

**ELIZABETH  
FRY SOCIETY  
OF PETERBOROUGH**



# **DIRECTORY OF SERVICES**

PETERBOROUGH AND SURROUNDING AREA



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# Substance Abuse and Addiction

| Service  | Hours Of Operation                        | Location  | Costs                                     | Website                           | Contact Info  | Notes   |
|--|---|---|---|-----------------------------------|---|---|
| <p><b>Central Lake Ontario Narcotics Anonymous</b></p> | <p>Check out website for meeting time</p> | <p>Check out website for current meeting location</p> | <p>N/A</p>                                | <p><a href="#">CLICK HERE</a></p> | <p><b>24 Hour Helpline:</b><br/>1-888-811-3887</p>  | <p>A non-profit organization that provides support and fellowship for individuals recovering from opioid addiction. On the website, you can find local meetings happening in your area which include location and event time.</p> |
| <p><b>New Dawn Medical Clinic</b></p>                  | <p>Mon - Fri:<br/>8:30am - 5:00pm</p>     | <p>370 Burnham St.<br/>Peterborough, ON</p>           | <p>Covered by provincial health plans</p> | <p><a href="#">CLICK HERE</a></p> | <p><b>EMAIL:</b><br/><a href="mailto:info@newdawnmed.com">info@newdawnmed.com</a></p> <p><b>PHONE:</b><br/>1-833-456-3296</p> | <p>Offers support to those struggling with substance use, addictions and chronic pain. They offer same day assessments and treatments. Treatment plans are suited to fit the patient's changing needs.</p>                        |

# Substance Abuse and Addiction

| Service                   | Hours Of Operation  | Location   | Costs                                       | Website                    | Contact Info   | Notes  |
|---------------------------|---|--|---|----------------------------|--|--|
| <b>Right to Heal PTBO</b> | Open 24 hours   | 441 Rubidge Street,<br>Peterborough,<br>ON         | N/A   | <a href="#">CLICK HERE</a> | <b>EMAIL:</b><br><a href="mailto:rth.ptbo@gmail.com">rth.ptbo@gmail.com</a><br><br><b>PHONE:</b><br>705-874-3048 | Right to Heal PTBO offers a holistic way of recovering from addiction through providing services and a safe and welcoming place to spend time to heal  |
| <b>Fourcast</b>           | Mon:<br>8:30 am–4:30 pm<br>Tue: 8:30 am -<br>9:00 pm<br>Wed: 8:30 am–<br>9:00 pm<br>Thur: 8:30 am–<br>4:30 pm<br>Fri: 8:30 am–<br>4:30 pm<br>Saturday &<br>Sunday<br>Closed | 130 Hunter St<br>W<br>#200,<br>Peterborough,<br>ON | Cost<br>dependent<br>on service<br>received | <a href="#">CLICK HERE</a> | <b>PHONE:</b><br>705-876-1292<br><br><b>Toll Free:</b><br>1-800-461-1909   | FourCAST helps people who are struggling with opioids, alcohol or gambling addiction. They offer counseling, therapy, and support groups. They're available to help folks in Peterborough, Northumberland, Haliburton, and the City of Kawartha Lakes. |

# Substance Abuse and Addiction

| Service  | Hours Of Operation   | Location   | Costs      | Website                           | Contact Info  | Notes   |
|--|--|--|------------|-----------------------------------|---|---|
| <p><b>Consumption &amp; Treatment Service Site</b></p> | <p>9:30am - 8:00pm<br/>7 days /week</p>  | <p>220 Simcoe St.<br/>Peterborough,<br/>ON</p>       | <p>N/A</p> | <p>N/A</p>                        | <p>N/A</p>  | <p>A clean safe space for people to use opioids with the supervision of health professional, who are on site at all times to help in case of an emergency.</p>                          |
| <p><b>Alcoholics Anonymous</b></p>                     | <p>Monday - Friday:<br/>9:00am - 5:00pm<br/>Saturday &amp; Sunday:<br/>9:00am - 1:00pm</p> | <p>625 Cameron St.<br/><br/>Peterborough,<br/>ON</p> | <p>N/A</p> | <p><a href="#">CLICK HERE</a></p> | <p><b>EMAIL:</b><br/><a href="mailto:district86aa@gmail.com">district86aa@gmail.com</a></p> <p><b>PHONE:</b> 705-745-6111</p> | <p>It is a group of people, who come together to share their experiences, strength, and hope to tackle their alcoholism. The only requirement to join is a desire to stop drinking.</p> |

