

# Lindsay and Area Walk In and Virtual Care Clinics

(Valid as of February 2025)

## Health Care Connect

Get on the provincial waitlist for a doctor.  
Cannot 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 Friday 8 a.m. - 9:30 a.m.  
by phone. **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/urgent-care](http://cklfamilyhealthteam.com/urgent-care)

### 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

### Peterborough Regional Paediatric Outpatient (POP) Clinic

Nurse Practitioner led clinic for children under  
the age of 18 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 Women's Health Clinic

Fill out self-referral at  
[RMH.org/womenshealthclinic](http://RMH.org/womenshealthclinic)

### HKPR Health Unit, Immunization Clinic, Sexual Health Clinic

Book appointments at [hkpr.on.ca](http://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 calendar online

[knfht.ca/home/events](http://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](http://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

Nurse Practitioner led.

No controlled substance prescriptions.

Book at 1-888-684-1999 or

[virtualcareontario.ca](http://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](http://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](http://telus.com/health/my-care)

## Go To Doctor. Ca

OHIP-covered.

1-833-820-8800 for phone consultation.

[gotodoctor.ca/guardian-ida-remedy](http://gotodoctor.ca/guardian-ida-remedy)

## Tia Health

OHIP-covered virtual clinic.

[app.tiahealth.com](http://app.tiahealth.com)

## Sick Kids Virtual Urgent Care

[Sickkids.ca/virtualurgentcare](http://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](http://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)

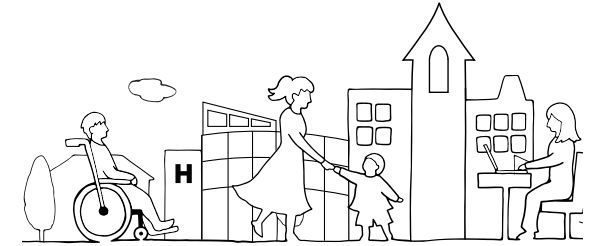
**Pink Eye** (conjunctivitis; bacterial, allergic and viral)

**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](http://www.rmh.org)

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

Local: 705-324-6111

Toll Free: 1-800-510-7365



@RossMemorialHospital



@RossMemorial



@RossMemorialHospital