



**CENTRAL EAST**  
**STROKE NETWORK**

[www.cesnstroke.ca](http://www.cesnstroke.ca)

**HKPR DISTRICT**

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# **2018 HKPR Stroke Community Resource Guide for Stroke Survivors and Caregivers**

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\*There may be fees associated with the services listed in this guide; please contact the individual service providers for more information about individual programs and program fees.

## STROKE SERVICES

### District Stroke Centre

#### The Peterborough Regional Health

**Centre** received designation as a **District Stroke Centre** in 2004. We participate in ongoing education and training in stroke care, providing coordinated stroke services for Haliburton Kawartha Pine Ridge (HKPR). We work with providers across the health care continuum. We receive leadership, support, and education from our Regional Stroke Centre – The Central East Stroke Network located in Barrie at Royal Victoria Hospital. For more information contact

#### HKPR District Stroke Coordinator:

Phone: (705) 743-2121 Ext. 3946

### Secondary Prevention Clinic

#### Integrated Vascular Management Clinic - TIA and Post Stroke Vascular Clinic

The TIA and Post Stroke Vascular Clinic is an outpatient clinic for people who have experienced signs and symptoms of a recent stroke or transient ischemic attack (TIA). The goals of the clinic are:

- To provide early assessments and appropriate interventions
- To provide rapid access to diagnostic tests
- To provide education to patients and family members about risk factor management and stroke prevention.

#### This clinic is open to all patients in the HKPR District

327 Charlotte St, Peterborough,  
ON, K9J 0B2

Phone: (705) 740-2043 Ext. 260

Fax: (705) 743-3548

*To apply: must be referred by a health care provider*

**Heart and Stroke Foundation of Ontario – Head Office**

Head Office  
2300 Yonge Street, Suite 1300  
Box 2414, Toronto, ON M4P 1E4  
Phone: (416) 489-7111  
Fax: (416) 489-6885

**Heart and Stroke Foundation of Ontario – Durham Regional Office**

Supporting Oshawa, Ajax, Pickering,  
Whitby and HKPR District  
105 Consumers Dr.  
Whitby, ON L1N 1C4  
Phone: (905) 666-9956  
Fax: (905) 666-9956  
[www.heartandstroke.ca](http://www.heartandstroke.ca)

**Stroke Recovery Canada – March of Dimes**

Head Office  
10 Overlea Boulevard  
Toronto, ON M4H 1A4  
Phone: (416) 425-3463  
Toll Free: 1-800-263-3463  
Fax: (416) 425-1920  
Email: [src@marchofdimes.ca](mailto:src@marchofdimes.ca)  
[www.strokerecoverycanada.com](http://www.strokerecoverycanada.com)  
Warmline: 1-888-540-6666  
(confidential support line)

**On-line Resources**

**Heart and Stroke Foundation**

[www.heartandstroke.ca](http://www.heartandstroke.ca)

**Stroke Engine**

*Provides information on stroke-related topics from quality articles, websites.*

[www.strokengine.ca](http://www.strokengine.ca)

**March of Dimes**

[www.marchofdimes.ca](http://www.marchofdimes.ca)

**Community Websites**

*City of Kawartha Lakes:*

[www.city.kawarthalakes.on.ca](http://www.city.kawarthalakes.on.ca)

*Haliburton/Minden:*

[www.haliburtoncounty.ca](http://www.haliburtoncounty.ca)

*Northumberland:*

[www.northumberlandcounty.ca](http://www.northumberlandcounty.ca)

*Peterborough:*

[www.peterborough.ca](http://www.peterborough.ca)

*Central East Stroke Network:*

[www.cesnstroke.ca](http://www.cesnstroke.ca)

*Central East Health Line:*

[www.centraleasthealthline.ca](http://www.centraleasthealthline.ca)

## Stroke Support Groups

### Stroke Survivor Groups

Meetings are for stroke survivors and their caregivers. The groups generally meet once a month, and often have guest speakers. All meetings are wheelchair accessible, and all programs are free to attend.

**Please call the group in your area for more information:**

### *City of Kawartha Lakes*

#### **Community Care – City of Kawartha Lakes Stroke Survivor Support Group**

Phone: (705) 879-4100 x 111 (Margot)  
Email: [mfitzpatrick@ccckl.ca](mailto:mfitzpatrick@ccckl.ca)  
Phone: (705) 324-7323 x 301 (Jordan)  
Email: [jprosper@ccckl.ca](mailto:jprosper@ccckl.ca)

### *Haliburton/Minden*

#### **Haliburton Highlands Stroke Support Group**

Phone: (705) 286-1765 (Lois)  
Email: [ross.rigney@sympatico.ca](mailto:ross.rigney@sympatico.ca)

### *Northumberland*

#### **Stroke and ABI Support Group**

Phone: (905) 885-2626 (Pam)

### *Peterborough*

#### **Life After Stroke Peterborough**

Phone: (705) 760-2581 (Sandy)

[www.LifeAfterStrokePeterborough.org](http://www.LifeAfterStrokePeterborough.org)

Email: [src-peterborough@marchofdimes.ca](mailto:src-peterborough@marchofdimes.ca)

#### **Four Counties Brain Injury Association**

Four Counties Offers a convenient and confidential support service for stroke survivors and their caregivers. Peer support is provided by phone or email for all patients and caregivers in HKPR  
Phone: (705) 741-1172

Toll Free: 1-800-854-9738

Fax: (705) 741-5129

Email: [biapr@nexicom.net](mailto:biapr@nexicom.net)

#### **Warmline – Stroke Recovery Canada**

Phone support and information for stroke survivors and their family and caregivers

Phone: 1-888-540-6666

Email: [src@marchofdimes.ca](mailto:src@marchofdimes.ca)

## Central East Local Health Integration Network Home and Community Care

### *Central East (CE) Home and Community Care*

- Were you **recently released** from the hospital and need **help** at home?
- Do you have a **friend** or a **family** member who **requires support** to remain at home?
- Do you have a **relative** who is no longer **safe** living alone, and who may need to move to a **long-term** care home?

### **The CE Home and Community Care can help you!**

Why call Home and Community Care?

- The CE Home and Community Care provides access to in-home health care and community support services to make it easier for people of all ages to receive health care in their homes
- When you call CE Home and Community Care, the case manager will talk to you about your healthcare needs and will arrange for the right level of health services for you
- The CE Home and Community Care Coordinator can also link you to other support services in our community, and help you to apply for admission to a long-term care home
- The CE Home and Community Care will work with you, your family or caregiver to make informed choices about your health care needs

Anyone can call the CE Home and Community Care and there is **no cost** for their services.

