-2704 x 600

email: info@cmhahkpr.ca

Services: for individuals 16 and older with mental health concerns, diagnosis is only required for case management and supportive housing programs. No referral is necessary.

Programs include:

- **Intake:** and brief services which is point of contact for individuals requesting case management or brief mental health support.
- **Dual diagnosis case management:** individual with an intellectual disability paired with a serious mental illness. For more information see www.dsontario.ca.
- **Housing programs:** Harrison House, rent supplement program and the Homeless rapid response program which supports clients with mental illness who are homeless or at imminent risk of homelessness. This program does not have a wait list.
- **Voluntary Financial Planning Program:** provides trusteeship.
- **LYNX (Early Psychosis Intervention):** 705-328-2704 x 258. Offers education and support specifically to families and care-givers of young people with early psychosis through the CMHA Family Education Support Worker.

- ***Journeying Together:*** provides education and support services for families and caregivers of individuals with mental illness.
- ***Court diversion program:*** for individuals diagnosed or suspected mental health concern, charged with an offense who agree to voluntarily participate.
- ***Court Support:*** support and advocacy for those involved in the criminal justice system.
- ***Release from custody services:*** to assist individuals in planning for the transition from a correctional facility by linking them with services and supports in their home community.
- ***Bail Support Services***
- ***Kawartha Reach For Recovery (KLR4R):*** 705-878-3379
peer support including social recreation, peer outreach and life skills.
- ***Support groups and workshops:*** including Mental Health First Aid, Applied Suicide Intervention Skills Training (ASSIST), Assertiveness and Self-esteem.

Chimo Youth and Family Services

www.chimoyouth.ca

227 Kent St., Lindsay ON, K9V 2Z1

Main office: 705-324-3300

Crisis Line: 705-324-3300 x 500 (Mon. to Fri. 9 am - 5pm)

Walk-in Clinic Hours: Mon. to Thurs. 9 - 4 pm, Fri. 9 - 3 pm

To make a referral contact: Central Intake 1-888-454-6275

Services: for under 18-year-olds with mental health or behavioural issues impacting family, school performance and ability to function successfully in the community. Referrals are accepted by parents/guardians and youth 12 years plus (parent/guardian permissions sought, if possible, for those under 16). Services include: residential treatment, various groups, respite, individual and family counselling/therapy, day treatment (in Durham Region only), in school mental health supports and Walk-In Clinic for parents, children and youth.

Family and Youth Clinic

www.prhc.on.ca

1 Hospital Drive at the Peterborough Regional Health Centre,
Peterborough ON, K9J 7C6

705-743-2121 x 3783

email: info@prhc.on.ca

Services: outpatient assessment and treatment up to the age of 19 for children/adolescents struggling with eating disorders, and where mental health difficulties are the primary concern. Self referrals accepted, contact intake number and leave message on answering machine.

Four Counties Addiction Services Team (FourCAST)

2-86 Russell St. W., Lindsay ON, K9V 6A5

www.fourcast.ca

705-878-5547

Services: for alcohol, drug and gambling related problems, including assessment, treatment, and referral to residential treatment services. Also offers support groups for families dealing with substance use.

Four County Crisis

1-866-995-9933

Services: A 24-hour crisis service for people 16 and older that can provide telephone crisis support and counseling. They can also send a crisis team to meet with you or family member (mobile crisis intervention). Programs include:

- **Short term case management**
- **Crisis/safe, short stay beds** are available, individuals must contact the crisis line to apply.
- **Integrated outreach program** which responds to police calls with an officer when mental health intervention is needed.
- **Specialized network of care program** for individuals with an intellectual disability and their caregivers who are experiencing a crisis.

