



Patient Resource Listing

<p>Free Blood Sugar Basics Workshop This 2 hour workshop teaches you about lifestyle choices that can help reduce your risk of developing diabetes. Research shows that for some people, making changes to what they eat and their activity level can reduce their risk of developing diabetes by over 50%</p>	<p>Blood Sugar Basics Workshop - Peterborough Family Health Team Peterborough Family Health Team (peterboroughfht.com)</p>	<p>705-740-8020</p>	<p>Chronic Disease</p>
<p>Free Chronic Pain Program Is your chronic pain affecting your life? Do you feel you have exhausted all options for alleviating the pain? <i>Being with Chronic Pain</i> is a 10-week program that meets for two hours weekly. Participants will learn about the mechanisms underlying chronic pain conditions. Throughout the sessions, our facilitators - a pharmacist and mental health clinicians - will inform you of the links between chronic pain, mood, and function.</p>	<p>Being with Chronic Pain - Peterborough Family Health Team Peterborough Family Health Team (peterboroughfht.com)</p>	<p>705-740-8020</p>	<p>Chronic Disease</p>
<p>Free Heart Health Workshop This 2 hour workshop teaches you about lifestyle choices that can help you manage your cholesterol and blood pressure and reduce your risk of heart disease. The Heart and Stroke Foundation of Canada states that 8 in 10 cases of premature heart disease and stroke are preventable through healthy lifestyle habits.</p>	<p>Heart Health Workshop - Peterborough Family Health Team Peterborough Family Health Team (peterboroughfht.com)</p>	<p>705-740-8020</p>	<p>Chronic Disease</p>
<p>211 is a helpline that easily connects people to local social services, programs and community supports they need.</p>	<p>211 Ontario</p>	<p>211</p>	<p>General</p>

Directory of Services Find and connect with local health care services.	Peterborough Ontario Health Team Caredove		General
Patient Resources Trusted links to information about your health.	Patient Resources - Peterborough Family Health Team Peterborough Family Health Team (peterboroughfht.com)		General
Patient Resources Find a service	Health811 - Find a service (ontario.ca)		General
Community Care We provide programs and services that support residents throughout the City and County of Peterborough and keep them healthy and safe in their own homes. Our services are individualized to meet your needs and you don't need a referral to access most of our services.	Home Community Care Peterborough (commcareptbo.org)	1 (705) 875-5588	General (Meals on Wheels, Transportation, Foot Care)
Free Mindful Eating Program Do you crave food when you're stressed? Do you keep eating, even when you know you've had enough? The six (6) week program uses a skill-based approach that can help you learn why you eat the way you do and what to do about it. This program explores the relationship you have with food and uncovers that there is more to food than just nutrients. You will learn how to identify eating triggers and learn strategies that can help make lasting changes to your eating and food choices. This program meets weekly for 2 hours, for a total of 6 weeks. Participants are expected to complete homework activities between weekly sessions.	Mindful Eating - Peterborough Family Health Team Peterborough Family Health Team (peterboroughfht.com)	705-740-8020	General Health - Eating
Find the health care services you need, close to home	Your health ontario.ca		General Health - Information
Free Insomnia Program Do you have trouble falling or staying asleep?	Introduction to Sleep and Insomnia - Peterborough Family Health Team	705-740-8020	General Health - Insomnia

<p>This workshop introduces strategies and explores how thoughts and behaviours interact to interrupt sleep. CBT-Insomnia is the treatment of choice for people who experience issues with insomnia or poor sleep. If after attending the workshop you would like to dive deeper, we offer a 6-week follow up program that provides more in-depth education and strategies.</p>	<p>Peterborough Family Health Team (peterboroughfht.com)</p>		
<p>Free Quit Smoking Program Our team of trained professionals will help you create an individualized and safe plan to quit smoking that fits with your life. The team will follow-up with you regularly to provide coaching and problem solving so that you can reach your goals. You will also learn strategies for quitting and staying quit.</p>	<p>FHT to Quit - Peterborough Family Health Team Peterborough Family Health Team (peterboroughfht.com)</p>	705-740-8020	General Health - Smoking
<p>Connect with a registered nurse day or night for free, secure and confidential health advice.</p>	<p>Health811 - Health811 (ontario.ca)</p>	811	General Health - Information
<p>Medical library Look up common conditions, symptoms, treatments and prevention, including what to do and when to get help.</p>	<p>Health811 - Medical library (ontario.ca)</p>	811	General Health - Information
<p>Check your symptoms Use our assessment tool to learn more about your symptoms and get advice on next steps.</p>	<p>Health811 - Symptom assessment (ontario.ca)</p>	811	General Health - Information
<p>Home and Community Care</p>	<p>Central East Home and Community Care Support Services (healthcareathome.ca)</p>	310-2222	Home & Community Care Support Services
<p>Free Anxiety Workshop Is anxiety affecting your life? Is it taking a personal cost? Regain power over your mental health, well-being and everyday life. This workshop will help participants understand anxiety and the impact it has on life.</p>	<p>Anxiety Workshop - Peterborough Family Health Team Peterborough Family Health Team (peterboroughfht.com)</p>	705-740-8020	Mental Health