# Substance Abuse and Addiction

| Service                                   | Hours Of Operation  | Location                                   | Costs                              | Website                    | Contact Info                  | Notes   |
|---|---|--|------------------------------------|----------------------------|-------------------------------|---|
| <b>Above and Beyond,<br/>Peterborough</b> | Mon: 8:00 AM – 5:00 PM<br>Tue: 8:00 AM - 4:00 PM<br>Wed: 8:00 AM – 3:00 PM<br>Thur: 8:00 AM - 4:00 PM<br>Fri: 8:00 AM - 4:00 PM<br>Sat: 9:00 AM - 12:00 PM<br>Sun: Closed | 296 Aylmer St<br>N,<br>Peterborough,<br>ON | Covered by provincial health plans | <a href="#">CLICK HERE</a> | <b>PHONE:</b><br>705-874-7948 | Services provided: methadone treatment, sublocade treatment, hepatitis c screening and treatment, pharmacy services, nalaxone kits, suboxone treatments, kadian treatment, doctors services, care referrals |

# Substance Abuse and Addiction

| Service                       | Hours Of Operation   | Location   | Costs  | Website                        | Contact Info                      | Notes   |
|-------------------------------|--|--|--|--------------------------------|-----------------------------------|---|
| <b>OATC,<br/>Peterborough</b> | Mon: 8:00 AM - 4:00PM<br>Tue: 8:00 AM - 4:00PM<br>Wed: 8:00 AM - 12:30PM<br>Thur: 8:00 AM - 6:00PM<br>Fri: 8:00 AM - 3:00 PM<br>Sat: 9:00 AM - 12:00PM<br>Sun: 9:00 AM - 12:00PM | 215<br>Sherbrooke<br>Street,<br>Peterborou<br>gh, ON | Covered<br>by<br><br>provincial<br>health<br>plans | <a href="#">CLICK<br/>HERE</a> | <b>PHONE:</b><br>705-748-<br>0995 | Services<br>provided:<br>methadone<br>treatment,<br>sublocade<br>treatment,<br>hepatitis c<br>screening and<br>treatment, safe<br>use supplies,<br>naloxone kits,<br>suboxone<br>treatments,<br>kadian<br>treatment,<br>doctors services,<br>care referrals |

# Mental Health

| Service   | Hours Of Operation                               | Location   | Costs                                     | Website                           | Contact Info  | Notes   |
|---|--|--|---|-----------------------------------|---|---|
| <p><b>John Howard Society of Peterborough</b></p> | <p>Visit by app. only</p>                        | <p>305 Stewart St,<br/>Peterborough, ON K9J 3N2 and 70 Hunter St W. Peterborough, ON</p> | <p>Cost dependent on service received</p> | <p><a href="#">CLICK HERE</a></p> | <p><a href="#">Click here for phone # directory.</a></p>  | <p>They provide services to those who are currently involved in the criminal justice system and/or to those who have the potential to become involved. These services include prevention, education, reform, aftercare and treatment services</p> |
| <p><b>Fleming College Counseling Services</b></p> | <p>Monday to Friday from 8:30 AM to 4:30 PM.</p> | <p>Fleming College, Room B2 101, 599 Brealey Drive, Peterborough, ON</p>                 | <p>Free for Fleming College students.</p> | <p><a href="#">CLICK HERE</a></p> | <p><b>EMAIL:</b><br/><a href="mailto:counselling@flemingcollege.ca">counselling@flemingcollege.ca</a></p> <p><b>PHONE:</b><br/>705-749-5530</p> | <p>Only Fleming College students can use these services. They offer One-on-one talk sessions, Group sessions, Help during tough times, Referrals to other places if needed, Workshops about mental health.</p>                                    |



# Mental Health

| Service   | Hours Of Operation   | Location                                  | Costs  | Website                           | Contact Info  | Notes  |
|---|--|---|--|-----------------------------------|---|--|
| <p><b>Canadian Mental Health Association - Haliburton, Kawartha, Pine Ridge Branch.</b></p> | <p>Monday to Friday from 8:30 AM to 4:30 PM.</p>             | <p>415 Water Street, Peterborough, ON</p> | <p>Most services are free, but some programs may have a fee.</p> | <p><a href="#">CLICK HERE</a></p> | <p><b>EMAIL:</b><br/> <a href="mailto:info@cmhahkpr.ca">info@cmhahkpr.ca</a></p> <p><b>PHONE:</b><br/>           705-748-6711 <b>or</b><br/>           toll-free at<br/>           1-877-303-5111</p> | <p>Anyone in the community can use their services. They offer Counseling and therapy sessions, support groups, Educational workshops on mental health, Referrals to other services if needed, Crisis support and helpline.</p> |
| <p><b>Downtown Youth Space</b></p>  | <p>Check out their website for more information on hours</p> | <p>201 McDonnell St, Peterborough, ON</p> | <p>Free</p>  | <p><a href="#">CLICK HERE</a></p> | <p><b>PHONE:</b><br/>           705-927-7046</p>  | <p>Hangout spots with fun activities like music and sports for teens aged 13 to 18.</p>  |

