

## Whitestone Nurse Practitioner-led Clinic (NPLC)

11 Church St., Dunchurch • 705-389-1951  
Monday – Friday 8:30AM – 4:00PM

### Your Guide to Health & Wellness Resources in Whitestone & Area

#### 1. MEDICAL EMERGENCY

Call 911 or go to the nearest Emergency Department.

#### 2. NEED A FAMILY DOCTOR OR NURSE PRACTITIONER?

Register at: [ontario.ca/page/find-family-doctor-or-nurse-practitioner](http://ontario.ca/page/find-family-doctor-or-nurse-practitioner)  
Call: 1-888-579-6767

#### 3. NEED CARE QUICKLY?

##### North East Virtual Care Clinic

Virtual nurse practitioner appointments available for patients with or without a family doctor.

Website: [www.nevirtualcare.ca](http://www.nevirtualcare.ca)  
Call: 1-888-684-1999  
(1–9pm, 7 days/week)

##### Pharmacists Can Help With:

- Minor illnesses & infections
- Allergies & respiratory concerns

##### Whitestone & Area Nurse

##### Practitioner-Led Clinic

Limited appointments available for patients without timely access to care.

Call: 705-389-1951  
Mon–Fri, 8:30am – 4pm  
Emergency wait times:  
[wpshec-predict.oculys.com](http://wpshec-predict.oculys.com)

- Sprains, strains & headaches
- Prescription renewals

#### 4. TRANSPORTATION SUPPORT

##### Need a Ride?

Community Support Services provides transportation for medical appointments, shopping, programs and events (10+ days notice preferred).

Call: 705-746-5602

Ask your specialist to arrange a video consultation through the Nurse Practitioner-Led Clinic.

#### 5. NEED IN-HOME CARE?

##### Community Paramedicine

Ask your doctor, nurse practitioner, or Patient Navigator for a referral.

##### More info:

[parrysounddistrictparamedics.ca/community-paramedicine](http://parrysounddistrictparamedics.ca/community-paramedicine)

##### Ontario Health atHome

Coordinates in-home care, community services, and long-term care placement. Website: [ontariohealthathome.ca](http://ontariohealthathome.ca)

#### 6. OTHER HEALTH & WELLNESS SUPPORTS

##### Community Support Services – Call: 705-746-5602

Supports seniors and community members with:

- Meals on Wheels
- Exercise & social programs
- Transportation
- Information & referrals
- Volunteer opportunities

#### 7. SUBSTANCE OR ALCOHOL USE SUPPORT

##### Rapid Access Addiction Medicine (RAAM) Team

Accessible support for individuals age 16+. Self-referrals welcome.

##### Services include:

- Assessment & treatment
- Counselling
- Harm reduction & naloxone kits
- Referrals & support services

Call: 705-746-4540 ext. 1339

Mon–Wed: 8am – 4pm

Thurs: 10am – 6pm

Drop-in: Mon–Thurs 12–1pm

West Parry Sound Health Centre

#### 8. HELP NAVIGATING THE HEALTH SYSTEM?

##### West Parry Sound Patient System Navigator

Helps connect patients with health care and community supports.

Call: 705-746-4540 ext. 3157

Email: [patientsystemnavigator@wpshec.com](mailto:patientsystemnavigator@wpshec.com)

##### 211 Ontario

Find social services and community supports.

Visit: [211ontario.ca](http://211ontario.ca) Call or text: 211