



# Building a Sustainable Farmer Toolbox

When safety and health factor into your farms future  
Crystal Fullerton, PEIFA Farm Safety Coordinator

2020



This Document was created by the PEI Federation of Agriculture Farm Safety Coordinator for the participants of the Building a Sustainable Farmer Webinar series. Information is meant to showcase the variety of health care professionals and providers on Prince Edward Island so that the members of the farming community may take proactive interest and care in their health care journey.

Disclaimer: Information included is not an all inclusive listing of Island service providers. The PEIFA verified the information to the best of our abilities and assumes no liability or responsibility for any errors or omissions in this document. All information listed is merely for education and informational purposes. It is not intended as a substitute for professional advice. Should you decide to act upon any information in this document, you do so at your own risk.



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# Building a Sustainable Farmer Webinar Panelists

All the webinars in the Building a Sustainable Farmer series were recorded and are available for viewing at the PEI Federation of Agriculture [YouTube](#) Channel.

## [Farmer Assistance Program \(Mental Health Resource\)](#)

**Panelist:** Frank Bulger

*Registered Social Worker, MSW*

Website: [Farmer Assistance Program](#)

Phone: 902-626-9787

Email: [fpbulger@hotmail.com](mailto:fpbulger@hotmail.com)

Frank Bulger is a Registered Social Worker at the Master's level. He has over thirty years experience practicing social work in the Public Sector and more than ten years in private practice.

Mr. Bulger has spent the majority of his career assisting families in the local Family Court and the greater community. Frank currently works closely with the PEI Federation of Agriculture to operate the Farmer Assistance Program, a mental health initiative to aid farmers and their families in navigating the challenges of the agricultural sector. The program has been running since 2004 and has been copied by several other Canadian provinces to provide mental health support for those in the farming community.

Frank brings to his profession a strong commitment to the inherent ability of individuals to make decisions regarding their lives when they are empowered to do so. He continues to work after retirement from the public sector and enjoys the scope of practice offered by private practice.

## [Farmer Welfare with Farmer Tim](#)

**Panelist:** Tim May

*Dairy Farmer and Social Media Advocate*

Hailing from Rockwood, Ontario, dairy farmer Tim May and his family maintain a registered Holstein herd which figures predominantly in his social media page. With over 74,000 followers, Tim uses the platform to explain the daily life of agricultural producers with a mixture of compassion, wisdom, humor, and a glaring honesty in hopes of educating and entertaining a curious, non agrarian society. Tim is highly relatable and adept at showcasing important factors impacting family farms in this day and age. He has taken on the taboo topic of Mental Health and by sharing the trials and tribulations on his own family farm, everyone around him learns a

little bit more about the ups and downs of the Modern Farmer. An educator at heart, Farmer Tim will inspire you to promote the agricultural industry one post at a time.

For more information, you can check out Farmer Tim on his [Facebook](#), Twitter or [Instagram](#) accounts.

## [Fatigue on the Farm: Quality Sleep, the Importance of It, and How it Affects Your Life](#)

**Panelist:** Maureen MacPhee – The Snore Shop  
*Registered Respiratory Therapist*

Website: [The Snore Shop](#)

Phone: 902-367-6374

Email: [pei@thesnoreshop.ca](mailto:pei@thesnoreshop.ca)



With over 13 years experience as a Registered Respiratory Therapist, Maureen will help participants understand the importance of obtaining a quality sleep. She will discuss how lack/poor sleep can affect your health and safety. Maureen works with The Snore Shop, a Canadian and Physician owned company founded in 2005 and she uses her knowledge to aid clients at high risk for obstructive sleep apnea, and provides necessary management and follow up. She will discuss how lifestyle counseling, medical and surgical solutions for snoring and obstructive sleep apnea can help increase your health and what to expect when addressing these issues in your life.

## [Hear Now, Hear Later](#)

**Panelist:** Krista Campbell – Campbell Hearing  
*M.Sc., Aud(c), Audiologist & Owner of Campbell Hearing*

Website: [Campbell Hearing](#)

Phone: 902-569-0101



Meet audiologist Krista Campbell. Krista grew up in Stratford ("Keppoch" back in those days), PEI. After over 18 years of studying, then working off Island, she fulfilled her goal of coming home to PEI to set up her own audiology practice in 2012. She's been an audiologist for over 16 years & remains passionate about helping people make the most of their hearing.

## [PEI Smoking Cessation Program](#)

**Panelist:** Laura MacDonald

*Provincial Tobacco Control Coordinator & Public Health Practitioner  
with the Chief Public Health Office, Department of Health and Wellness*

Phone: 902-368-4319

Email: [quitsmoking@gov.pe.ca](mailto:quitsmoking@gov.pe.ca)

Website: [PEI Smoking Cessation Program](#)



Laura MacDonald is a Public Health Practitioner with the Chief Public Health Office, Department of Health and Wellness. She joined the Chief Public Health Office in 2019, taking on the new role of the Provincial Tobacco Control Coordinator. Laura contributes to the development of policies for tobacco control and the prevention of chronic disease, collaborates with community partners on tobacco cessation and prevention initiatives, while also concentrates on enhancing PEI's new *Smoking Cessation Program*. Before joining the Chief Public Health Office, Laura worked with the Canadian Mental Health Association as a Psychosocial Rehabilitation Counselor, focusing on the social determinants of health in relation to mental health and addictions.

