

# Where to Seek Care This Holiday Season



**Mississauga Health**  
Ontario Health Team  
Partnering for your health

## Virtual Urgent Care

The Regional Virtual Urgent Care Program is available to residents in the central region of Ontario who require timely access to a nurse practitioner for urgent non-life-threatening conditions that can be addressed virtually.

**Book online at:**

[www.regional-virtual-urgent-care.ca](http://www.regional-virtual-urgent-care.ca)

## Clinic Information

Virtual  
Hours: 1pm - 9pm, daily

## Holiday Hours

Open during all current hours, inclusive of statutory holidays.

## Health811

Formerly Telehealth Ontario/Health Connect Ontario, Health811 is a tool that allows Ontarians to call or chat online with a registered nurse for health care advice or for information on how to find a family doctor. The service is available 24 hours a day, 7 days a week by calling 811 or visiting [health811.ontario.ca](http://health811.ontario.ca).

**Call:**

811 (TTY: 1-866-797-0007)

## Clinic Information

Call:  
Call 811 (TTY: 1-866-797-0007)  
24 hours a day, 7 days a week

## Holiday Hours

Open during all current hours, inclusive of statutory holidays.

## THP Urgent Care

The Urgent Care Centre at Queensway Health Centre provides care for individuals of all ages with non-life-threatening illnesses and injuries, such as sprains, minor burns, broken bones, and fevers.

**Call:**

416-259-6671

Visit [www.thp.ca](http://www.thp.ca) for more information.

## Clinic Information

150 Sherway Drive,  
Etobicoke, ON  
M9C 1A5  
416-259-6671

## Holiday Hours

Open daily, 3pm - 9pm

## CarePoint Health

Looking for a primary care provider? CarePoint Health can help.

CarePoint Health is an inter-professional care team of allied health professionals and primary care physicians working together to improve the health and wellness of the Mississauga communities. The team serves patients holistically by focusing on the physical, mental and emotional parts of your complete well-being.

### Call to book an appointment:

905-362-3508

Visit [www.carepointhealth.ca](http://www.carepointhealth.ca) for more information.

## Clinic Information

2695 North Sheridan Way  
Suite#120  
Mississauga, Ontario L5K 2N6

## Holiday Hours

All Mississauga clinics closed Dec  
25-26 & Jan 1

## Credit Valley Family Health Team

The Credit Valley Family Health Team is a multidisciplinary team of health care providers that offers comprehensive medical services to individuals and families, focusing on primary care.

### Book online at:

[www.patient.medeohealth.com/booking/credit-valley-family-health-team](http://www.patient.medeohealth.com/booking/credit-valley-family-health-team)

Visit [www.cvfht.ca](http://www.cvfht.ca) for more information.

## Clinic Information

Suite 101, 2300 Eglinton Ave West,  
Mississauga ON L5M 2V8

## Holiday Hours

### Dec. 23 – 29

Dec 23: 9am - 8pm

Dec 24: 9am - 12pm

Dec 25 & 26: CLOSED. Call 8-1-1 for health support

Dec 27: 9am - 5pm (Open for acute care)

Dec 28: 9am - 12pm

Dec 29: 9am - 12pm

### Dec. 30 – Jan. 5

Dec 30: 9am - 8pm (Open for acute care)

Dec 31: 9am - 3pm (Open for acute care)

Jan 1: CLOSED. Call 8-1-1 for health support

Jan 2: 9am - 8pm

Jan 3: 9am - 5pm

Jan 4: 9am - 12pm

Jan 5: 9am - 12pm

## Summerville Family Health Team

The Summerville Family Health Team is a multidisciplinary team of health care providers that offers comprehensive medical services to individuals and families, focusing on primary care.

