

Name	Description	Hours of Operation	Service Categories	Website
Health Services and Clinics				
Appletree Medical Group	Walk-in clinics.	Varies by location	Walk-in Clinics, Virtual Care	https://appletreemedicalgroup.com
Bank Medical Centre	Walk-in clinic.	Varies, call in advance	Walk-in Clinic	https://www.bankmedicalcentre.com
College Square Medical Centre	Walk-in clinic.	Varies, call in advance	Walk-in Clinics, Preventive & Pediatric Care, Women's Health	https://collegesquaremedicalcentre.ca
Community Pharmacies	Pharmacists can prescribe for minor ailments (e.g., UTIs, rashes, reflux).	Varies by location	General Access	https://www.ontario.ca/page/pharmacies
Green Street Medical	Walk-in clinic (Mon, Tues, Wed, Fri), pre-booking required.	Varies	Walk-in Clinics	https://www.greenstreetmedicalcentre.ca

Health 811	Online search for health care services in Ontario. Can also be used to sign up for Health Care Connect.	24/7	General Access, Virtual Care	https://health811.ontario.ca/
Iris Compounding Pharmacy (PulsePoint)	Walk-in clinic.	Mon–Tuesday 9:30–3:30	Walk-in Clinics	https://www.pharmachoice.com/locations/iris-compounding-pharmacy
Kanata Mews Walk-in Clinic	Walk-in clinic.	3 days/week, varies	Walk-in Clinics	https://www.kanatamewsclinic.ca
Med-Team Clinic	Walk-in, first come first served.	Typically Mon–Friday 8–4, varies	Walk-in Clinics	https://www.medteam.ca
Midwifery Episodic Clinic	Offers Acute concerns in pregnancy or postpartum	Mon 9 - 3pm Wed 1 –7 pm Fri 9 –3 pm	Acute concerns in pregnancy or Postpartum; routine pregnancy bloodwork, screening, vaccines, ultrasound	
Preventative Care and Wellness Clinic	New NP led Walk in Clinic		Diagnosis & treatment of minor illness/injuries; forms, notes & prescription renewals; sexual health services; vaccinations & immunizations; preventative care & screening; mental health support; referral to specialist	
Pitt Street Medical Clinic	Walk-in clinic.	Monday toThursday 9–8 Friday 9–5 Saturday 9–12	Walk-in Clinics	https://www.pittstreetmedicalcentre.ca

Older Adult Wellness Clinics	For older adults in PQCHC catchment In partnership with Ottawa Paramedics		Most medically unwell directed to provider (typically 5-7 per clinic). They are assessed – when required referrals and / or tests completed.	
Restore Medical Clinic	Urgent care clinic for walk-in and scheduled appointments.	Monday to Friday 9 - 8 Saturday 9 - 1	Walk-in Clinics, Urgent Non-Emergency Care, Mental Health & Support,	https://www.restoremedicalclinics.ca
Rockland Pharmasave	Walk-in clinic.	Wednesday 8:30–1 Thurs–Friday 8:30–3:30	Walk-in Clinics	https://pharmasave.com/rockland
Southbank Medical Centre	Walk-in clinic.	Monday to Friday 9–7 Saturday and Sunday 9–3	Walk-in Clinics	https://www.southbankmedicalcentre.com
The Health Clinic by Shoppers	Walk-in or pre-booking online.	Varies	Walk-in Clinics	https://wellclinics.ca/ontario/ottawa/bank-heron-whmc
Unattached Baby Clinic	For unattached babies in PQ and SN catchments		Completing teach, vaccines, and developmental assessments, 0-24 months	
Transitional Housing Primary Care	Uninsured or OHIP clients who can not access walk in services due to social or physical complexities Primary care clinic on site at transitional housing			

WELL Health – Westgate Shopping Centre	Walk-in, Mental wellness (in-person and online therapy)	Monday to Friday 9–4	Walk-in care, Family practice, Primary care, Endocrinology, Mental wellness (in-person and online therapy)	https://wellclinics.ca/ontario/ottawa/westgate-whmc/
Community Health Centres (CHCs)				
Carlington CHC	Various community programs, NOT accepting primary care/walk-in clients.	Clinic Hours Monday & Fri: 8:30 am – 4:30 pm Tuesday toThurs: 8:30 am – 8:00 pm	Primary Health Care, Mental Health & Counselling, Immunizations & Preventive Care, Community & Social Services	https://carlingtonchc.com
Centretown CHC	Various community programs, NOT accepting primary care/walk-in clients. Urban Outreach Newcomer Clinics Preventative Care Program,	Clinic Hours Monday to Wednesday 8:45am – 7:00pm Thursday 1:00pm – 5:00pm Fr: 8:45am – 4:00pm Saturday & Sunday: Closed	Mental Health & Social Services, Family & Community Programs, Health issues, chronic disease management, preventative care and palliative care and on-site access to specialty services such as psychiatry, diabetes, lung health and hepatitis C, practical supports such as harm reduction supplies, ID replacement, showers and navigation to other social service supports	https://www.centretownchc.org
Pinecrest-Queensway CHC	Medical clinic for individuals in catchment area, various community programs.	Clinic Hours Main reception: Monday to Friday, 8:30am – 4:30pm	Mental Health & Counselling, Children & Family Services, Seniors & Multicultural Services	https://www.pqchc.com
Sandy Hill CHC	Medical clinic for individuals in catchment area/NOT accepting primary care, various community programs.	Monday to Friday 8:30–4	Addiction & Mental Health Services, Seniors, Family & Community Programs, Preventive Measures	https://www.sandyhillchc.on.ca

