

**Services Available Outside the
Carrot River/Arborfield/Zenon Park Area
(By Referral Only)**

- Community Therapy** 306-862-9822
Physiotherapy
Occupational Therapy
(Locally, as needed)
Exercise Therapy
Paediatric Physiotherapy
- Acquired Brain Injury Program** 306-752-1754
Speech Language Pathologist (ABI-SLP)
- Autism Spectrum Disorder Consultant**
(May self-refer) 306-862-7249
- Public Health Services** 306-862-7230

- Dental Health Educator**
Public Health Inspector
Public Health Nutritionist
(Can access by referral)
Travel Health Immunization 306-873-3615
(May self-refer)

Early Childhood Team 306-752-6310
 or 306-862-7429

The team of Early Childhood Psychologist and Speech Language Pathologist provide services to children from birth to school age that are not developing as expected.

Mental Health *(May self-refer)*

Mental Health Central Intake Line 306-752-8767
Services Provided:
Addiction Counselling
Mental Health Therapist

Provides assessments, counseling, therapy, outpatient rehab, SGI screening, education and prevention programs and workshops.

HELP LINES

Emergency Services	9-1-1
Kids Help Phone	1-800-668-6868
Mental Health	1-306-765-6216
<i>24-hour consultation services</i>	
Northeast Crisis Centre	1-800-611-6349
Problem Gambling	1-800-306-6789
Parents Helpline	1-888-306-9100

**Primary Health Care
is a service of the
KELSEY TRAIL HEALTH
REGION**

*For more information about this or other services
of the Kelsey Trail Health Region
contact the Regional Office at
306-873-6600 or visit our website
www.kelseytrailhealth.ca*



Provincial Health Line—24 hour health advice

**KTHR Quality of Care Coordinator
1-877-573-6601**



Guide to Health Services

Carrot River, Arborfield & Zenon Park



Brought to you by the
Carrot River/Arborfield/
Zenon Park Primary Health Care
Provider Team
in partnership with
Kelsey Trail Health Region

The Carrot River/Arborfield/Zenon Park Primary Health Care Provider Team is a group of health care providers and community members working together to address identified needs within the community.

Healthy People in Healthy Communities

What is Primary Health Care?

- ◆ Providing services to individuals, families and communities through a team approach
- ◆ A proactive approach to preventing health problems before they occur
- ◆ Accessing the right health provider at the right time for the right reason
- ◆ Improved follow-up once a condition has been identified

CARROT RIVER MEDICAL CLINIC

306-768-2000

Hours of Operation

Monday – Friday
8 -11:30 a.m. & 12 – 4 p.m.

ARBORFIELD MEDICAL CLINIC

306-769-4201

Hours of Operation

Monday – Friday
Hours Vary

NURSE PRACTITIONER SERVICES

A Nurse Practitioner (NP) is a registered nurse with advanced education & training, enabling the NP to diagnose & manage day-to-day medical conditions & chronic conditions, while maintaining a close working relationship with physicians. They are able to order tests, x-rays, write prescriptions & refer to other health care providers.

Arborfield Health Centre
306-769-4201

Carrot River Medical Clinic
306-768-2000

HEALTH CENTRES

No emergency or acute care services available

Scheduled visits only

Arborfield Health Centre 306-769-4200
Lab Tuesday & Thursday 8 a.m.—2 p.m.

Pharmacy—prescription delivery from Nipawin on Wed./Thurs.

Carrot River Health Centre 306-768-3100
Lab & X-Ray Mon.-Thurs. 8 a.m.-2:30 p.m.



LONG TERM CARE HOMES

Assessment for long term care & respite placement is through Home Care

306-862-7250

Arborfield & District Health Centre
306-769-4200

Carrot River Health Centre
306-768-3100

HOME CARE

Can access without referral

306-862-7250

Monday-Friday 8 a.m.-4 p.m.

Assists those who need care & support to remain independent at home. Provide services based on clients assessed needs & risks. Provide assessment for long term care & respite placement as well as palliative care services.

Meals on Wheels - Hot noon meal delivered to clients home up to 5 days per week

Wellness Clinics—Foot care can be accessed by calling 306-862-7250

Resources: health education & information, Lifestyle Balance program, seniors exercise program.

Foot Care & Diabetic Foot Assessment
Blood pressure assessment & education
B12 injections



DIETITIAN

306-862-9822

Can access without referral

Provides information & assistance to those with or at risk of developing health conditions related to: diabetes, heart & stroke, blood pressure, cholesterol, nutrition & weight concerns.

Carrot River—once a month
Arborfield—once every 2 months
Zenon Park—as needed

DIABETES NURSE EDUCATOR 306-862-9822

Can access without referral

Provides education & support to individuals & groups to assist them in living well with diabetes. Services include: checking blood glucose monitors for accuracy, individual counseling re. diabetes, insulin management, lifestyle, coping with diagnosis.

Carrot River—once a month
Arborfield/Zenon Park—as needed

PUBLIC HEALTH

306-862-7230

Can access without referral

Registered Nurses that specialize in the following areas: child health & development, immunization, prenatal & postnatal education, school health, communicable disease, and health promotion & community development.