



## HEALTH CARE CONNECT



This is designed to help you find a family health care provider.

To register with the program call:

1-800-445-1822 or Online @ [www.ontario.ca/healthcareconnect](http://www.ontario.ca/healthcareconnect)

### COMMUNITY CARE ACCESS CENTRES CCAC

These are local agencies that provide information about care options in your area. Anyone can make a referral to a CCAC and there is no charge for any professional, personal support or homemaking service provided.

Waterloo Wellington Community Care Access Centre	Head Office: 141 Weber Street S Waterloo, Ontario	Telephone #: 519-748-2222 Toll Free #: 1-888-883-3313
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### COMMUNITY HEALTH CENTRES

These are organizations that provide primary health and health promotion programs for individuals, families and communities. They provide education and advice on helping families access the resources they need from other community agencies.

Kitchener Downtown Community Health Centre	59 Frederick Street Kitchener, Ontario Located on the main floor.	Telephone #: 519-745-4404
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## **PUBLIC HEALTH UNITS**

This is a health agency that administers health promotion and disease prevention programs and provides health education for all age groups and selected screening services.

Region of Waterloo, Public Health	99 Regina Street S. Waterloo, Ontario P.O. Box 1633 Located on the 3 <sup>rd</sup> floor.	Telephone #: 519-883-2000
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## **TELEHEALTH ONTARIO**

This is a free, confidential telephone service you can call to get health advice or general health information from a Registered Nurse.

Telephone#: 1-866-797-0000

TTY: 1-866-797-0007 (number for those with hearing and speech difficulties)

## **EAT RIGHT ONTARIO**

EatRight Ontario wants to help you improve your health and quality of life through healthy eating. This service provides easy-to-use nutrition information to help you make healthier food choices.

Registered Dietitians provide EatRight Ontario visitors with feature articles on food and nutrition, meal planning advice, healthy eating tips and recipes. We cover a wide range of interesting topics that are updated on a regular basis. Topics include Family Nutrition, Healthy Eating, Healthy Weights, Seniors Nutrition and Disease Prevention.

EatRight Ontario allows you to ask nutrition-related questions and receive feedback by phone or email from a Registered Dietitian. Nutrition tools and links offer many additional resources to support you in developing healthy eating habits for you and your family.

## EatRight Ontario dietitians are:

- Qualified, registered professionals
- Knowledgeable
- Up-to-date with the latest information
- Experienced
- Putting clients first
- Friendly
- Energetic
- Ready to help

Visit eat right Ontario: [www.eatrightontario.ca/en/](http://www.eatrightontario.ca/en/)

Speak with a registered dietician for free: 1-877-510-5102

### **URGENT CARE CLINICS: (That Offer X-ray and Lab on Site)**

Fairway Urgent Care Clinic	385 Fairway Road S. Kitchener, Ontario	Telephone #: 519-748-2327	Monday-Friday 8:00am-5:00pm Saturday and Sunday 8:00am-3:00pm
Westmount Urgent Care Clinic	751 Victoria Street. Kitchener, Ontario	Telephone#: 519-745-2273	Monday-Friday 8:00am-5:00pm Saturday-Sunday 8:00am-3:00pm

### **WALK-IN / AFTER HOURS CLINICS**

Weber Medical Centre and Walk-In Clinic	5A – 1400 Weber Street E Kitchener, Ontario	Telephone #: 519-748-6933	Monday-Friday 2:00pm-8:00pm
Laurentian	750 Ottawa	Telephone #:	Monday-Friday

Walk-in Clinic	Street S. Kitchener, ON Located inside of Zehr's	519-570-3174	9:00am-8:00pm Saturday-Sunday 9:00am-3:00pm
The Doctor's Office Walk-in Clinic	170 University Avenue W. Waterloo, ON	Telephone#: 519-725-1514	Monday-Friday 9:00am-8:00pm Saturday 10:00am-4:00pm (closing time variable)
Canadian Medical Clinic	100 The Boardwalk Kitchener, ON Located in Walmart	Telephone #: 519-279-4098	Monday-Friday 9:00am-8:00pm

