



# **PALLIATIVE CARE RESOURCES**

NEAR NORTH PALLIATIVE  
CARE NETWORK

CREATED BY NIPISSING UNIVERSITY  
& CANADORE COLLEGE 3RD YEAR  
COLLABORATIVE BSCN NURSING  
STUDENTS 2022



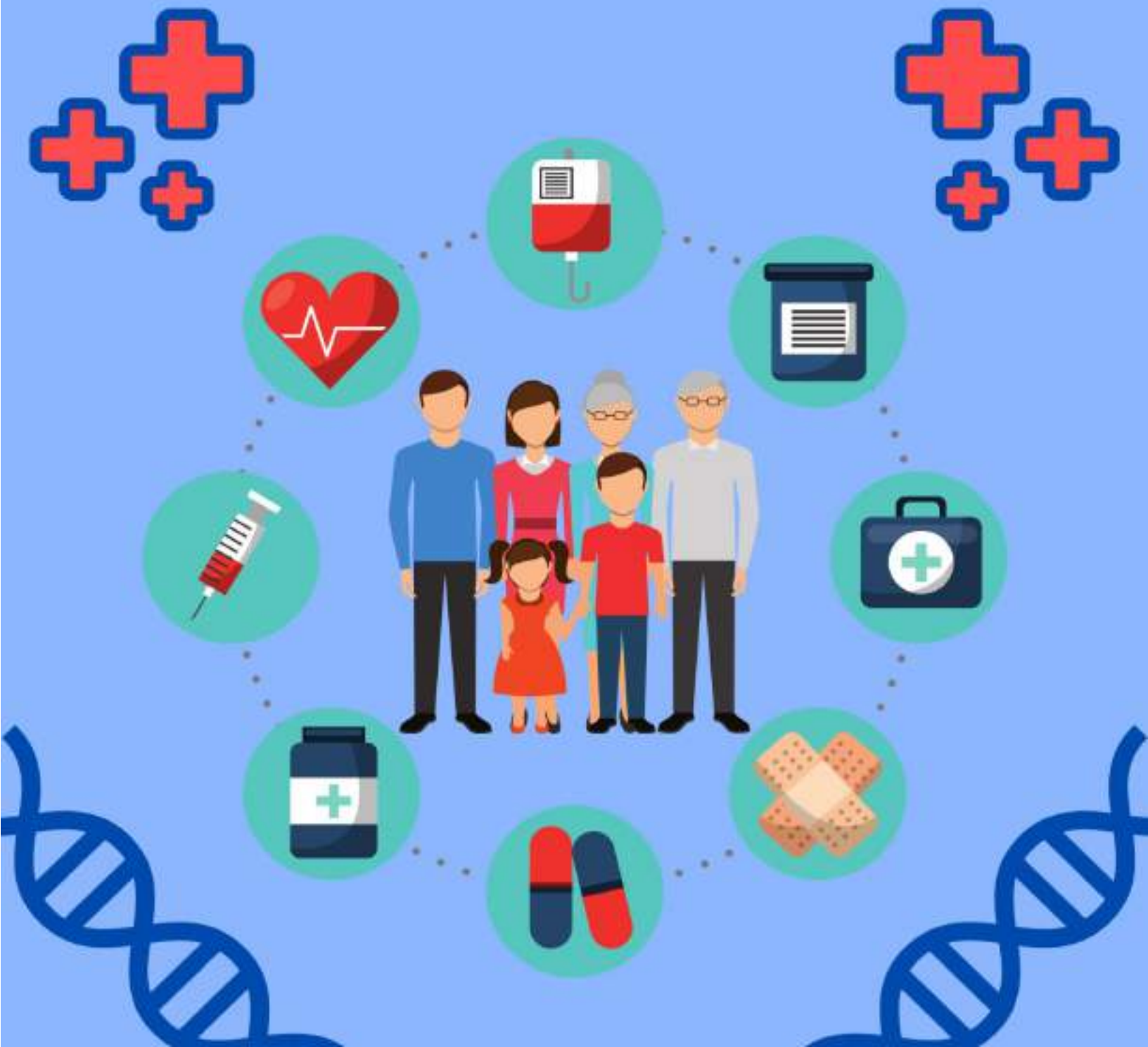
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# MEDICAL CLINICS





# **Blue Sky Family Health Team**

***\*\*Blue Sky patients only\*\****

## **Description of Services:**

### **Services Offered Include**

- Family health and wellness, health promotion and education, mental health, senior (older adults) frailty, nutrition service, asthma education, Chronic Obstructive Pulmonary Disease (COPD) education, Congestive Heart Failure (CHF) education, diabetes program, craving change program, hypertension (high blood pressure) management program, and smoking cessation.
- Assessment and treatment of injuries or illnesses.
- Medical team focused on family and community health.
- Includes family doctors, nurses, nurse practitioners, dietitians, respiratory therapists, and social workers.

**Address:** 400 Main St. W, North Bay, ON P1B 9S6

**Phone Number:** (705) 476-1293

**Website:** [www.blueshyfht.com](http://www.blueshyfht.com)

**Referral:** Must be a blue-sky patient. Call for an appointment.

**Fees:** Must have a valid Ontario health card. Most services are covered by OHIP or personal insurance.

**Hours:**

- Closed Monday
- Tuesday to Friday- 8:00am-4:00pm
- Saturday and Sundays - Closed

**Accessibility:** wheelchair accessible, parking on site available and bus route accessible.

**Languages:** Services are offered in English



# **Blue Sky Family Health Team- After** **Hours Clinic**

*\*\*Blue Sky patients only\*\**

## **Description of Services:**

### **Services Offered Include**

- Family health and wellness, health promotion and education, mental health, senior frailty, nutrition service, asthma education, Chronic Obstructive Pulmonary Disease (COPD) education, Congestive Heart Failure (CHF) education, diabetes program, craving change program, hypertension management and smoking cessation.
- Team members include family doctors, nurses, nurse practitioners, dietitians, respiratory therapists, and social workers.

**Address:** Nipissing Building 685 Bloem St. North Bay, ON  
P1B 4Z5

**After Hours Number:** (705) 476-1413

**Website:** [www.blueskyfht.com](http://www.blueskyfht.com)

**Referral:** Must be a blue-sky patient. Call for an appointment.

**Fees:** Must have a valid Ontario health card. Most services are covered by OHIP or personal insurance.

**After Hours:**

- Monday to Thursday – 5:00pm–8:00pm
- Friday - Closed
- Saturday and Sunday - 9:00am-12:00pm

**Accessibility:** wheelchair accessible, parking on site available and bus route accessible.

**Language:** Services are offered in English.

# **Bridgetop Medical Center**

## **Description of Services:**

### **Services Offered Include**

- Assessment and treatment of injuries or illness.
- Pre-diabetic program
- Medical center focused on family and community health.
- Includes a team of family doctors, nurses, social workers, dietitians, and respiratory therapists.

**Address:** 11 Murray St. New Liskeard, ON P0J 1P0

**Phone Number:** (705) 647-4102

**Website:** <https://www.greatnorthernfht.com/>

**Referrals:** No referrals are needed. New patients call to register through the Health Care Connect Program.

**Fees:** Must have a valid Ontario health card. Most services are covered by OHIP or personal insurance.

**Hours:**

- Clinic Hours
  - Monday, Wednesday, Thursday - 8:00am-4:00pm
  - Tuesday - 8:00am-7:00pm
  - Friday - 8:00am-12:00pm
  - Saturdays and Sundays: Closed
- Telephone Hours:
  - Monday to Friday -10:00am-12:30pm & 1:30pm-4:00pm
  - Saturday and Sundays - Closed

**Accessibility:** Wheelchair accessible and parking available.

**Language:** Services offered in French and English.

# **From Here to There Nurse Concierge**

*\*No longer offer telemedicine, led by Nurse Concierge\**

## **Description of Services:**

### **Services Offered Include**

- Telephone consultations, arranged doctor visits, injection/vaccine administrations, translation of medical terminology, investigative opportunities for second opinions, simple wound care, and ear flushing
- Nurse assistance in advocating and planning daily care.
- Referrals to doctors, specialists, and community resources.
- Health advice over the telephone through Telehealth Ontario. You can access Telehealth at 1-866-797-0000

**Address:** 1221 Algonquin Ave Unit 401, North Bay, ON  
P1B 4Y3

**Phone Number:** (705) 980-0121

**Website:** <https://fhtt.as.me/northbay>

**Referrals:** Must have a valid Ontario health card. Call for an appointment or book online.

**Fees:** Vary based on service. Most services are covered by OHIP or personal insurance.

**Hours:**

- Monday to Friday – 9:00am-5:00pm
- Saturday and Sunday - Closed

**Accessibility:** Wheelchair accessible, parking on site available and bus route accessible.

**Language:** Services are offered in English.

# **Great Northern Family Health Teams**

## **Description of Services:**

### **Services Offered Include**

- Smoking cessation, mental health, and addiction services, cancer screening, blood pressure clinic, diabetes management, on-site fitness centre, anxiety workshop, annual flu shot clinics, falls prevention, nutritional consultation services, pain management, grief counselling, pharmacy, free foot care, and occupational therapy.

**Address:** 240 Shepherdson Rd. Unit 2. New Liskeard, ON  
P0J 1P0

**Phone Number:** (705) 647-6100

**Website:** <https://www.greatnorthernfht.com/>

**Referrals:** Clinics are not open to walk-in visits.

Call or go online to book an appointment. [Book an Appointment Here.](#)

**Fees:** Must have a valid Ontario health card. Most services are covered by OHIP or personal insurance.

**Hours:**

- Clinic Hours
  - Monday, Wednesday, & Thursdays - 8am-4pm
  - Tuesday - 8:00am-7:00pm
  - Friday - 8:00am-12:00pm
  - Saturdays and Sundays - Closed
- Telephone Hours:
  - Monday to Thursday 9:00am-3:30pm
  - Friday - 9:00am -11:00am
  - Saturdays and Sundays- Closed

**Accessibility:** Wheelchair accessible, parking on site available.

**Languages:** Services offered in French and English.



## **Head to Toe Clinic**

### **Description of Services:**

#### **Services Offered Include**

- TB (tuberculosis) test, strep test (throat swab test), preoperative exams, doctor's notes, specialist referrals, medication renewals, and urinalysis (urine testing).
- Assessment and treatment of minor illnesses and injuries.
- Referrals for blood work, x-rays, ultrasounds, and other scans.

**Address:** Guardian Drugs Building, 1950 Algonquin Ave,  
Suite 306. North Bay, ON P1B 4Z2

**Phone Number:** (705) 495-0300

**Website:** [www.walkinclinicnorthbay.com](http://www.walkinclinicnorthbay.com)

**Referrals:** Call for appointment. No referrals required. No walk-in available.

**Fees:** Must have a valid Ontario health card. Services covered by OHIP MTO (forms by patient), or personal insurance.

**Hours:**

- Monday to Friday –9:00am-500pm
- Saturday and Sunday - Closed

**Accessibility:** Wheelchair accessible, parking on site available and bus route accessible.

**Language:** Service are offered in English.

# **Mino M'shki-ki Indigenous**

## **Health Team**

### **Description of Services:**

#### **Services Offered Include**

- Promotion of holistic health (natural care), ill health, treatment of illness, and supporting communities on their journeys through these realities.
- Traditional health and land-based activities as well as Western medicine and clinic-based activities.
- Includes a team of physicians, nurse practitioners, nurses, foot care nurses, mental wellness and addictions worker, cultural health and wellness coordinator, community and office support workers, elder/cultural support workers, registered psychotherapists.
- Telemedicine.

**Address:** 421 Shepherdson Rd, New Liskeard, ON P0J 1P0

**Phone Number:** (705) 647-7855 Ext. 3000

**Email:** [healthteam@minomshkiki.ca](mailto:healthteam@minomshkiki.ca)

**Website:** <https://minomshkiki.ca/>

**Referrals:** No referrals are needed. Call for appointment, non-registered patients must apply through the Health Care Connect Program.

**Fees:** Must have a valid Ontario health card. Most services are covered by OHIP or personal insurance.

**Hours:**

- Monday to Thursday - 9:00am-12:00pm, 1:00pm-5:00pm
- Friday, Saturday, and Sunday - Closed

**Accessibility:** Wheelchair accessible and parking available.

**Language:** Services are offered in English.

# **North Bay Medical Care**

## **(Walk in Clinic)**

### **Description of Services:**

#### **Services Offered Include**

- Psychiatry, dermatology, children- specific care, diagnosis and disease management, gynaecology (women health specialist), cannabis, kidney specialists, and weight management.
- Pharmacy and lab services on-site.
- Online appointment booking.
- Virtual walk-in services for medical concerns through telemedicine.
- The nurse will assess you and then virtually connect you to a specialist or medical.

**Address:** 524 Lakeshore Dr, North Bay, ON P1A 2E4

**Phone Number:** (705) 478-5585

**Email:** [info@northbaymed.ca](mailto:info@northbaymed.ca)

**Website:** [www.northbaymed.ca](http://www.northbaymed.ca)

**Referrals:** Must have a valid Ontario health card. Call for an appointment or book online.

**Fees:** Most services are covered by OHIP or personal insurance.

**Hours:**

- Monday to Friday- 9:00am-5:00pm
- Saturday and Sunday closed (but can use telehealth online)

**Accessibility:** This site is accessible via bus route. They have available parking on site and are wheelchair accessible.

**Languages:** Services are offered in English.

# **North Bay Nurse Practitioner (NPLC)-** **West Ferris Location**

*\*\*NPLC patients only\*\**

## **Description of Services:**

### **Services Offered Include**

- Establishment of health goals, losing weight/living a more active lifestyle, managing stress, controlling blood pressure, vaccinations, smoking cessation, depression or anxiety services, and blood work services.
- Patients who do not have a primary health care provider can see a nurse practitioner.

**Address:** 524 Lakeshore Dr, North Bay, ON P1A 2E3

179 Main Street East, North Bay, ON

**Phone Numbers:** (705) 478-7671 (524 Lakeshore)

(705) 667-0035 (179 Main Street E.)

**Website:** [www.nbnplc.com](http://www.nbnplc.com)

**Referrals:** Appointment required. [Click Here](#) to apply to become a patient (do not accept walk-ins). Applications can also be filled out in person.

