

NEW STUDENTS: WELCOME TO PEMBROKE

Discover What's Out There!!

Here are some useful links to use when looking for things to do in the area:

- City of Pembroke: What to Do; Events, Clubs, etc. <http://www.pembrokeontario.com/>
- Lumber Kings – Local Junior A Hockey - www.pembrokelumberkings.com
- Ottawa Valley Tourist Association - www.ottawavalley.org
- Valley Arts Council - www.valleyartscouncil.ca
- Algonquin Park - www.algonquinpark.on.ca
- *ValleyExplore.com* is an online guide to walking, biking, driving, cross-country skiing, Rural Ramble, canoeing and waterfalls in the Ottawa Valley - www.valleyexplore.com

Algonquin College Services:

- Algonquin College in the Ottawa Valley – www.algonquincollege.com/pembroke
- Algonquin Students' Association – www.algonquinsa.com
- Community Employment Services – www.algonquincollege.com/employmentontario
- Algonquin College Alumni Association – www.algonquincollege.com/alumni
- Student Services Employment Site : Resume Writing; Networking, Job Search Skills, etc.
<http://www.algonquincollege.com/studentssupportservices/employment/index.htm>

Government Services:

- Renfrew County & District Health Unit – www.rcdhu.com
- County of Renfrew – www.countyofrenfrew.on.ca
- Ontario Government - <http://www.ontario.ca/en/residents/index.htm>
- Government of Canada – <http://canada.gc.ca>
- Pembroke Regional Hospital – www.pemreghos.org
- Petawawa Centennial Family Health Centre – www.pcfhc.ca
- Whitewater Bromley Community Health Centre – www.wbchc.org
- 24-Hour Women's Sexual Assault – Crisis Line 1-800-663-3060
- Pembroke Police Service – 613-732-9975 – William Street—behind College
- Renfrew County Legal Clinic – Ph. 613-432-8146; Pembroke Hours: Tuesday & Thursday from 10 a.m. to 12 – 224 Pembroke Street West. <http://www.renfrewlegalclinic.org/>

Miscellaneous Services

- Petawawa Military Family Resource Centre – <http://www.familyforce.ca/sites/Petawawa/EN/Pages/default.aspx>
- Pembroke Public Library – <http://www.pembrokelibrary.ca/>
- Petawawa Public Library – <http://www.petawawapubliclibrary.ca/>
- Member of Provincial Parliament, John Yakabuskie - www.johnyakabuski.com
- Member of Parliament, Cheryl Gallant – www.cherylgallant.com
- Pembroke Chamber of Commerce – www.upperottawavalleychamber.com
- Pembroke Champlain Trail Museum – <http://www.champlaintrailmuseum.com/>
- Petawawa Military Museum – www.petawawamuseums.com
- Pembroke Curling Club – www.pembroke.ovca.com
- Salvation Army Thrift Store – www.salvationarmy.ca

Other Places to Help You:

Lakeside Medical Clinic – 227 Lake Street, Pembroke, ON – 613-732-3209

Well Woman's Clinic – Call 613-732-6662 for appointment – female health providers' services: include PAP, gynaecological exams, STD tests, breast exams, birth control counselling, IUD

Phaze 1 Fitness Centre, 100 Pembroke Street East, Pembroke, ON

Best Western Fitness Centre, 11 International Drive, Pembroke, ON

Kinsmen Pool, Herbert Street, Pembroke, ON

Food Banks in Pembroke - St. Joseph's Food Bank, Use the annex entrance to Holy Name Church., 284 Trafalger Road, Pembroke, ON, 732-3807

Salvation Army Food Bank, 484 Pembroke St. West, Pembroke ON, 735-5601 Need Appointment

Laundromat Plus – Behind Moncion Grocers – 425 Pembroke Street East

Bus Terminal – Also behind Moncion where the Laundromat is

Food Shopping:

- Giant Tiger – Department store and large food section

- Food Basics – at the East End Mall

- Moncion Grocers Riverside Market – at the West End Mall (where Blockbuster Video is)

- Moncion Grocers Pembroke Market – 425 Pembroke St. East (near Dairy Queen/KFC Chicken)