New Students: Welcome to Pembroke

DISCOVER WHAT’S OUT THERE!!

HERE ARE SOME LINKS TO FIND 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.valleyarts council.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
• Naturalist Clubs: Pembroke Area Field Naturalists: http://www.pafn.on.ca/ and Macnamara Field Naturalists' Club in Arnprior: http://www.mfnc.ca/
• 101 Things to Do in the Ottawa Valley – Go to this this page and click on the “latest edition” button: www.ovbusiness.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/studentsupportservices/employment/Resumes.htm

GOVERNMENT SERVICES:

• Renfrew County & District Health Unit – www.pcdhu.com
• County of Renfrew – www.countyofrenfrew.on.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
• 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/

SOCIAL MEDIA LINKS:  Facebook Link:  http://www.facebook.com/pages/Algonquin-College-in-the-Ottawa-Valley/173420589366111?ref=hl and our Twitter Link:  https://twitter.com/AlgonquinOV
Students’ Association_Pembroke Twitter Link:  https://twitter.com/SApembroke
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 Yakabuski - 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.ca
- Pembroke Curling Club – www.pembroke.ovca.com
- Coupons and giveaways for a variety of free Canadian products and food - www.canadafreestuff.ca
- Check the Legion for cheap Friday homemade soup and sandwich; www.pembrokelegionbr72.ca
- Naturopathic Health Services: www.lavalleecentre.com
- Help Line: Good2Talk Helpline – 1-866-925-5454
- Crisis Line: 1-866-966-0991
- Pembroke Welcome Centre: All kinds of pamphlets about the area: http://www.ottawavalley.travel/Info_Centre/Visitor_Information_Centres/Pembroke_Welcome_Centre.html

OTHER PLACES TO HELP YOU:
- Phaze 1 Fitness Centre – 100 Pembroke Street East, Pembroke, ON (near Eastside Marios)
- Best Western Fitness Centre – 11 International Drive, Pembroke, ON (near Big Stop Restaurant)
- Kinsmen Pool – 424 Herbert Street, Pembroke, ON
- St. Joseph’s Food Bank, Use the annex entrance to Holy Name Church., 284 Trafalgar Road, Pembroke, ON, 732-3807 http://www.stjosephsfoodbank.ca/
- Healthy Eating – Health Unit : http://www.rcdhu.com/Pages/ChronicDisease/eating.html
- Salvation Army Food Bank – 484 Pembroke St. West, Pembroke ON, 735-5601 Need Appointment
- Soup Kitchens - Salvation Army, Pembroke - Tuesday through Friday 11:30 to 1 p.m. and at St. Columbkille Cathedral, Pembroke - Saturday through Monday 12 to 1
- Laundromat Plus – Behind Moncion Grocers – 425 Pembroke Street East
- Greyhound Bus Terminal – Also behind Moncion Grocers where the Laundromat is.
- Soapy Joe’s Laundromat – 379 Pembroke St. W.; 613-732-8418; Open 7 days a week, 8 a.m. to 4 p.m.

FOOD SHOPPING:
- Giant Tiger – Department store and large food section – downtown Pembroke
- Food Basics – at the East End Mall
- Moncion Grocers Riverside Market – at the West End Mall
- Moncion Grocers Pembroke Market – 425 Pembroke St. East (near Dairy Queen/KFC Chicken)
- Wal-Mart – Just past the Eastend Mall – near Canadian Tire and Boston Pizza
- Bruham Food Mart – Near Boundary Road - 613 Bruham Ave, Pembroke – 613-732-4185
- Farmer’s Market- 8:30 a.m. to 1 p.m. – Wed. & Sat. until weekend after Thanksgiving

June 2014