**Fees:** Must have a valid Ontario health card. Most services are covered by OHIP or personal insurance.

**Hours:**

- Monday, Wednesday, & Thursday - 8:00am-4:00pm
- Tuesday - 8:00am-7:00pm
- Friday - 8:00am-1:00pm
- Saturday and Sunday - Closed

**Accessibility:** Wheelchair accessible, parking on site available and bus route accessible.

**Language:** Services offered in English or French.



## **Remedy's Rx Pharmacy**

### **Enhanced Care Clinic – Telemedicine**

#### **Description of Services:**

##### **Services Offered Include**

- Medical care for minor illnesses and injuries.
- Telemedicine technology to deliver interactive online care.
- Nurse in the clinic to assist the doctor in diagnostic and assessments and will then connect you to a doctor via computer monitor.
- Pharmacy services available on site.

**Address:** 12006 Hwy 17, Sturgeon Falls, ON P2B 3K8

**Phone Number:** (705) 753-0202

**Email:** [northernlights@remedysrx.ca](mailto:northernlights@remedysrx.ca)

**Website:** <https://www.northernlightsremedysrx.ca>

**Referrals:** No referrals are needed.

**Fees:** Must have a valid Ontario health card. Most services are covered by OHIP or personal insurance.

**Hours:**

- Monday to Friday - 9:00am - 6:00pm
- Saturday - 9:00am - 5:00pm
- Sunday - 9:00am - 3:00pm

**Accessibility:** Wheelchair accessible, parking on site available.

**Language:** Services offered in French and English.

# **Walk-In Clinic Telemedicine**

## **Phil's Lakeshore Pharmacy**

### **Description of Services:**

#### **Services Offered Include**

- Medical care for minor illnesses and injuries, telemedicine technology to deliver interactive care.
- Physician assistant or nurse present to assist with diagnostic and assessments and will then connect you to a doctor via monitor.
- Pharmacy services on site.
- Unable to do injections, sutures, or earwax removal.

**Address:** 41 Lakeshore Dr, North Bay, ON P1A 2A1

**Phone Number:** (705) 476-4016

**Email:** [norbaypharmacy@hotmail.com](mailto:norbaypharmacy@hotmail.com)

**Website:** [www.idapharmacy.com](http://www.idapharmacy.com)

**Referrals:** Walk in, no referral required.

**Fees:** Must have a valid Ontario health card. Most services are covered by OHIP or personal insurance.

**Hours:**

- Monday to Friday – 9:00am-4:00pm
- Saturday - 9:00am-1:00pm
- Sunday - Closed

**Accessibility:** Wheelchair accessible, parking on site available and bus route accessible.

**Language:** Services are offered in English.

# **West Nipissing Community Health**

## **Centre**

### **Description of Services**

#### **Services Offered Include**

- Physical examinations, testing, and treatment of acute and chronic conditions.
- Referrals to specialists.
- Counselling.
- Telemedicine consultations.
- Health promotion programming.
- Physical activity programs and fall prevention.

**Address:** 68 Michaud St, Sturgeon Falls, ON P2B 1B8

**Phone Number:** (705) 753-0151

**Email:** [info@cscno-wnchc.org](mailto:info@cscno-wnchc.org)

**Website:** <https://www.cscno-wnchc.org/>

**Referrals:** No referrals are needed. Must complete the application form for access to primary care.

**Fees:** These services are mostly covered by OHIP but some fees may apply for certain programs.

**Hours:**

- Monday, Tuesday, & Thursday- 8:00am-4:00pm (closed 12pm-1pm for lunch)
- Wednesday- 7:00am-8:00pm
- Friday- 8:00am-12:00pm

**Accessibility:** This location is wheelchair accessible.

**Languages:** Services offered in French and English.



# EMERGENCY SERVICES







# **Canadian Anti-Fraud Centre**

## **Description of Services**

- Online Fraud Reporting - Use this link:
  - <https://www.antifraudcentre-centreantifraude.ca/report-signalez-eng.htm> sign in through the government's verified.me sign in (like any Canadian Online banking login) and follow the instructions given after logging in. If there is no activity for 20 consecutive minutes, the website will automatically log you out.
- Toll-free 1-888-495-8501 - Fraud reporting by phone.

**Phone Number:** 1-888-495-8501

**Website:**

- [English Version](#)
- [French Version](#)

**Referrals:** This agency does not require referrals for their services.

**Fees:** No listed fees associated but could be subject to change.

**Hours:**

- Office Hours
  - Monday to Friday - 9:00am-4:45pm
  - Closed Saturdays, Sundays and statutory holidays.

**Accessibility:** The accessibility of this agency is not relevant.

**Language:** Services are offered in French and English.

# **Elder Abuse Ontario**

## **Description of Services**

### **Services Offered Include**

- Wide Variety of information on elder abuse with respect to different areas like 2SLGBTQ+ or dementia
- Tools and education on how to elder abuse prevention
- Senior safety line that is available 24 hours a day, 7 days a week.

**Mailing Address:** PO Box 38628, Cummer PO Toronto, ON  
M2K 2Y5

### **Phone Number:**

Elder Abuse Ontario Office: (416) 916-6728

Seniors Safety Line: 1-866-229-1011

**Website:** <https://eapon.ca/>

**Referrals:** This agency does not require referrals for their services.

**Fees:** No fees associated unless mailing any information (fees for stamps or envelopes).

**Hours:**

- Office Hours:
  - Monday to Friday - 9:00am-5:00pm
  - Closed Saturday and Sundays
- Senior safety line - 24 hours a day, 7 days a week.

**Accessibility:** The accessibility of this agency is not relevant.

**Languages:** The services are provided in English.

# **North Bay Regional Health Centre** **(NBRHC) Emergency Department**

**\*if requiring emergency medical assistance, please dial  
911\***

## **Description of Services**

### **Services Offered Include**

- Emergency healthcare services consisting of diagnostics, treatment and management of acute and chronic health conditions, illness and injury.

**Address:** 50 College Drive, P.O. Box 2500, North Bay, ON  
P1B 5A4

**Phone Number (non-emergent):** (705) 474-8600

**Website:** <https://nbrhc.on.ca/>

**Referrals:** No referrals required to access this emergency department.

**Fees:** May be fees associated depending on services, like requiring crutches. These prices are subject to change.

**Hours:**

- 24 hours, 7 days a week, 365 days a year but may be subject to closures due to staffing shortages.

**Accessibility:** This emergency department is wheelchair accessible.

[Language: The services are provided in English and French but may have access to a remote translator for other languages.](#)

# **Temiskaming Hospital Emergency**

## **Department**

**\*if requiring emergency medical assistance, please dial  
911\***

### **Description of Services**

#### **Services Offered Include**

- Emergency healthcare services consisting of diagnostics, treatment and management of acute and chronic health conditions, illness and injury.

**Address:** 421 Shepherdson Road, New Liskeard, ON P0J  
1P0

**Phone Number (non-emergent):** (705) 647-8121

**Website:** <https://temiskaming-hospital.com/tem/>

**Referrals:** No referrals required to access this emergency department.

**Fees:** May be fees associated depending on services, like requiring crutches. These prices are subject to change.

**Hours:**

- 24 hours, 7 days a week, 365 days a year but may be subject to closures due to staffing shortages.

**Accessibility:** This emergency department is wheelchair accessible.

**Languages:** The services are provided in French and English but may have access to a remote translator for other languages.



# **Victims Services of Nipissing District**

## **Description of Services**

### **Services Offered Include**

- The Victim Crisis Assistance Ontario (VCAO).
- Victim Quick Response Program + (VQRP+).
- Mobile Tracking System Program.
- Child and Youth Advocacy Center of Nipissing (CYAC).
- Attendants will monitor and check in with clients accessing service.

**Address:** 135 Princess Street West, North Bay, ON

P1B 8K6

**Phone Number:** (705) 472-2649

**Email:** [info@vsnd.ca](mailto:info@vsnd.ca)

**Website:** <https://vsnd.ca/>

**Referrals:** After hours, emergency services will refer to the Victim Services.

**Fees:** Contact the agency for the fees associated as the prices may change over time.

**Hours:**

- Office Hours
  - Monday to Friday - 8:30am-4:30pm
  - Closed Saturday and Sunday
- 24 hour, 7 day a week support outside of office hours with referrals from emergency services.

**Accessibility:** This agency is wheelchair accessible.

**Language:** Services are offered in French and English.

# **West Nipissing General Hospital**

## **Emergency Department**

**\*if requiring emergency medical assistance, please dial  
911\***

### **Description of Services**

#### **Services Offered Include**

- Emergency healthcare services consisting of diagnostics, treatment and management of acute and chronic health conditions, illness and injury.

**Address:** 725 Coursol Road, Sturgeon Falls, ON P2B 2Y6

**Phone Number (non-emergent):** (705) 753-3110

**Email:** [administration@wngh.ca](mailto:administration@wngh.ca)

**Website:** <https://www.wngh.ca/>

**Referrals:** No referrals required to access this emergency department.

**Fees:** May be fees associated depending on services, like requiring crutches. These prices are subject to change.

**Hours:**

- 24 hours, 7 days a week, 365 days a year but may be subject to closures due to staffing shortages.

**Accessibility:** This emergency department is wheelchair accessible.

**Languages:** Services are offered in French and English. May have access to a remote translator for other languages.

# HOME CARE & COMMUNITY CARE





# **Au Chateau - Temagami Senior Home**

## **Support**

### **Description of Services**

#### **Services Offered Include**

- Support for older adults living independently.
- Diners club where seniors can have lunch together.
- Friendly visits/check ins for seniors and people with disabilities who live alone.
- Assistance with daily chores \* only for residents in Ronnoco or Minawassi apartments.
- Meals on wheels.
- Non-emergent transportation to local and long-distance medical appointments and to run errands.

**Address:** 5 Bayview Lane, Temagami, ON P0H 2H0

**Phone Number:** (705) 569-3885

**Email:** [tshs@ontera.net](mailto:tshs@ontera.net)

**Referrals:** Some services may require call-ahead booking.

**Fees:** This service is free unless specified.

**Hours:** Monday to Friday 8:00am-4:00pm. Closed Saturday and Sunday.

**Accessibility:** This location is wheelchair accessible.

**Languages:** Services are offered in French and English.



## **Bayshore Home Health- North Bay**

### **Description of Services:**

#### **Services Offered Include**

- Personal care, company, meal preparation, medical reminders, light housekeeping, dementia care, palliative care (end of life care) and falls prevention.
- **Nursing care:** Medication administration, intravenous therapy, dressing changes, ventilator care, pain and symptom management, chronic disease management, basic and advanced foot care.
- **Additional care:** Physiotherapy (help restore and maintain physical movement) and occupational therapy (treat injured or disabled patients through therapeutic activities).

**Address:** 5-183 First Ave W, North Bay, ON P1B 3B8

**Phone number:** (705) 495-1923 and 1-888-446-8319

**Website:** <https://www.bayshore.ca>

**Referrals:** No referral needed.

**Fees:** Free-in-home consultations to access immediate needs.

Some services may be covered through OHIP or personal insurance. Prices may vary on service.

**Hours:**

- 24 hours a day, 7 days a week.

**Accessibility:** Caregiver or nurse comes to clients home to provide care.

**Language:** Bayshore hires caregivers from many ethnic and cultural backgrounds. They may be able to accommodate specific language requests.

# **Blind or Low Vision Support Group**

## **Description of Services**

### **Services Offered Include**

- Emotional support for individuals, family members, and friends.
- Education on low vision tools and tips for activities of daily living.
- Safety tips for the home and community.
- Assistance for signing up for CNIB.
- In-home sessions.

### **Addresses:**

First Wednesday of the Month: 425 Fraser St, North Bay

Second Wednesday of the Month: 271 Worthington St E.,  
North Bay

**Phone Number:** 1-888-675-2468

**Referrals:** This service accepts walk-ins. No referral or appointment needed.

**Fees:** This service is free of charge.

**Hours:** This service only runs the first and second Wednesday of the month at 1:30pm (locations vary).

**Accessibility:** These locations are wheelchair accessible.

**Languages:** Services are offered in English.

## Care Partners- North Bay

### Service Description:

#### Services Offered Include

- Personal support with bathing, dressing, toileting, meal preparation, light housekeeping, exercising and medications.
- **Nursing care:** Wound care, IV therapy, dialysis, medication management, chronic disease management (heart disease, diabetes, obstructive lung disease etc.), palliative care (offering emotional and physical support).
- **Rehabilitation care:** Dietetics and nutrition, occupational therapy, physiotherapy, social workers, and speech-language pathology.
- Health information on diabetes, high blood pressure, healthy eating, heart attack recovery, caring for Alzheimer's, Parkinson's, managing medications, staying safe in your home.

**Address:** 195 First Avenue, West North Bay, ON P1B 3B8

**Phone Number:** (705) 560-5926 (North Bay location) 1-866-866-4174 (website)

**Email:** [craig.mccleary@carepartners.ca](mailto:craig.mccleary@carepartners.ca)

**Website:** <https://www.carepartners.ca>

**Referrals:** No referral required.

**Fees:** Fees may vary based on service. OHIP or personal insurance may cover certain services.

**Hours:**

- 24 hours a day, 7 days a week.

Office hours:

- Monday to Friday 8:30am-4:30pm
- Saturday and Sunday closed.

**Accessibility:** Support worker or a nurse goes to the client's home to provide care.

**Language:** Services are offered in French and English.

## **Cassellholme 400 Community Club**

### **Service Description:**

- Must be 18 years or older and need assistance with mobility or other activities of daily living.

### **Services Offered Include**

- Respite, to allow caregivers extra time to catch up on their own daily lives when signing up loved ones to the club
- Activities such as exercise, music, games, manicures, arts and crafts, outings, baking, socializing, reminiscing and happy hour.
- Nutritious meals for full or half days (cost applies).
- Hairdressing and foot care.

