





ND CHC Partners

| Agency | Services | Hours | Access | Cost |
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| <p style="text-align: center;"> Born Midwives https://bornmidwives.ca/  </p> | <p>Providing prenatal, labor, birth, and postpartum care for families in Cambridge and the surrounding areas.</p> | <p>Every Friday morning at the ND CHC</p> | <p>Self-referral - Patient can call Born Midwives directly: 519-267-7266</p> | <p>- OHIP Covered</p> |
| <p style="text-align: center;"> Community Support Connections https://communitysupportconnections.org/  </p> | <p>Community Support Connections offers services under four areas: Nutrition, Physical Health, Social Wellbeing, and Help at Home. The services they offer are customized to a diverse client group that includes caregivers, older adults, people with diverse abilities, and anyone in between.</p> | <p>Every Wednesday Morning</p> | <p>Clients can call: 519-772-8787</p> | <p>- No cost associated</p> |

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| <p>Community Airway Program – Respiratory Therapy</p>  | <ul style="list-style-type: none"> - Respiratory therapist provides asthma testing, education, and spirometry for North Dumfries Community Health Centre patients | <p>2nd and 4th Wednesday every month</p> | <ul style="list-style-type: none"> - Referral from family doctor / nurse practitioner <p>Must be an ND CHC patient</p> | <ul style="list-style-type: none"> - No cost |
| <p>Porchlight Counseling and Addictions Services</p>  <p>https://porchlightcnd.org/</p> | <p>One-on-one counselling sessions and variety of community resources and outreach resources for those in need such as food, transportation, grocery cards</p> | <p>Thursdays</p> | <p>Self-referral by calling:</p> <ul style="list-style-type: none"> - 519-621-5090 | <ul style="list-style-type: none"> - “Choose your rate” fee structure for counselling |

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