# Mental Health

| Service   | Hours Of Operation  | Location  | Costs                                    | Website                           | Contact Info  | Notes  |
|---|---|---|--|-----------------------------------|---|--|
| <p><b>Peterborough Youth Council</b></p>  | <p>Hours change depending on the time of year, check out their website for more information</p> | <p>City Hall,<br/>500 George St. N.<br/><br/>Peterborough, ON<br/>K9H 3R9</p> | <p>Free</p>                              | <p><a href="#">CLICK HERE</a></p> | <p><b>PHONE:</b><br/>705-742-7777 ext 1805<br/><br/><b>TOLL FREE:</b><br/>1-855-738-3755 ext 1805</p> | <p>A way for youth to bring their energy and ideas and become involved in community events. You can apply to be apart of the program and earn credits towards your Ontario Secondary School Diploma.</p>               |
| <p><b>The Community Counselling and Resource Centre (CCRC) Peterborough</b></p> | <p>8:30 am - 4:30 pm (Monday-Friday)</p>  | <p>540 George St. North, Peterborough, ON, K9H 3S2</p>                        | <p>Free services; donations accepted</p> | <p><a href="#">CLICK HERE</a></p> | <p><b>PHONE:</b><br/>705-743-2272</p>   | <p>They offer counseling for individuals, couples, and families. They help with problems like feeling anxious or sad, dealing with trauma, and managing relationships. They also have group therapy and workshops.</p> |

# Mental Health

| Service                           | Hours Of Operation                  | Location   | Costs   | Website                    | Contact Info   | Notes  |
|-----------------------------------|-------------------------------------|--|---|----------------------------|--|--|
| <b>Peterborough Public Health</b> | 8:30 am - 4:30 pm (Monday - Friday) | 185 King Street, Peterborough, ON K9J 2R8  | Covered by provincial health insurance (OHIP) | <a href="#">CLICK HERE</a> | <b>EMAIL:</b><br><a href="mailto:info@peterboroughpublichealth.ca">info@peterboroughpublichealth.ca</a><br><b>PHONE:</b><br>705-743-1000 | <p>They provide information on managing stress, anxiety, and depression.</p> <ul style="list-style-type: none"> <li>- The website offers guidance on healthy living and eating habits for better mental health.</li> <li>- helps connect individuals with local mental health services.</li> </ul> |
| <b>Telecare Peterborough</b>      | 24 HOURS A DAY, 7 DAYS A WEEK       | P.O. BOX 1535<br>Peterborough, ON K9J 7H7<br>Email: <a href="mailto:info@telecarepeterborough.org">info@telecarepeterborough.org</a> | Free  | <a href="#">CLICK HERE</a> | <b>PHONE:</b><br>705-745-2273  | <p>They offer a confidential and non-judgmental listening service where trained volunteers are available to talk to you about anything that's on your mind. Whether you're feeling down, anxious, or just need someone to listen, they're there for you.</p>                                       |

# Mental Health

| Service  | Hours Of Operation                         | Location   | Costs       | Website                           | Contact Info  | Notes   |
|--|--|--|-------------|-----------------------------------|---|---|
| <p><b>Peterborough Family Health Team Mental Health Services</b></p> | <p>8:30 am - 4:30 pm (Monday - Friday)</p> | <p>185 King Street, Suite 500<br/>Peterborough, ON K9J 2R8</p> | <p>Free</p> | <p><a href="#">CLICK HERE</a></p> | <p><b>EMAIL:</b><br/><a href="mailto:info@pete.rboroughfht.com">info@pete.rboroughfht.com</a></p> <p><b>PHONE:</b><br/>705-742-4900</p> | <p>Counseling and Therapy: Individual and group counseling sessions provided by licensed mental health professionals.</p> <p>Psychiatric Consultations: Assessment and medication management services offered by psychiatrists specializing in mental health treatment.</p> <p>Crisis Intervention: Immediate support and assistance for individuals experiencing mental health crises, including referrals to emergency services when necessary.</p> <p>Community Referrals: Assistance with accessing additional mental health resources and support services in the Peterborough area.</p> |

# Mental Health

| Service                              | Hours Of Operation                  | Location                                  | Costs | Website                    | Contact Info   | Notes  |
|--------------------------------------|-------------------------------------|---|-------|----------------------------|--|--|
| <b>Community Living Peterborough</b> | 8:30 am - 4:30 pm (Monday - Friday) | 223 Aylmer Street North, Peterborough, ON | Free  | <a href="#">CLICK HERE</a> | <b>EMAIL:</b><br><a href="mailto:info@communitylivingpeterborough.ca">info@communitylivingpeterborough.ca</a><br><b>PHONE:</b><br>705-743-2411 | Community Living Peterborough supports individuals with intellectual and developmental disabilities, promoting inclusion, independence, and community participation. While their primary focus is on developmental disabilities, they may offer some support or referrals for individuals with co-occurring mental health needs. |