### **Who may receive CE Home and Community Care services?**

- Anyone who has a valid Ontario Health Card and;
- Has a medical condition that can be treated effectively at home or in the community, and/or
- Needs support to manage at home or in the community

### **How do you access CE Home and Community Care services?**

- If you or someone you know needs help with their health or personal care, call the CE Home and Community Care (see page 8 of this booklet for all branch information)
- You may refer yourself
- You may call on behalf of a family member, a friend or a client
- If you are in the hospital, you can ask to talk to the CE Home and Community Care Coordinator.

## When living at home is no longer possible.

When you or the person you are caring for needs more help than can be provided at home, the CE Home and Community Care will help find additional care. This may include:

- Short-term care in a long-term care home
- Supportive housing
- Placement into a long-term care home

Services provided through the CE Home and Community Care include:

- Case Management
- Personal Support
- Nursing
- Nutritional Counseling
- Physiotherapy
- Occupational Therapy
- Social Work
- Speech Language Pathology
- Medical Supplies and Equipment

CE Home and Community Care also coordinates:

- Respite care to allow time off for the caregiver relief
- Short-term supportive care to help with recovery from illness or injury
- Placement into a long-term care home

**Toll Free: 1-800-263-3877**

Email: [centraleast@lhins.on.ca](mailto:centraleast@lhins.on.ca)

**CE Home and Community Care  
Branch Offices**

All branch offices are open  
Monday – Friday, 8:30 a.m. to 4:30 p.m.  
Service is available after 4:30 p.m. on  
weekends and statutory holidays.  
Please contact your local branch for  
information.

***Campbellford Branch***

119 Isabella Street, Unit 7  
Campbellford, ON K0L 1L0  
Phone: (705) 653-1005  
Toll Free: 1-800-263-3877  
Fax: 1-855-352-2555 (Patient Services)

***Haliburton Branch***

13321 Hwy. 118, Box 793  
Haliburton, ON K0M 1S0  
Phone: (705) 457-1600  
Toll Free: 1-800-263-3877  
Fax: 1-855-352-2555 (Patient Services)

***Lindsay Branch***

370 Kent Street West  
Lindsay, ON K9V 6G8  
Phone: (705) 324-9165  
Toll Free: 1-800-263-3877  
Fax: 1-855-352-2555 (Patient Services)

***Peterborough Branch***

700 Clonsilla Ave, Suite 202  
Peterborough, ON  
K9J 5Y3  
Phone: (705) 743-2212  
Toll Free: 1-800-263-3877  
Fax: 1-855-352-2555 (Patient Services)

***Port Hope Branch***

151A Rose Glen Road  
Port Hope, ON L1A 3V6  
Phone: (905) 885-6600  
Toll Free: 1-800-263-3877  
Fax: 1-855-352-2555 (Patient Services)



## COMMUNITY SERVICE PROVIDERS

### Community Care

#### Community care:

- Assists you with day-to-day living
- Helps you maintain your independence
- Keeps you connected to your community
- Fosters good health and well-being
- Is affordable
- Is easy to access
- Promotes peace of mind for you and your family

#### Community Care Services:

- Aging at Home Van
- Caremobile
- Diner's Club
- Friendly Visiting
- Health and Wellness Clinics
- Home Help and Home Maintenance
- Meals on Wheels
- Medical Equipment Loan Registry
- Personal Distress Alarms
- Telephone Reassurance Checks
- Transportation
- Hospital to Home Programs
- Caregiver Relief/Respite
- Assisted Living and Supportive Housing
- Adult Day Programs

*Self-referral accepted. Visit the website in your area for a referral form or ask your health care provider for a referral.*

#### Locations:

##### **Community Care Peterborough City and County**

185 Hunter Street East  
Peterborough, ON K9H 0H1  
Phone: 705-742-7067  
TTY: (705) 742-2075  
Fax: 705-745-6011  
Email: [centofc@commcareptbo.org](mailto:centofc@commcareptbo.org)

##### **Community Care City of Kawartha Lakes**

34 Cambridge St. S., 2nd floor  
Lindsay, ON K9V 3B8  
Tel: (705) 324-7323  
Toll free 1-800-461-0327  
Fax: (705) 328-0607  
Email: [jcmwade@cckkl.ca](mailto:jcmwade@cckkl.ca)

##### **Community Support Services – Haliburton Highlands Health Services**

7185 Gelert Road  
Box 956, Haliburton, ON K0M 1S0  
Phone: (705) 457-2941 or  
(705) 457-1392 x 2921  
Toll Free: 1-855-285-2944  
Fax: (705) 457-5077  
Email: [info@hhhs.ca](mailto:info@hhhs.ca)  
[www.hhhs.ca](http://www.hhhs.ca)

##### **Community Care Northumberland**

174 Oliver Rd Unit #15, Box 1087  
Campbellford, ON K0L 1L0  
Phone: (705) 653-0955  
Toll Free: 1-866-514-5774  
Fax: (705) 653-0932  
Email: [admin@commcare.ca](mailto:admin@commcare.ca)

## Acquired Brain Injury Services

### **Peterborough**

#### **Four Counties Brain Injury Association**

158 Charlotte St,  
Peterborough, ON K9J 2T8  
Phone: (705) 741-1172  
Fax: (705) 741-5129  
Email: [biapr@nexicom.net](mailto:biapr@nexicom.net)

#### **Mindworks**

312 Rubidge Street  
Peterborough, ON  
Phone: (705) 741-3412  
Toll Free: 1-800-559-8323

#### **VON Canada**

(Serves Peterborough, Victoria,  
Haliburton)  
Peterborough Square  
360 George Street North, Suite 25  
Peterborough, ON K9H 7E7  
Phone: (705) 745-9155  
Toll Free: 1-800-743-6255  
Fax: 1-866-784-5468 or (705) 745-3262  
Email: [liz.loftus@von.ca](mailto:liz.loftus@von.ca)  
[www.von.ca](http://www.von.ca)

#### **VON Canada**

(Serves Hastings, Northumberland,  
PE County)  
80 Division Street, Trenton, ON K9V 5S5  
Phone: (613) 392-4181  
Toll Free: 1-888-279-4866  
Fax: (613) 392-7665  
[www.von.ca](http://www.von.ca)