Participants will learn the signs of anxiety along with the tools to manage it.			
<p>The Ontario Structured Psychotherapy Program (OSP), supports adults (aged 18 or older) who have depression, anxiety, and anxiety-related conditions. Through the OSP program, patients can access publicly funded, short-term, evidence-based cognitive behavioural therapy (CBT). CBT is a structured, time-limited therapy that is problem-focused and goal-oriented and teaches practical strategies and skills.</p>	Ontario Structured Psychotherapy (OSP) Program CAMH	(416) 535-8501 Ext. 36777	Mental Health
<p>Free Depression & Anxiety Workshop Do you want to live in the moment? Do you want to let go of worries about the future and regrets of the past?</p> <p>If you are motivated for change, the Mindfulness for Anxiety and Depression program is especially for those who are currently experiencing or at risk of relapse for depression and/or for those people who have struggled with long term anxiety. This is not a therapy group; it is a program to help you learn new skills for managing stress and life challenges.</p>	Mindfulness for Anxiety and Depression - Peterborough Family Health Team Peterborough Family Health Team (peterboroughfht.com)	705-740-8020	Mental Health
<p>Free Post Partum Depression Workshop This group is intended for women experiencing post-partum depression and anxiety. It is offered to moms with a baby one-year or younger.</p>	Not What I Expected - Peterborough Family Health Team Peterborough Family Health Team (peterboroughfht.com)		Mental Health
<p>Mental Health You don't have to face it alone. On Togetherall there are people who understand. If you're feeling lonely, stressed, worried or just not yourself, on Togetherall</p>	Togetherall		Mental Health

you can get support and start to feel better.			
CMHA Mobile Wellness Clinic The Road Ahead is CMHA HKPR's Mobile Mental Health and Addictions Clinic. The mobile clinic brings a full range of mental health and addictions services to individuals living in rural and remote areas and who face barriers to accessing existing services and supports.	The Road Ahead Mobile Clinic - CMHA Haliburton, Kawartha, Pine Ridge (cmhahkpr.ca)	(705)-991-3551 tra@cmhahkpr.ca	Mental Health
ConnexOntario provides service information for people experiencing problems with gambling, drugs, alcohol, or mental health. Helpful, supportive system navigation specialists answer all calls, emails or web chat requests 24/7.	Mental Health & Addiction Treatment Services Connex Ontario	1-866-531-2600 call or text	Mental Health - Addictions
BounceBack® is a free skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, depression, anxiety, stress or worry. Delivered over the phone with a coach and through online videos, you will get access to tools that will support you on your path to mental wellness.	BounceBack Ontario – Canadian Mental Health Association, Ontario		Mental Health - Anxiety
Suicide Crisis Line A safe space to talk, 24 hours a day, every day of the year.	Get Help 9-8-8: Suicide Crisis Helpline (988.ca)	988 – call or text	Mental Health - Crisis
Mental Health 101 It all starts with knowledge. Use this series of free online tutorials as a starting point for learning about mental health.	Mental Health 101 CAMH		Mental Health - Education
Talk Now provides more timely access to mental health services to people of all ages in our community while they may be on a waitlist for care. Patients are not limited to one visit and are welcome to book an in-person, or virtual appointment as often as needed.	TALK NOW Mental Health & Addictions Clinic - PRHC	705-876-5826	Mental Health & Addictions