# Mental Health

| Service  | Hours Of Operation   | Location                              | Costs  | Website                    | Contact Info   | Notes  |
|--|--|---------------------------------------|--|----------------------------|--|--|
| <b>Peterborough Regional Health Center (PRHC):</b> | PRHC's hours can change, so it's best to check with them directly for when they're open. | 1 Hospital Dr,<br>Peterborough,<br>ON | The costs for these services might differ. Some might be covered by health insurance, while others might need payment. | <a href="#">CLICK HERE</a> | <b>EMAIL:</b><br><a href="mailto:info@prhc.on.ca">info@prhc.on.ca</a><br><b>PHONE:</b><br>705-743-2121 | Peterborough Regional Health Centre (PRHC) offers help for mental health and addiction issues. They provide different services like counseling, therapy, and support groups. To use their services, there might be some things you need to do or qualifications you must meet. It's best to ask PRHC directly about what's needed. |

# Family Services

| Service  | Hours Of Operation  | Location  | Costs       | Website                           | Contact Info  | Notes   |
|--|---|---|-------------|-----------------------------------|---|---|
| <p><b>Bereaved Families of Ontario</b></p>       | <p>Call for app.</p>  | <p>403 McDonnell St,<br/>Peterborough,<br/>ON Canada<br/>K9H2X5</p> | <p>None</p> | <p><a href="#">CLICK HERE</a></p> | <p><b>PHONE:</b><br/>705-750-5200</p>   | <p>Primarily assists families coping with the loss of a child, while also providing support services to individuals experiencing bereavement or separation.</p>   |
| <p><b>Kinark Child &amp; Family Services</b></p> | <p>Monday to Thursday:<br/>9:00 am - 8:00 pm<br/>Friday:<br/>9:00 am to 5:00 pm</p> | <p>880 The Parkway<br/><br/>Peterborough,<br/>ON</p>                | <p>None</p> | <p><a href="#">CLICK HERE</a></p> | <p><b>EMAIL:</b><br/><a href="mailto:info@kinark.on.ca">info@kinark.on.ca</a><br/><br/><b>PHONE:</b><br/>705-742-3803</p> | <p>Supervised Access Program:<br/>- Kinark's supervised access programs offer virtual options and secure, neutral, and convenient venues for facilitating parental visits between adults and children who are separated or experiencing challenges in their parent-child relationships.</p> |

# Family Services

| Service                                   | Hours Of Operation                | Location  | Costs                             | Website                    | Contact Info   | Notes   |
|---|-----------------------------------|---|-----------------------------------|----------------------------|--|---|
| <b>Otonabee Family Counselling Centre</b> | Monday to Friday<br>9am - 4:30PM  | 159 King St<br>#204,<br>Peterborough,<br>ON K9J 2R8 | Between \$120 - \$175 per session | <a href="#">CLICK HERE</a> | <b>EMAIL:</b><br><a href="mailto:info@otona-beefamily.ca">info@otona-beefamily.ca</a>                                  | At OFCC, couples counseling follows the principles of Emotionally Focused Therapy (EFT), with therapy objectives collaboratively established by the couple and their therapist.   |
| <b>Peterborough Youth Services</b>        | Monday to Friday<br>8am to 4:30pm | 459 Reid St,<br>Peterborough,<br>K9H 4G7            | None                              | <a href="#">CLICK HERE</a> | <b>EMAIL:</b><br><a href="mailto:pysyouth@pysonline.ca">pysyouth@pysonline.ca</a><br><br><b>PHONE:</b><br>705-743-1681 | The EYOW Program Counsellor collaborates with youth and their families to navigate services and opportunities more effectively. Acknowledging systemic obstacles to timely access to mental health support, the Enhanced Youth Outreach also offers clinical counseling to youth. |



# Family Services

| Service                                 | Hours Of Operation                  | Location   | Costs                                  | Website                    | Contact Info   | Notes   |
|---|-------------------------------------|--|--|----------------------------|--|---|
| <b>Four Counties Family Mediation</b>   | Monday to Friday<br>8:30am - 4:30pm | 349A George St<br>N Suite 205,<br>Peterborough,<br>ON K9H 3P | \$5.00<br>per<br>person<br>per<br>hour | <a href="#">CLICK HERE</a> | <b>EMAIL:</b><br><a href="mailto:mediation@kfcas.ca">mediation@kfcas.ca</a><br><br><b>PHONE:</b><br>705-760-9603 | Family mediation is a voluntary approach to resolving disputes that arise from separation or divorce. It offers families a chance to address disagreements and negotiate settlements regarding issues such as parental arrangements and division of assets.   |
| <b>Dalhousie Youth Support Services</b> | Monday to Friday 9am to 4pm         | 189 Dalhousie St,<br>Peterborough,<br>ON                     | None                                   | <a href="#">CLICK HERE</a> | <b>EMAIL:</b><br><a href="mailto:info@dyss.ca">info@dyss.ca</a><br><br><b>PHONE:</b><br>705-749-5705             | The Attendance Centre aim is to equip youth aged 12 to 17 with essential skills for lifelong success and to steer them away from further involvement in the criminal justice system. At Dalhousie Youth Support Services, the Centre focuses on building strong, supportive relationships with youth to understand their circumstances better |

