



Wolfe Island Health & Wellness Guide



POLICE / FIRE / AMBULANCE - CALL 911

Your 911 Civic Address: _____

Health Resources

Telehealth Ontario (24/7).....1-866-797-0000

Ontario Regional Poison Centre.....1-800-268-9017

KFL&A Public Health.....613-549-1232

- Healthy Eating
- Smoking Cessation
- Food and Water Safety
- Physical Activity
- Immunizations
- Sexual Health Clinics

www.kflapublichealth.ca

Community Care Access Centre.....613-544-7090

Information on community health services, long-term care placements and referrals

www.se.ccac-ont.ca

Kingston Information Services.....211

Kingston General Hospital.....613-548-3232

Hotel Dieu Hospital.....613-544-3310

Wolfe Island Community Medical Clinic

-Foot Care Services -Free Blood Pressure Clinic

-Seasonal Flu Immunization Clinics

www.wolfeisland.com/medical

e-mail: wicmc.info@gmail.com

Seniors Association.....613-548-7810

- Bereavement Counselling - Legal Advice

- Home Help & Maintenance

www.seniorskingston.ca

Your Doctor's Number: _____

Mental Health

Frontenac Community Mental Health Services

24hr Crisis Line.....613-544-4229

K3C Community Counselling Centres....613-549-7850

Professional counselling at free/affordable rates

www.k3c.org

Alcoholics Anonymous.....613-549-9380

Sexual Assault Centre Kingston

24hr Crisis and Support Line.....613-544-6424

Hildegarde Centre Adult Day Services

(Providence Manor).....613-548-7222 ext. 3118

Home Care

Community Care Access Centre.....613-544-7090

Victorian Order of Nurses.....613-634-0130

www.von.ca

Hospice Kingston.....613-542-5013

Individuals dealing with life limiting illness or loss

Smoking Cessation

Check with your family doctor/ health team or:

Tobacco Information Line...613-549-1232 ext. 1333

Smoker's Helpline.....1-877-513-5333

www.smokershelpline.ca

Lung Health Information Line.....1-888-344-5864

www.lung.ca

The STOP Program.....1-416-535-8501 ext. 4455

Free nicotine replacement therapy to those eligible.

www.nicotinedependenceclinic.com

Nutrition

Dial-a-Dietitian.....613-549-1232 ext. 1224

EatRight Ontario.....1-877-510-5102

Free menu planning and nutrition information from registered dieticians

Frozen Meals (Seniors Association)....613-548-7810

Partners in Mission Food Bank.....613-544-4534

*** PLEASE KEEP FOR FUTURE REFERENCE ***

CREATED JUNE 2012

(TURN OVER)

Fitness

- Ladies' and Men's Golf Nights.....613-385-9978
Wolfe Island Table Tennis Club.....613-385-1268
Wolfe Island Boat Club.....613-385-2641
'Walk On' Wolfe Island Program.....613-385-1226
Free indoor, volunteer-led, walks during the winter
Big Sandy Bay.....www.bigsandybay.ca
Artillery Park.....613-546-7998
www.cityofkingston.ca
Kingston Family YMCA.....613-545-3939
www.kingston.ymca.ca
Kingston Gets Active.....www.kingstongetsactive.ca
Physical activity options in the Kingston area

For more programs available on Wolfe Island
see WIN website:
<http://winhealthycommunity.wordpress.com>

Local Organizations

- Catholic Women's League.....613-385-1671
St. Lawrence Women's Institute.....613-385-2254
St. Margaret's Guild.....613-385-1466
United Church Women.....613-385-2212
Wolfe Island Health Club.....613-385-2212
Wolfe Island Historical Society.....613-385-2729
Wolfe Island Women's Institute.....613-385-2540

For events and other initiatives see:
www.wolfeisland.com

Other

- Alzheimer's Society of KFL&A.....613-544-3078
www.alzking.com
The Arthritis Society.....613-546-2546
www.arthritis.ca
Canadian Cancer Society.....613-384-2361
www.cancer.ca
Canadian Diabetes Association.....613-384-9374
www.diabetes.ca
Canadian Hearing Society.....613-544-1927
www.chs.ca
Crohn's & Colitis Foundation.....613-530-4934
www.ccfc.ca
Heart and Stroke Foundation.....613-384-2871
www.heartandstroke.com
HIV/AIDS Regional Services.....613-545-3698
www.hars.ca
Kidney Foundation of Canada.....613-542-2121
www.kidney.on.ca
Kingston Lung Association.....613-545-3462
www.on.lung.ca
Multiple Sclerosis Society.....613-384-8500
www.mssociety.ca
Thyroid Foundation.....613-389-3691
www.thyroid.ca

Canada's Food Guide
www.healthcanada.gc.ca/foodguide

Physical Activity Tips
www.publichealth.gc.ca/paguide

- Health Tips -

- Ask your doctor/pharmacist lots of questions because it is important you understand what he/she is asking you to do.
- Find out from your doctor's secretary if your appointments can be booked around the ferry schedule.
- Internet access is available at the Wolfe Island Branch of Kingston Frontenac Public Library.
- DON'T FORGET on hot days to use the "Cool Down Here" Centre at the Wolfe Island Library.

Updated copies of this directory are available on WIN website: <http://winhealthycommunity.wordpress.com>