Kawartha Lakes Community Clinic provided by Ontario Shores

40 Lindsay St. S., Lindsay ON, K9V 2L8

www.ontarioshores.ca

705-878-1013 1-855-714-4300

Referrals email: CentralizedReferralSystem@ontarioshores.ca

Services: provision of outpatient assessment and treatment, offer outpatient complex general psychiatry and consultation service, borderline personality self regulation clinic, vocational services, assertive community treatment team, outpatient geriatric psychiatry consultation service and homes for special care. These clinics provide individual, couple and group counseling, medication treatment and various therapies.

Kawartha Lakes Reach for Recovery (KLR4R)

www.cmhahkpr.ca

705-878-3379

Services: peer support including social recreation, peer outreach and life skills, an initiative from CMHA.

Ontario Addiction Treatment Centre and Needle Exchange

40 Lindsay St. S., Lindsay ON, K9V 2L8

www.oatc.ca

705-324-5553

Services: methadone and suboxone programs. No referrals are necessary and individuals can walk in. Needle exchange is walk in on Fri. afternoons from 1-2:30 pm.

Ross Memorial Hospital – Mental Health Program

www.rmh.ca

10 Angeline St., Lindsay ON, K9V 4M8

Central intake: 705-324-6111 x 0

Services: provide inpatient unit (15 beds), day programs (8-10 weeks), life skills programs, community counseling, Crisis Response Program, Adult Mental Health program, Clinical Case Management, Child and Youth Sexual Abuse Response Program, and the LYNX Early Intervention Program for early psychosis, older adult program and family mental health web resources.

Victorian Order of Nurses VON

www.von.ca

Acquired Injury Day Program

51 Mary St. W., Lindsay ON, K9V 5Z6

705-328-2816

Services: activities in a supportive environment for adults with an acquired brain injury who live in the community. This is an opportunity for social and recreational activities with peers. Noon meal and snacks provided.

Women's Health Care Centre

www.prhc.on.ca

1 Hospital Drive at the Peterborough Regional Health Centre,
Peterborough ON, K9J 7C6

705-743-4132 1-800-419-3111

email: info@prhc.on.ca

Services: are for 18+. Programs include: sexual assault and domestic violence; eating disorder program; sexual abuse counseling; unplanned pregnancy program; mid life program; postnatal mood disorder counselling and well woman programs.

Women's Resources

www.womensresources.ca

22 Russell St. E., Lindsay ON, K9V 2A1

705-878-4285

Crisis Line 705-878-3662

email: info@womensresources.ca

Services: available to women who have been abused or are currently in an abusive relationship, and their children. Programs include Victoria women's shelter, outreach counseling, support line, community support program which provides housing, financial assistance, legal aid, education, job training, immigration services, parenting support, court, counseling etc. Other services include child witness program and Amy's Next Step, which is a safe home with an affordable housing program.

ADDITIONAL INFORMATION AVAILABLE

- **Mental Health Help Line:** 1-866-531-2600
Free health service information identifies mental health resources across the province, shares information about what is available and covered by OHIP, can direct to crisis services and case management services as well as provide some information on treatments.
- www.centraleasthealthline.ca: website with up to date information on health services, community agencies such as Alzheimer Society etc.
- **Call 211:** provides information on community, social, health and related public services. Services are available in many languages.
- www.fourinfo.com: provides searches for community agencies and services in the four counties that can be specific to location and age group, for example can do quick searches for mental health, housing, income, employment etc.

TRANSPORTATION

Community Care City of Kawartha Lakes

www.ccckl.ca

34 Cambridge St. S. 2nd Floor, Lindsay ON, K9V 3B8

705-324-7323 1-800-461-0327

Services: transportation program includes door-to-door service coordinated by volunteers, volunteer drivers who use their own vehicles as well as the Care-A-Van, which is wheelchair accessible. Fees for services apply.

Haliburton Rideshare

www.haliburtonrideshare.ca

Services: Need to go to the store? What about a doctor appointment? Need to go for coffee and see friends? Try this service to get you a lift. The website allows you to post a request for rides and see when others have posted available rides.

Lindsay Transit

www.city.kawarthalakes.on.ca

705-324-9411

Services: operates bus routes, check website or call for details.

