



# Health Services

## ART THERAPY

### **Marilyn Saffery, RP, BFA, DipAT**

Registered Psychotherapist (CRPO)

Phone: 613-735-1858

mal.saffery@gmail.com

Art therapy uses visual images and art media to help express feelings and emotions, explore difficult issues and develop self-awareness. No art experience or talent is needed. Clients are people of all ages and backgrounds, from children to seniors. All sessions confidential. Free initial consultation.

## BLOOD DONATION

### **Canadian Blood Services**

Phone: 1-888-236-6283

www.blood.ca

www.facebook.com/itsinyoutogive

Fall blood donor clinics: September 12 (Petawawa), September 13 (Arnprior), September 14 (Almonte), October 10 (Pembroke), October 30 (Renfrew), November 6 (Eganville), November 14 (Garrison Petawawa). Every 60 seconds, someone in Canada needs blood. Book your appointment online at [www.blood.ca](http://www.blood.ca). Blood: it's in you to give.

## CHIROPRACTIC

### **Integrated Health Centre**

Dr. Nik Bair-Patel

570 Nelson Street, Pembroke

Phone: 613-732-3333

www.integratedhealthcentre.ca

A chiropractic clinic that puts the client first. Dr. Nik Bair-Patel has been helping people live without pain for many years, including treating people who have not been able to find relief anywhere else. Chiropractic, laser therapy, acupuncture and more. See the difference chiropractic can make.

## DISABILITIES - INTELLECTUAL

### **Community Living Upper Ottawa Valley**

894 Pembroke Street West, Pembroke

Phone: 613-735-0659

info@communitylivingupperottawavalley.ca

www.cluov.ca

Assisting people with intellectual disabilities to be included in the community through independent living, homecare supports, employment opportunities, continuing education, volunteer and community involvement, support workers, and more. Also seeking employers to assist.

## DOMESTIC VIOLENCE

### **Bernadette McCann House**

Phone: 613-732-3131

Toll free: 1-800-267-4930

www.wsssbmh.org

The Bernadette McCann House provides safety, support and education to women, children and those who experience abuse, including men. Our phones are available 24 hours a day. We offer a residential shelter, transitional support, child and youth services, as well as family court support.

## FITNESS CENTRES

### **Integrated Health Centre**

570 Nelson Street, Pembroke

Phone: 613-732-3333

www.integratedhealthcentre.ca

Medical Exercise, personal training and a full 24-hour fitness centre complete with far-infrared sauna. Make it a membership and enjoy all the benefits of a professional health facility. Join our classes, work out with our trainers and connect with our nutritionist for a complete health and fitness experience. We are your health centre.

## FUNDRAISING

### **Kin Club of Pembroke**

kinclubofpembroke@gmail.com

www.facebook.com/kinclubofpembroke

Help us repave the runway at the Pembroke & Area Airport and make a donation to the Kin Club of Pembroke! For \$250, you can purchase a foot of runway to repave. We need the community to help us so we can continue to provide a venue for critical emergency response (Ornge, MNR, OPP), business and special events (Rogers Hockey) in our region. Details at: [www.flycyta.ca](http://www.flycyta.ca)

## GOLF LESSONS

### **Jennifer Layman**

2113 Petawawa Boulevard, Petawawa

Phone: 613-732-7774 (Forward Thinking)

jenn@fwdthink.net

The fall is a great time for golf lessons, whether you are just learning or you want to get a head start on the 2018 season. Available for individuals and small groups. On course lessons available. Island Brae Golf Club. Improve your physical skills or let's work on your golf psychology. Gift certificates are available.

## HEARING CARE

### **Heritage Hearing Care**

239 Pembroke Street West, Pembroke

Phone: 613-735-0776

www.heritagehearing.ca

Our team of experienced Audiologists, available Monday-Saturday, provides hearing evaluations, tinnitus advice, amplification options, hearing aid fitting, repairs and batteries, adjustments, custom hearing protection and swim plugs, in Pembroke and our clinics in Petawawa and Deep River. Let us help your ears to hear!