### Book online at:

[www.summervillefht.com/displayPage.php?page=booknow](http://www.summervillefht.com/displayPage.php?page=booknow)

### Dec. 21 – 27

Dec 21: On call clinic 8am - 2pm

Dec 22: On call clinic 8am - 11am

Dec 23: 9am - 5pm; On call clinic 5pm - 8pm

Dec 24: 9am - 2pm; On call clinic until 5pm

Dec 25 & 26: CLOSED. Call 8-1-1 for health support

Dec 27: 9am - 5pm; On call clinic 5pm - 8pm

## Clinic Information

Explore clinic locations at:  
[www.summervillefht.com/displayPage.php?page=booknow](http://www.summervillefht.com/displayPage.php?page=booknow)

## Holiday Hours

### Dec. 28 – Jan. 1

Dec 28: On call clinic 8am - 2pm

Dec 29: On call clinic 8am - 11am

Dec 29: On call clinic 8am - 11am

Dec 30: 9am - 5pm; On call clinic until 8pm

Dec 31: 9am - 2pm; On call clinic until 5pm

Jan 1: CLOSED. Call 8-1-1 for health support

## Mississauga Paediatric Care Clinic

The Mississauga Paediatric Care Clinic provides timely care for flu-like symptoms to children and youth aged 6 months to 17 years without a family physician or after-hours care.

### Book online at:

<https://www.summervillefht.com/displayPage.php?page=Pediatric>

### Dec. 16 – 21

Dec 16: 9am - 5pm

Dec 17: 9am - 9pm

Dec 18: 1pm - 9pm

Dec 19: 9am - 9pm

Dec 20: 9am - 5pm

Dec 21: 9am - 3pm

### Dec. 23 – 28

Dec 23: 9am - 5pm

Dec 24: 9am - 5pm

Dec 25: Closed

Dec 26: 9am - 5pm

Dec 27: 9am - 5pm

Dec 28: 9am - 5pm

### Dec. 30 – Jan. 4

Dec 30: 9am - 5pm

Dec 31: 9am - 5pm

Jan 1: 1pm - 5pm

Jan 2: 1pm - 9pm

Jan 3: 9am - 5pm

Jan 4: 9am - 5pm

## Clinic Information

101 Queensway West, 7th Floor  
Mississauga  
905-272-9900 ext. 240  
BY APPOINTMENT ONLY - NO WALK-INS

## Holiday Hours

## Canadian Mental Health Association (CMHA)

CMHA's 24.7 Peel Dufferin Crisis Support Line is available to provide a timely and high-quality response to de-escalate, stabilize and support those in mental health and addiction crisis.

## Contact Information

Call at:  
905-278-9036

## Holiday Hours

Open 24 hours a day, 7 days a week, inclusive of statutory holidays.

## Hospice Palliative Helpline

End of life can be an unpredictable. The Hospice Palliative Helpline is here for counselling and emotional support for those seeking information or guidance about Hospice Palliative Care or Bereavement.

## Contact Information

Call:  
905-667-1865

### Holiday Hours

Open 24 hours a day, 7 days a week, inclusive of statutory holidays.

## Nucleus

Nucleus Independent Living supports with in-home services for seniors, housing assistance for disabled adults, home care for adults with disabilities, home care relief for caregivers, meal supports and more.

**Call:**  
905-829-4499  
Visit [www.nucleusonline.ca](http://www.nucleusonline.ca) for more information.

## Office Information

2030 Bristol Cir,  
Oakville, ON  
L6H 0H2

### Holiday Hours

Closed Dec 25-26 & Jan 1

## Partners Community Health Spend the Day With Us Program

The Spend the Day with Us Program (“the Program”) offers flexible, day-long support with personal care, healthcare, wellness activities, and social interactions, ultimately reducing Alternate Level of Care (ALC) rates, providing seniors on waitlists with immediate supports, enhancing community connections, and improving the quality of life for seniors.

**Call:**  
437-236-6350  
Visit [www.partnerscommunityhealth.ca](http://www.partnerscommunityhealth.ca) for more information.

## Centre Information

2180 Speakman Dr.,  
Mississauga, ON

### Holiday Hours

Closed Dec 25-26 & Jan 1

## Alzheimer’s Society of Peel

The Alzheimer’s Society of Peel serves the Region of Peel through its offices in Brampton and Mississauga. Its chapter promotes public and professional awareness of Alzheimer’s disease and related dementias and offers a variety of programs and services. All services and programs operate either free of charge or for a nominal fee. You do not need a diagnosis or a referral to access our services.

**Call:**  
905-278-3667  
Visit [www.alzheimer.ca/peel/en](http://www.alzheimer.ca/peel/en) for more information.

## Centre Information

60 Briarwood Avenue,  
Mississauga, ON  
L5G 3N6

### Holiday Hours

All sites, offices, programs, and services will be closed Dec 25 to Jan 1. Regular hours resume on Jan 2

## LAMP Community Health Centre

LAMP Community Health Centre is a non-profit charitable organization that provides integrated primary care and health promotion programs and services that support the health and well-being of individuals and communities.