**Address:** 400 Olive St W, North Bay, ON P1B 6J4

**Phone Number:** (705) 474-4250 ext. 223

**Email:** [questions@cassellholme.ca](mailto:questions@cassellholme.ca)

**Website:** <https://www.cassellholme.ca/community/400club/>

**Referrals:** Requires a referral from the LHIN (Local Health Integration Network) @ (705) 476-2220

**Fees:** Vary on service.

**Hours:**

- Monday to Friday-8:30am-4:30pm
- Closed Saturday and Sunday

**Accessibility:** Wheelchair accessible.

**Language:** Services are offered in French and English.



# **CHIB Northeast- Vision Loss**

## **Rehabilitation Ontario (Sudbury)**

### **Service Description:**

- Vision assessment and teaches techniques for maximizing eyesight and remaining independent
- Explains eye diseases and how they affect vision
- Teaches safe methods of pouring hot liquids, preparing a meal, and using household appliances
- Teaches how to use large-print, braille and audio products, and adaptive technology as a part of day-to-day life
- Offers educating on how to use a white cane and other mobility tools and safely commute
- Provides parents with educational materials, access to local resources, and workshops on raising a child who is blind or partially sighted

**Address:** 1545 Regent Street, Unit 104, P3E 3Z7

**Phone Number:** 1-844-887-8572

**Email:** [info@vlrehab.ca](mailto:info@vlrehab.ca)

**Website:** [www.visionlossrehab.ca](http://www.visionlossrehab.ca)

**Referrals:** Must call to make an appointment. Must submit recent eye report from ophthalmologist or optometrist (within 10 months of assessment).

**Fees:** There are no fees.

**Hours:**

- Service by appointment, Monday to Friday-8:30am-4:30pm
- Closed Saturday and Sunday

**Accessibility:** Wheelchair accessible.

**Language:** Services are offered in French and English.

## **CHS (Canadian Hearing Services)**

*\*Location closed right now but they continue to serve the local area virtually, call or email for assistance\**

### **Services Descriptions:**

#### **Services Offered Include**

- Support for people who are culturally deaf, oral deaf, deafened, and hard of hearing and their families.
- Communication devices, connection with mental health counselling, deafblind services, general support services, and hearing care counselling.

**Address:** 10 King St W, North Bay, ON P1B 5Z7

**Phone Number:** 1-866-518-0000 ext. 4126

**Email:** [info@chs.ca](mailto:info@chs.ca)

**Website:** <https://www.chs.ca>

**Referrals** Call for appointment, no referrals required.

**Fees:** Set fees for certain services.

**Hours:**

- Monday to Friday–9:00am-5:00pm
- Closed Saturday and Sunday

**Accessibility:** Wheelchair accessible. Area served Nipissing, Parry Sound, Timiskaming.

**Language:** Services are offered in ASL (American sign language), English, French and LSQ (Quebec sign language).

# Connect Hearing

## Description of Services

### Services Offered Include

- Free hearing tests for clients over 50.
- Recommendations for hearing aids.
- Complimentary hearing aid after care (free batteries, cleanings, and checkups).
- Price matching for hearing aids.
- Payment plans starting at 0%.

**Address:** 1380 Lasalle Blvd, Unit E1, Sudbury, ON P3A  
1Z6

**Phone Number:** (705) 525-5528

1-800-563-4327 (Toll Free)

**Email:** info@connecthearing.ca

**Website:** [www.connecthearing.ca](http://www.connecthearing.ca)

**Referrals:** No referral is needed. Fill out the online form to set up an appointment.

**Fees:** There are costs associated with purchase of hearing aids.

**Hours:** Monday to Friday- 9:00am-5:00pm (closed 12:00pm-1:00pm for lunch). Closed Saturday and Sunday.

**Accessibility:** This location is wheelchair accessible.

**Languages:** Services are offered in English.

# **East Parry Sound Community**

## **Support**

### **Services Description:**

#### **Services Offered Include**

- Support for older adults and adults with disabilities.
- Hot and frozen meals (meals on wheels), senior luncheons, volunteer transportation program and wheelchair accessible van.
- Seniors stay on your feet classes (free).

**Address:** 8 King St, Powassan, ON P0H 1Z0

**Phone Number:** (705) 724-6028

**Email:** [info@eastholme.ca](mailto:info@eastholme.ca)

**Website:** <https://eastholme.ca/community-services/>

**Referrals:** No referrals required, call for inquiry.

**Fees:** Fees vary per program.

**Hours:**

- Monday to Friday–8:00am-4:00pm
- Closed Saturday and Sunday

**Accessibility:** Wheelchair accessible.

**Language:** Services are offered in English.



## **Medigas- North Bay**

### **Service Description:**

#### **Services Offered Include**

- Medical supplies and equipment for individuals to purchase or rent such as canes, crutches, walkers, and rollators.
- Bathroom aids such as commodes, grab bars and handheld shower heads
- Hospital beds and pressure relief mattresses
- IV poles and pumps
- Enteral feeding supplies and pumps.
- Respiratory supplies for home oxygen, tracheostomy, and continuous positive airway pressure (CPAP) needs.

**Address:** 100 Golf Club Rd, Unit B, North Bay, ON P1B  
9T8

**Phone Number:** (705) 497-1731

**Website:** [www.medigas.com](http://www.medigas.com)

**Referrals:** Referral and prescription required for oxygen and CPAP.

**Fees:** Set fees. Call to inquire.

**Hours:**

- Monday to Friday-8:00am-5:00pm
- Closed Saturday and Sunday

**Accessibility:** Wheelchair accessible.

**Language:** Services are offered in French and English.

# **Near North Hearing Centre**

## **Description of Services**

### **Services Offered Include**

- Hearing assessments.
- Central auditory processing tests.
- Hearing aid evaluations for clients with hearing loss.
- Assessments for other assistive listening devices.

**Address:** 204-510 Main St E, North Bay, ON P1B 1B8

**Phone Number:** (705) 494-9900

**Email:** [nearnorthhearing@cogeco.net](mailto:nearnorthhearing@cogeco.net)

**Referrals:** Call to book an appointment. No referral is needed.

**Fees:** There are set fees for service, please call for more information.

**Hours:**

- Monday & Friday- 9:00am-4:00pm
- Tuesday & Thursday- 9:00am-5:00pm

**Accessibility:** This location is wheelchair accessible.

**Languages:** Services are offered in English.

# **Para-Med Home Health**

## **Centre – North Bay**

### **Service Description:**

#### **Services Offered Include**

- Provides clients with personal care assistance, companion aide services, emotional, psychosocial (social skills), and spiritual support
- Provide support to clients for daily challenges associated with dementia and Alzheimer's disease.
- Assistance with brain injury and short-term care.
- Wound care, IV care, palliative care, acute care post hospitalization, chronic disease management (diabetes, heart disease, chronic obstructive lung disease etc.) mental health, and foot care.
- Provides senior wellness checks by in-home regular check-ins to ensure your loved ones are hydrated, eating well, and taking medications.

**Address:** 222 McIntyre St W, Suite 300, North Bay, ON  
P1B 2Y8

**Phone Number:** (705) 495-4391 and 1-800-268-0235

**Email:** No direct email. Under the contact tab you can select to email online through the website.

**Website:** [www.paramed.com](http://www.paramed.com)

**Referrals:** No referrals required.

**Fees:** Set fees. Fees may be covered through OHIP or personal insurance.

**Hours:**

- Daily 24-hour and administration are Monday to Friday-  
6:00am-10:00pm
- Closed Saturday and Sunday

**Accessibility:** Wheelchair accessible. Nurses or support workers come into the clients home to provide care. They complete a free in home-assessment before services.

**Language:** Services are offered in French and English.

# Physically Handicapped Adults' Rehabilitation Association

## Service Description:

### ~~Services Offered Include~~

- 24-hours a day assist with personal care needs, homemaking services, other activities of daily living
- Assist clients on a short-term basis (90 days) in transitioning to long-term care or retirement facility.
- Assistive device loan for a 90-day period. Includes walkers, wheelchairs, canes, and more.
- Services in education, socialization, recreation assessment and therapy for stroke survivors.
- Program available at cost one to three times per week Monday, Wednesday, and Friday. Call for price inquiry.

**Address:** 280 Oakwood Ave, North Bay, ON P1B 9G2

**Phone Number:** (705) 476-0733

**Email:** [phara@phara.org](mailto:phara@phara.org)

**Website:** [www.phara.org](http://www.phara.org)

**Referrals:** No referral needed.

**Fees:** Fees vary based on services, OHIP or personal insurance may cover.

**Hours:**

- Monday to Friday-8:30am-4:30pm
- Closed Saturday and Sunday

**Accessibility:** Wheelchair accessible. A nurse or support worker goes into a client's home to provide care.

**Language:** Services are offered in French and English.



## **Total Nursing Care Inc - Sudbury**

### **Service Description:**

#### **Services Offered Include**

- Medication administration, wound care, advanced foot care, physician consultation, IV therapy, pain and symptom management, chronic disease management, flu shots, asthma management, pulmonary function, and audio testing.
- Bathing, grooming, dressing, meal preparation, feeding, toileting, getting safely in and out of bed, assist with safe use of equipment, assistance with medications, assistance to medical appointments.
- Assistance with cooking, cleaning, laundry, and companionship. Care for pets, check-in visits, appointment escorts, social outings or walks, monitoring and reporting changes to client's health and wellness.

**Address:** 1375 Regent St, Sudbury, ON P3E 6K4

**Phone Number:** (705) 522-3191

**Email:** [info@totalnursingcare.com](mailto:info@totalnursingcare.com)

**Website:** <http://totalnursingcare.com>

**Referrals:** Must call for requirements and referral needed.

**Fees:** No fees. Call to inquire about.

**Hours:**

- Daily 24 hours. Administration Monday to Friday-  
9:00am-4:30pm
- Closed Saturday and Sunday.

**Accessibility:** Wheelchair accessible. A nurse or support worker goes into a client's home to provide care.

**Language:** Services are offered in English.



# Housing Services





# **Native People of Nipissing Housing**

## **Description of Services**

### **Services Offered Include**

- 66 geared-to-income housing units
- Provides property management and tenant counseling services.
- Culturally comfortable and safe environment for tenants.
- 15 housing units reserved for seniors.
- 24 housing units consisting of 2-3 bedrooms.
- 37 housing units consisting of 3-4 bedrooms.

**Address:** 120 Massey Dr, North Bay, ON P1A 4K9

**Phone Number:** (705) 497-1773

**Email:** [natpeopnip@cogeco.net](mailto:natpeopnip@cogeco.net)

**Website:** <https://www.npon.ca/>

**Referrals:** There are no referrals needed. Call to register.

**Fees:** This service involves geared-to-income housing.

Please call for more information about fees for your specific circumstances.

**Hours:**

- Monday to Thursday- 8:30am-4:00pm
- Friday- 8:30am-12:00pm

**Accessibility:** This location is wheelchair accessible.

**Languages:** Services are offered in English.

# **Low Income People Involvement of** **Nipissing**

## **Description of Services**

### **Services Offered Include**

- Assistance with stable housing and income assistance for people in temporary need.
- Two months rent cost coverage.
- Clothing.
- Dental.
- Emergency shelter.
- Financial and credit counselling and assistance with money management.
- Furniture.
- Vision, medical, and prescription.

**Address:** 127 Main St E, North Bay, ON P1B 1A9

**Phone Number:** (705) 472-1337

**Email:** [lipi@lipinipissing.com](mailto:lipi@lipinipissing.com)

**Website:** [www.lipinipissing.com](http://www.lipinipissing.com)

**Referrals:** No referrals are needed. This service requires proof of income and expenses.

**Fees:** This service is free of charge.

**Hours:**

- Monday, Wednesday, & Thursday- 10:00am-4:00pm
- Friday- 10:00am-3:00pm
- Closed Tuesday, Saturday, and Sunday

**Accessibility:** This location is wheelchair accessible.

**Languages:** Services are offered in French and English.





# INDIGENOUS SPECIFIC RESOURCES

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# **Aboriginals Peoples Alliance North**

## **Ontario - Kirkland Lake**

### **Description of Services**

#### **Services Offered Include**

- Child health programs.
- Long-term care programs.
- Community wellness programs.
- Aboriginal diabetes prevention programs.

**Address:** 26 Station Rd N, Kirkland Lake, ON P2N 3L1

**Phone Number:** (705) 272-2022

**Email:** [apanomain@puc.net](mailto:apanomain@puc.net)

**Website:** [www.apano.co](http://www.apano.co)

**Referrals:** No referrals are needed for this service, must have a valid health card and an Indian Status card.

**Fees:** This service is free of charge.

**Hours:** Tuesday to Thursday- 8:30am-4:30pm (closed 12:00pm-1:00pm for lunch).

**Accessibility:** This location is wheelchair accessible.

**Languages:** Services are offered in English.

# **Aboriginals Peoples Alliance North**

## **Ontario - Sudbury**

### **Description of Services**

#### **Services Offered Include**

- Child health programs.
- Long-term care programs.
- Community wellness programs.
- Aboriginal diabetes prevention programs.

**Address:** 154 Durham St, Unit B, Sudbury, ON P3E 3M9

**Phone Number:** (705) 670-9252

**Email:** [apanomain@puc.net](mailto:apanomain@puc.net)

**Website:** [www.apano.co](http://www.apano.co)

**Referrals:** No referrals are needed. Call or visit to make an appointment. Must have a valid health card and an Indian status card.

**Fees:** These services are free of charge.

**Hours:** Monday to Friday 8:30am-4:30pm (closed 12:00pm-1:00pm for lunch). Closed Saturday and Sunday.

**Accessibility:** This location is wheelchair accessible.

**Languages:** Services are offered in English.

# **Aboriginals Peoples Alliance North**

## **Ontario - Sudbury Drop-In Centre**

### **Description of Services**

#### **Services Offered Include**

- Child health programs.
- Long-term care programs.
- Community wellness programs.
- Aboriginal diabetes prevention programs.

**Address:** 154 Durham St, Unit B, Sudbury, ON P3E 3M9

**Phone Number:** (705) 670-9252

**Email:** [apanomain@puc.net](mailto:apanomain@puc.net)

**Website:** [www.apano.com](http://www.apano.com)

**Referrals:** This location accepts walk-ins. No referral or appointment is needed.

**Fees:** This service is free of charge.

**Hours:** Only open on Tuesdays 5:00pm-8:00pm.

**Accessibility:** This location is wheelchair accessible.

**Languages:** Services are offered in English.



# **First Nations and Inuit Hope for Wellness Helpline**

## **Description of Services**

### **Services Offered Include**

- Crisis intervention by telephone with recommendations for follow-up services.
- Web chat options also available.

