



Health Services

ART THERAPY

Marillyn 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 are confidential. Free initial consultation.

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.

EMPLOYMENT

Eastern Ontario Jobs

work@easternontariojobs.com

www.easternontariojobs.com

www.facebook.com/eojobs

Eastern Ontario offers an awesome quality of life. Be steps from the water, the forest or any other natural area by living in the best part of Ontario. Now, just find a job that makes it all possible! Visit our website at: www.easternontariojobs.com for a listing of local jobs available from Pembroke to Gananoque and across to Peterborough.

EMPLOYMENT

Ottawa Valley Jobs

employers@ovjobs.ca

www.ovjobs.ca

www.facebook.com/ovjobs

Looking for job opportunities in the Ottawa Valley? Visit www.ovjobs.ca for the region's easiest and most popular listing of local job postings. Full time, part time and casual positions available. Listed by industry, town and 20 most recent. Like us on Facebook and have postings delivered right to your timeline when they become available.

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

MEALS: DELIVERED AND PICK-UP

Community Support Coalition

Phone: 613-433-4564

chris_c@renfrewhomesupport.ca

The Community Support Coalition offers healthy meals, prepared, delivered and available for pick-up throughout Renfrew and Lanark County. If you know someone who could benefit from this program, contact us and we can connect them to their closest provider. We also offer gift certificates if you wish to purchase meal vouchers for someone who could use them.

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!

MENTAL HEALTH

Robbie Dean Centre

Phone: 613-629-4243 (24 hours)
www.robbedeancentre.com

If you need someone to talk to, come to one of our walk-in clinics. Offered weekly in Eganville, Pembroke, Renfrew and Petawawa, come see us as a first step to get on the road to more positive mental health. We are open to the whole community - there is no age minimum or limit. And our services are entirely free of charge. Let us know what's on your mind.

PERSONAL PROTECTION & SAFETY

Layman Fire & Safety

235 Biesenthal Road, Pembroke
Phone: 613-732-5320 or 613-687-2896
www.laymanfireandsafety.com

Eye wash stations, first aid kits and supplies, hand sanitizer, disposable gloves and coveralls, sharps container, stretchers, masks, welding respirators, emergency showers, face shields, spray-on bandage and more. Safety products for your employees and for the workplace. Inspections and services you can count on to be accurate.

PET HEALTH

M&R Feeds and Farm Supply

Micksburg | Phone: 613-735-3689
Pembroke | Phone: 613-732-2843
Shawville | Phone: 819-647-2814
www.mandrfeeds.com

We know your pet is important to you and your family so we offer a broad range of quality food and related products from respected manufacturers that correspond to your budget. Food for dogs, cats, rabbits and gerbils. Litter, bedding, cages, kennels, travel crates, fencing, bowls, feeders and more.

PHARMACY

Rowan's Pharmasave

115 Pembroke Street West, Pembroke
Phone: 613-732-2522
jason@rowanspharmasave.ca
Your Downtown Pembroke pharmacy since 1924. Let our pharmacists help you with travel medication plans, health plans, weight management and connecting with drug benefits. Pharmacists are your most accessible health care provider so let us work for you. Welcoming new clients daily. Newly renovated in 2017.

PHYSICAL ACTIVITY

Festival of Outdoor Rinks

www.festivalofoutdoorrinks.com
www.facebook.com/outdoorrinks
Welcome to the 2018 Festival of Outdoor Rinks. Pack your skates and head on out to a local outdoor rink and enjoy the activities that each rink has to offer. No skates? No problem. Many rinks offer activities off the ice as well. Visit our website for full details on who is participating and what they have to offer. A great (free) weekend for the whole family.

PHYSICAL ACTIVITY

Rankin Recreation and Culture Centre

www.rankincentre.ca
www.facebook.com/rankincentre
There's always something going on at the Rankin Rec Centre and especially in February. From February 2-4 we have a hockey tournament and hymn sing. From February 8-11 we have spaghetti supper, euchre tournaments, games, outdoor fun, trivia night, pancake breakfast a live auction and more. Come out and support this local community hub and have some fun!

SPIRITUALITY

Pembroke Pentecostal Tabernacle

Corner of Highways 41 and 17, Pembroke
Phone: 613-732-9721
www.pptchurch.com
Morning worship services on Sundays at 10:30am. Nursery and kids church available. Public is welcome. Bible study and prayer groups for men and women separately and jointly. Also ask about our BG Club program for kids. Spirituality for every member of your family. See our newly designed website for all the details.

SPIRITUALITY

St. John's Lutheran Church

605 Black Bay Road, Petawawa
Phone: 613-687-6187
www.facebook.com/stjohnspetawawa
Services every Sunday at 10:00am. Sunday school also available for children. Welcoming friends and family as well as visitors - our doors are open to you. Variety of groups (cards for seniors, choir, Lutheran women, visiting committee) to be involved with if you choose. Come meet Pastor Albert, our new minister.

Egg Safety

Only buy eggs sold from a refrigerator.

Don't buy out-of-date eggs.

Refrigerate eggs within 2 hours.

Store eggs on refrigerator shelf, not in the door.

Use eggs in shells within 3 weeks.

Egg dishes should be cooked to 160 degrees Fahrenheit.

Discard hard-boiled eggs within 1 week.

Eat leftover cooked egg dishes in 3-4 days.

Cook eggs until both the yolk and white are firm.

Never eat raw eggs or products that contain them.

SOURCE: ACADEMY OF NUTRITION AND DIETETICS