

Lindsay and Area Walk-In and Virtual Care Clinics

(Valid as of April 2026)

Health Care Connect

Get on the provincial waitlist for a doctor.
Can't be currently registered with a
primary care provider.
Call 1-800-445-1822 or use the QR Code



In-Person Clinics

City of Kawartha Lakes Family Health Team – Unattached Urgent Care Clinic

**resident of City of Kawartha Lakes and
do not currently have a Family Doctor
or Nurse Practitioner.*

55 Angeline St. N. (Giant Tiger Plaza)
Must book appointment either online
(Thursday after 6 p.m.) or by phone (Friday 8 a.m.
- 9:30 a.m.). **DO NOT** go to clinic in person to
book appointment. Must have valid OHIP.
Appointments are 9 a.m.- 2 p.m.
705-328-9853 ext. 296
cklfamilyhealthteam.com/unattached-care-clinic

After Hours Clinic, 55 Angeline St. N.

Walk-in only
Monday - Friday 5:45 p.m. - 9 p.m. or until full
Saturday/Sunday 8:45 a.m. - 12 p.m. or until full

**Dr. Khurshid, Dr. Nkemdeme, Dr. Odunze
Walk-In Clinic, 86 Angeline St. S., Unit 202B.**
Tuesday/Wednesday 9 a.m. – 1 p.m.
Thursday 4 p.m. - 8 p.m., Friday 9 a.m. - 4 p.m.
Walk-in or call at 705-320-7705

Peterborough Regional Paediatric Outpatient (POP) Clinic

Nurse Practitioner led clinic for children
without a family practitioner. Offers same-day
booked appointment only from
Monday-to-Friday.
Call 705-740-8055 after 8 a.m.
Monday - Friday to book a
same-day appointment.
Monday - Thursday, 1:00 p.m. - 7 p.m.
Friday, 1 p.m. - 4 p.m.

RMH's Reproductive Health and Gynecology Clinic

Fill out self-referral at
RMH.org/rhgc

HKPR Health Unit, Immunization Clinic, Sexual Health Clinic

Book appointments at hkpr.on.ca

CMHA Mental Health Walk-In Clinic

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

Lindsay 33 Lindsay St. S.

Peterborough 466 George St. N.

Below clinics refer to online calendar

knfht.ca/home/events

Bobcaygeon, 100 East St. S.

Monday 4 p.m. - 7 p.m.

Thursday 4 p.m. - 7 p.m.

Fenelon Falls, 53 Colborne St. E.

(Pharmasave) Walk In, first come first serve.

Wednesday 1 p.m. - 5:30 p.m.

Minden Urgent Care, 6 McPherson St.

(former ER site)

Monday - Sunday 10 a.m. - 5 p.m.

705-286-2140 ext. 4001

Enhanced Care Walk-In Clinic

Telemedicine Clinic with three locations

Fenelon Falls, inside FF Community
Pharmacy, 205 Francis St. E.

Monday, Tuesday, Wednesday, Friday
10 a.m. - 2 p.m. 705-887-4110

Good Doctors, 86 Russell St. W., Lindsay
Nurse onsite for physical assessments.

Monday - Friday 9 a.m. - 4:30 p.m. Book at
gooddoctors.ca/site/good-doctors-lindsay
or call 705-304-0021

MD Connected, Rexall 401 Kent St. W., Lindsay
Nurse-assisted doctor consultations.

Monday - Friday 9 a.m. - 7:30 p.m.

Saturday 9 a.m. - 5 p.m.

Sunday 10 a.m. - 5 p.m. 1-877-406-9362

Virtual Clinics

East Region Virtual Care Clinic

Led by Nurse Practitioner.
No controlled substance prescriptions.
Book at 1-888-684-1999 or
virtualcareontario.ca

Health 8-1-1 (formerly Telehealth)

Available 24-hours, seven days a week
for health advice from a Registered Nurse
or to find health services information at
health811.ontario.ca or by calling 8-1-1

Telus Health MyCare

Monday- Friday 8 a.m. - 8 p.m.
Saturday/Sunday 8 a.m. - 6 p.m.
Must download the app
(free with valid OHIP).
If you do not have a valid OHIP,
you can pay a fee of \$70.
telus.com/health/my-care

GoToDoctor.ca

OHIP-covered.
1-833-820-8800 for phone consultation.
gotodoctor.ca/guardian-ida-remedy

Tia Health

OHIP-covered virtual clinic.
app.tiahealth.com

Sick Kids Virtual Urgent Care

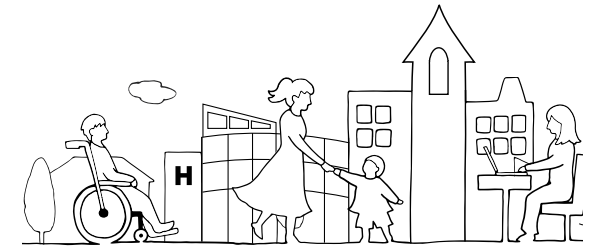
Sickkids.ca/virtualurgentcare

These services are provided by organizations
separate of Ross Memorial Hospital and may
not include all available options.

Did you know Ontario Pharmacists can prescribe for common ailments?

ontario.ca/page/pharmacies

Acid Reflux
(gastroesophageal reflux disease (GERD))
Acne
Canker Sores
Cold Sores (herpes labialis)
Dermatitis
(atopic, eczema, allergic and contact)
Diaper Rash
Hay Fever (allergic rhinitis)
Hemorrhoids
Impetigo
Insect Bites and Hives
Menstrual Cramps (dysmenorrhea)
Nausea and Vomiting in Pregnancy
Oral Thrush (candidal stomatitis)
Parasitic Worms (pinworms and threadworms)
Pink Eye (conjunctivitis; bacterial,
allergic and viral)
Sprains and Strains (musculoskeletal)
Tick Bites (post-exposure prophylaxis to
prevent Lyme disease)
Urinary Tract Infections (UTIs)
Yeast Infections



Delivering on the promise of a
better healthcare experience.



ROSS MEMORIAL
HOSPITAL
Kawartha Lakes

www.rmh.org

10 Angeline St. N., Lindsay, ON K9V 4M8

Local: 705-324-6111

Toll Free: 1-800-510-7365



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