CITY OF KAWARTHA LAKES

FAMILY HEALTH TEAM

CKL Family Health Team

www.cklfamilyhealthteam.com

50 Mary St. W., Lindsay ON, K9V 2N5

705-880-2020

Services: the Family Health Team provides full family care from a team of physicians, registered nurses and allied health professionals who work together to care for patients of all ages.

Offices: Head Office, 50 Mary St. W., Lindsay, 705-880-2020

Fenelon Falls, 205 Francis St. E., 705-887-4779

Lindsay, 55 Angeline St. N., 705-328-9853

Little Britain, 9 Arena Rd., 705-786-0300

Omeme, 23 Wellington St., 705-799-0000

FHT PROGRAMS:

Anticoagulant Clinic: The Anticoagulant Clinic provides patient education and point of care INR testing for patients taking warfarin. The clinic is held two mornings each week. Eligible patients include those newly initiated on warfarin, requiring bridging, with labile INRs or difficult phlebotomy. Patients have their INR tested and receive dose adjustments during their appointment. Screening for drug interactions and adverse effects of warfarin is performed at each visit.

Craving Change Workshop: Craving Change is a group program that focuses on why we eat the way we do. Patients learn self-awareness skills and strategies that promote cognitive and behavioural change with regard to problematic eating. It also provides the opportunity for interactive discussion and sharing of experiences with others in the group. This four-week workshop is designed for individuals who struggle to maintain healthy eating habits, suffer from emotional eating, are frustrated with the usual weight loss/diet programs and/or want to feel more in control of their eating.

Foot Care – Healthy Feet And You: For “most at risk” patients (e.g. diabetes, severe vascular deficiency) and/or those who cannot care for their feet. Circulation, skin and nail conditions will be monitored. Patients will also be educated on self-care, hygiene and appropriate footwear.

Healthy Lung–Asthma/COPD Education: Individual referral visits help patients learn to manage their Asthma or COPD. Patients are provided information, and education on their condition, medication delivery devices, symptoms and triggers. Spirometry can also be conducted. Individual action plans are developed to encourage self-management and improve quality of life. Group education sessions will also be offered.



Healthy you: The Healthy You program is a group weight management approach focusing on lifestyle changes to help patients reach and maintain a healthier body weight. Patients learn how nutrition, physical activity, self-esteem, the environment and behaviours affect their weight. The program consists of one two-hour class a week, for eight weeks. The first part of each class focuses on activity and exercise led by a registered nurse. The second part, led by the dietitian, teaches an aspect of nutrition. An optional 15-20 minute walk with the group is offered each session. Pedometers are used to track individual progress. Additional individual follow up sessions are offered with the dietitian after the completion of the program.



Memory Clinic: Standardized tests, assessment and treatment plans



for patients experiencing cognitive impairment, memory loss and/or early onset dementia, as well as their care-givers. Treatments, medications and community resources may be advised, in consultation with the

primary care provider, including a possible recommendation that the patient retire from driving. Additional support is provided on-site by the Alzheimer Society.

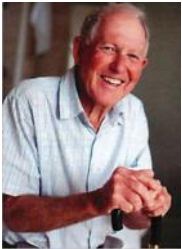
Mindfulness Meditation Group: An eight-week program to teach



patients to connect with their inner strength, wisdom and healing nature, has been proven effective in the treatment of stress-related ailments, anxiety, hypertension and chronic pain. Follow up sessions are held

once a month to allow patients to reconnect and practice techniques learned in the program.

Pain Self-Management Group: five two-hour education sessions



address common difficulties of chronic pain and offer solutions for patients. Sessions provide a venue for sharing experiences, which enhances patients' capacity to manage their health. Sessions employ only non-pharmaceutical, self-management approaches to care using psycho-education and occupational/lifestyle techniques to complement existing treatment.