**Call:**

416-252-6471

Visit [www.lampchc.org](http://www.lampchc.org) for more information.

## Centre Information

185 Fifth St  
Etobicoke, ON  
M8V 2Z5

## Holiday Hours

Dec 23: 8am - 5pm

Dec 24: 8am - 12pm

Dec 25 - 26: CLOSED

Dec 27: 8am - 5pm

Dec 28 - 29: CLOSED

Dec 30: 8am - 12pm

Dec 31: 8am - 12pm

Jan 1: CLOSED

Regular hours resume Jan 2, 2025

## Indus Community Services

Indus Community Services (Indus) is an accredited, not-for-profit community benefit organization that has served local communities for 35 years, focused on building resilient and healthy communities by offering person-centered, anti-oppressive programs and services. It provides health, family and newcomer services.

**Call/email at:**

905-275-2369

[info@induscs.ca](mailto:info@induscs.ca)

Visit [www.induscs.ca](http://www.induscs.ca) to explore services and additional locations

## Office Information

3038 Hurontario Street, Suite 206  
Mississauga, ON L5B 3B9 Canada

## Holiday Hours

Dec 24: Regular hours

Dec 25-Jan 1: CLOSED

Regular hours resume Jan 2,  
2025

## Dixie Bloor Neighbourhood Centre (DBNC)

Located in the Burnhamthorpe Library building, DBNC has been an institution in the Peel region for its timely and responsive service delivery to newcomers, families, youth, children, seniors, and job seekers. All programs are free of charge and strive to meet the needs of the community.

**Call/email at:**

905-629-1873

[info@dixiebloor.ca](mailto:info@dixiebloor.ca)

Visit [www.dixiebloor.ca](http://www.dixiebloor.ca) for more information.

## Centre Information

3650 Dixie Road, Suite 103,  
Mississauga, Ontario, L4Y 3V9

## Holiday Hours

Dec 23: 8am - 5pm (Virtual only)

Dec 24: 8am - 12pm (Virtual only)

Dec 25 - Jan 1: CLOSED

Regular hours resume Jan 2, 2025

## The Indigenous Network

The Indigenous Network is a community-based, non-profit, registered charity whose mission is to provide programs and services to address the spiritual, mental, emotional and physical needs of the Urban Indigenous population of Mississauga and neighbouring regions. Through a supportive social network and culturally appropriate programs and services Indigenous peoples will have the opportunity to develop and strengthen a sense of community in Mississauga.

### Call/email at:

905-712-4726

info@theindigenousnetwork.com

Visit [www.theindigenousnetwork.com](http://www.theindigenousnetwork.com) for more information.

## Office Information

208 Britannia Road East  
Unit 1 Mississauga, Ontario  
L4Z 1S6

## Holiday Hours

Dec 20 - Jan 6: CLOSED  
Regular hours resume Jan 7,  
2025

## Black Health & Social Services Hub Peel

The Black Health and Social Services (BHSS) Hub offers a range of Afrocentric programs and activities in primary care, mental health and addictions, and social services. Roots Community Services, LAMP Community Health Centre and the Canadian Mental Health Association (CMHA) Peel Dufferin are partnering to offer this initiative which is being designed with the holistic health of the individual as the primary focus.

### Call:

647-812-5226

## Hub Information

Visit [www.bhsshubpeel.ca](http://www.bhsshubpeel.ca) for more information.

## Holiday Hours

Dec 23: 8am - 5pm  
Dec 24: 8am - 12pm  
Dec 25 - 26: CLOSED  
Dec 27, 30, 31: 8am - 5pm  
Jan 1: CLOSED  
Regular hours resume Jan 2, 2025

## Ontario Health atHome

Ontario Health atHome coordinates in-home and community-based care for thousands of patients across the province every day. It assesses patient care needs, and deliver in-home and community-based services to support your health and well-being.

### Call:

310-2222 (no area code required) or visit [www.ontariohealthathome.ca](http://www.ontariohealthathome.ca) for more information.

## Contact Information

Call 310-2222 (no area code required).

## Holiday Hours

8:30am - 9pm, 365 days a year  
Office is closed on Dec 25, 26 and  
Jan 1