#### **Ontario Brain Injury Association**

3550 Schmon Pkwy, 2<sup>nd</sup> Floor  
Thorold, ON L2V 4Y6  
Mailing Address:  
P.O. Box 2338  
St. Catharines, ON L2R 7R9  
Phone: (905) 641-8877  
Toll Free: 1-855-642-8877  
Support Toll Free: 1-800-263-5404  
Fax: (905) 641-0323  
Email: [obia@obia.on.ca](mailto:obia@obia.on.ca)

## Therapy Services – Providers listed have a focus in Stroke Rehabilitation

### **City of Kawartha Lakes**

#### **Ross Memorial Hospital – Health First Cardiac Rehab Program**

Ross Memorial Hospital  
*Program is open to all patients in the HKPR District with TIA or mild/non-disabling stroke*  
Phone: (705) 328-6091  
Toll Free: 1-800-510-7365 option #2  
*To apply: must be referred by a health care provider*

#### **Closing the Gap Healthcare Group- Lindsay**

Gateway Plaza, 55 Mary Street,  
Suite 205, Lindsay, ON K9V 5Z6  
Phone: (705) 324-5085  
Toll Free 1-800-339-7792  
Fax: (705) 324-7375  
[www.closingthegap.ca](http://www.closingthegap.ca)  
Email: [reception@closingthegap.ca](mailto:reception@closingthegap.ca)

### **Campbellford**

#### **Closing the Gap Healthcare Group- Campbellford**

119 Isabella St. Unit 4  
Campbellford, ON  
Phone: (705) 653-0551  
Fax: (705) 653-5073  
Email: [campbellford@closingthegap.ca](mailto:campbellford@closingthegap.ca)  
[www.closingthegap.ca](http://www.closingthegap.ca)

### **Peterborough**

#### **Peterborough Regional Health Centre - Rehabilitation Therapies Out-Patient Neurology Program**

1 Hospital Drive, Peterborough, ON K9J 7C6  
*Program is open to all patients in the  
HKPR District offering PT, OT and SLP*  
Phone: (705) 740-8351  
Fax: (705) 740-8203  
[www.prhc.on.ca](http://www.prhc.on.ca)  
*To apply: must be referred by a health  
care provider*

#### **Peterborough Regional Health Centre - Rehabilitation Therapies Cardiovascular Rehabilitation Program**

1 Hospital Drive, Peterborough, ON K9J 7C6  
*Program is open to all patients in the  
HKPR District with TIA or mild/non-disabling  
stroke*  
Phone: (705) 740-8351  
Fax: (705) 740-8203  
[www.prhc.on.ca](http://www.prhc.on.ca)  
*To apply: must be referred by a health  
care provider*

#### **Active Living Physiotherapy Centre and Fitness Club**

745 Lansdowne St W,  
Peterborough, ON  
Phone: (705) 748-2008 (therapy)  
Phone: (705) 874-8000 (fitness)  
Fax: (705) 748-9397  
Email: [info@activeliving.physio](mailto:info@activeliving.physio)  
Email: [info@activeliving.fitness](mailto:info@activeliving.fitness)  
[www.activeliving.physio](http://www.activeliving.physio)

### **Aphasia (Speech) Resources**

#### **Peterborough Regional Health Centre Rehabilitation Therapies Out-Patient Neurology Program**

1 Hospital Drive, Peterborough, ON K9J 7C6  
Phone: (705) 740-8351  
Fax: (705) 740-8203  
*Program is open to all patients in the  
HKPR District*  
[www.prhc.on.ca](http://www.prhc.on.ca)  
*To apply: must be referred by a health  
care provider*

#### **Aphasia and Communication Disabilities Program (March of Dimes)**

13311 Yong Street, Suite 202  
Richmond Hill, ON L4E 3L6  
Phone: (905) 773-7758 x 6216  
Toll Free: 1-800-567-0315 x 6216  
Fax: (905) 773-3746  
Email: [acd@marchofdimes.ca](mailto:acd@marchofdimes.ca)  
[www.marchofdimes.ca](http://www.marchofdimes.ca)

Peterborough Program  
Northminster United Church  
300 Sunset Blvd  
Peterborough, ON K9H 5L3  
Phone: (705) 761-8844  
[acd@marchofdimes.ca](mailto:acd@marchofdimes.ca)

***Saint Elizabeth Health Care Services***

(Scarborough, Durham,  
Northumberland, Peterborough,  
Kawartha, & Haliburton regions)  
1615 Dundas Street East, 3<sup>rd</sup> Floor, East  
Tower, Whitby, ON L1N 2L1  
Phone: (905) 430-6997  
Fax: (905) 430-2921  
Emails: [CentralEastSDC@saintelizabeth.com](mailto:CentralEastSDC@saintelizabeth.com)  
Or [info@saintelizabeth.com](mailto:info@saintelizabeth.com)

**National Aphasia Association – U.S.**

Phone: 1-800-922-4622  
[www.aphasia.org](http://www.aphasia.org)

***Private Speech Language Service  
Providers: Peterborough and  
Surrounding Area***

**Kawartha Therapy Services Inc.**

Phone: (705) 874-1072

**Sarah Roberts – Private Practice**

Phone: (705) 748-0032  
Email: [sarahroberts.slp@gmail.com](mailto:sarahroberts.slp@gmail.com)

**Jane Landry**

Phone: (705) 740-2076

**Jane Groome – Private Practice**

Phone: (705) 652-1507  
Email: [janegroomeSLP@hotmail.com](mailto:janegroomeSLP@hotmail.com)

**Holly Erwin**

Phone: (613) 921-8606  
Email: [holly.erwin@hotmail.com](mailto:holly.erwin@hotmail.com)

**John Valiquette – Oshawa Speech  
and Language Centre (Oshawa)**

Phone: (905) 432-9100  
Fax: (905) 432-9109  
[www.oshawaspeech.com](http://www.oshawaspeech.com)  
Email: [info@oshawaspeech.com](mailto:info@oshawaspeech.com)

**Closing the Gap**

Toll Free: 1-800-339-7792

**Beyond Words Speech-language  
Pathology (Whitby)**

Phone: (905) 723-3061  
Fax: (905) 723-6115  
[www.speech@beyondslp.ca](http://www.speech@beyondslp.ca)

**Speech Therapy Centres of Canada  
(Whitby)**

Phone: (905) 886-5941  
Fax: (905) 886-2362  
Email: [info@speechtherapycentres.com](mailto:info@speechtherapycentres.com)