**Phone Number:** 1-855-242-3310

**Website:** <https://www.sac-isc.gc.ca>

**Referrals:** There are no referrals for this service.

**Fees:** This service is free of charge.

**Hours:** This service runs 24/7.

**Languages:** Services are offered in English, French, Cree, Ojibway, and Inuktitut.



## **Giyak Moseng - Right Path**

### **Counselling and Prevention Services**

#### **Description of Services**

##### **Services Offered Include**

- Individual counselling.
- Referrals for other mental health services.
- Alcohol, drug, and gambling assessments.
- Relapse prevention.
- Presentations and workshops on mental health and addictions.
- Harm reduction programs such as naloxone and harm reduction supplies.
- Access to traditional services.
- Health promotion to increase awareness of the resources and supports available.

**Address:** 58 Semi Rd, Garden Village, ON P2B 3K2

**Phone Number:** (705) 753-1375

**Website:** <https://nfn.ca/health-services/right-path/>

**Referrals:** No referral is needed. Call to book an appointment.

**Fees:** These services are free of charge.

**Hours:** Monday to Friday 8:30am-4:30pm. Closed Saturday and Sunday.

**Accessibility:** This location is wheelchair accessible.

**Languages:** Services are offered in English.

# Mino M'shki-ki Indigenous Health

## Team

### Description of Services:

#### ~~Services Offered Include~~

- Promotion of holistic health (natural care), ill health, treatment of illness, and support communities on their journeys through these realities.
- Provides traditional health and land-based activities as well as Western medicine and clinic-based activities.
- Completed in cooperation with physicians, nurse practitioners, nurses, foot care nurses, mental wellness and addictions workers, cultural health and wellness coordinators, community and office support workers, elder/cultural support workers, registered psychotherapists.
- Telemedicine available as well.

**Address:** 421 Shepherdson Rd, New Liskeard, ON P0J 1P0

**Phone Number:** (705) 647-7855 Ext. 3000

**Email:** [healthteam@minomshkiki.ca](mailto:healthteam@minomshkiki.ca)

**Website:** <https://minomshkiki.ca/>

**Referrals:** Call for appointment, non-registered patients must apply through the Health Care Connect Program.

**Fees:** Must have a valid Ontario health card. Most services are covered by OHIP or personal insurance.

**Hours:**

- Monday to Thursday - 9:00am-12:00pm, 1:00pm-5:00pm
- Friday, Saturday, and Sunday - Closed

**Accessibility:** Wheelchair access and parking available.

Must have a valid Ontario health card needed. Most services are covered by OHIP.

**Language:** Services are offered in English.

# **Mînowacihewin Regional Services for Indigenous People - NBRHC**

## **Description of Services**

### **Services Offered Include**

- Clinical consultation.
- Discharge planning.
- Setting up support and resources.
- Follow-up and community outreach support upon discharge from the hospital.

**Address:** 50 College Drive, North Bay, ON, P1B 5A4

**Phone Number:** (705) 474-8600 ext. 4260, 1-888-268-6668  
(Toll-Free)

**Website:** <https://nbrhc.on.ca>

**Referrals:** Internal referrals within the hospital started by the health care team or the client. They may accept outpatient referrals from the Northeast by phone only. You must be Inuit, Metis, or Indigenous to access the service.

**Fees:** Please call for information on fees.

**Hours:** Monday to Friday 8:00am-4:00pm. Closed Saturday and Sunday.

**Accessibility:** This location is wheelchair accessible.

**Languages:** Services are offered in English. Interpretative services are available on request.



# **Indigenous Community Treatment**

## **Program**

### **Description of Services**

#### **Services Offered Include**

- Mental health assessments.
- Individual and group counselling.
- Relapse prevention support.
- Family intervention services.
- Follow-up services.
- Referrals.

**Address:** 361 McIntyre St E, North Bay, ON P1B1C9

**Phone Number:** (705) 472-6515, 1-888-814-3327 (Toll Free)

**Email:** [info@cccnip.com](mailto:info@cccnip.com)

**Website:** [www.ccnip.com](http://www.ccnip.com)

**Referrals:** Referrals needed and accepted from any source.

**Fees:** There are no fees for service.

**Hours:**

- Monday, Wednesday, Friday- 8:30am-5:00pm
- Tuesday & Thursday-8:30am-8:00pm
- Closed Saturday and Sunday

**Accessibility:** This location is wheelchair accessible.

**Languages:** Services are offered in English.

# **Indigenous Services Canada - Non Insured Health Benefits Program**

## **Description of Services**

### **Services Offered Include**

- Needs-based health benefit program for some drugs, dental care, vision care, medical supplies, and equipment.
- Short-term crisis intervention mental health counselling.
- Medical transportation.
- Provides coverage for a limited range of goods and services that may not be insured elsewhere.

**Address:** 981 Balmoral St, Thunder Bay, ON P7B 0A6

**Phone Number:** (807) 343-5390

1-877-779-7749 (Toll Free)

**Website:** <http://www.sac-isc.gc.ca>

**Referrals:** Indian Status card required.

**Fees:** None, some claims are sent directly from the provider to your insurance in some situations you may need to submit your own claim.

**Hours:** Monday to Friday 8:00am-4:15pm. Closed Saturday and Sunday.

**Accessibility:** This location is wheelchair accessible.

**Languages:** Services are offered in English.

# **Native People of Nipissing Housing**

## **Description of Services**

### **Services Offered Include**

- 66 geared-to-income housing units
- Provides property management and tenant counseling services.
- Culturally comfortable and safe environment for tenants.
- 15 housing units reserved for seniors.
- 24 housing units consisting of 2-3 bedrooms.
- 37 housing units consisting of 3-4 bedrooms.

**Address:** 120 Massey Dr, North Bay, ON P1A 4K9

**Phone Number:** (705) 497-1773

**Email:** [natpeopnip@cogeco.net](mailto:natpeopnip@cogeco.net)

**Website:** <https://www.npon.ca/>

**Referrals:** No referrals are needed for this service. Call to register.

**Fees:** This service involves geared-to-income housing.

Please call for more information about fees for your specific circumstances.

**Hours:**

- Monday to Thursday- 8:30am-4:00pm
- Friday- 8:30am-12:00pm

**Accessibility:** This location is wheelchair accessible.

**Languages:** Services are offered in English.

# **North Bay Indigenous Friendship**

## **Centre**

### **Description of Services**

#### **Services Offered Include**

- Healing and wellness services.
- Indigenous mental health and wellness.
- Justice/court work.
- Lifelong care.

**Address:** 980 Cassells St, North Bay, ON P1B 4A8

**Phone Number:** (705) 472-2811

**Email:** [recept@ssmifc.ca](mailto:recept@ssmifc.ca)

**Website:** <https://nbifc.org/>

**Referrals:** No referrals are needed for this service, must have valid health card and an Indian Status card.

**Fees:** These services are free of charge.

**Hours:** Monday to Friday- 8:30am-4:30pm.

**Accessibility:** This location is wheelchair accessible.

**Languages:** Services are offered in English and Cree.



# **Legal and Financial Services**





# **Nipissing Community Legal Clinic**

## **Description of Services**

### **Services Offered Include**

- Free legal services for low-income residents of North Bay.
- Help with employment insurance law, housing law (tenants and co-op members only), and tenant duty representation in landlord-tenant board hearings.
- ODSP Ontario Works advice and representations.

### **Address:**

- 107 Shirreff Ave Suite 214, North Bay, ON, P1B 7K9
- 201 River Street, Sturgeon Falls, ON, P2B 1T4
- 360 Hurdman Drive, Mattawa, ON, P0H 1V0

**Phone:** (705) 476-6603 (North Bay)

**Website:** <https://www.nipissingcommunitylegalclinic.ca/>

**Referrals:** No referrals are needed.

**Fees:** Free service for low-income residents.

**Hours:**

- North Bay
  - Monday to Friday - 8:30am-4:30pm
  - Closed for lunch from 12:00pm-1:00pm
  - Saturday and Sunday - Closed.
- Sturgeon
  - Tuesday 3x per month - 9:00am-11:30am (Call ahead)
- Mattawa
  - 3<sup>rd</sup> Monday each month - 8:30am-11:30am (Call ahead)

**Accessibility:** This location is wheelchair accessible.

**Language:** Services are offered in French and English.

# **Ontario Disability Support Program**

## **(ODSP)**

### **Description of Services**

#### **Services Offered Include**

- Income support for clients with disabilities
- Financial support for equipment, medications, and other fees associated with the management of disabilities.
- Must be over the age of 18, a permanent resident of Ontario, be in financial need and meet the description of someone with a disability or meet other criteria.

**Address:** 621 Main St W, North Bay, ON P1B 2V6

**Phone:** (705) 474-3540 (North Bay) Toll free: 1-800-461-6977

**Email:** [ODSP.NB@ontario.ca](mailto:ODSP.NB@ontario.ca)

**Website:** <https://www.ontario.ca/page/ontario-disability-support-program>

**Referrals:** No referral, applications are required.

**Fees:** No fees for applications.

**Hours:**

- Monday-Friday 8:30am-5:00pm
- Saturday-Sunday closed.

**Accessibility:** This location is wheelchair accessible.

**Languages:** Services are offered in French [These services are available in French](#) and English.

# **Ontario Works Income Assistance**

## **Description of Services**

### **Services Offered Include**

- Temporary income support for those in financial need and working towards getting a job.
- Once accepted you can access benefit support such as dental, vision care, diabetic or surgical supplies, travel costs for medical purposes, medication coverage, guide dogs, and assistive devices.

**Address:** 200 McIntyre St E, North Bay, ON P1B 8V6

**Phone:** (705) 474-2151 (North Bay)

(705) 744-0395 (Mattawa)

(705) 753-5400 (Sturgeon Falls)

**Website:** <https://www.ontario.ca>

**Referral:** No referrals are needed, applications are required.

**Fees:** No fees for applications.

**Hours:**

- Monday to Friday - 8:30am-4:30pm
- Saturday and Sunday – Closed

**Accessibility:** This location is wheelchair accessible.

**Languages:** Services are offered in French and English.



# **Veterans Affairs Canada**

## **Description of Services**

### **Services Offered Include**

- Support for the economic, social, mental, and physical wellbeing of veterans as well as their dependents.
- Financial support for home modifications, funeral expenses, survivor benefits, home support services, caregiver relief, long-term care, treatments, and medical support.

**Address:** 107 Sherriff Ave Unit 201, North Bay, ON, P1B 7K9

**Phone:** 1-866-522-2122 TTY: 1-833-921-0071

**Email:** [information@veterans.gc.ca](mailto:information@veterans.gc.ca)

**Website:** <https://www.veterans.gc.ca/eng>

**Referrals:** No referrals are needed, must be a military veteran.

**Fees:** Free services.

**Hours:**

- Monday to Friday - 8:30am-4:30pm
- Saturday and Sunday - Closed

**Accessibility:** This location is wheelchair accessible.

**Language:** Services are offered in English.

# Long Term Care Hospice





# **Algonquin Nursing Home**

## **Description of Services**

### **Services Offered Include**

- 24-hour care with access to doctors, nurses, and other healthcare workers.
- Bedding, furniture, laundry, housekeeping, meals, hygiene, and medical supplies.
- Daily care consisting of help with medications, bathroom visits, dressing, and eating.
- Foot care, hairdressing, dental care, physical therapy, end-of-life care, and pastoral services.
- Social and recreational programs.
- Social and recreational adult day programs to give relief to the at-home caregivers.

**Address:** 207 Turcotte Park Rd. Mattawa, ON, P0H 1V0

**Phone:** (705) 744-2202 Toll Free: 1-800-579-4284

**Email:** [info@anh.ca](mailto:info@anh.ca)

**Website:**

<https://www.mattawahealth.ca/AlgonquinNursingHome>

**Referrals:** No referrals are needed, applications required.

New applicants will be added to a waitlist.

**Fees:** Fees set by the Ministry of Long-Term Care, there may be additional fees for extra services.

**Hours:**

- Office hours
  - Monday to Sunday - 8:30am-7:00pm
- Operating hours
  - 24 hours a day 7 days a week

**Accessibility:** This location is wheelchair accessible.

**Languages:** Services are offered in French and English.

# **Au Château Home for the Aged**

## **Description of Services**

### **Services Offered Include**

- 24-hour care with access to doctors, nurses, and other healthcare workers.
- Bedding, furniture, laundry, housekeeping, meals, hygiene, and medical supplies.
- Daily care consisting of help with medications, bathroom visits, dressing, and eating.
- Foot care, hairdressing, dental care, physical therapy, end-of-life care, pastoral services, and exercise and fall prevention classes.
- Social and recreational programs.

**Address:** 100 Michaud St, Sturgeon Falls, ON, P2B 2Z4

**Phone:** (705) 753-1550

**Email:** [kymberly.budge@auchateau.ca](mailto:kymberly.budge@auchateau.ca)

**Website:** <https://nipissingwellness.ca/partner/au-chateau-home-for-the-aged-west-nipissing/>

**Referral:** No referrals are needed, applications required.

**Fees:** Fees set by the Ministry of Long-Term Care, there may be additional fees for extra services.

**Hours:**

- Office hours
  - Monday to Friday - 8:00am-4:00pm
  - Saturday and Sunday - Closed
- Operating hours
  - 24 hours a day 7 days a week

**Accessibility:** This location is wheelchair accessible.

**Languages:** Services are offered in French and English.



# **Cassellholme Home for the Aged**

## **Description of Services**

### **Services Offered Include**

- 24-hour care with access to doctors, nurses, and other healthcare workers.
- Bedding, furniture, laundry, housekeeping, meals, hygiene, and medical supplies.
- Daily care consisting of help with medications, bathroom visits, dressing, and eating.
- Foot care, hairdressing, dental care, physical therapy, end-of-life care and pastoral services.
- Social and recreational programs.

**Address:** 400 Olive St W, North Bay, ON P1B 6J4

**Phone:** (705) 474-4250

**Email:** [Questions@Cassellholme.ca](mailto:Questions@Cassellholme.ca)

**Website:** <https://www.cassellholme.ca/>

**Referral:** No referrals are needed, applications required.

New applicants will be added to a waitlist.

**Fees:** Fees set by the Ministry of Long-Term Care, there may be additional fees for extra services.

**Hours:**

- Office hours
  - Monday to Friday - 8:00am-4:00pm
  - Saturday and Sunday - Closed
- Operating hours
  - 24 hours a day 7 days a week

**Accessibility:** This location is wheelchair accessible.

**Language:** Services are offered in English.

# **Eastholme Home for the Aged**

## **Description of Services**

### **Services Offered Include**

- 24-hour care with access to doctors, nurses, and other healthcare workers.
- Bedding, furniture, laundry, housekeeping, meals, hygiene, and medical supplies.
- Daily care consisting of help with medications, bathroom visits, dressing, and eating.
- Foot care, hairdressing, dental care, physical therapy, end-of-life care and pastoral services.
- Social and recreational programs.

