

Rideau Community Health Services

offers the following programs and services:

Telemedicine Services

- Difficulties travelling to health care related appointments?
- Virtual care helps people access the health care they need when and where they need it.

Ask about our Telemedicine Services!



Lung Health

- Do you have COPD or asthma?
- Are you a smoker/ex-smoker over the age of 40? If you are and experience a cough, shortness of breath or wheeze, you may be at risk of developing COPD.

Ask about our Lung Health Program!



Community Support

- Trouble navigating the health care system?
- Do you need help with health care related transportation?
- Concerns with physical or mental health?
- Need help with food, finances or housing?

Ask about our Community Support Worker!



Diabetes Education

- Do you have diabetes or pre diabetes?
- Need help with managing your diabetes?
- Would you like to learn more about your condition?

Ask about our Diabetes Education Team!



Smoking Cessation

- Interested in quitting smoking?
- Trouble stopping on your own?
- Could you benefit from ongoing support and counselling?

Ask about our STOP Program!



Primary Care Programs

- Are you in need of a family doctor or nurse practitioner?
- We provide comprehensive primary care services (family medicine), delivered by an interdisciplinary team of professionals with a focus on health promotion.

Call Health Care Connect at 1-800-445-1822!



Foot Care/High Risk Chiropody

- Struggling with calluses, corns, fragile skin, thick nails or cracked skin?
- Open wounds or ulcers on your feet?
- Trouble doing your own foot care or affording foot care services?

Ask about our Foot Care Services!



Registered Dietitian Services

- Could you benefit from nutrition advice and counselling?
- Would you like to learn more about healthy lifestyle choices or how to prepare cost-effective, healthy meals?

Ask about our Dietitian Services!



Counselling Services

- Trouble to manage difficult feelings?
- Struggling with coping skills?
- Would talking to somebody about your experience of stress be helpful?

Ask about our Counselling Service!



Ask about our group programming. All programs are free of charge. Self-referrals are welcome. For some services, individuals without private insurance and those living with limited resources are given priority.

Talk with your health care provider or call us to learn more (613) 283-1952



Rideau Community
Health Services

Your Community Health Centre

This cover has been designed using resources from Freepik.com

04/28/2020

RCHS funding is provided by Ontario Health - East Region, the Ontario Ministry of Children, Community and Social Services and by the communities and people we serve.