Smoking Cessation: Implementing the Ministry of Health's STOP



Program, this program helps patients understand the underlying reasons for the patient's smoking, develop a Quit Plan and select a 'quit date'. On-going clinical support and motivational coaching are provided. Free nicotine replacement

products are available.

Stressbusters! Anxiety Education Group: Three two-hour, discussion



-based classes teach patients about the causes and effects of anxiety and offer practical strategies for dealing with anxiety (not group therapy). Especially suited for patients experiencing unhealthy levels of

stress in daily life and/or the workplace.



Get W.I.T.H It Walking Group: Offers patients of all ages a

chance to walk in a warm, safe environment during winter months. It is run at L.C.V.I. one hour each week from November to the end of April and it is suitable for all ages and fitness levels. Pedometers are used to track their progress and step logs are used so patients can visualize their progress each week. This program is free and offered in collaboration with CCCKL–CHC to all members of the community.



Let's Get Walking! Offers patients of all ages, and different

fitness levels, medically-supervised, outdoor and mall walking in the community. It is offered for one-hour sessions twice a week in Lindsay during the spring, summer and fall months. Pedometers are used to track individual progress and to motivate the participants to increase their step count throughout the program.

Wound Care: Assessment and treatment of complex wounds by our wound care specialist. Treatment options are offered and education on nutrition, ambulation and self-care are given. Follow up appointments or referrals are arranged as necessary. Home visits can also be arranged if they are needed.

QUICK REFERENCES

AGENCY NAME (page #)

PHONE NUMBER

Click agency name to go directly to page #.

AA/NA (29)	705-324-9900
Access Centre (CECCAC) (18).....	1-800-347-6285
A Place Called Home Emergency Shelter (25).....	705-328-0905
A Special Place (17)	705-738-3573
Access to Permanent Housing Committee (25)	705-328-2215
Adult Protective Services (17)	705-324-6621
Alzheimer Society (17)	705-878-0128
Assistance for Children With Severe Disabilities (10)	1-800-663-8560
Association of Hearing Practitioners (17)	705-328-0907
Brain Injury Association (17)	705-741-1172
Big Brothers Big Sisters (3)	705-324-6800
Bobcaygeon Nursery School and Day Care (3).....	705-738-3267
Boys and Girls Clubs of Kawartha Lakes (3, 12)	705-324-4493
Canadian Diabetes Association (17).....	705-878-0131
Canadian Hearing Society (18)	705-878-5092
CMHA (10, 26, 29)	705-328-2704
CNIB (18).....	705-745-6918
CPP (10)	1-800-277-9914
Canadian Red Cross (18).....	1-866-386-8960
Catholic District School Board (8).....	1-800-461-8009
Children's Aid Society (4)	705-324-3594
Children Dental Treatment (18)	705-324-3569
Children's Services Council (4)	705-328-3606
CHIMO (30).....	705-324-3300
CKL Family Health Team (36)	705-880-2020
CKL Housing Services (26)	705-324-6401
CKL Parks and Recreation and Culture Division (19).	705-324-9112

CKL Social Services (10)	705-324-9870
C-Links Social Mapping (19).....	705-324-9144
CML HealthCare (18)	705-324-8584
Community Care CKL (12, 14, 20, 35).....	705-324-7323
CCCKL Community Health Centre (19)	705-879-4100
Community Credit Counseling Centre (11)	705-743-2272
Community Legal Clinic (28).....	1-800-461-8953
Community Living (21).....	705-328-0464
Community Soup Kitchen (14).....	705-324-4842
Court Services (28)	705-324-1400

Crisis Help Phone Lines (7)

211

- Assaulted Women’s Helpline 1-866-853-0511
- Emergency Shelter –A Place Called Home 705-328-0905
- Four Counties Crisis Line 1-866-995-9933
- Kawartha/Haliburton Victim Services 1-800-574-4401
- Kawartha Lakes Fire Rescue Services 705-324-5731
- Kawartha Lakes Police Service 705-324-5252
- Kawartha Sexual Assault Centre 1-866-298-7778
- Kids Help Phone 1-800-668-6868
- Mental Health Help Line 1-866-531-2600
- Ontario Provincial Police 1-888-310-1122
- Pregnancy Crisis Centre 705-878-8527
- Telecare Distress Centre 705-878-4411
- Women’s Resources 1-800-565-5350