**Address:** 62 Big Bend Ave., Powassan, ON P0H 1Z0

**Phone:** (705) 724-2005

**Email:** [info@eastholme.ca](mailto:info@eastholme.ca)

**Website:** <https://eastholme.ca/>

**Referral:** No referrals are needed, applications required.

New applicants will be added to a waitlist.

**Fees:** Fees set by the Ministry of Long-Term Care, there may be additional fees for extra services.

**Hours:**

- Office hours
  - Monday to Friday - 8:30am-4:30pm
  - Saturday and Sunday - Closed
- Operating hours
  - 24 hours a day 7 days a week

**Accessibility:** This location is wheelchair accessible.

**Language:** Services are offered in English.

# **Nipissing Manor**

## **Description of Services**

### **Services Offered Include**

- 24-hour care with access to doctors, nurses, and other healthcare workers.
- Bedding, furniture, laundry, housekeeping, meals, hygiene, and medical supplies.
- Daily care consisting of help with medications, bathroom visits, dressing, and eating.
- Foot care, hairdressing, dental care, physical therapy, end-of-life care, pastoral services, volunteer appreciation events, and outdoor gardens.
- Social and recreational programs.

**Address:** 1202 Hwy 94, Corbeil, ON P0H 1K0

**Phone:** (705) 752-1100

**Email:** [admin@nipissingmnaor.ca](mailto:admin@nipissingmnaor.ca)

**Website:** <https://www.nipissingmanor.ca/>

**Referral:** No referrals are needed, applications required.

New applicants will be added to a waitlist.

**Fees:** Fees set by the Ministry of Long-Term Care, there may be additional fees for extra services.

### **Hours:**

- Office hours
  - Monday to Friday 8:00am-4:00pm
  - Saturday-Sunday Closed
- Operating hours
  - 24 hours a day 7 days a week

**Accessibility:** This location is wheelchair accessible.

**Languages:** Services are offered in French and English.

# **Nipissing Serenity Hospice**

## **Description of Services**

### **Services Offered Include**

- 10 beds with 24-hour nursing and personal care.
- Access to a team of doctors, nurses, personal support workers, social workers, palliative care volunteers, and multi-faith chaplaincy to give support to residents and their families at the end of life.

**Address:** North Bay, ON, P1B 8T2

**Phone:** (705) 995-3377

**Email:** [info@nipissingserenity.ca](mailto:info@nipissingserenity.ca)

**Website:** <https://nipissingserenityhospice.ca/>

**Referrals:** Referrals and applications are required.

**Fees:** There are no fees at Nipissing Serenity Hospice, all services are free.

**Hours:**

- 24 hours a day 7 days a week

**Accessibility:** This location is wheelchair accessible.

**Languages:** Services are offered in French and English.



# **Water's Edge Care Community**

## **Description of Services**

### **Services Offered Include**

- 24-hour care with access to doctors, nurses, and other healthcare workers.
- Bedding, furniture, laundry, housekeeping, meals, hygiene, and medical supplies.
- Daily care consisting of help with medications, bathroom visits, dressing, and eating.
- Foot care, hairdressing, dental care, physical therapy, end-of-life care, and pastoral services.
- Social and recreational programs.

**Address:** 401 William St, North Bay, ON P1A 1X5

**Phone:** (705) 476-2602

**Website:** <https://www.siennaliving.ca/>

**Referrals:** No referrals are needed, applications required.

New applicants will be added to a waitlist.

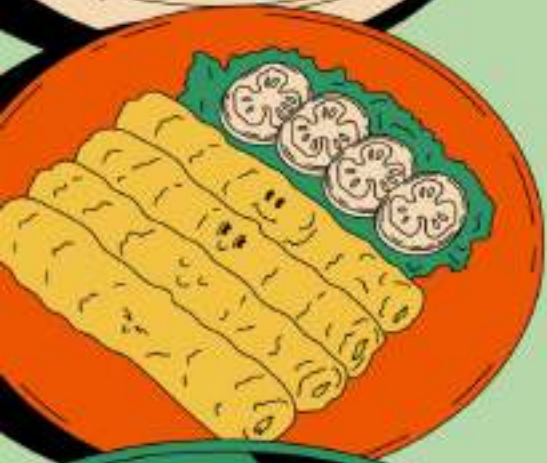
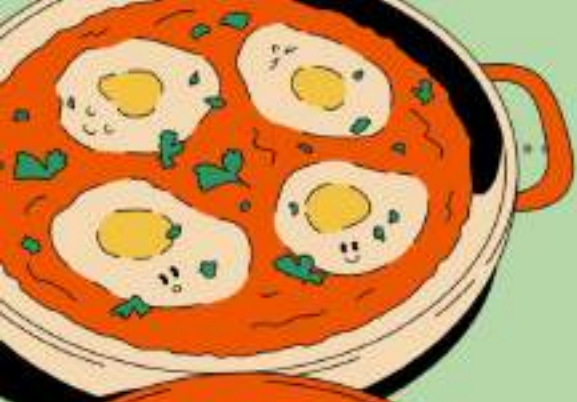
**Fees:** Fees set by the Ministry of Long-Term Care, there may be additional fees for extra services.

**Hours:**

- Office hours
  - Monday to Sunday - 8:30am-7:00pm
- Operating hours
  - 24 hours a day 7 days a week

**Accessibility:** This location is wheelchair accessible.

**Languages:** Services are offered in French and English.



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# MEAL SERVICES

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## **Au Château – Meals on Wheels**

### **Description of Services**

#### **Services Offered Include**

- Delivery of one hot meal per day to older adults and adults with disabilities from Monday to Friday by volunteers.
- Social contact and security checks by volunteers each time a meal is delivered.
- Special diets are available at request (diabetic, gluten-free, lactose-free, low fat, low sodium, minced, puree, renal, and vegetarian)

**Address:** 100 Michaud St, Sturgeon Falls, ON, P2B 2Z4

**Phone:** (705) 753-5995 x 2200

**Email:** [luciea@auchateau.ca](mailto:luciea@auchateau.ca)

**Referrals:** Applications required for eligibility – call or apply online.

**Fees:** \$7 per meal, no fee for delivery.

**Hours:**

- Monday to Friday - 8:00am-4:00pm
- Saturday and Sunday - Closed.

**Accessibility:** This location is wheelchair accessible.

**Languages:** Services are offered in French and English.

# **North Bay Food Bank**

## **Description of Services**

### **Services Offered Include**

- Provision of free food to a household once every 30 days that consists of 1-3 days' worth of food, depending on how much food is currently available.
- To use this service, you must have government ID, income reports, proof of rent/mortgage costs, proof of utility costs, and a bag or box to pack your food into.

**Address:** 1016 Fisher St, North Bay, ON, P1B 2G4

**Phone:** (705) 495-3290

**Email:** [debbie@northbayfoodbank.ca](mailto:debbie@northbayfoodbank.ca)

**Website:** <https://www.northbayfoodbank.ca/>

**Referrals:** No referrals or applications needed.

**Fees:** Free services.

**Hours:**

- Monday and Tuesday - 9:00am-12:00pm
- Wednesday and Thursday - 3:00pm-6:00pm
- Friday to Sunday - Closed.

**Accessibility:** This location is wheelchair accessible.

**Language:** Services are offered in English.



# **The Dinner Bell Restaurant**

## **Description of Services**

### **Services Offered Include**

- Frozen meal delivery services for seniors 65+.  
Minimum of 7 meals per order (soup and dessert not included in the minimum) and must order 24 hours in advance.
- Deliveries in the North Bay area Wednesdays and Fridays.

**Address:** 4 ON-531, Bonfield, ON, P0H 1E0

**Phone:** (705) 776-2224

**Email:** [debbie.shank@sympatico.ca](mailto:debbie.shank@sympatico.ca)

**Website:** <https://www.dinnerbellbonfield.ca/>

**Referrals:** No referrals or applications needed – must be over 65

**Fees:** Depends on chosen meals. Delivery fee of \$5 per order.

**Hours:**

- Wednesday to Saturday - 11:00am-7:00pm
- Sunday - 9:00am-2:00pm
- Monday and Tuesday - Closed

**Accessibility:** This location is wheelchair accessible.

**Languages:** Services are offered in French and English.

# **The Gathering Place**

## **Description of Services**

### **Services Offered Include**

- Drop-in service to pick up hot meals at set times.
- Cooking education in the community kitchen.
- A community garden space used for education, gardening, and harvesting produce for use for drop-in meals.
- Food rescue service where they accept close to expiry, damaged, mislabeled or overstocked food from businesses in North Bay for use.

**Address:** 1181 Cassells St, North Bay, ON, P1B 4B4

**Phone:** (705) 474-7687

**Email:** [info@thegatheringplacenorthbay.ca](mailto:info@thegatheringplacenorthbay.ca)

**Website:** <https://www.thegatheringplacenorthbay.ca/>

**Referrals:** No referrals or applications required.

**Fees:** Free services.

**Hours:**

- Operating hours
  - Monday to Friday - 8:00am-5:30pm
  - Saturday and Sunday - Closed except for dinner meal service.
- Meal hours
  - Breakfast – Monday to Friday - 9:00am-10:00am
  - Lunch – Monday to Friday - 11:30am-1:15pm
  - Dinner – Monday to Tuesday, Thursday to Sunday - 4:00pm-5:30pm

**Accessibility:** This location is wheelchair accessible.

**Languages:** Services are offered in English.

# **TW Foods - Food for Diverse Cultures**

## **Description of Services**

### **Services Offered Include**

- Catering and grocery delivery to the North Bay community.
- Wholesale and bulk groceries
- Diverse food options from many different cultures around the world.
- Call to arrange food services or visit the online website to place an order for delivery.

**Address:** 137 Main St E, North Bay, ON, P1B 1A9

**Phone:** (705) 494-4864

**Website:** [www.twfoods.ca](http://www.twfoods.ca)

**Referral:** No referrals or application required.

**Fees:** \$5 for delivery of groceries plus cost of chosen groceries.

**Hours:**

- Monday to Friday - 9:00am-5:00pm
- Saturday - 9:00am-4:00pm
- Sunday - Closed

**Accessibility:** This location is wheelchair accessible.

**Languages:** Services are offered in English and German.

# **VON Meals on Wheels**

## **Description of Services**

### **Services Offered Include**

- Delivery of one hot meal per day Monday to Friday
- Social contact and security checks by volunteers each time a meal is delivered.
- Frozen meals that can be delivered weekly or biweekly that can be heated in the microwave or oven.
- Meals consisting of meat, starch, vegetables, salad or soup, dessert, and fresh fruit.
- Special diets are available at request (diabetic, gluten-free, lactose-free, low fat, low sodium, minced, puree, renal, and vegetarian)

**Address:** 150 1<sup>st</sup> Ave W, North Bay, ON, P1B 3B9

**Phone:** (705) 472-8050 x 2228

**Email:** [national@von.ca](mailto:national@von.ca)

**Website:**

[Hot Meals Link](#)

[Frozen Meals Link](#)

**Referrals:** Applications required for eligibility – call or apply online.

**Fees:** \$6.50 per meal, no fee for delivery.

**Hours:**

- Monday to Sunday - 8:00am-8:00pm

**Accessibility:** This location is wheelchair accessible.

**Languages:** Services are offered in French and English.



# Mental Health Resources





# A Meeting of Minds

## Description of Services

### Services Offered Include

- Counselling services for:
  - Spiritual wellness
  - Depression
  - Anxiety
  - Grief
  - Life transitions
  - Emotional release work.

**Address:** 157 Wallace Heights Dr, North Bay, ON P1C 1E7

**Phone Number:** (705) 497-1701

**Email:** [info@ameetingofminds.ca](mailto:info@ameetingofminds.ca)

**Website:** <https://ameetingofminds.ca/>

**Referrals:** You have to call to book an appointment.

Appointments can be in person or over video chat.

**Fees:** Individual counselling is \$175.00 +HST for a 60 minute session.

**Hours:** Monday, Wednesday, Thursday, and Friday- 10:00am-7:00pm. Closed Tuesday, Saturday, and Sunday.

**Accessibility:** This location is not wheelchair accessible.

**Languages:** Services are offered in English.

# **Alliance Centre**

## **Description of Services**

### **Services Offered Include**

- Symptom monitoring and management, improved access to primary care services, crisis counselling, and support in accessing other community services.
- Crisis intervention services offering immediate telephone or face-to-face contact for people experiencing symptoms of emotional or situational distress.
- One hour long walk-in sessions available for people who are not able or willing to access formal care for their mental health.
- Community wellness programs that offer education in relationships, wellness, anxiety, mood disorders, self-esteem, anger management, and grief.

**Address:** 172 Ethel St, Sturgeon Falls, ON P2B 1V9

**Phone Number:** (705)-753-2271 ext. 721

**Website:** <https://www.wngh.ca>

**Referrals:** Emergency department is walk-in only. Other services may require a medical referral and/or appointment.

**Fees:** None. This service is free to use.

**Hours:** These services are available 24/7. Closed Saturday and Sunday.

**Accessibility:** This location is wheelchair accessible.

**Languages:** Services are offered in French and English.

## **Are you “OK” Program**

### **Description of Services**

#### **Services Offered Include**

- A telephone operator that calls your home at the same time each day to see if you need help.
- When they call, they ask to see how you are doing. If you need assistance 911 will be dialed.
- If you do not answer, they will call your chosen emergency contact to ensure you are okay.

**Address:** 135 Worthington St W North Bay, ON P1B 8M6

**Phone Number:** (705) 474-6526

**Website:** <https://211north.ca/record/65292875/>

**Referrals:**

- No referral needed.
- Must be 50 or older and live alone to use service.

**Fees:** These services are free.

**Hours:**

- Monday to Friday - 9:00am -4:00pm
- Saturday and Sunday Closed

**Accessibility:** This location is wheelchair accessible.

**Language:** These services are available in English.



# **Blue Sky Psychotherapy &**

## **Counselling**

### **Description of Services**

#### **Services Offered Include**

- One-on-one therapy.
- Online therapy appointments.
- Group therapy options.
- Workshops to learn about mental wellness.
- Question and answer meetings with a therapist.
- Family counselling services. These services must have a question-and-answer meeting before starting.