<p>Newcomers Are you new to Canada? Learn more about the services and programs that we can support you with.</p>	<p>New Canadians Centre — NCC Peterborough & Cobourg</p>	<p>705-743-0882 info@nccpeterborough.ca</p>	<p>Newcomers</p>
<p>Primary Care The PFHT Health Clinic is for Peterborough residents who do not have access to a family doctor. This is not a walk-in clinic. All patients are required to make an appointment.</p>	<p>PFHT Health Clinic - Peterborough Family Health Team 7 Peterborough Family Health Team (peterboroughfht.com)</p>	<p>705-651-4866</p>	<p>Primary Care - those without a doctor</p>
<p>Primary Care – Children & Youth Providing in-person, problem-specific care to Peterborough City and County residents who do not have a primary healthcare provider (doctor or nurse practitioner)</p>	<p>PFHT Health Clinic - Peterborough Family Health Team Peterborough Family Health Team (peterboroughfht.com)</p>	<p>705-651-4866</p>	<p>Primary Care - children without a doctor</p>
<p>POP Clinic If you have a child under the age of 18 and do not have a family practitioner, there is another option. The POP clinic is a nurse practitioner-led clinic with pediatrician support that provides urgent care for children under the age of 18. The POP clinic offers same-day booked appointment only from Monday to Friday.</p>	<p>Pediatrics - PRHC</p>	<p>705-740-8055</p>	<p>Primary Care - children without a doctor</p>
<p>Primary Care - Baby The Well Baby Clinic is a pilot clinic through the Peterborough Family Health Team. It provides routine check-up care to babies who do not have a primary care provider (doctor or nurse practitioner) in Peterborough city or county.</p>	<p>Well Baby Clinic - Peterborough Family Health Team Peterborough Family Health Team (peterboroughfht.com)</p>	<p>705-313-1603</p>	<p>Primary Care - those without a doctor</p>
<p>Primary Care Talk to a registered nurse — day or night — for free, secure and confidential health advice.</p>	<p>Your health ontario.ca</p>	<p>811 or chat online</p>	<p>Primary Care - advice for those without a doctor</p>
<p>Primary Care Patients connected with a local family doctor have access to same day, urgent care appointments. If you cannot get a same day</p>	<p>Extended Hours Service - Peterborough Family Health Team Peterborough Family Health Team (peterboroughfht.com)</p>		<p>Primary Care – those with a doctor</p>

appointment, try the Extended Hours Service.			
Maternity Care Family physicians providing comprehensive maternity and newborn care.	HOME PIPC (partnersinpregnancy.ca) -	705-741-1192	Primary Care - those without a doctor
Virtual Care Clinic The East Region Virtual Care Clinic is a Nurse Practitioner-led virtual care clinic that works with local health care providers to ensure patients can access more timely care. We serve patients within Ontario Health East region who are experiencing an urgent medical condition.	East Region Virtual Care Clinic Virtual Care in Ontario's East Region (virtualcareontario.ca)	Online only	Primary Care - those without a doctor
Community Paramedicine The Community Paramedicine Program will help those experiencing health issues stay healthy at home and avoid trips to the doctor, emergency room, or a move into a long-term care home.	Community Paramedicine Self/Family Referral Caredove		Primary Care - those without a doctor
Pharmacist Your local pharmacist may be able to assist. They can now prescribe for: As of January 1, 2023, pharmacists in Ontario are authorized to prescribe medications for 13 minor ailments including: <ul style="list-style-type: none"> • Allergic rhinitis • Candidal stomatitis (oral thrush) • Conjunctivitis (bacterial, allergic and viral) • Dermatitis (atopic, eczema, allergic and contact) • Dysmenorrhea • Gastroesophageal reflux disease (GERD) • Hemorrhoids • Herpes labialis (cold sores) • Impetigo • Insect bites and urticaria (hives) 	Ontario pharmacists now authorized to prescribe for minor ailments - OCPIInfo.com		Primary Care - those without a doctor

<ul style="list-style-type: none"> • Tick bites, post-exposure prophylaxis to prevent Lyme disease • Musculoskeletal sprains and strains • Urinary tract infections (uncomplicated) 			
<p>FHTT Medical Concierge is here to improve your healthcare experience and help you navigate the healthcare system. We will be your healthcare advocate and help you plan your care.</p> <p>FHTT Medical Concierge fee is \$15 for a 15-minutes appointment. This fee is non-refundable. You may reschedule your appointment once with no less than 1 hour in advance.</p>	<p>Schedule Appointment with From Here to There Medical Concierge (as.me)</p>		<p>Primary Care Advice - those without a doctor</p>