Somerset West CHC	Walk-in clinic and community programs.	Monday to Friday 8–4	Walk-in Clinics, Seniors, Mental Health & Counselling, Prenatal & Postnatal Services, Specialized Health Services, Community & Social Services, Multilingual Support, Newcomer Clinics	https://www.swchc.on.ca
Southeast Ottawa CHC	Medical clinic for individuals in catchment area, various community programs.	Mon–Friday 8:30–4:30, evening hours Tuesday & Wed	Primary Health Care, Mental Health & Counselling, Children & Family Services, Seniors & Adults with Disabilities, Community Programs	https://www.seochc.on.ca
Public Health Units				
Eastern Ontario Health Unit	Vaccinations, sexual health, contraception, wellness hubs, dental screening, mental health support, quit smoking.	Summer Hours (June 23 – August 29, 2025): Monday to Friday: 8:00 AM – 4:00 PM Regular Hours (Resuming September 2, 2025): Monday to Friday: 8:30 AM – 4:30 PM	Preventive Measures, Mental Health & Addictions, Adults, Seniors, Children & Youth	https://eohu.ca/en
Ottawa Public Health	Vaccinations, sexual health, contraception, wellness hubs, dental screening, mental health support, quit smoking.	Monday to Fri: 8:30 - 4:30	Preventive Health Services, Mental Health & Substance Use, Parenting & Family Health, System Navigation & Advocacy,	https://www.ottawapublichealth.ca
Community and Home Support Services				
AccessCSS	A single point of access for community-based services for older adults, seniors, and adults with disabilities in the Champlain region. Services include referrals to home support, transportation, caregiver relief, and more.	Monday to Fri, 8:30 – 4:30	Older adults, Seniors, and Adults with Disabilities	https://www.accesscss.ca

Ontario Health atHome (Champlain Region)	In-home nursing, personal support, therapy, and care coordination	Monday to Sun: 8 – 8	Mental Health & Addictions	https://healthcareathome.ca/region/champlain/
Cancer Screening				
Champlain Screening Outreach (CSO) Program	Enhances early cancer detection by reducing the waiting period for screening, ensuring timely risk assessments and referrals, and providing follow-up to support patients with adverse results, until they are securely linking them to the appropriate level of care.	Monday to Fri, 8:30 – 4:31	Older adults, Seniors, and Adults with Disabilities	https://www.accesscss.ca
Ontario Health atHome (Champlain Region)	In-home nursing, personal support, therapy, and care coordination	Monday to Sun: 8 – 9	Mental Health & Addictions	https://healthcareathome.ca/region/champlain/
Mental Health & Crisis				
AccessMHA	A single point of access for mental health supports.	Online intake form - available 24/7 Care Coordinators Monday to Fri, 8:30 – 4:30	Mental Health & Addictions	https://www.accessmha.ca
ANCHOR	Community-led, mobile crisis response service for individuals aged 16+ in Centretown experiencing a mental health or substance use crisis.	2-1-1 Hours: 24/7 ANCHOR Hours: 7 Days a week - 4pm - 9pm	Mental Health & Addictions	How to Access: Call 2-1-1 Website: https://www.centretownchc.org/anchor
Counselling Connect				

Ottawa Public Health	Vaccinations, sexual health, contraception, wellness hubs, dental screening, mental health support, quit smoking.	Monday to Fri: 8:30 - 4:30	Preventive Health Services, Mental Health & Substance Use, Parenting & Family Health, System Navigation & Advocacy,	https://www.ottawapublichealth.ca/en/public-health-topics/mental-health-and-substance-use-services-and-resources.aspx
Distress Centre of Ottawa	Crisis line available 24/7, mental health support.	24/7	Mental Health & Addictions	https://www.dcottawa.on.ca
Mental Health Crisis Line	Crisis line available 24/7, mental health support.	24/7	Mental Health & Addictions	https://crisisline.ca
Urgent Care				
The Ottawa Hospital	Offers urgent care services for non-life-threatening conditions, outpatient mental health consultations, and emergency services. While not a walk-in clinic, it provides care for unattached patients through its emergency and urgent care departments.	Urgent Care Hours: Vary by department; typically open evenings and weekends. Emergency Departments: Open 24/7	Urgent Care/Emergency	https://www.ottawahospital.on.ca
Orleans Urgent Care Clinic	Walk-in clinic.	Monday to Friday 8–9 Saturday and Sunday 8–3	Walk-in Clinics, Urgent Non-Emergency Care	https://urgentcare.ca/
Virtual Care				
East Region Virtual Care Clinic	virtual care appointments for patients across OH's East Region			