**Address:** 4-176 Lakeshore Dr, North Bay, ON P1A 2A8

**Phone Number:** (705) 477-5813

**Email:** [olga@bspcs.ca](mailto:olga@bspcs.ca)

**Website:** <https://www.bspcs.ca/>

**Referrals:** No referrals are needed. Call to set up an appointment. You should receive a call back within 24 hours.

**Fees:** There are set fees for different types of appointments. Please call for the most up to date information.

**Hours:** No set hours, you must call to book an appointment.

**Accessibility:** This location is wheelchair accessible.

**Languages:** Services are offered in English and Russian.

# **Helpline Medical Alarm**

## **Description of Services**

### **Services Offered Include**

- Personal emergency response for elderly people who wish to live independently at home.
- Emergency response button that can be worn on the wrist or neck with optional auto-fall detection pendant.
- Contact with a certified professional call taker 24/7.
- Assessments on whether individuals need professional help and sends the appropriate help.

**Address:** 230 Alder St., Sudbury, ON P3C 4J2

**Phone Number:** (705) 523-7000, 1-800-667-8019 (Toll Free)

**Email:** [info@helplinemedicalalarm.ca](mailto:info@helplinemedicalalarm.ca)

**Website:** [www.helplinemedicalalarm.ca](http://www.helplinemedicalalarm.ca)

**Referrals:** You have to call to book an appointment. No referral is needed.

**Fees:** An installation fee and monthly service fee are charged when getting this service but it can be cancelled at any time.

**Hours:** This service is 24/7 with administration hours being Monday to Friday 8:00am-4:30pm.

**Languages:** Services are offered in English.

# **Home and Community Care Support**

## **Services**

### **Description of Services**

#### **Services Offered Include**

- Employees to help arrange care and determine what help is needed.
- Information about other community services and referrals where appropriate.
- Rapid response nursing services that teach you how to manage your symptoms and who/when to go to for help, arrange follow-up medical appointments or tests.
- At home health care where patients are taught how to take their own blood pressure, weight, heart rate, and pulse with a touchscreen tablet where they can input their values. If it falls outside of the normal range then the nurse is alerted.

**Address:** 41C- 40 Elm St, Sudbury, ON P3C1S8

**Phone Number:**

(705) 310-2222

1-800-461-2919 (Toll Free)

1-888-533-2222 (Out of Province Toll Free)

**Website:** <https://healthcareathome.ca/home>

**Referrals:** You must call for an appointment.

**Fees:** These services are mostly covered by OHIP. You must have a valid health card.

**Hours:**

- Telephone hours are Monday-Sunday- 8am-8pm
- Administrative hours are Monday-Friday- 8:30am-4:30pm

**Accessibility:** This location is wheelchair accessible.

**Languages:** Services are offered in French and English.

# **IHope Counselling and Consulting**

## **Description of Services**

### **Services Offered Include**

- Provision of counselling for bereavement, grief, loss, abuse, trauma, crisis, illness, depression, anxiety, and stress.
- Short-term stabilization work to aid with depression, anxiety, self-injury, grief, and emotional distress.
- Long-term work on attachment and trauma related wounds.

**Address:** 4369 Hwy 17 E, Bonfield, ON P0H 1E0

**Phone Number:** (705) 499-6258

**Email:** [ihopetherapy2@gmail.com](mailto:ihopetherapy2@gmail.com)

**Website:** <https://www.ihopercounselling.com/>

**Referrals:** You must call or email to set an appointment. No referral is required.

**Fees:** There are set fees for service. You must call to ask about fees when setting up the appointment. Some insurances will cover the therapy costs. All fees must be paid in cash, cheque, or interact e-transfer.

**Hours:** Monday to Thursday- 9:30am-5:00pm. Closed Friday, Saturday, and Sunday.

**Accessibility:** This location is not wheelchair accessible.

**Languages:** Services are offered in English.



# **Respite Nurse Agency**

## **Description of Services**

### **Services Offered Include**

- A PSW (personal support worker) to help with dressing, bathing, personal hygiene, feeding, toileting, and medication cueing.
- Homemaking services can help with cleaning, light cooking, laundry, basic pet and plant care.
- A staff member can sit with the loved one and provide them with company/do activities.
- Education services on diabetes management, pain management, healthy lifestyle choices, nutrition, exercise, and addiction management.
- Advanced foot care services such as clipping nails, treating corns, calluses, ingrown nails and thickened nails, education and preventative foot care, referrals to other professionals as needed.

**Phone Number:** (705) 885-5437

**Email:** [info@respitenursesagency.com](mailto:info@respitenursesagency.com)

**Website:** [www.respitenursesagency.com](http://www.respitenursesagency.com)

**Referrals:** No referral is needed. You must complete the intake form to apply.

**Fees:** There are set fees for certain services. You must call for more information.

**Hours:** Monday-Friday 8am-4pm. Home services are 24/7 with appointments.

**Languages:** Services are offered in English and French (upon request).

# **Ruth Christensen Counselling**

## **Description of Services**

### **Services Offered Include**

- Counselling for individuals and families to help them cope with a new diagnosis or acquired trauma.

**Address:** 441-101 Worthington St E, North Bay, ON

**Phone Number:** (705) 840-8924

**Website:** <http://www.ruthchristensencounselling.ca/>

**Referrals:** You just have to call to book an appointment.

**Fees:** There are set fees for this service but some of them may be covered by your insurance. Please call the number above and your insurance agency for more information.

**Hours:** Monday to Friday- 9:30am-5:30pm.

**Accessibility:** This location is wheelchair accessible.

**Languages:** Services are offered in English.



# **Seniors Mental Health**

## **Program - NBRHC**

### **Description of Services**

#### **Services Offered Include**

- Individualized community outreach consultation services to older adults residing in private homes, retirement homes, or long-term care homes.
- Mental health assessment, diagnosis, treatment and recommendations.
- Follow-up for older adults with late-onset mental health concerns.
- Supportive education and counselling for family care partners.

**Address:** A-120 King St W, North Bay, ON P1B 5Z7

**Phone Number:** (705) 494-3054

**Website:** <https://nbrhc.on.ca>

**Referrals:** You have to complete a consultation request for some services with the specialized team. Please call for more information.

**Fees:** Please call for information on fees.

**Hours:** Monday to Friday- 8:30am-4:30pm. Closed Saturday and Sunday.

**Accessibility:** This location is wheelchair accessible.

**Languages:** Services are offered in English and French.

Interpretation services are available.

# **Société Alzheimer Society**

## **Description of Services**

### **Services Offered Include**

- Programs and support for people living with dementia, their care partners, and families.
- Daytime and evening support groups.
- Community friendship circles.
- Support groups for persons living with dementia.
- Support groups for care partners.
- Minds in motion (combines physical activity and mental stimulation for participants in early-mid stage signs of dementia).

**Address:** 140 King Street West, North Bay, ON P1B 5Z7

960B Notre Dame Ave, Sudbury, ON P3A 2T4

23 Spragge Street, Manitowaning, ON P0P 1N0

**Phone Number:** (705) 495-4342 (North Bay)

(705) 560-0603 (Sudbury)

1-800-407-6369 (Toll Free Sudbury)

(705) 524-2024 ext 401 (Toll Free Manitoulin) 1-800-407-6369

**Email:** [info@alzheimernorthbay.com](mailto:info@alzheimernorthbay.com) (North Bay),

[info@alzheimersudbury.ca](mailto:info@alzheimersudbury.ca) (Sudbury and Manitoulin)

**Website:** <https://alzheimer.ca/sudburymanitoulin/>

**Referrals:** No referral is needed. Please fill out the online application form.

**Fees:** There are fees associated with some services. Please call for the most accurate information.

**Hours:** Monday to Friday 8:00am-4:00pm. Closed Saturday and Sunday.

**Accessibility:** This location is wheelchair accessible.

**Languages:** Services are offered in French and English



# Veterans Affairs

## Description of Services

### Services Offered Include

- Services for hearing loss and tinnitus (ringing in the ears)
- Mental health and wellness
- Physical health and wellness
- One on one support
- Help at home for independent living
- Long-term care financial support
- At-risk housing situation assistance

**Address:** 102-107 Shirreff Ave, North Bay, ON P1B 7K8

**Phone Number:** 1-866-522-2122 (Toll Free Services and Benefits)

1-800-268-7708 (24hr Mental Health Support)

1-877-566-8609 (Access to Information and Privacy)

1-877-288-2250 (Bureau of Pensions Advocates)

1-877-604-8469 (Learning Resources)

**Email:** [information@veterans.gc.ca](mailto:information@veterans.gc.ca)

**Website:** <https://www.veterans.gc.ca/eng>

**Referrals:** Application forms have to be filled out for certain services. All forms can be found on your My VAC account.

[Click Here](#) to see average wait times for certain application forms to be processed.

**Fees:** Please call for more information on fees as these may differ by service.

**Hours:** Monday to Friday- 8:30am-4:30pm. Closed Saturday and Sunday

**Languages:** Services are offered in English and French.

# **Vosses-Luoma & Associates**

## **Description of Services**

### **Services Offered Include**

- Psychosocial assessment.
- Brief and long-term therapy.

**Address:** 102-133 Main West, North Bay, ON P1B 2T6

**Phone Number:** (705) 495-2662

**Email:** Jamie Vossos: [jamievossos@cogeco.net](mailto:jamievossos@cogeco.net)

Kathy Luoma: [kathy.luoma@icloud.com](mailto:kathy.luoma@icloud.com)

Terra Nevrencan: [terranev@outlook.com](mailto:terranev@outlook.com)

Sharon Langlely: [sharonp55langlely@gmail.com](mailto:sharonp55langlely@gmail.com)

Andrea Barton: [andreabarton093@gmail.com](mailto:andreabarton093@gmail.com)

**Website:** <https://vossosluoma.com/>

**Referrals:** You must fill out the registration form on the website. Shortly after filling out the form, you will be contacted by a therapist to set up an appointment. No referrals are needed.

**Fees:** This service does have set fees which must be inquired about when booking the appointment. These services may be covered by your insurance. Credit or cheques are not accepted forms of payment.

**Hours:** You must call to book an appointment as hours can range day to day.

**Accessibility:** This location is not wheelchair accessible.

**Languages:** Services are offered in English.

# Pharmacies





## **North Bay Guardian Drug**

### **Description of Services**

#### **Services Offered Include**

- General pharmacy to fill your prescriptions.
- They have a medcheck program where a pharmacist assesses complex prescriptions which can be done at the pharmacy.

**Address:** 111 Main St W. North Bay, ON P1B 2T6

**Phone Number:** (705) 472-8280

**Email:** [harrpharmacy@gmail.com](mailto:harrpharmacy@gmail.com)

**Referrals:** Prescriptions must be filled out by able health care worker.

**Fees:** Fees based on medication and dispensing.

**Hours:**

- Monday to Friday - 8:30am -5:30pm
- Saturday - 9:00am -2:00pm
- Sunday - Closed

**Accessibility:** This location is wheelchair accessible.

**Language:** Services are offered in English.



# **Northern Shores Pharmacy**

## **Description of Services**

### **Services Offered Include**

- General pharmacy services to fill your prescriptions.
- Free delivery of prescriptions.
- Free seasonal flu vaccines.
- Foot care clinic.
- Blood pressure screening.
- They have a medication return program to bring expired medicine and they will throw it out properly.
- They have a medscheck program where a pharmacist can assess complex prescriptions which can be done at the pharmacy or at home.
- They have an assistive device program to help those with a physical disability get use to their assistive device.

**Address:** 10 Maplewood Ave, North Bay, ON P1B 5H2

**Phone Number:** (705) 474-9999

**Email:** [northernshorespharmacy@gmail.com](mailto:northernshorespharmacy@gmail.com)

**Website:** <https://www.pharmachoice.com>

**Referrals:** Prescriptions must be filled out by able health care worker.

**Fees:** Fees based on medication and dispensing.

**Hours:**

- Monday to Friday - 8:00am -8:00pm
- Saturday - 9:00am -4:00pm
- Sunday - 10:00am-3:00pm

**Accessibility:** This location is wheelchair accessible.

**Language:** Services are offered in English and French.

# **Ontario Drug Benefit Program**

## **Description of Services**

### **Services Offered Include**

- Coverage of medication costs for those 65 and older, living in long-term care, use home or community care, 24 years or younger without insurance, or those who get benefits from the ODSP program.
- They help to cover over 5,000 prescription medications.

**Mailing Address:** Trillium Drug Program, Ministry of Health, P.O. Box 337 Station D, Etobicoke, ON M9A 4X3

**Phone Number:** 1-866-811-9893 or 1-800-575-5386

**Email:** [PublicDrugPrograms.moh@ontario.ca](mailto:PublicDrugPrograms.moh@ontario.ca)

[Trillium@ontariodrugbenefit.ca](mailto:Trillium@ontariodrugbenefit.ca)

**Website:** <https://www.ontario.ca/page/get-coverage-prescription-drugs>

**Referrals:** Must fill out form on website or call number.

**Fees:** No fees to use service.

**Hours:**

- Monday to Friday - 9:30am -5:00pm
- Saturday and Sunday closed

**Language:** Services are offered in English and French.

# **Pharmasave Algonquin**

## **Description of Services**

### **Services Offered Include**

- General pharmacy services to fill your prescriptions.
- They also have free delivery of prescriptions.
- Free seasonal flu vaccines.
- In store health and wellness clinics.
- Blood pressure screening.
- Ostomy care services.
- They have a medication return program to bring expired medicine and they will throw it out properly.
- They have a medscheck program where a pharmacist can go over complex prescriptions which can be done at the pharmacy or at home.
- They have a sharps disposal program to properly get rid of any needles, test strips, syringes and other sharp objects used for medical purposes.