# Family Services

| Service   | Hours Of Operation  | Location   | Costs | Website                    | Contact Info   | Notes   |
|---|---|--|-------|----------------------------|--|---|
| <b>Big Brothers Big Sisters of Peterborough</b> | Monday to Friday<br>9:30 am to 4pm  | 483 George Street South<br>Peterborough,<br>ON K9J 3E6 | None  | <a href="#">CLICK HERE</a> | <b>EMAIL:</b><br><a href="mailto:bbbsptbo@bigbrothersbigsisisters.ca">bbbsptbo@bigbrothersbigsisisters.ca</a><br><br><b>PHONE:</b><br>705-743-6100 | The In-School mentoring program offers youth a supportive figure and confidant within the school environment, providing an opportunity to share the challenges and joys of adolescence. Mentors spend an hour weekly engaging in various activities.  |
| <b>Kinark Outdoor Centre Service</b>            | Monday to Thursday:<br>9:00 am - 8:00 pm<br>Friday:<br>9:00 am to 5:00 pm | 880 The Parkway<br><br>Peterborough,<br>ON             | None  | <a href="#">CLICK HERE</a> | <b>EMAIL:</b><br><a href="mailto:info@kinark.on.ca">info@kinark.on.ca</a><br><br><b>PHONE:</b><br>705-742-3803                                     | The Kinark Outdoor Centre (KOC) boasts a long-standing tradition in overnight camping, outdoor education, recreational activities, and fostering community bonds. Providing a range of experiences including skill enhancement, family bonding, social engagement, relaxation, and adventure. |

# Family Services

| Service   | Hours Of Operation                     | Location  | Costs                                     | Website                           | Contact Info  | Notes  |
|---|--|---|---|-----------------------------------|---|--|
| <p><b>John Howard Society of Peterborough</b></p>                           | <p>Visit by app. only</p>              | <p>305 Stewart St,<br/><br/>Peterborough, ON K9J 3N2<br/>and 70 Hunter St W.<br/>Peterborough, ON</p> | <p>Cost dependent on service received</p> | <p><a href="#">CLICK HERE</a></p> | <p><a href="#">Click here for phone # directory</a></p>   | <p>John Howard Society of Peterborough provides opportunity through parenting, relationships and community service program offers valuable growth both personally and professionally for individuals who work with children and youth.</p> |
| <p><b>Peterborough Child and Family Centres   School for young Moms</b></p> | <p>Monday to Friday<br/>9am to 2pm</p> | <p>201 McDonald Street,<br/>Peterborough, ON</p>  | <p>None</p>                               | <p><a href="#">CLICK HERE</a></p> | <p><b>EMAIL:</b><br/><a href="mailto:Centre@pcfc.on.ca">Centre@pcfc.on.ca</a><br/><br/><b>PHONE:</b><br/>705-742-4632</p> | <p>The School for Young Moms assists teenage mothers who are pregnant or already parenting to maintain their high school education while fostering a close bond with their infants.</p>  |

# Homelessness and Housing

| Service                                    | Hours Of Operation                    | Location   | Costs | Website                    | Contact Info   | Notes  |
|--|---------------------------------------|--|-------|----------------------------|--|--|
| <b>Brock Mission Men's Shelter</b>         | 24*7                                  | 738 Chemong Rd,<br><br>Peterborough,<br>ON K9H 5Y9 | N/A   | <a href="#">CLICK HERE</a> | <b>EMAIL:</b><br><a href="mailto:info@brockmission.ca">info@brockmission.ca</a><br><br><b>PHONE:</b><br>705-748-4766         | Offers emergency shelter, meals, and support services for men experiencing homelessness in the Peterborough area. Provides assistance with housing placement and life skills development.  |
| <b>Kawartha Haliburton Victim Services</b> | Monday - Friday(<br>8:30am - 4:30pm). | 25 Cambridge St<br>S, Lindsay, ON<br>K9V 3B6       | N/A   | <a href="#">CLICK HERE</a> | <b>EMAIL:</b><br><a href="mailto:info@khvictimservices.ca">info@khvictimservices.ca</a><br><br><b>PHONE:</b><br>705-878-5505 | Provides crisis intervention, counseling, and support services to victims of crime and trauma, including those experiencing homelessness due to violence or abuse. Offers assistance with safety planning and accessing community resources. |