**Alison Mack**

Phone: (705) 457-1431

**Mental Health Services**

***City of Kawartha Lakes  
Mental Health Community  
Counseling***

Ross Memorial Hospital  
Phone: (705) 878-8900  
Fax: (705) 328-7318

***Canadian Mental Health Association***

Peterborough Office  
466 George Street North  
Peterborough, ON K9H 3R7  
Phone: (705) 748-6711  
Toll Free: 1-866-990-9956  
Fax: (705) 748-2577  
Email: [info@cmhahkpr.ca](mailto:info@cmhahkpr.ca)

***Canadian Mental Health Association***

Kawartha Lakes Office  
33 Lindsay Street South, Unit C  
Lindsay, ON K9V 2L9  
Phone: (705) 328-2704  
Toll Free: 1-888-454-8875  
Fax: (705) 328-2456

### **Peterborough**

#### **Psychiatric Assessments Services for the Elderly (PASE) Program**

*Assessment services for those patients in the HKPR District over 65 years of age.*

Peterborough Regional Health Centre  
PASE Program W3950  
1 Hospital Drive, Peterborough, ON K9J 7C6  
Phone: (705) 876-5076  
Fax: (705) 876-5160  
*To apply: must be referred by a health care provider*

#### **Community Counseling & Resource Centre**

459 Reid Street, Peterborough, ON K9H 4G7  
Phone: (705) 742-4258  
Fax: (705) 741-1734  
Email: [ccrc@ccrc-ptbo.com](mailto:ccrc@ccrc-ptbo.com)

#### **GAIN Geriatric Clinic**

Peterborough Regional Health Centre  
1 Hospital Drive  
Medical Out Patient Department  
Peterborough, ON K9J 7C6  
Phone: (705) 876-5021  
Fax: (705) 876-5058  
[www.prhc.on.ca](http://www.prhc.on.ca)  
*Physician or Nurse Practitioner referral required. For patients age 75 or older.*

#### **GAIN Geriatric Clinic - Lindsay**

33 Lindsay Street South, Unit B  
Lindsay, ON K9V 2L9  
Phone: (705) 879-4112  
Toll Free: 1-800-461-0327 x 300  
Email: [gaininfo@community-care.on.ca](mailto:gaininfo@community-care.on.ca)  
[www.ccckl.ca](http://www.ccckl.ca)

#### **GAIN Geriatric Clinic - Oshawa**

1 Hospital Court  
Oshawa, ON L1G 2B9  
Phone: (905) 576-8711 x 4832

#### **Patient Self-Management Programs**

##### **Central East LHIN**

#### **Central East Self-Management Program**

*Self-Management Programs for patient and caregivers – offered free of charge:*

- Living a Healthy Life with a Chronic Condition
- Getting the Most of you Healthcare Appointment
- Powerful Tools for Caregivers

Phone: (416) 750-2444 x 5055  
Fax: 1-888-550-6750  
Toll Free: 1 866 971 5545  
Email: [info@healthylifeworkshop.ca](mailto:info@healthylifeworkshop.ca)  
[www.healthylifeworkshop.ca/home](http://www.healthylifeworkshop.ca/home)

#### **In-Home Nursing Care and Support Services (also see Community Care)**

##### **Peterborough**

#### **Victorian Order of Nurses VON**

*(Peterborough, Victoria, Haliburton)*  
Peterborough Square  
360 George Street North, Suite 25  
Peterborough, ON K9H 7E7  
Phone: (705) 745-9155  
Toll Free: 1-800-743-6255  
Fax: 1-866-784-5468 or (705) 745-3262  
Email: [liz.loftus@von.ca](mailto:liz.loftus@von.ca)  
[www.von.ca](http://www.von.ca)

**KPP Living at Home**

77 Towerhill Road  
Peterborough, ON K9H 7N3  
Phone: (705) 745-4122  
Fax: (705) 745-5989  
Email: [receptions@kpp.ca](mailto:receptions@kpp.ca)

**CBI Healthcare**

700 Clonsilla Avenue, Suite 201,  
Peterborough, ON K9J 5Y3  
Phone: (705) 742-7751  
Toll-Free: 1-866-540-2444  
Fax: (705) 742-0862  
[www.cbi.ca](http://www.cbi.ca)

**Nightingale Nursing**

2948 Lakefield Rd,  
1 Selwyn, ON K9J 6X5  
Phone: (705) 652-6118  
Toll-Free: 1 (800) 561-5662  
Fax: (705) 652-5002  
Email: [info@nightingalenursing.net](mailto:info@nightingalenursing.net)

**City of Kawartha Lakes**

**Victorian Order of Nurses VON**  
*(Peterborough, Victoria, Haliburton)*  
Peterborough Square  
360 George Street North, Suite 25  
Peterborough, ON K9H 7E7  
Phone: (705) 745-9155  
Toll Free: 1-800-743-6255  
Fax: 1-866-784-5468 or (705) 745-3262  
Email: [liz.loftus@von.ca](mailto:liz.loftus@von.ca)  
[www.von.ca](http://www.von.ca)

**Kawartha Participation Projects Inc.**

157 St. David Street  
Lindsay, ON  
(705) 878-8883  
Email: [hs@kpp.ca](mailto:hs@kpp.ca)

**Paramed Home Health Care**

108 Angeline St, Lindsay, ON  
Phone: (705) 328-2280

**Northumberland**

**Victorian Order of Nurses – VON**  
**(Hastings, Northumberland,  
Prince Edward County)**  
80 Division Street, Trenton, ON K8V 5S5  
Phone: (613) 392-4181  
Toll Free: 1-888-279-4866  
Fax: (613) 392-7665

**Nightingale Nursing – Cobourg Office**

1005 Elgin Street West, Suite 202  
Cobourg, ON K9A 5J4  
Phone: 289-252-2121  
Email: [sbarringer@nightingnursing.net](mailto:sbarringer@nightingnursing.net)

**Haliburton**

**Victorian Order of Nurses VON**  
*(Peterborough, Victoria, Haliburton)*  
Peterborough Square  
360 George Street North, Suite 25  
Peterborough, ON K9H 7E7  
Phone: (705) 745-9155  
Toll Free: 1-800-743-6255  
Fax: 1-866-784-5468 or (705) 745-3262  
Email: [liz.loftus@von.ca](mailto:liz.loftus@von.ca)  
[www.von.ca](http://www.von.ca)

**Saint Elizabeth Health Care  
Services**

*(Scarborough, Durham,  
Northumberland, Peterborough,  
Kawartha, & Haliburton regions)*  
1615 Dundas St. E., 3<sup>rd</sup> Floor, East Tower  
Whitby, ON L1N 2L1  
Phone: (905) 430-6997  
Fax: (905) 430-2921  
Email: [info@saintelizabeth.com](mailto:info@saintelizabeth.com)