**Address:** 1221 Algonquin Ave, North Bay, ON P1B 4Y3

**Phone Number:** (705) 474-8630

**Website:** <https://algonquinpharmasave.com/>

**Referrals:** Prescriptions must be filled out by able health care worker.

**Fees:** Fees based on medication and dispensing.

**Hours:**

- Monday to Friday - 8:00am-6:00pm
- Saturday - 9:00am-1:00pm
- Sunday - Closed

**Accessibility:** This location is wheelchair accessible.

**Language:** Services are offered in English and French.

## **Rexall - North Bay**

### **Description of Services**

#### **Services Offered Include**

- General pharmacy services to fill your prescriptions.
- They also have free delivery of prescriptions, free seasonal flu vaccines, in store health and wellness clinics, and blood pressure screening services.
- They have a medication return program to bring expired medicine and they will throw it out properly.
- They have a medscheck program where a pharmacist can assess complex prescriptions which can be done at the pharmacy or at home.
- They have a sharps disposal program to properly get rid of any needles, test strips, syringes and other sharp objects used for medical purposes.
-

**Address:** 1205 Fisher St. North Bay, ON P1B 2H2

**Phone Number:** (705) 497-3311

**Website:** <https://www.rexall.ca>

**Referrals:** Prescriptions must be filled out by able health care worker.

**Fees:** Fees based on medication and dispensing.

**Hours:**

- Monday to Friday - 8 :00am-9:00pm
- Saturday and Sunday - 9:00am-6:00pm

**Accessibility:** This location is wheelchair accessible.

**Language:** Services are offered in English.



# **Shoppers Drug Mart**

## **Description of Services**

### **Services Offered Include**

- General pharmacy services to fill your prescriptions.
- They also have free delivery of prescriptions.
- Free seasonal flu vaccines.
- They have a medcheck program where a pharmacist can go over complex prescriptions which can be done at the pharmacy or at home.
- They have a sharps disposal program to properly get rid of any needles, test strips, syringes and other sharp objects used for medical purposes.

**Address:** 2025 Cassells St. North Bay, ON P1B 4E1

**Phone Number:** (705) 474-8200

**Website:** <https://mypharmacy.shoppersdrugmart.ca/en>

**Referrals:** Prescriptions must be filled out by able health care worker.

**Fees:** Fees based on medication and dispensing.

**Hours:**

- Daily 8:00am -Midnight

**Accessibility:** This location is wheelchair accessible.

**Language:** Services are offered in English.

# **Walmart Pharmacy**

## **Description of Services**

### **Services Offered Include**

- General pharmacy services to fill prescriptions.
- Free seasonal flu vaccines.
- In store health and wellness clinics.
- They have a medication return program to bring expired medicine and they will throw it out properly.
- They have a medcheck program where a pharmacist can go over complex prescriptions which can be done at the pharmacy or at home.

**Address:** Northgate Mall, 1500 Fisher St, North Bay, ON  
P1B 2H3

**Phone Number:** (705) 472-4877

**Website:** <https://www.walmart.ca/en>

**Referrals:** Prescriptions must be filled out by able health care worker.

**Fees:** Fees based on medication and dispensing.

**Hours:**

- Monday to Friday - 7 :00am-11:00pm
- Saturday and Sunday - 7:00am-11:00pm

**Accessibility:** This location is wheelchair accessible.

**Language:** Services are offered in English.

# Rehabilitation Services





# **Baas Physiotherapy**

## Description of Services

### **Services Offered Include**

- Manual therapy.
- Integrated systems model (ISM).
- ROST therapy (management of pelvic girdle and tailbone pain).
- Functional dry needling and.
- Pelvic physiotherapy.

**Address:** 528 Cassells Street, North Bay, ON P1B 327

**Phone Number:** (705) 493-2934

**Email:** [bassphysio@gmail.com](mailto:bassphysio@gmail.com)

**Referrals:** This agency does not require referrals for their services.

**Fees:** Fees are associated. Contact the agency for price ranges as they are subject to change.

**Hours:**

- No confirmed hours of operation as hours may vary depending on appointments.

**Accessibility:** This agency location is not wheelchair accessible.

**Languages:** Services are offered in English.



## **Body Back in Motion**

### Description of Services

#### **Services Offered Include**

- Chiropractic services.
- Physiotherapy.
- Massage therapy.

**Address:** 400 Main Street West, North Bay, ON P1B 2V2

**Phone Number:** (705) 840-2502

**Email Address:** [bodybackinmotion@bellnet.ca](mailto:bodybackinmotion@bellnet.ca)

**Website:** <https://www.bodybackinmotion.com/>

**Referrals:** This agency does not require referrals for their services.

**Fees:** Fees are associated. Contact the agency for the price range as they are subject to change.

**Hours:**

- Monday to Friday - 7:00am-6:00pm
- Saturday - 9:00am-12:00 pm
- Closed on Sundays.

**Accessibility:** This agency location is wheelchair accessible.

**Languages:** Services are offered in English.

# **Breakthrough Speech & Language**

## **Therapy - North Bay Location**

### **Description of Services**

#### **Services Offered Include**

- Assessment, individual and group therapy, caregiver training, and work with other healthcare workers regarding:
  - Fluency, motor speech, autism, early language & play skills, orofacial myofunctional disorders, speech & articulation, language delays & disorders, other developmental delays & disorders, early literacy skills.
- These services can be provided in-person and online.

**Address:** 414 Second Avenue East, North Bay, ON P1B 1L8

**Phone Number:** (705) 698-2046

**Email Address:** [info@breakthroughspeech.ca](mailto:info@breakthroughspeech.ca)

**Website:** <https://breakthroughspeech.ca/>

**Referrals:** The services do require a referral, the referral form is located under the service tab by the possible locations for appointments.

**Fees:** There are fees associated with the services provided. Please contact the agency for the fees associated as the prices may change over time.

**Hours:**

- No confirmed hours of operation as hours may vary depending on appointments.

**Accessibility:** This agency location is not wheelchair accessible.

**Language:** Services are offered in English and French for both in-person and online services.

# **Breakthrough Speech & Language**

## **Therapy - Sudbury Location**

### **Description of Services**

#### **Services Offered Include**

- Assessment, individual and group therapy, caregiver training, and work with other healthcare workers regarding:
  - Fluency, motor speech, autism, early language & play skills, orofacial myofunctional disorders, speech & articulation, language delays & disorders, other developmental delays & disorders, early literacy skills.
- These services can be provided in-person and online.

**Address:** 1191 Lansing Avenue, Unit 1, Sudbury, ON

**Phone Number:** (705) 698-2046

**Email Address:** [info@breakthroughspeech.ca](mailto:info@breakthroughspeech.ca)

**Website:** <https://breakthroughspeech.ca/>

**Referrals:** The services do require a referral, the referral form is located under the service tab by the possible locations for appointments.

**Fees:** There are fees associated with the services provided. Please contact the agency for the fees associated as the prices may change over time.

**Hours:**

- No confirmed hours of operation as hours may vary depending on appointments.

**Accessibility:** This agency location is not wheelchair accessible.

**Language:** Services are offered in English and French for both in-person and online services.

## **Centre for Pulmonary Rehab**

### Description of Services

#### **Services Offered Include**

- Pulmonary rehabilitation.
- Better breathers.
- Active at home programs.
- Home oxygen therapy.
- CPAP and Bi-PAP therapy.

**Address:** 100 College Drive, North Bay, ON P1B 8K9

**Phone Number:** (705) 840-2575

**Email:** [tammy.d@pulmonaryrehab.ca](mailto:tammy.d@pulmonaryrehab.ca)

**Referrals:** Only accepts referrals completed by doctors.

**Fees:** There are no fees associated as the services provided are either free or publicly funded.

**Hours:**

- Monday to Friday - 9:00am-4:30pm
- Closed Saturday and Sunday

**Accessibility:** This agency location is wheelchair accessible.

**Language:** Services are offered in English.



## **Day Program - Outpatient Rehab at the NBRHC in North Bay**

### **Description of Services**

#### **Services Offered Include**

- Physiotherapy.
- Occupational therapy.
- Day program (which includes all services listed prior).
- Falls prevention/balance class.
- Lymphedema (tissue swelling) management.
- Concussion management.

**Address:** 50 College Drive, P.O. Box 2500, North Bay, ON  
P1B 5A4

**Phone Number:** (705) 495-7570 (hospital funded clinic);  
(705) 495-8105 (private clinic)

**Website:** <https://nbrhc.on.ca>

**Referrals:** Only accept clients by referrals, must be completed by a referring doctor.

**Fees:** There are fees associated, contact the agency for prices as prices are subject to change.

**Hours:**

- No confirmed hours of operation as hours may vary depending on appointments.

**Accessibility:** This agency location is wheelchair accessible.

**Language:** Services are offered in English.

# **Manual Physio Solutions**

## **Description of Services**

### **Services Offered Include**

- Manual therapy and gun intramuscular stimulation.
- Functional movement screen assessment.
- Functional dry needling.
- Joint mobilization and specialized taping.
- Gait analysis.
- Acupuncture, modalities, and therapeutic cupping
- Selective functional movement assessments, concussion rehab, exercise prescription.
- Soft tissue massage techniques.
- Education.

**Address:** 501 McKeown Avenue, Unit 2, North Bay, ON  
P1B 9E4

**Phone Number:** (705) 478-6050

**Email Address:** [manualphysiosolutions@gmail.com](mailto:manualphysiosolutions@gmail.com)

**Website:** <https://www.manualphysiosolutions.ca/index.php>

**Referrals:** This agency does not require referrals for their services.

**Fees:** Fees are associated, contact the agency for prices as prices may be subject to change over time.

**Hours:**

- Monday to Thursday - 7:00am-3:00pm
- Friday - 7:00am-2:00pm
- Closed on Saturdays and Sundays

**Accessibility:** This agency location is wheelchair accessible.

**Language:** Services are offered in English.

# **Martel + Mitchell Physiotherapy -**

## **North Bay Clinic**

### **Description of Services**

#### **Services Offered Include**

- Aquatic therapy (privacy therapy pool and is wheelchair accessible).
- Occupational therapy.
- Psychotherapy, seniors care programs
- Custom knee bracing.
- Acupuncture.
- Registered massage therapy.
- Independent physiotherapy examinations.
- Functional capacity evaluations.
- Simulating real-life work tasks to safely transition back to work while preventing new and worsening injuries.
- In-home rehabilitation

**Address:** 760 Cassells Street, North Bay, ON P1B 4A4

**Phone Number:** (705) 494-8975

**Website:** <http://martelmitchell.ca>

**Referrals:** This agency does not require referrals for their services.

**Fees:** Fees are associated, contact the agency for prices as the prices may be subject to change over time.

**Hours:**

- Monday to Thursday - 8:00am-5:00pm
- Friday - 8:00am - 12:00pm (noon)
- Closed Saturday and Sunday

**Accessibility:** This agency location is wheelchair accessible.

**Language:** Services are offered in English.

# **Martel + Mitchell Physiotherapy -**

## **Powassan Clinic**

### **Description of Services**

#### **Services Offered Includ**

- Aquatic therapy (privacy therapy pool and is wheelchair accessible).
- Occupational therapy.
- Psychotherapy, seniors care programs
- Custom knee bracing.
- Acupuncture.
- Registered massage therapy.
- Independent physiotherapy examinations.
- Functional capacity evaluations.
- Simulating real-life work tasks to safely transition back to work while preventing new and worsening injuries.
- In-home rehabilitation

**Address:** 8 King Street East, P.O. Box 7, Powassan, ON  
POH 1Z0

**Phone Number:** (705) 724-9851

**Website:** <http://martelmitchell.ca/services/>

**Referrals:** This agency does not require referrals for their services.

**Fees:** Fees are associated, contact the agency for prices as the prices may be subject to change over time.

### **Hours:**

- **Physiotherapy Hours**
  - Tuesdays & Thursdays - 8:00am-5:00pm
  - Fridays - 8:00am-12:00pm
  - Closed Monday, Wednesday, Saturday and Sunday
- **Massage Therapy Hours**
  - Monday, Tuesday, & Thursday - 8:00am-5:00pm
  - Closed Wednesday, Friday, Saturday and Sunday

**Accessibility:** This agency location is wheelchair accessible.

**Language:** Services are offered in English.



# **Martel + Mitchell Physiotherapy -**

## **Mattawa Clinic**

### **Description of Services**

#### **Services Offered Include**

- Aquatic therapy (privacy therapy pool and is wheelchair accessible).
- Occupational therapy.
- Psychotherapy, seniors care programs
- Custom knee bracing.
- Acupuncture.
- Registered massage therapy.
- Independent physiotherapy examinations.
- Functional capacity evaluations.
- Simulating real-life work tasks to safely transition back to work while preventing new and worsening injuries.
- In home rehabilitation

**Address:** 217 Turcotte Park Road, P.O. Box 70, Mattawa,  
ON P0H 1V0

**Phone Number:** (705) 744-5511 extension: 2244

**Website:** <http://martelmitchell.ca/services/>

**Referrals:** This agency does not require referrals for their services.

**Fees:** Fees are associated, contact the agency for prices as the prices may be subject to change over time.

**Hours:**

- Monday to Friday - 8:00am-5:00 pm
- Closed Saturday and Sunday

**Accessibility:** This agency location is wheelchair accessible.

**Language:** Services are offered in English.

# **North Bay Physiotherapy**

## **Description of Services**

### **Services Offered Include**

- Manual therapy.
- Soft tissue therapy.
- Functional dry needling.
- Therapeutic exercise.

**Address:** 91 Champlain Street, North Bay, ON P1B 8M1

**Phone Number:** (705) 499-6851

**Email Address:** [northbayphysiotherapy@gmail.com](mailto:northbayphysiotherapy@gmail.com)

**Website:** <https://www.northbayphysiotherapy.com/>

**Referrals:** This agency does not require referrals for their services.

**Fees:** Fees are associated, contact the agency for prices as the prices may be subject to change over time.

**Hours:**

- Monday to Thursday - 7:00am-6:00 pm
- Friday - 7:00am-12:00pm
- Closed Saturdays and Sundays

**Accessibility:** This agency location is wheelchair accessible.

**Language:** Services are offered in English.

## **Northern Respiratory - North Bay**

### **Description of Services**

#### **Services Offered Include**

- Sleep studies.
- CPAP machines.
- Portable oxygen machines.
- Assistive device program (government financial aid for devices like a CPAP machine).
- Sells various products related to sleep and oxygen therapy.