Elder Abuse Prevention Network (22).....	705-324-7323
Employment Insurance (11)	705-324-3562
Extencicare (22).....	705-878-5392
Family and Youth Clinic (31)	705-743-2121
Fenelon and CKL Counselling Services (22)	705-738-3381
Fenelon Independent Living Association (22)	705-887-9604
Fenelon Langton Child Care Centre (4)	705-887-9524
Fenelon Medical Centre Laboratory (22)	705-887-1500

Five Counties Children’s Centre (4)	705-324-1922
Fleming College (8).....	1-866-353-6464
Food Banks (see pages 15-16)	
Food For Kids of CKL (13).....	705-750-1043
FourCAST (31).....	705-878-5547
Four County Crisis (31)	1-866-995-9933
GAIN Community Team (22)	705-879-4112
HKPR Health Unit (23)	705-324-3569
Homestead Oxygen and Medical Equipment (23)	705-328-3015
Job Quest (9).....	705-878-5627
John Howard Society (8, 26).....	705-328-0472
Kawartha Lakes Community Clinic (32).....	705-878-1013
Kawartha Lakes Food Sources (13).....	705-324-0707
Kawartha Lakes Pregnancy Centre (23)	705-878-8527
Kawartha Lakes Reach for Recovery (32).....	705-878-3379
Kawartha North Family Health Team (23).....	705-887-3535
Kawartha Youth Help Services (5)	705-320-9928
Kids First Inc (5).	705-324-5655
Landlord and Tenant Board (28)	1-800-332-3234
Learning Disabilities Association (8).....	705-324-2596
Legal Aid (28).....	1-800-668-8258
Lindsay Diagnostic X-Ray Centre (18).....	705-324-8524
Lindsay Employment Resource Centre (9)	705-878-7092
Lindsay Transit (35)	705-324-9411
Medigas (23).....	705-324-1790
Ministry of Children and Youth Services (10).....	1-800-663-8560
Moore Foster Homes (5)	705-328-0949
Northern Lights (9).....	1-800-361-4642
Ontario Addiction Treatment Centre (32).....	705-324-5553
ODSP (11).....	705-324-6128
OEYC (5, 14)	705-324-7900
Ontario Probation/Parole Services (28)	705-324-5621
OPP (7).....	705-324-6741
Paramed (23).....	705-328-2280

PARN (24)	705-749-9110
Probation/Parole (28).....	705-324-6741
Public School Board (TLDSB) (8)	705-324-8776
Reachingout Family Homes Inc (6).....	705-324-7989
Ross Memorial Hospital (24, 32)	705-324-6111
Royal Canadian Legion (14)	705-324-2613
St. John Ambulance (24).....	705-324-9894
Salvation Army Lindsay (16)	705-878-5331
Salvation Army Fenelon Falls (6)	705-887-3031
Senior Crime Stoppers (7).....	1-800-222-8477
Service Canada (9).....	1-800-622-6232
Social Benefits Tribunal (28).....	1-800-753-3895
Tri-county Behavioural Services (6).....	705-878-9245
Trillium Drug Program ... (11).....	1-800-575-5386
VCCS Employment Services (9).....	705-328-0180
VON (14, 24, 33)	705-328-2816
Victoria’s Women’s Shelter (27).....	705-878-4285
Wigwamen Housing (27)	705-878-6282
Women’s Health Care Centre (33)	705-743-4132
Women’s Resource Centre (24, 33).....	705-878-4285

NOTES

City of Kawartha Lakes

Family Health Team

Healthy Families, Healthy Community

www.cklfamilyhealthteam.com