**Nurse Next Door**

*Durham & Peterborough*  
Care Line: 705-302-0091  
Email: [amin@nursenextdoordurham.com](mailto:amin@nursenextdoordurham.com)  
[www.nursenextdoor.com](http://www.nursenextdoor.com)

## Homemaking Services (also see Community Care)

### Care Partners Central East - *Peterborough, Lindsay, Haliburton, Northumberland - Central East*

360 George St N, Ste 33  
Peterborough, ON K9H 7E7  
K9H 7E7  
Phone: 705-743-6659  
Fax: (705) 740-7379  
Toll-Free: 1-866-401-6242  
or 1-877-740-7379  
[www.carepartners.ca](http://www.carepartners.ca)

### Victorian Order of Nurses – VON *(Hastings, Northumberland, Prince Edward County)*

80 Division Street, Trenton, ON K8V 5S5  
Phone: (613) 392-4181  
Toll Free: 1-888-279-4866  
Fax: (613) 392-7665

### Victorian Order of Nurses VON *(Peterborough, Victoria, Haliburton)*

Peterborough Square  
360 George St. N., Suite 25,  
Peterborough, ON K9H 7E7  
Phone: (705) 745-9155  
Toll Free: 1-800-743-6255  
Fax: (705) 745-3262 or 1-866-784-5468  
Email: [liz.loftus@von.ca](mailto:liz.loftus@von.ca)  
[www.von.ca](http://www.von.ca)

### *Peterborough*

#### Home Instead Senior Care:

4-250 Sherbrooke St, Peterborough, ON  
K9H 2N4  
Phone: (705) 748-6389  
[www.homeinstead.ca](http://www.homeinstead.ca)  
[rosemarie.mccormack@homeinstead.com](mailto:rosemarie.mccormack@homeinstead.com)

## Social and Recreation Services

### *City of Kawartha Lakes*

Lindsay Recreation Centre  
133 Adelaide St S, Lindsay, ON K9V 3K5  
Phone: (705) 324-9411 x 1558  
Fax: (705) 324-9612  
Email: [hfisher@city.kawarthalakes.on.ca](mailto:hfisher@city.kawarthalakes.on.ca)

### *Haliburton*

Municipality of Dysart et al.  
Municipality of Dysart et al,  
P.O. Box 389,  
Haliburton, Ontario K0M 1S0  
[www.dysartetal.ca](http://www.dysartetal.ca)

### *Northumberland*

#### Ruth Clarke Activity Centre for Seniors

81 Mills St S, Port Hope, ON L1A 2S8  
Phone: (905) 885-2228  
Email: [ruthclarkecentre@porthope.ca](mailto:ruthclarkecentre@porthope.ca)  
[www.porthope.ca/ruth-clarke-activity-centre-for-seniors](http://www.porthope.ca/ruth-clarke-activity-centre-for-seniors)

#### Cobourg Community Centre

750D Arcy St, Cobourg ON K9A 0G1  
Phone: 905-372-7371  
[www.cobourg.ca/en/Cobourg-Community-Centre.aspx](http://www.cobourg.ca/en/Cobourg-Community-Centre.aspx)

#### VON Canada – Adult Day Programs

##### Northumberland and Hastings

80 Division St  
Trenton, ON K8V 5S5 CA  
Phone: 613-392-4181  
1-888-279-4866  
[www.von.ca](http://www.von.ca)

#### YMCA Northumberland

339 Elgin St W, Cobourg ON K9A 4X5  
Phone: (905-372-0161  
[www.ymcanorthumberland.com](http://www.ymcanorthumberland.com)



## **Peterborough**

### **Peterborough Sport and Wellness Centre**

775 Brealey Dr, Peterborough, ON K9K 1P5  
Phone: (705) 742-0050  
Fax: (705) 743-9722  
[www.peterborough.ca/loving/recreation/pswc.htm](http://www.peterborough.ca/loving/recreation/pswc.htm)

### **YMCA Peterborough**

123 Alymer St S, Peterborough, ON K9J 3H8  
Phone: (705) 748-9622  
Fax: (705) 741-3719  
[www.peterboroughymca.org](http://www.peterboroughymca.org)

### **Trent University Athletics**

1600 West Bank Dr,  
Peterborough, ON K9L 0G2  
Phone: (705) 748-1257  
Toll Free: 1-855-698-7368  
Email: [ac@trentu.ca](mailto:ac@trentu.ca)  
[www.trentu.ca/athletics](http://www.trentu.ca/athletics)

### **The Taoist Tai Chi Society of Canada**

346 Charlotte St.  
Peterborough, ON  
Phone: (705) 748-2433  
Email: [Peterborough@taoist.org](mailto:Peterborough@taoist.org)  
[www.central.canada.taoist.org](http://www.central.canada.taoist.org)

### **Queen Alexandra Community Centre: Activity Haven**

180 Barnardo Ave, Peterborough, ON  
K9H 5V3  
Phone: (705) 876-1670  
Fax: (705) 876-1673

### **Mapleridge Recreation Centre**

1085 Brealey Dr, Peterborough, ON K9K 0C1  
Phone: (705) 742-1481  
Fax: (705) 742-0103  
Email: [mapleridge@cogeco.net](mailto:mapleridge@cogeco.net)  
[www.mapleridgeseniorcentre.com](http://www.mapleridgeseniorcentre.com)

### **City of Peterborough**

[www.peterborough.ca/Living/Seniors](http://www.peterborough.ca/Living/Seniors)

### **VON Canada – Adult Day Programs**

#### **Peterborough**

360 George St N, Suite 25 & 26,  
Peterborough Square  
Peterborough, ON K9H 7E7 CA  
Phone: 705-745-9155  
1-866-654-9638  
[www.von.ca](http://www.von.ca)

### **Transportation (also see Community Care)**

#### **Driving Miss Daisy**

Supports Peterborough and Lindsay  
Phone: (705) 868-0074  
Toll Free: 1-877-613-2479  
Email: [kathy@drivingmissdaisy.net](mailto:kathy@drivingmissdaisy.net)  
[www.drivingmissdaisy.ca](http://www.drivingmissdaisy.ca)

### **Medical Driving Assessment and Rehab**

#### **Drive ON! Comprehensive Driver Rehabilitation**

1500 Lansdowne St W, Suite 1 & 6  
Lower Level, East Entrance  
Peterborough, ON K9J 2A2  
705-741-7660  
Fax: 1-866-846-6933  
Email: [tstone@driveonrehab.com](mailto:tstone@driveonrehab.com)  
[www.driveonrehab.com](http://www.driveonrehab.com)



**Ministry of Transportation  
Driver Improvement Office  
Medical Review Section**

77 Wellesley St. W, Box 589  
Toronto, ON M7A 1N3

Check this website for information  
on the process to reinstate your  
license and for MTO approved driver  
assessment centres for driving evaluations.