**Address:** 60 Champlain Street, Unit 102, North Bay, ON  
P1B 7M4

**Phone Number:** (705) 475-1881 (to call)  
(705) 978-1710 (to text)

**Email Address:** [info@northbayrespiratory.ca](mailto:info@northbayrespiratory.ca)

**Website:** <https://www.northernrespiratory.ca/>

**Referrals:** This agency does require referrals filled out by prescribers.

**Fees:** Fees are associated, contact the agency for prices as the prices may be subject to change over time.

**Hours:**

- Monday to Thursday - 9:00am-5:00pm
- Friday - 9:00am-4:00pm
- Closed Saturday and Sunday

**Accessibility:** This agency location is wheelchair accessible.

**Language:** Services are offered in English.

## **ProResp North Bay**

### **Description of Services**

#### **Services Offered Include**

- Various oxygen systems that will be delivered to clients' homes.
- Provide oxygen safety and traveling with oxygen education.
- Information for funding oxygen services.
- Information on sleep apnea and CPAP machines (cleaning/care).
- Information on CPAP funding.
- 24/7 access to their respiratory therapist team.
- Provide ventilation and tracheostomy care with providing caregiver training.

**Address:** 2123 Algonquin Avenue, North Bay, ON P1B 4Z3

**Phone Number:** (705) 474-5600

1-855-474-5604 (Toll Free)

**Website:** <https://www.proresp.com/>

**Referrals:** This agency does require a referral/prescription form filled out which is completed from the prescriber.

**Fees:** There are fees associated, contact the agency about prices as the prices of services and equipment may be subject to change over time.

**Hours:**

- Monday to Friday - 9:00am-5:00pm
- Closed Saturday and Sunday

**Accessibility:** This agency location is wheelchair accessible.

**Language:** Services are offered in English.



# Symetrics

## Description of Services

### Services Offered Include:

- Chiropractic care.
- Concussion management.
- GLA:D program for Osteoarthritis.
- Intramuscular dry needling.
- Massage therapy.
- Pelvic health physiotherapy.
- Physiotherapy.
- Vestibular therapy.
- LVST BIG program for Parkinson's disease.

**Address:** 510 Main Street East, North Bay, Ontario, Canada,  
P1B 1B6

**Phone Number:** (705) 497-1975

**Email Address:** [pt@symetricsonline.com](mailto:pt@symetricsonline.com)

**Website:** <https://symetricsonline.com/>

**Referrals:** This agency does not require referrals for their services.

**Fees:** There are fees associated, contact the agency about prices as the prices of services and equipment may be subject to change over time.

**Hours:**

- Monday to Thursday - 7:00am-6:00pm
- Friday - 7:00am-4:00pm
- Closed Saturday and Sunday

**Accessibility:** This agency location is wheelchair accessible.

**Language:** Services are offered in English.

## **Therapeutic Solutions**

### **Description of Services**

#### **Services Offered Include**

- Homecare physiotherapy services.
- Ergonomic assessments (objective study for how employees work to help identify repetitive tasks and possible injuries).

**Address (Office Location):** 10 Vermont Crescent, North Bay, ON P1C 1N1

**Phone Number:** (705) 303-9121

**Email Address:** [therapeuticsolutions@sympatico.ca](mailto:therapeuticsolutions@sympatico.ca)

**Website:** <https://www.therapeuticsolutionsnorthbay.com/>

**Referrals:** This agency does not require referrals for their services.

**Fees:** There are fees for certain services. Please call for more information as the prices may change over time.

**Hours:**

- Monday to Friday - 9:00am-12:00pm and reopens again from 2:00pm-6:00pm
- Closed on Saturday and Sunday

**Accessibility:** Not relevant for this agency as the services are based out of the client's home.

**Language:** Services are offered in English.

# **Therapy for Motion**

## **Description of Services**

### **Services Offered Include**

- Athletic therapy.
- Manual osteopathy (alternative medicine that emphasizes manual manipulation of the body's muscle tissues and bones).
- Massage therapy.

**Address:** 414 Second Street East, North Bay, Ontario,  
Canada, P1B 1L8

**Phone Number:** (705) 478-0711

**Email Address:** [info@therapyformotion.ca](mailto:info@therapyformotion.ca)

**Website:** <http://www.therapyformotion.ca/>

**Referrals:** This agency does not require referrals for their services.

**Fees:** There are fees associated, contact the agency about prices as the prices of services and equipment may be subject to change over time.

**Hours:**

- Monday - 9:15am-5:15pm
- Tuesday - 7:45am-3:15pm
- Wednesday - 10:45am-7:15pm
- Thursday - 7:45am-3:15pm
- Friday - 7:45am-3:15pm
- Closed Saturday and Sunday

**Accessibility:** This agency location is not wheelchair accessible.

**Languages:** Services are offered in English.

# Spiritual Resources







## **Catholic Churches**

### Holy Name of Jesus

(705) 495 - 1501

895 Memorial Drive, North Bay, ON

### Paroisse St Vincent de Paul

(705) 472 - 2850

1265 Wyld Street, North Bay, ON

### Pro Cathedral of the Assumption

(705) 472 - 3970

480 McIntyre Street West, North Bay, ON

### Queen of Peace Chapel (Military Chapel)

(705) 494 - 2011

29 Sterling Avenue, CFB North Bay, ON

### St. Peter the Apostle

(705) 472 - 1817

299 Airport Road, North Bay, ON

Website: <https://stpetertheapostle.ca/>

## Christian Churches

### Bethel Gospel Chapel

(705) 474 - 4920

781 Tackaberry Dr, North Bay, ON.

<https://bethelnorthbay.com/>

### Calvary Pentecostal Temple

(705) 472 - 0923, 271

Ski Club Road, North Bay, ON.

Website: <https://calvarytemplenb.org/>

### Calvin Presbyterian Church

(705) 474 - 4750, 401

First Avenue West, North Bay, ON.

Website: <http://www.calvinnorthbay.ca/>

### Christ Church (Anglican)

(705) 495 - 4659, 312

Greenwood Avenue, North Bay, ON.

Website: <https://christchurchnorthbay.ca/>

### Church of Christ

(705) 472 - 7040

73 Gertrude Street East, North Bay, ON

Christ the King Chapel

(705) 494 - 2166

29 Sterling Avenue, CFB North Bay, ON

Website: <https://www.ckk.church/northbay/>

Emmanuel United Church

(705) 472 - 1806

395 Lakeshore Drive, North Bay, ON

Website <http://www.emmanuelunitednorthbay.ca/>

First Baptist Church

(705) 474 - 2490

1250 Cassells Street, North Bay, ON.

Website: <http://www.fbcnb.ca/>

Gateway Pentecostal Church

(705) 494 - 4735,

147 Marshall Avenue East, North Bay, ON.

Website <https://www.gpchurch.ca/>

Greenwood Baptist Church

(705) 474 - 0448,

235 Albert Avenue, North Bay, ON.

Website <https://www.greenwoodbaptist.ca/>

Lakeshore Missionary Church

(705) 472 - 2150

656 Lakeshore Drive, North Bay, ON

Website: <https://lakeshoreemc.ca/>

Laurentian Wesleyan Church

(705) 494 - 9710

529 McKay Avenue, North Bay, ON.

Website: <https://www.laurentianchurch.com/>

Lutheran Church of the Redeemer

(705) 472 - 9169

725 Ferguson Street, North Bay, ON

Manitou Conference of the United Church of Canada

(705) 474 - 3350

319 McKenzie Avenue, North Bay, ON.

Near North Baptist Church

(705) 474 - 4980

890 Vimy St., North Bay, ON.

Website: <https://nnbc.ca/>

Omond Memorial United Church

(705) 472 - 2070

319 McKenzie Avenue, North Bay, ON

Redeemer Lutheran Church

(705) 472 - 9169

725 Ferguson St., North Bay, ON

St. Andrew's United Church

(705) 472 - 7680

399 Cassells Street, North Bay, ON

Website: <https://standrews-northbay.ca/>

St. Brice's Anglican Church

(705) 474 - 4005

1225 Cassells Street, North Bay, ON

Website: <https://www.stbriceschurch.com/wordpress/>

St. George Greek Orthodox Church

(705) 920 - 8935

540 Larocque Road, North Bay, ON.

Website: <https://orthodox->

[world.org/en/i/10946/Canada/Ontario/North-Bay/Church/Saint-George-Orthodox-Church](https://orthodox-world.org/en/i/10946/Canada/Ontario/North-Bay/Church/Saint-George-Orthodox-Church)

St. John's Anglican Church

(705) 472 - 6070

301 Main Street East, North Bay, ON

Website <http://www.stjohndivine.ca/>

The Harbour Church

(705) 472 - 1894

30 Lees Road, North Bay, ON.

Website: <https://www.theharbourchurch.ca/>

Trinity United Church

(705) 474 - 3310

111 McIntyre Street East, North Bay, ON.

Website: <https://trinitynorthbay.ca/>

United Pentecostal Church

(705) 474 - 5933

15 Charles Street, North Bay, ON



## **Mosques**

### North Bay Mosque

(705) 476 - 0346

423 McPhail Street, North Bay, ON

Website: <http://www.northbaymuslims.com/>

### The Muslim Society of North Bay

(705) 744 - 5981 (Offers alternate places of prayer for members of the Muslim community)





## **Synagogues**

Sons of Jacob Synagogue

(705) 474 - 0600

302 McIntyre Street West



# Transportation





# **Au Chateau Wheelchair**

## **Transportation**

### **Description of Services**

#### **Services Offered Include**

- Provides transportation for those 55 years and older living in the West Nipissing area.
- They also provide wheelchair transportation.
- Short distance and long-distance rides for medical appointments or regular activities. You must have a support person with you.

**Address:** 100 Michaud St, Sturgeon Falls, ON P2B 2Z4

**Phone:** (705) 753-7116

**Email:** [kymberly.budge@auchateau.ca](mailto:kymberly.budge@auchateau.ca)

**Website:** <https://www.caredove.com/auchateauhomefortheaged/serviceorganization/3982/refr/search>

<https://www.caredove.com>

**Referrals:** Call to pre-book or fill out online.

**Fees:** Set fee for distances.

**Hours:**

Administration

- Monday to Friday - 8:00am-4:00pm

Transportation

- Daily 24/7

**Accessibility:** This location is wheelchair accessible.

**Language:** Services are offered in English and French.

# **Canadian Red Cross Seniors'**

## **Transportation**

### **Description of Services**

#### **Services Offered Include**

- Transportation for elderly or disables in the Nipissing area who are unable to use public transportation.
- Rides to social gatherings, medical appointments, shopping excursions, and whatever else you need.

**Address:** 1275b Main Street West, North Bay, ON, P1B  
2W7

**Phone:** (705) 472-5760

**Website:** <https://www.redcross.ca>

**Referrals:** Call or fill out a form on the website to book a ride.

**Fees:** Varies based on destination.

**Hours:**

- Monday to Friday - 8:00am-4:30pm
- Saturday - Closed
- Sunday - Closed

**Accessibility:** This location is wheelchair accessible.

**Language:** Services are offered in English and French.



# **DAY- Disabled Adult and Youth** **Center**

## **Description of Services**

### **Services Offered Include**

- Transportation for people with a disability living in Ontario and Northwest Quebec.
- Short distance and long-distance rides for medical appointments or regular activities.
- Call to book ride.

**Address:** 1259 Jane St. North Bay, ON P1B 3J4

**Phone:** (705) 474-3851

**Email:** [daycentre2@gmail.com](mailto:daycentre2@gmail.com)

**Referrals:** No referrals required.

**Fees:** Service fees, based on destination.

**Hours:**

- Monday to Friday - 9:00am -5:00pm
- Saturday and Sunday closed

**Accessibility:** This location is wheelchair accessible.

**Language:** Services are offered in English and French.

# **Driver Assessment and Rehabilitation**

## **Description of Services**

### **Services Offered Include**

- Tests individuals who have had an accident driving.
- Driving skill assessment that look at physical and mental abilities to maintain safety on roads.
- Provides reports to doctors and the Ministry of Transportation Driver Review Medical Section after completing a driving test.

**Address:** 41 Ramsey Lake Rd, Sudbury, ON P3E 5J1

**Phone:** (705) 523-7100

**Website:** <https://hsnsudbury.ca/en>

**Referrals:** Form must be filled out by your doctor.

**Fees:** There are set fees for service. Please call for more information.

**Hours:** Hours vary, appointment based.

**Accessibility:** This location is wheelchair accessible.

**Language:** Services are offered in English and French.

# **Hope Air**

## **Description of Services**

### **Services Offered Include**

- Free flights for non-emergent medical care.
- Transportation to and from the airport and meals for patients staying overnight in a hotel.
- Available to those who have financial needs and a healthcare appointment that is medically necessary.

**Address:** 720 Bathurst St, Toronto, ON M5S 2R5

**Phone:** 1-877-346-4673

**Email:** [mail@hopeair.ca](mailto:mail@hopeair.ca)

**Website:** <https://hopeair.ca/>

**Referrals:** A doctor's referral for the appointment and proof of your household income for the past 12 months.

**Fees:** These services are free.

**Hours:**

- Online: 24/7
- Monday to Friday - 9:00am-7:30pm
- Saturday and Sunday closed

**Accessibility:** This location is wheelchair accessible.

**Language:** Services are offered in English and French.

## **Parabus Service**

### **Description of Services**

- The city offers this program for people who need extra help to use the city bus. A driver will pick you up and drive you wherever you need to go in North Bay.
- They have a special bus they use with a wheelchair lift so anyone can take the public bus.

**Address:** 190 Wyld Street, North Bay, ON P1B 8P8

**Phone Number:** (705) 476-5530

**Website:** <https://www.northbay.ca>

**Referrals:**

- A doctor must approve the need.
- Call or fill out a form on the website to book a ride.
- Must provide: Pick up address, date and time, address to where you want to go, reason for the trip, time to be picked up, and if someone is going to be going with you for help.

**Fees:** \$3.00 / ride (subject to change).

**Hours:**

- Monday to Friday - 7:30am-5:00pm
- Saturday - Closed
- Sunday - Closed

**Accessibility:** This location is wheelchair accessible.

**Language:** Services are offered in English and French.



# **Temagami Home Help Services**

## **Description of Services**

### **Services Offered Include**

- Rides for older adults with disabilities.
- Short distance and long-distance rides for medical appointments or regular activities.
- You must have a support person.

**Address:** 5 Bayview Lane, Temagami, ON P0H 2H0

**Phone:** (705) 569-3885

**Email:** [tshs@ontera.net](mailto:tshs@ontera.net)

**Referrals:** No referral required.

**Fees:** There are set fees for service. Please call for more information.

**Hours:**

Administration:

- Monday to Friday - 8:00am-4:00pm
- Saturday and Sunday closed

**Transportation:** hours vary

**Accessibility:** This location is wheelchair accessible.

**Language:** Services are offered in English and French.