

Porcupine Health Unit - Health Unit, Kapusksasing Branch

4 Ash St Kapuskasing ON P5N 2C8

Visit Website

705-335-6101 General Info

<http://www.facebook.com/yourPHU/>

<http://twitter.com/PorcupineHU>

Call or check [website](#) for clinic hours

Fax 705-337-1895

Service Area

Kapusksasing, Moonbeam and region

Languages

English, French

Office Hours: Mon-Fri 8:30 am-12 noon, 1 pm-4:30 pm Sep-Jun

* Mon-Fri 8 am-12 noon, 1 pm-4 pm Jul-Aug

Services

- Functions as a branch office of main office
- Offers all programs and services of the main office, although some may be in a limited capacity
- Offers regularly scheduled clinics for immunization, travel vaccines, sexual health, and dental services
- - **Eligibility**
 - Varies by program/service
 - **How to Apply**
 - Varies by program/service, call for more information

Porcupine Health Unit - Chronic Disease Prevention

Eligibility

No restrictions

How to Apply

Call for information

Fees

None

Physical Access

Unknown

Services

Aims to reduce the burden of preventable chronic diseases of public health importance through education, information and resources

Chronic diseases of public health importance include but are not limited to:

- Alcohol misuse
- Cancer
- Cardiovascular disease
- Diabetes
- Physical Inactivity
- Poor Diet and obesity
- Respiratory Disease
- Substance misuse
- Tobacco use
- Workplace wellness

Porcupine Health Unit - Prenatal Nutrition Program, Kapuskasing Branch

Eligibility

Must have a valid Ontario Hospital Insurance Plan (OHIP) card

Pregnant women:

- living on a low income
- living in social isolation with limited access to services
- living in difficult life circumstances such as violence
- who smoke, drink alcohol or use harmful substances

How to Apply

Contact office to enroll in the program

Fees

None

Physical Access

Unknown

Services

- Offers nutritional counselling with a dietitian
- Teaches healthy eating habits for both mother and infant
- Teaches mothers how to breastfeed and offers related support and information
- Offers participants milk and food vouchers as well as vitamin supplements

Porcupine Health Unit - Breastfeeding Support Services

Eligibility

Expectant mothers or mothers who are breastfeeding

How to Apply

Contact the office to speak with a public health nurse

Services

- Provides breastfeeding support by nurses over the phone and by clinic or home visits
- Provides information and various breastfeeding resources in print and online
- Maintains a list of breastfeeding-friendly places

Porcupine Health Unit - Healthy Babies Healthy Children, Kapuskasing Branch

Eligibility

Parents with children who are not yet in school

How to Apply

Contact office to speak with a public health nurse

Fees

None

Physical Access

Unknown

Services

- Delivers a parenting support program and promotes child development
- Provides information on the stages of pregnancy

Program participants are provided with:

- Follow up via telephone after discharge from hospital
- Home visits pre birth to prepare family for new arrival
- Home visits post birth to offer support to new mothers

- Home visits during child's early years to offer development guidance
- Referrals to other programs and services

Family Home Visitors

- Provides information on different topics related to parenting and growth and development as requested by parents
- Provides educational activities for children during visits

Note: Home visitors are mothers who want to help other parents

Porcupine Health Unit - Sexual Health and Clinical Services

Service Area

Kapuskasing, Moonbeam and region

Languages

English, French

Hours

Call or check [website](#) for clinic hours

Eligibility

- Valid Ontario Hospital Insurance Plan (OHIP) card required
- No one will be refused service without a health card

How to Apply

Call or visit

Fees

Service - female birth control and morning after pill -- low cost ; None - testing and treatment, sexually transmitted infections; pregnancy tests and condoms

Physical Access

Unknown

Services

Offers a large array of information and resources on sexual health

Drop in Clinics

- Tests for and treats sexually transmitted infections
- Provides various forms of female birth control including the morning after pill
- Offers free condoms
- Offers free pregnancy testing/counselling about options and referrals
- Provides general sexual health counselling

Offers short term counselling for:

Hepatitis A, B, C as well as HIV and Syphilis

High School Clinics

Sexual health nurses available upon request in some area high schools for easier access to sexual health services

Much More services offered, see our site