[www.mto.gov.on.ca/english/dandv/driver/  
medical-review](http://www.mto.gov.on.ca/english/dandv/driver/medical-review)

Phone: (416) 235-1773

Toll Free: 1-800-268-1481

Fax: (416) 235-3400 or 1-800-304-7889

**Accessible Parking Permits  
Service Ontario**

P.O. Box 9800, Kingston, ON K7L 5N8

[www.mto.gov.on.ca/english/dandv/vehicle/  
app.shtml](http://www.mto.gov.on.ca/english/dandv/vehicle/app.shtml)

Phone: (416) 235-2999

Toll Free: 1-800-387-3445

TTY Service: 1-866-471-8929

Fax: (416) 235-4414

Email: [info@community-care.on.ca](mailto:info@community-care.on.ca)

***Vehicle Modification***

**General Motors of Canada –  
Mobility Program**

Can adapt certain GM vehicles for  
easier access.

Toll Free: 1-800-263-3777

Email: [gmcare@cc.gm.ca](mailto:gmcare@cc.gm.ca)

**March of Dimes  
Home & Vehicle Modification Program**

Toll Free: 1-877-369-4867

Fax: (519) 432-4923

Email: [hvmp@marchofdimes.ca](mailto:hvmp@marchofdimes.ca)

**Savaria Vehicle Group**

*Wheelchair van conversion  
company*

Brampton Showroom:

2 Walker Drive

Brampton, Ontario L6T 5E1

Phone: 1- 800-661-5112

Email: [info@savaria.com](mailto:info@savaria.com)

[www.savaria.com/products/vans](http://www.savaria.com/products/vans)

**Shoppers Home Health Care –  
Automotive Division**

*Is a dealer for wheelchair accessible vans.*

*Call for dealer locations*

Phone: 1-844-799-5464

[www.sparrowhawk.ca](http://www.sparrowhawk.ca)

**Universal Motion**

*Installs wheelchair lifts and van  
conversions*

120 Regis Crescent South

Toronto, ON M3J 1Y8

Phone: (416) 398-4255

Toll Free: 1-877-899-0699

Fax: (416) 398-3009

Email: [info@universalmotion.com](mailto:info@universalmotion.com)

[www.universalmotion.com](http://www.universalmotion.com)

***Financial Assistance for Vehicle  
Modifications***

**Ontario March of Dimes –  
Home and Vehicle Modification  
Program**

The program may provide limited  
funding for vehicle modifications.

[http://www.marchofdimes.ca/EN/programs  
/hvmp/Pages/ContactUs.aspx](http://www.marchofdimes.ca/EN/programs/hvmp/Pages/ContactUs.aspx)

Toll Free: 1-877-369-4867

Fax: (519) 432-4923

Email: [hvmp@marchofdimes.ca](mailto:hvmp@marchofdimes.ca)

## Employment Resources

### Northumberland

#### Northumberland County: Employment Services

555 Courthouse Rd, Cobourg, ON K9A 5J6  
Phone: (905) 372-6846  
Toll Free: 1-800-354-7051  
Fax: (905) 372-6701

### Peterborough

#### Employment Planning and Counselling

418 Sheridan Street, Peterborough, ON  
Phone: (705) 748-9110  
Fax: (705) 876-0887  
Email: [susan@epcjobs.ca](mailto:susan@epcjobs.ca)  
[www.epcjobs.ca](http://www.epcjobs.ca)

#### Peterborough Social Services Employment Resources

178 Charlotte Street, in the Charlotte Mews  
PO Box 4138  
Peterborough, ON K9J 8S1  
Phone: (705) 748 - 8830  
Toll-free: 1 (855) 738 - 3755  
Fax: (705) 742 – 0542  
[www.peterborough.ca/socialservices](http://www.peterborough.ca/socialservices)  
Email: [socialservices@peterborough.ca](mailto:socialservices@peterborough.ca)

#### Agilec Peterborough

Vocational Rehab Services  
Brookdale Plaza  
863 Chemong Road, Unit 20A  
Peterborough, ON K9H 5S5  
Phone: (705) 740-9014  
Toll Free: 1-800-361-4642  
Fax: (705) 740-9419

#### Agilec Lakefield

14 Queen Street  
Lakefield, ON, K0L 2H0  
1 (800) 361-4642

## Ontario Government Resources

### Ontario Works (OW)

Provides temporary financial assistance to help cover the costs of your basic needs and employment assistance to help you prepare for and find a job.  
[www.ontario.ca/socialassistance](http://www.ontario.ca/socialassistance)  
Check the website to find the office nearest you

### Employment Insurance – Sickness Benefits

If you have had to stop work because of an illness/injury you may qualify for this benefit. Apply on-line at:  
[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)  
You can get more information by calling 1-800-206-7218 or visiting your local Service Canada office.  
[www.esdc.gc.ca](http://www.esdc.gc.ca)  
TTY: 1-800-529-3742

### Ontario Disability Support Program (ODSP)

ODSP Provides long-term financial assistance to people who cannot work for medical reasons or because of disability.  
Phone: (416) 325-5666  
Toll Free: 1-888-789-4199  
TTY: 1-800-387-5559  
[www.ontario.ca/socialassistance](http://www.ontario.ca/socialassistance)

### Canadian Pension Plan (CPP) – Retirement Pension and Disability Benefits

These benefits may be available to you if you contributed to CPP while you were working. There may also be benefits available for your children.  
[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)  
Phone: 1-800-277-9914  
TTY: 1-800-255-4786

### **Old Age Security (OAS) and Guaranteed Income Supplement (GIS)**

Is available to those 65 years or older. There may also be an allowance available for your spouse. [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)  
Phone: 1-800-277-9914  
TTY: 1-800-255-4786

### **Canadian Pension Plan Vocational Rehabilitation**

A voluntary program designed to help people receiving CPP disability benefits return to work.  
Toll Free: 1-800-622-6232  
TTY: 1-800-926-9105