**PHARMACIES**  
**Close to St. Mary's General Hospital**

Pharma Plus Drugmart	324 Highland Road W. Kitchener, ON	Telephone #: 519-745-6873	Monday-Saturday 9:00am-9:00pm Sunday 9:00am-6:00pm
Shopper's Drugmart	563 Highland Road Kitchener, ON	Telephone #: 519-744-7851	Monday-Sunday 9:00am-10:00pm

**PHARMACIES**  
**Open until Midnight**

Shopper's Drugmart	658 Erb Street Waterloo, Ontario	Telephone#: 519-886-3050
Shopper's Drugmart	700 Strasburg Road, Kitchener, ON Located in the Forest Glen Shopping Centre	Telephone#: 519-576-8340
Shopper's Drugmart	1221 Weber Street E., Kitchener, ON	Telephone#: 519-748-2430
Shopper's Drugmart	1400 Ottawa Street South Kitchener, ON: Located in the Sunrise Centre	Telephone#: 519-742-6160
Shopper's Drugmart	310 Fairway Road S, Kitchener ON	Telephone#: 519-748-2776

**PHARMACIES**  
**Open 24 hours**

Shopper's Drugmart	50 Weber Street N. Waterloo, ON	Telephone#: 519-880-8083
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## EMERGENCY ROOMS

**Emergency Rooms are responsible for providing medical and surgical care to those in need of urgent medical attention, including serious or life-threatening illnesses or injuries.**

St. Mary's General Hospital	911 Queen's Boulevard Kitchener, ON	Telephone#: 519-744-3311
Grand River Hospital	835 King Street W. Kitchener, ON	Telephone#: 519-742-3611

## YMCA

The YMCA helps people develop healthy, active lifestyles through a wide range of programs that includes licensed child care, immigrant settlement, Outdoor Centre, YMCA Early Years Centres, Virtual YMCAs, and health, fitness and recreation programs.

A.R . Kaufman Family YMCA	333 Carwood Ave., Kitchener, Onatrio	Telephone#: 519-743-5201
Stork Family YMCA	500 Fisher-Hallman Rd., N. Waterloo, Ontario	Telephone#: 519-725-8783

## KITCHENER-WATERLOO COMMUNITY & RECREATION CENTERS

These centres offer recreational services and programs

Adult Recreation Centre	181 King St. S. Waterloo	Telephone#: 519 579 1020
Albert McCormick Community Centre	500 Parkside Dr. Kitchener	Telephone#: 519-885-1700
Breithaupt Recreation Centre	350 Margaret Ave. Kitchener	Telephone#: 519-741-2502
Bridgeport Community Centre	20 Tyson Dr. Kitchener	Telephone#: 519-741-2720
Centreville Chicopee Community Centre	141 Morgan Ave. Kitchener	Telephone#: 519-741-2639
Chandler Mowat Community Centre	222 Chandler Dr. Kitchener	Telephone#: 519-741-2733
Country Hills Community Centre	100 Rittenhouse Rd Kitchener	Telephone#: 519-741-2596
Doon Pioneer Park Community Centre	150 Pioneer Dr. Kitchener	Telephone#: 519-741-2641
Downtown Community Centre	35 Weber St. W. Kitchener	Telephone#: 519-741-2501
Forest Heights Community Centre	1700 Queen's Blvd. Kitchener	Telephone#: 519-741-2621
Kingsdale Community Centre	80 Wilson Ave. Kitchener	Telephone#: 519-741-2529

Mill Courtland Community Centre	216 Mill St. Kitchener	Telephone#: 519-741-2491
RIM Park Manulife Financial Sportplex and Healthy Living Centre	2001 University Ave. Waterloo	Telephone#: 519-884-5363
Rockway Recreation Centre	1405 King St. E. Kitchener	Telephone#: 519-741-2507
Stanley Park Community Centre	505 Franklin St. N. Kitchener	Telephone#: 519-741-2504
Victoria Hills Community Centre	10 Chopin Dr. Kitchener	Telephone#: 519-741-2717
Waterloo Memorial Recreation Complex	101 Father David Bauer Drive Waterloo	Telephone#: 519-886-3844
Williamsburg Community Centre	1187 Fisher Hallman Road Kitchener	Telephone#: 519-741-2240

