

What’s Available for Families



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Breastfeeding

[Breastfeeding Clinic \(PRHC\)](#) Book an appointment or speak to a Lactation Consultant on the phone **705-876-5059**

[Health 811](#) A Registered Nurse is available 24 hours for support. **811**

[Prenatal 'Breastfeeding Basics' Workshop](#) Peterborough Child and Family Centres (5x/year) **705-748-9144**

[Breastfeeding & Well Baby Drop-In Clinic](#) Peterborough Child and Family Centres **705-748-9144**

[A List of Breastfeeding Support Services in the Area](#) **705-743-1000**

Accessing a Primary Health Care Provider

[Health Care Connect](#) A place to register for a health care provider if you do not have one **1-800-445-1822**

[Health 811](#) Speak to a Registered Nurse. Available 24 hours. **811**

[POP Clinic \(Paediatric Outpatient Program, PRHC\)](#) Call after 8am Mon-Fri for same-day appointments. **705-740-8055**

[Peterborough Family Health Team](#) **705-740-8020**

[Peterborough 360 Degree Nurse Practitioner-Led Clinic](#) **705-874-3900**

[Enhanced Care Clinic](#) Open evenings and weekends **705-874-8080**

[Good Doctors Telemedicine Clinic](#) **705-304-1034**

Child Health and Development

[Healthy Babies, Healthy Children program](#) **705-743-1003 Ext. 282**

[Tri-Regional Infant Hearing Program](#) **1-888-703-5437** (Press 4 for Infant Hearing)

[Genetic Counselling \(PRHC\)](#) **705-876-5185**

[Consumer Product Safety](#) Recalls and Safety Alerts **1-866-662-0666**

[Immunizations](#) **705-743-1000**

[Speech Assessment](#) Five Counties Children's Centre **705-748-2337 Ext. 100**

[Family & Youth Clinic](#) PRHC Mental Health Service

[Kids Help Phone](#) 1-800-668-6868

[Allergy & Asthma Helpline](#) 1-866-787-4050

[Poison Control Centre](#) Available 24 hours 1-800-268-9017

[Healthy Smiles Ontario](#) 1-844-296-6306

Children & Families with Special Needs

[Children with Special Needs](#) 1-800-646-3209

[Assistance for Children with Severe Disabilities](#) 1-800-646-3209

[Ontario Disability Support Program](#) 705-742-9292

[Kinark Child & Family Services](#) 705-742-3803

[Ontario Autism Program](#) 1-888-444-4530

[Autism Ontario](#) 1-800-472-7789

[Home and Community Care Support Services](#) 705-743-2212

[Canopy Support Services](#) (Previously Tri-County Support Services) 705-876-9245

[Community Living Peterborough](#) 705-743-2411

[Infant & Toddler Development Program](#) 705-743-1000

[Down Syndrome Association of Peterborough](#) 705-749-6695

[Easter Seals Ontario](#) 705-761-4159

[Fetal Alcohol Spectrum Disorder Support](#) 705-876-9245 Ext. 200

[Five Counties Children's Centre](#) 705-748-2337

[Canadian Hearing Society](#) 1-866-518-0000

[Canadian National Institute for the Blind](#) 705-745-6918

[Paediatric Diabetes Education Centre](#) 705-740-8055

Family Support

Food/Clothing

[Need Food Now? Peterborough Food Calendar](#) 705-742-7777

[Food Banks \(Kawartha Food Share\)](#) 705-745-5377

[Good Neighbours Care Centre](#) (food, clothing) 705-742-9800

[Salvation Army Community Family Services](#) 705-742-4391

[St. Vincent de Paul](#) 705-874-3937

[Showers & Laundry Service \(360 Degree Clinic\)](#) 705-874-3900

[Food Programs \(YWCA\)](#) 705-743-3526

[Collective Kitchens](#) & [Come Cook With Us](#) 705-743-1000

Mental Health

[Talk Now](#) PRCH Mental Health and Addictions Virtual Clinic 705-876-5826

[Online Postpartum Support Group](#) 416-756-6000

[Peterborough Child & Family Centres](#) Not What I Expected (In-Person Support Group) 705-740-8020 Ext. 315

[Four County Mental Health Crisis Line](#) Available 24 hours 705-745-6484

[Telecare Distress Centre in Peterborough](#) Available 24 hours 705-745-2273

[Suicide Prevention Service Canada](#) 1-833-456-4566

[Community Counselling & Resource Centre](#) 705-743-2272

[Lynx Early Psychosis Intervention Program](#) 705-876-5071

Addictions Services

[Fourcast](#) Drugs & Alcohol Services 705-876-1292

[Smoker's Helpline](#) 1-877-513-5333

[STOP on the Net](#)

Sexual Health

[Sexual Health Clinic](#) 705-748-2021

[Women's Healthcare Centre \(PRHC\)](#) 705-743-4132

[Kawartha Sexual Assault Centre](#) Available 24 hours 705-748-5901

[Assaulted Women's Helpline](#) #SAFE (#7233) or 1-866-863-0511

[Peterborough AIDS Resource Network \(PARN\)](#) 705-749-9110

Housing Assistance/Shelters

[YWCA Crossroads Shelter](#) Call 1-800-461-7656 or Text 705-991-0110

[YES Shelter for Youth and Families](#) 705-748-3851

[Brock Mission/Cameron House](#) Men and Women's Shelter 705-748-4766

[Housing Access Peterborough](#) 705-742-0439

[Housing Resource Centre](#) 705-743-2272

Legal Services

[Family Law Information Centres](#) 705-876-6915

[Peterborough Community Legal Centre](#) 705-749-9355

[Legal Aid](#) 1-800-668-8258

[Four Counties Family Court Mediation](#) 705-760-9603

Government Support Services

[Ontario Works](#) Finance Assistance, Benefits, and Employee Assistance 1-888-789-4199

[Ontario Disability Support Program](#) 705-742-9292

[Service Ontario](#) Health Cards, Birth Certificates, Driver's Licenses and More 1-800-267-8097

[New Canadian Centre](#) 705-743-0882

Education Services

[School for Young Moms at PACE at PCVS](#) 705-742-4632

[Learning, Earning, and Parenting program](#) 705-748-8830

[Trent Valley Literacy Association](#) Upgrading/Tutoring 705-749-0777

Children Support Services

[Kawartha Haliburton Children's Aid Society](#) 705-743-9751

[Big Brothers & Big Sisters](#) 705-743-6100

[Service Coordination for Children & Youth](#) 705-748-9770

[Peterborough Youth Services](#) 705-743-1681

[Peterborough Youth Services \(Community Resources by Region\)](#) pdf

Family Support for Indigenous Families

[Curve Lake Health and Family Services](#) 705-657-2557

[Dnaagdawenmag Binnoojiiyag](#) Child & Family Services 705-295-7135

[Nijikiwendidaa Anishnaabekwewag Services Circle](#) 705-741-0900

[Nogojiwanong Friendship Centre](#) 705-775-0387

[Ontario Aboriginal Housing Services](#) 1-844-391-1061

Play Groups/Recreation/Child Care

[Peterborough Child and Family Centres](#) 705-748-9144

[Peterborough Sport & Wellness Centre](#) 705-742-0050

[YMCA](#) 705-748-9622

[Recreation Department](#), City of Peterborough 705-742-7777

[City of Peterborough Children's Services](#) 705-748-8830

[Apply for Child Care](#) (OneHSN)