### **Canadian Council on Rehabilitation and Work**

Promotes and supports meaningful and equitable employment of persons with disabilities.  
Phone: (416) 260-3060  
Toll Free: 1-800-664-0925  
Email: [info@ccrw.org](mailto:info@ccrw.org)  
[www.ccrw.org](http://www.ccrw.org)

### **March of Dimes Employment Services**

Provides job training and helps people with disabilities find employment.  
Phone: (416) 425-3463  
Toll Free: 1-800-263-3463  
Fax: (416) 425-1920  
Email: [src@marchofdimes.ca](mailto:src@marchofdimes.ca)  
[www.marchofdimes.ca/EN/programs/Employment](http://www.marchofdimes.ca/EN/programs/Employment)

## **Housing Resources**

### **City of Kawartha Lakes**

**Country Estates Retirement Home**  
512 Thunder Bridge Rd,  
Lindsay, ON K9V 4R1  
Phone: (705) 324-1199  
Toll Free: 1-800-631-9394  
Fax: (705) 328-1384  
Email: [countryestates05@gmail.com](mailto:countryestates05@gmail.com)

### **Caressant Care**

240 Mary St W, Lindsay, ON K9V 5K5  
Phone: (705) 324-1913  
Fax: (705) 878-8786  
[www.caressantcare.com](http://www.caressantcare.com)

### **Lakeland Village Assisted Living**

60 St. George, Lindsay, ON K9V 1M7  
Phone: (705) 328-3444  
Fax: (705) 328-9035  
[CNH\\_KawarthaLakes@extendicare.com](mailto:CNH_KawarthaLakes@extendicare.com)  
[www.extendicarelakeland.com](http://www.extendicarelakeland.com)

### **Community Care – City of Kawartha Lakes Assisted Living Service**

34 Cambridge St. S., 2nd floor  
Lindsay, ON K9V 3B8  
Phone: (705) 324-7323  
1-800-461-0327  
Fax: (705) 328-0607  
[info@ccckl.ca](mailto:info@ccckl.ca)  
[www.ccckl.ca](http://www.ccckl.ca)

### **Adelaide Place Retirement Community**

84 Adelaide St S, Lindsay, ON K9V 0G6  
Phone: (705) 340-4000  
Email: [info@adelaideplace.com](mailto:info@adelaideplace.com)  
[www.adelaideplace.com](http://www.adelaideplace.com)

**Fenelon Area Independent Living**

105 Lindsay St, Fenelon Falls, ON  
Phone: (705) 887-9604  
Fax: (705) 887-9352  
Email: [faila@i-zoom.net](mailto:faila@i-zoom.net)  
[www.city.kawarthalakes.on.ca](http://www.city.kawarthalakes.on.ca)

**Haliburton Minden**

**Hyland Crest Senior Citizens Home**  
6 McPherson St, Minden, ON K0M 2K0  
Phone: (705) 286-2140  
Fax: (705) 286-6384  
Email: [jburk@hhs.ca](mailto:jburk@hhs.ca)  
[www.hhhs.ca/long-term-care/hyland-crest](http://www.hhhs.ca/long-term-care/hyland-crest)

**Haliburton Lodge Estates**

1280 Carroll St, Haliburton, ON K0M 1S0  
Phone: (705) 457-2457

**Extencicare Haliburton**

Box 780, Park Street, Haliburton, ON  
Phone: (705) 457-1722  
Fax: (705) 457-3914  
Email: [cnh\\_haliburton@extencicare.com](mailto:cnh_haliburton@extencicare.com)  
[www.extencicarehaliburton.com](http://www.extencicarehaliburton.com)

**Northumberland****Golden Plough Lodge**

983 Burnham St, Cobourg, ON K9 5J6  
Phone: (905) 372-8759  
Fax: (905) 372-8525  
[mortonm@northumberlandcounty.ca](mailto:mortonm@northumberlandcounty.ca)  
[www.northumberlandcounty.ca](http://www.northumberlandcounty.ca)

**Extencicare Cobourg**

130 Densmore Rd, Cobourg, ON K9A 5W2  
Phone: (905) 372-0377  
Fax: (905) 372-0477  
Email: [cnh\\_cobourg@extencicare.com](mailto:cnh_cobourg@extencicare.com)  
[www.extencicarecobourg.com](http://www.extencicarecobourg.com)

**Extencicare Port Hope**

360 Croft St, Port Hope, ON L1A 4K8  
Phone: (905) 885-1266  
Fax: (905) 885-5328  
Email: [cnh\\_porthope@extencicare.com](mailto:cnh_porthope@extencicare.com)  
[www.extencicareporthope.com](http://www.extencicareporthope.com)

**Peterborough****Housing Access of Peterborough**

526 McDonnell St, Office Suite  
Peterborough, ON K9H 0A6  
Phone: (705) 742-0439  
Fax: (705) 742-1404  
Email: [hapinfo@ptbohousingcorp.ca](mailto:hapinfo@ptbohousingcorp.ca)  
[www.ptbohousingcorp.ca](http://www.ptbohousingcorp.ca)

**Kawartha Participation Project**

77 Towerhill Rd, Peterborough, ON K9H 7N3  
Phone: (705) 745 4122  
Fax: (705) 745-5989  
Email: [reception@kpp.ca](mailto:reception@kpp.ca)  
[www.kpp.ca](http://www.kpp.ca)

**Otonabee Native Homes**

254 Brock St, Peterborough, ON K9H 2P7  
Phone: (705) 742-5698  
Toll Free: 1-844-742-5698  
Fax: (705) 742-7073  
Email: [ronda.smith@cogeco.ca](mailto:ronda.smith@cogeco.ca)  
[www.ontarioaboriginalhousing.ca](http://www.ontarioaboriginalhousing.ca)

**Extencicare**

19 Fraser St, Lakefield, ON  
Phone: (705) 652-7112  
Fax: (705) 652-7733  
Email: [cnh\\_lakefield@extencicare.com](mailto:cnh_lakefield@extencicare.com)  
[www.extencicarelakefield.com](http://www.extencicarelakefield.com)

860 Alexander Avenue, Peterborough, ON  
K9J 6B4

Phone: (705) 743-7552  
Fax: (705) 742-9664  
[cnh\\_peterborough@extencicare.com](mailto:cnh_peterborough@extencicare.com)  
[www.extencicarepeterborough.com](http://www.extencicarepeterborough.com)

**Marycrest at Inglewood**

1565 Monaghan Rd,  
Peterborough, ON K9J 8M2  
Phone: (705) 876-6111  
Fax: (705) 876-6112  
Email: [inglewood@nexicom.net](mailto:inglewood@nexicom.net)