### LABORATORIES

CML HealthCare	421 Greenbrook Dr., Unit 23A, Kitchener	Telephone#: 519-569-8592	Monday-Friday 7:30am-5:00pm
CML Healthcare	535 Belmont Ave. Suite 104 Kitchener	Telephone#: 519-576-1340	Monday, Tuesday, Thursday 8:00am-5:00pm Wednesday 8:00am-3:00pm Friday 8:00am-4:00pm



CML HealthCare	751 King St. W. Unit 104, Kitchener	Telephone#: 519-576-2460	Monday-Friday 7:30am-6:30pm
CML HealthCare	385 Frederick St. Unit 20A, Kitchener	Telephone#: 519-749-9555	Monday-Friday 8:00am-5:00pm
LifeLabs	200 Lorraine Ave. Suite 5-6, Kitchener	Telephone#: 416-675-3637	Monday-Friday 7:00am-3:00pm Saturday 7:00am-12:00pm
LifeLabs	564 Belmont Ave. W., Suite 105 Kitchener	Telephone#: 416-675-3637	Monday-Friday 9:00am-5:00pm
LifeLabs	751 Victoria St. S., 2 <sup>nd</sup> floor Kitchener	Telephone#: 416-675-3637	Monday-Friday 7:00am-3:00pm Saturday 7:00am-1:00pm
LifeLabs	65 University Ave., Waterloo	Telephone#: 416-675-3637	Monday-Friday 7:00am-3:00pm Saturday 7:00am-12:00pm
Gamma Dynacare	385 Fairway Rd. S., Kitchener	Telephone#: 519-894-9775	Monday-Friday 7:30am-5:00pm Saturday 7:30am-3:00pm Sunday 8:00am-3:00pm

### **X-RAY CLINICS**

CML HealthCare	421 Greenbrook Dr., Unit 23 Kitchener	Telephone#: 519-569-8592	Monday-Friday 8:00am-5:00pm
CML HealthCare	564 Belmont Ave., Units 101 & 102	Telephone#: 519-576-1340	Monday-Friday 8:00am-5:00pm

CML HealthCare	385 Frederick St., Unit 20A Kitchener	Telephone#: 519-749-9555	Monday-Friday 8:00am-5:00pm
True North Imaging	525 Belmont Ave. W Kitchener	Telephone#: 519-743-4320	Monday-Friday 8:00am-5:00pm
True North Imaging	385 Fairway Rd. S. Kitchener	Telephone#: 519-748-6844	Monday-Friday 8:00am-5:00pm Saturday-Sunday 8:00am-3:00pm
True North Imaging	65 University Ave. E Waterloo	Telephone#: 519-746-3457	Monday-Friday 7:30am-5:00pm Saturday 7:30am-12:30pm
True North Imaging	751 Victoria St. S., Suite B2 Kitchener	Telephone#: 519-742-2636	Monday-Thursday 8:00am-6:00pm Friday 8:00am-5:00pm Saturday-Sunday 8:00am-4:00pm
True North Imaging	340 Hagey Blvd Waterloo	Telephone#: 519-746-1303	Monday-Friday 8:00am-5:00pm

## **DIABETES INFORMATION**

The Waterloo-Wellington Diabetes Regional Coordination Centre is a resource centre for people and families living with diabetes in the Waterloo-Wellington region. There is a self-referral form on the web site.

Waterloo-Wellington Diabetes Regional Coordination Centre  
Unit 11 – 877 Lang’s Drive  
Cambridge, ON N3H 5K4  
PH: 519-653-1470 EXT 255  
Email information info@waterloowellingtondiabetes.ca