# Homelessness and Housing

| Service   | Hours Of Operation   | Location   | Costs      | Website                           | Contact Info  | Notes  |
|---|--|--|------------|-----------------------------------|---|--|
| <p><b>Four Counties Addiction Services Team (CAST):</b></p> | <p>Mon, Thu, Fri<br/>8:30am-4:30pm *<br/>Tue, Wed<br/>8:30am-8pm</p> | <p>130 Hunter St W, Suite 200</p>                        | <p>N/A</p> | <p><a href="#">CLICK HERE</a></p> | <p><b>EMAIL:</b><br/><a href="mailto:info@cast-cac.com">info@cast-cac.com</a></p> <p><b>PHONE:</b><br/>705-876-1292</p>                         | <p>Offers addiction counseling and support services for individuals struggling with substance abuse issues, including those experiencing homelessness. Works to address underlying factors contributing to homelessness.</p> |
| <p><b>Cameron House Women's Shelter</b></p>                 | <p>24*7</p>  | <p>536 George St N,<br/>Peterborough,<br/>ON K9H 3S2</p> | <p>N/A</p> |                                   | <p><b>EMAIL:</b><br/><a href="mailto:cameronhouseshelter@gmail.com">cameronhouseshelter@gmail.com</a></p> <p><b>PHONE:</b><br/>705-286-2252</p> | <p>Provides emergency shelter and support services for women and children fleeing domestic violence or experiencing homelessness. Offers counseling, advocacy, and transitional housing assistance.</p>                      |

# Homelessness and Housing

| Service                                      | Hours Of Operation                                   | Location   | Costs | Website                        | Contact Info   | Notes   |
|--|--|--|-------|--------------------------------|--|---|
| <b>Crossroads Shelter<br/>Peterborough</b>   | Monday-Friday,<br>9:00 a.m.–<br>4:30 p.m.            | 196 Brock St,<br>Peterborough,<br>ON K9H 2P4       | N/A   | <a href="#">CLICK<br/>HERE</a> | <b>EMAIL:</b><br><a href="mailto:info@ywc&lt;br/&gt;apeterbo&lt;br/&gt;rough.org">info@ywc<br/>apeterbo<br/>rough.org</a><br><br><b>PHONE:</b><br>705-991-<br>0110 | Offers emergency shelter and support services for individuals experiencing homelessness in the Peterborough area. Focuses on providing a safe and supportive environment while assisting clients in finding stable housing. |
| <b>Warming Room<br/>Community Ministries</b> | Sunday -<br>10:30<br>am.<br>Wednesday<br>- 10:00 am. | 349 George St<br>N,<br>Peterborough,<br>ON K9H 3P9 | N/A   | <a href="#">CLICK<br/>HERE</a> | <b>EMAIL:</b><br><a href="mailto:info@war&lt;br/&gt;mingroo&lt;br/&gt;m.ca">info@war<br/>mingroo<br/>m.ca</a><br><br><b>PHONE:</b><br>705-749-<br>9323             | Provides overnight shelter, meals, and support services to individuals experiencing homelessness during the cold winter months. Focuses on offering a welcoming and inclusive space for those in need.                      |

# Homelessness and Housing

| Service                             | Hours Of Operation                         | Location   | Costs | Website                    | Contact Info   | Notes  |
|-------------------------------------|--|--|-------|----------------------------|--|--|
| <b>Peterborough Social Services</b> | Monday to Friday<br>8:00 a.m. to 5:00 p.m. | 178 Charlotte St,<br>Peterborough,<br>ON K9J 2T8 | N/A   | <a href="#">CLICK HERE</a> | <b>EMAIL:</b><br><a href="mailto:info@petborough.ca">info@petborough.ca</a><br><br><b>PHONE:</b><br>705-748-8830 | Provides support and resources for individuals and families facing homelessness or housing insecurity. Offers various programs and services aimed at helping people find stable housing and address underlying issues contributing to homelessness.<br>Requirements vary depending on the specific program or service, may include proof of identity, income, and residency. |

# Homelessness and Housing

| Service   | Hours Of Operation                        | Location                                     | Costs | Website                    | Contact Info   | Notes   |
|---|---|--|-------|----------------------------|--|---|
| <b>Kawartha Lakes Community Care City of Kawartha Lakes</b> | Monday-Friday,<br>8:30 a.m.–<br>4:30 p.m. | 108 Angeline St<br>S, Lindsay, ON<br>K9V 3L5 | N/A   | <a href="#">CLICK HERE</a> | <b>EMAIL:</b><br><a href="mailto:info@ccc.kl.ca">info@ccc.kl.ca</a><br><br><b>PHONE:</b><br>705-324-7323 | Provides support services to individuals and families in the Kawartha Lakes area, including assistance with housing and homelessness issues. Offers various programs and resources to help people secure stable housing and improve their overall well-being. Requirements vary depending on the specific program or service, may include proof of identity, income, and residency. |