**St. Giles Seniors' Residence**

775 Park St, Peterborough, ON  
Phone: (705) 743-8660  
Email: [stgscr@gmail.com](mailto:stgscr@gmail.com)

**St. John's Centre**

440 Water St, Peterborough, ON  
Phone: (705) 749-0757  
Fax: (705) 749-5767  
Email: [sjcentre@trytel.net](mailto:sjcentre@trytel.net)  
[www.stjohnscentre.net](http://www.stjohnscentre.net)

**Applewood Retirement Residence**

1500 Lansdowne St W,  
Peterborough, ON K9J 2A2  
Phone: (705) 749-1500  
Fax: (705) 749-1991  
Email: [info@applewoodrr.com](mailto:info@applewoodrr.com)  
[www.applewoodrr.com](http://www.applewoodrr.com)

**Canterbury Gardens**

1414 Sherbrooke St,  
Peterborough, ON K9J 0B1  
Phone: (705) 876-1414  
Fax: (705) 775-2400  
[www.gardensofpeterborough.ca](http://www.gardensofpeterborough.ca)

**Princess Gardens**

100 Charlotte St, Peterborough, ON K9J 7L4  
Phone: (705) 750-1234  
Fax: (705) 750-0711  
[www.gardensofpeterborough.ca](http://www.gardensofpeterborough.ca)

**Royal Gardens**

1160 Clonsilla Ave,  
Peterborough, ON K9J 8P8  
Phone: (705) 741-6036  
Fax: (705) 741-0468  
[www.gardensofpeterborough.ca](http://www.gardensofpeterborough.ca)

**Empress Gardens**

131 Charlotte St, Peterborough, ON K9J 2T6  
Phone: (705) 876-1314  
Fax: (705) 876-1908  
[www.gardensofpeterborough.ca](http://www.gardensofpeterborough.ca)

**Jackson Creek**

481 Reid St, Peterborough, ON K9H 7R9  
Phone: (705) 748-1928  
<http://chartwell.com/retirement-homes/chartwell-jackson-creek-retirement-residence>

**Peterborough Manor**

1039 Water St, Peterborough, ON K9H 3P5  
Phone: (705) 748-5343  
Fax: (705) 876-4741  
[www.lifetimesliving.ca](http://www.lifetimesliving.ca)

**Rubidge Retirement Residence**

246-270 Rubidge St,  
Peterborough, ON K9J 3P2  
Phone: (705) 748-4000  
Fax: (705) 749-3335  
[www.rubidge.ca](http://www.rubidge.ca)

**Sherbrooke Heights**

1434 Sherbrooke St, Peterborough, ON  
Phone: (705) 243-4564  
[www.atriaretirement.ca/Retirement-Communities/Sherbrooke-Heights](http://www.atriaretirement.ca/Retirement-Communities/Sherbrooke-Heights)

**City of Peterborough**

**Peterborough Housing Corporation**  
Phone: (705) 742-7777 x 1499  
Email: [housing@peterborough.ca](mailto:housing@peterborough.ca)  
[www.peterborough.ca/Living/Seniors/Housing](http://www.peterborough.ca/Living/Seniors/Housing)

**Mapleview Retirement Residence**  
2281 County Rd 45, RR 2  
Norwood, ON K0L 2V0  
Phone: (705) 639-5374  
Fax: (705) 639-1793  
Email: [info@mapleviewretirement.com](mailto:info@mapleviewretirement.com)  
[www.mapleviewretirement.com](http://www.mapleviewretirement.com)

**Spruce Corners**  
30 Simeon Cres  
Apsley, Ontario  
K0L 1A0  
Phone: (705) 656-1982

#### Conditions Associated With Stroke

**Diabetes Canada**  
[www.diabetes.ca](http://www.diabetes.ca)

**City of Kawartha Lakes**  
**Alzheimer's Society Support Groups**  
55 Mary St, Unit 201, Lindsay, ON K9V 5S6  
Phone: (705) 878-0126  
Toll Free: 1-800-765-0515  
Fax: (705) 878-0127  
Email: [info@alzheimersociety.ca](mailto:info@alzheimersociety.ca)  
(Also Serves Haliburton/Minden  
Region)  
[www.alzheimer.ca/pkinh](http://www.alzheimer.ca/pkinh)

**Northumberland**  
**Alzheimer's Society Support Groups**  
66 Dorset St E, Port Hope, ON K1A 1E3  
Phone: (905) 885-5000

**Northumberland Cardiac Support  
Group**  
Email: [contact@heartrecovery.ca](mailto:contact@heartrecovery.ca)  
[www.heartrecovery.ca](http://www.heartrecovery.ca)

**Peterborough**  
**Alzheimer's Society Support Groups**  
183 Simcoe St, Peterborough, ON K9H 2H6  
Phone: (705) 748-5131  
Toll Free: 1-800-561-2588  
Fax: (705) 748-6174  
Email: [info@alzheimersociety.ca](mailto:info@alzheimersociety.ca)  
[www.alzheimer.ca/pkinh](http://www.alzheimer.ca/pkinh)

**Community Alzheimer Respite and  
Enrichment C.A.R.E Program**  
Victorian Order of Nurses  
Peterborough Square  
360 George St. N., Suite 25 & 26  
Peterborough, ON K9H 7E7  
Phone: (705) 745-9155  
Toll Free: 1-866-654-9638  
Fax: (705) 745-3262  
[www.von.ca](http://www.von.ca)

#### Where to Get Help to Quit Smoking in HKPR

**Smoker's Helpline, Canadian Cancer  
Society (Telephone Support)**  
Free information, advice and support  
Phone: 1-877-513-5333  
[www.smokershelpline.ca](http://www.smokershelpline.ca)

Toll Free: 1-877-513-5333



This resource Guide was compiled by the Peterborough Regional Health Centre - District Stroke Centre and supported by the HKPR District Stroke Council with the intention of providing helpful information for stroke survivors, care providers and their families living in the HKPR District.

## **ACKNOWLEDGEMENTS**

Please note that the information contained in this Community Resource Guide has been updated April 2018, and is subject to change without notice.

Furthermore, the sponsors of this resource cannot endorse any or all organizations listed within this guide. This resource list is intended as an overview and is not a complete listing of all services in the HKPR District. Certain providers, services, programs and name changes may not be listed. Corrections, additions or deletions can be sent to the HKPR District Stroke Coordinator.

There may be fees associated with the services listed in this guide; please contact the individual service providers for more information about individual programs and program fees.

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