

Your Healthcare Options

Non-emergency medical care

Prescriptions for common ailments

Did you know pharmacists can prescribe certain medication to treat the following:

Acid Reflux

Acne

Canker sores

Dermatitis

(atopic, eczema, allergic & contact)

Diaper rash

Hay fever (allergic rhinitis)

Hemorrhoids

Impetigo

Insect bites and hives

Menstrual cramps (dysmenorrhea)

Nausea and vomiting in pregnancy

Oral thrush (candidal stomatitis)

Parasitic worms

(pinworms & threadworms)

Pink eye

(conjunctivitis; bacterial, allergic and viral)

Sprains and strains (musculoskeletal)

Tick bites

(post-exposure prophylaxis to prevent Lyme disease)

Urinary tract infections (UTIs)

Yeast infections

In Person Clinics

Pediatric Outpatient Clinic (POP)

PRHC, Level 6

Call: 705-740-8055

Appointment required

Phone lines open Monday-Friday at 8:00 a.m.

Same day appointments for unattached patients. Monday-Thursday, 1:00 p.m. to 6:15 p.m.

Friday, 1:00 p.m. to 4:00 p.m.

Friday, 1:00 p.m. to 4:00 p.m.

**Newborn follow-up visits and vaccinations*

for patients without family practitioners

*may be available**

Women's Healthcare Centre

PRHC, Level 4

Call: 705-743-4132

Appointment required

Monday to Friday, 8:00 a.m. to 4:30 p.m.

Providing unattached women with birth control and sexual planning, pap smears, unplanned pregnancy support, sexual assault and domestic violence services.

PFHT Health Clinic

by Peterborough Family Health Team

555 George St. N. (NEW!) and

185 King Street, Suite 500 (5th floor)

Call: 705-651-4866

Appointment required. Same/next day, in-person care. Phone lines open weekdays at 8:30 a.m. Provides problem-specific care to people without a family doctor or nurse practitioner. Dedicated child/youth appointments also available (ages 0-17)

Well Baby Clinic

by Peterborough Family Health Team

Call: 705-313-1603

Appointment required

Tuesday and Friday, 9:00 a.m. to 4:30 p.m.

Providing babies age two (2) to 18 months without a family doctor with routine check-up care.

Sexual Health Clinic at

Peterborough Public Health

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

Call: 704-748-2021

Immunizations at

Peterborough Public Health

Providing routine immunizations for all ages.

Call: 705-745-1000 x. 331

PRHC

Peterborough Regional
Health Centre

Virtual Clinics

Health811

A free, confidential service available by calling 811 or visiting:

healthconnectontario.health.gov.on.ca

You will speak with a registered nurse day or night, 24/7.

East Region Virtual Care Clinic

Nurse Practitioner-led virtual care clinic for urgent medical conditions and more timely care.

Call: 1-888-684-1999

www.virtualcareontario.ca

Enhanced Care Walk-In Clinics

Enhanced Care Clinic at Guardian Pharmacy

815 High Street, Unit 9, Peterborough

Call: 705-874-8080

Monday-Friday, 9:00 a.m. to 6:00 p.m.

Saturday, 10:00 a.m. to 3:00 p.m.

Virtual Clinic: Doctors will see you in-store via video chat. Visits are first come, first served.

Jack Nathan Health Medical Centre at Walmart

1002 Chemong Rd, Peterborough

Meet with a doctor virtually

Call: 705-408-1171

Monday-Friday, 9:00 a.m. to 5:00 p.m.

**Closed weekends and stat holidays*

Parkhill Pharmacy Telemedicine Walk-In Clinic

110 Chandler Crescent, Peterborough

Call: 705-876-0700

Monday-Friday, 9:00 a.m. to 6:00 p.m.

Saturday, 9:00 a.m. to 1:00 p.m.

Good Doctors

Providing virtual care

Two locations: Sherbrooke & Westmount

Call: 705-304-1034

Must book appointment online

Provides Drivers Medical Exam

One team, here when you need us most.

www.prhc.on.ca



Form #1849, Revised March 2025

Northcrest Pharmasave Medical Clinic

Virtual walk-in clinic with nurse present and doctor on screen.

Call: 705-743-1004

Call to book an appointment

www.pharmasave.com

Walk-In Clinic at The Medicine Shoppe

860 Chemong Rd, Peterborough

Meet with doctor virtually

Call: 705-743-8443

Monday-Friday, 9:00 a.m. to 3:30 p.m.

** Closed weekends and stat holidays*

Cancer Screening

Mammogram:

Ontario Breast Screening Program

Call: 705-740-8166

Cervical:

PRHC Women's Health Clinic

Call: 705-743-4132

Colon Cancer (FIT):

Call 8-1-1 to inquire about your local options

Pregnancy

Partners in Pregnancy Clinic (PIPC)

Call: 705-741-1191

Evolve Women's Health

Call: 705-743-4132

Local Midwives

Call: 8-1-1 to inquire about your local options

Mental Health

9-8-8

Talk NOW: 705-876-5826

CMHA HKPR: 705-748-6711

CCRC: 705-743-2272

PRHC

Peterborough Regional
Health Centre