# Homelessness and Housing

| Service                                   | Hours Of Operation | Location                                     | Costs | Website                    | Contact Info   | Notes   |
|---|--------------------|--|-------|----------------------------|--|---|
| <b>YES Shelter for Youth and Families</b> | 24*7               | 196 Brock St,<br>Peterborough,<br>ON K9H 2P4 | N/A   | <a href="#">CLICK HERE</a> | <b>EMAIL:</b><br><a href="mailto:info@yesshelter.ca">info@yesshelter.ca</a><br><br><b>PHONE:</b><br>705-748-3851 | Provides emergency shelter and transitional housing for youth and families experiencing homelessness. Offers support services, counseling, and life skills training to help clients rebuild their lives. Requirements vary, contact for details. Youth or family status, proof of need, identification, assessment , willingness to participate , |

# Homelessness and Housing

| Service                    | Hours Of Operation   | Location   | Costs | Website                    | Contact Info   | Notes   |
|----------------------------|--|--|-------|----------------------------|--|---|
| <b>Kawartha Food Share</b> | Sunday<br>Closed<br>Monday<br>9 a.m. – 3:30 p.m.<br>Tuesday<br>9 a.m. – 3:30 p.m.<br>Wednesday<br>9 a.m. – 3:30 p.m.<br>Thursday<br>9 a.m. – 3:30 p.m.<br>Friday<br>9 a.m. – 12 p.m.<br>Saturday<br>Closed | 665 Neal Drive<br>Unit #1<br><br>Peterborough,<br>Ontario K9J<br>6X7 | N/A   | <a href="#">CLICK HERE</a> | <b>EMAIL:</b><br><a href="mailto:info@kawarthafoodshare.com">info@kawarthafoodshare.com</a><br><br><b>PHONE:</b><br>705-745-5377 | Distributes food to individuals and families in need throughout the Kawartha Lakes region, including those experiencing homelessness. Works with local agencies to address food insecurity and support vulnerable populations. Requirements vary, contact for details. Food insecurity, identification, fair distribution, respectful behavior and follow up support. |

# Employment and Training

| Service                 | Hours Of Operation        | Location  | Costs   | Website                    | Contact Info   | Notes  |
|-------------------------|---------------------------|---|---|----------------------------|--|--|
| <b>EPC Peterborough</b> | Mon-Fri<br>8:45AM-4:30 PM | 418<br>Sheridan Street<br>Peterborough          | The fees depend on the service, but some are publicly funded. | <a href="#">CLICK HERE</a> | <b>EMAIL:</b><br><a href="mailto:info@epcjobs.ca">info@epcjobs.ca</a><br><br><b>PHONE:</b><br>705-748-9110     | EPC Peterborough helps with career development and employment needs. EPC offers personal-centered and extensive resources to empower individuals to achieve career goals. Moreover, EPC helps job seekers to build a strong resume as per an individual's interest and provides career-related training and preparedness for interviews to achieve a career in people's dream field. |
| <b>HRS Group Inc</b>    | Mon-Fri:<br>8:30 – 4:30   | 260<br>Milroy Drive<br>Unit 02,<br>Peterborough | N/A   | <a href="#">CLICK HERE</a> | <b>EMAIL:</b><br><a href="mailto:info@hrsgroup.com">info@hrsgroup.com</a><br><br><b>PHONE:</b><br>705-749-1259 | HRS Group Inc provides comprehensive Occupational-related training and other services. HRS Group Inc ensure clients stay up-to-date with the latest legislation and foster a healthy and safe work environment. HRS Group Inc ongoing support and guidance address any health and safety concerns. HRS is passionate about promoting workplace safety.                               |

# Employment and Training

| Service                              | Hours Of Operation                      | Location  | Costs | Website                        | Contact Info  | Notes  |
|--------------------------------------|---|---|-------|--------------------------------|---|--|
| <b>People Ready</b>                  | Mon-Fri<br>6am to<br>6pm                | 306 George<br>St.<br>N. Unit 6.<br>Peterborough | N/A   | <a href="#">CLICK<br/>HERE</a> | <b>EMAIL:</b><br><a href="mailto:2214-br@peop&lt;br/&gt;leready.c&lt;br/&gt;om">2214-<br/>br@peop<br/>leready.c<br/>om</a><br><br><b>PHONE:</b><br>705-760-<br>9111 | People Ready offers skilled labor and on-demand workers in Peterborough, Ontario, people Ready connects businesses with reliable temporary staffing solutions tailored to their specific needs. People Ready ensures quick placements and efficient workforce management. They place individuals in various industries, including construction, manufacturing, logistics, retail, and hospitality. |
| <b>Global Human Resources Center</b> | Monday-<br>Friday,<br>8:00am-<br>4:00pm | 103, 159 King<br>St.<br>Peterborough            | N/A   | <a href="#">CLICK<br/>HERE</a> | <b>EMAIL:</b><br><a href="mailto:peterbor&lt;br/&gt;ough@gh&lt;br/&gt;rc.ca">peterbor<br/>ough@gh<br/>rc.ca</a><br><br><b>PHONE:</b><br>705-745-<br>6858            | Global Human Resource Centre is a staffing agency in Peterborough, Ontario, specializing in industrial, clerical, and administrative services. Global Human Resource Centre helps qualified candidates with rewarding employment opportunities by providing temporary Jobs. Global Human Resource Centre provides reliable staffing solutions tailored to people's needs.                          |

# Employment and Training

| Service                         | Hours Of Operation         | Location   | Costs | Website                    | Contact Info   | Notes  |
|---------------------------------|----------------------------|--|-------|----------------------------|--|--|
| <b>YMCA employment services</b> | Monday to Friday 9 - 4     | 123 Aylmer Street South<br>Peterborough, ON          | N/A   | <a href="#">CLICK HERE</a> | <b>PHONE:</b><br><a href="tel:705-748-9622">705-748-9622</a>   | YMCA Employment Services in Peterborough provides job search resources and personalized assistance, including mentoring, job matching, and financial incentives for job placement and long-term retention. They offer re-training opportunities to boost career advancement.   |
| <b>The Staffing Connection</b>  | Mon – Fri<br>8:30AM – 5 PM | 150 King Street, 2nd Floor East.<br>Peterborough, ON | N/A   | <a href="#">CLICK HERE</a> | <b>EMAIL:</b><br><a href="mailto:Peterboroughresumes@thestaffingconnection.ca">Peterboroughresumes@thestaffingconnection.ca</a><br><br><b>PHONE:</b><br>705-741-5286 | The Staffing Connection is a Central Ontario-based staffing agency that matches job seekers with top employers across various industries, for part-time, full-time, and contract positions. The staffing connection recruitment services are fast, efficient, highly confidential, and committed to success for both our clients and candidates. |

# Employment and Training

| Service                            | Hours Of Operation                  | Location   | Costs | Website                    | Contact Info   | Notes  |
|------------------------------------|-------------------------------------|--|-------|----------------------------|--|--|
| <b>Workforce Development board</b> | Monday to Friday<br>8.30 to 4.30    | 159 King Street, Suite 105.<br>Peterborough, ON  | N/A   | <a href="#">CLICK HERE</a> | <b>EMAIL:</b><br><a href="mailto:workforce@wdb.ca">workforce@wdb.ca</a><br><br><b>PHONE:</b><br>705-749-3250 | WDB helps people find jobs and get training. They work with employers to create job opportunities and provide information about the job market. WDB's goal is to help workers find and keep good jobs by providing training and information about job opportunities.                               |
| <b>Agilec</b>                      | Monday to Friday<br>8:30am – 4:30pm | 863 Chemong Rd,<br>Unit 20-A<br>Peterborough, ON | N/A   | <a href="#">CLICK HERE</a> | <b>PHONE:</b><br>705-740-2577  | Agilec Peterborough is an employment agency that helps job seekers find suitable employment opportunities. They offer resume building, skills training, and job placement services. Agilec works closely with clients to understand their unique needs and create a personalized plan for success. |

# Employment and Training

| Service                              | Hours Of Operation          | Location                                      | Costs | Website                    | Contact Info   | Notes   |
|--------------------------------------|-----------------------------|---|-------|----------------------------|--|---|
| <b>Level A Inc</b>                   | Mon – Fri<br>8:30 AM – 5 PM | 150 King Street, 2nd Floor East. Peterborough | N/A   | <a href="#">CLICK HERE</a> | <b>PHONE:</b><br>705-749-1919  | Level A Professional Group offers personnel placement, HR consulting, IT solutions, and project management services. Level A provides a personal-centered professional employment services. Level A provides a platform to get an interview for part time and full time professional Jobs seekers as per the individual's qualifications.   |
| <b>Kawarthas Employment Services</b> | Mon – Fri<br>8:30 AM – 5 PM | 360 George Street North. Peterborough         | N/A   | <a href="#">CLICK HERE</a> | <b>EMAIL:</b><br><a href="mailto:mkes@flemingco.llege.ca">mkes@fl<br/>emingco<br/>llege.ca</a> | Fleming College offers employment services through Kawarthas Employment Services (MKES), Fleming Career Services, and Fleming CREW. They help students, alumni, job seekers, and employers across regions with career exploration, resume writing, job search strategies, interview preparation, and accessing government-funded training programs. The services are personalized to help individuals navigate the employment landscape successfully. |