## [Massage Therapy and How it Can Help Your Farmer](#)

**Panelist:** Shawn Foubert

*Registered Massage Therapist*

Shawn Foubert is a Registered Massage Therapist and has been a Holistic Health Care Provider since 1988. He began practicing Body Work (massage) and furthered his training to become a Registered Massage Therapist in 2008. He specializes in a full body approach, mind, body and spirit. Shawn looks at a patient's work habits, medical history, family dynamics and exercise routine to help provide the best care package for that individual.

Shawn has a busy practice but sees the value in education as he teaches several continuing education courses in Massage Therapy and at the Canadian College of Massage & Hydrotherapy. He is the President of the Massage Therapist Association of Nova Scotia, and looks forward to promoting the benefits of massage to the agricultural community.

## *Recognizing and Responding to People at Risk; Learning to Address the Issue of Suicide*

**Panelist:** Kim Hyndman-Moffat

*Crisis Counselor, Canadian Suicide Prevention Support Services*

Website: [The Canadian Suicide Prevention Service](http://www.crisisservices.ca)

Suicide Hotline 1-833-456-4566

Adults Text: 741741

Kids Help Phone: 778-783-0177

Youth text: CONNECT or 686868



Kim Hyndman Moffat is a crisis counselor who has worked for the Manitoba Farm, Rural and Northern Support Services as well as the Manitoba Suicide Prevention Support Line for 20 years. She also facilitated a Suicide Bereavement Support group for over 10 years providing care and comfort to those impacted by the loss of a suicide. She is currently working for the Canadian Suicide Prevention Support Services which offers a toll-free number and texting service to anyone across Canada. She grew up on a farm and raised cattle for many years with her partner Brent. She will soon be facilitating the agricultural mental health literacy program in Manitoba called 'In The Know.'



# Alternative Therapies

## Acupuncture & Traditional Chinese Medicine

**Able Healthcare** 1 Rochford Street, Charlottetown

Phone: 902-393-5481

Email: [able.healthcare.pei@gmail.com](mailto:able.healthcare.pei@gmail.com)

Website: [Able Healthcare](#)

**Amazing Hope Chinese Medicine Clinic** 401 Argyle Street, Summerside

Phone: 902-432-4927

Website: [Amazing Hope Chinese Medicine Clinic](#)

**Acupuncture Clinic** 280 Read Dr, Summerside

Phone: (902) 436-7264

**CBI Health Group** 199 Grafton Street, Charlottetown

Phone: 902-370-5215

Website: [CBI Health Centre Linden Ave](#)

**Classical Acupuncture** 44 Grafton Street, Charlottetown

Phone: 902-628-1478

Website: [Classical Acupuncture](#)

**Eastwind Wellness** 4022 Chapel Road, Cardigan

Phone: 902-583-2452

Website: [Eastwind Wellness](#)

**Eagle Eye Acupuncture** 9 Brook Street, Montague

Phone: 902-838-3737

Email: [eagleeyeacu@gmail.com](mailto:eagleeyeacu@gmail.com)

**Forever Healthy** 19 MacAleer Drive, Charlottetown

Phone: 902-569-3031

Email: [pat@foreverhealthy.ca](mailto:pat@foreverhealthy.ca)

Website: [Forever Healthy](#)

**Harmony Wagner** 294 Allen Street, Charlottetown

Phone: 902-628-3408; Email: [harmonywagner@gmail.com](mailto:harmonywagner@gmail.com)

**Health Within Holistic Centre** 99 Pownal Street, Charlottetown

Phone: 902-566-5009

Email: [info@healthwithinholistics.com](mailto:info@healthwithinholistics.com)

Website: [Health Within Holistic Centre](#)

**Holistic Health Care** 337 Central St, Summerside

Phone: (902) 436-7183

**Kent Lin**

[Acupuncture](#)

Phone: 838-2468

**Picadilly Acupuncture & Apothecary** 138 Great George Street, Charlottetown

Phone: 902-314-8624

Email: [info@picadillyacupuncture.ca](mailto:info@picadillyacupuncture.ca)

Website: [Picadilly Acupuncture](#)

**TCM Natural Medicine Clinic** 420 University Avenue, Charlottetown

Phone: 902-200-2825

**The Health Associates** 10 F J M<sup>c</sup>Aulay Court, Charlottetown

Phone: 902-892-7788

Website: [The Health Associates](#)

## Addictions Services

### Call-in Clinics

**Provincial Addictions Treatment Facility:** 902-368-4120

2814 Route 215, Mount Herbert

Hours: Wednesday 9 a.m. – 12 p.m. (noon)

Thursday: 1 p.m. – 4 p.m.

**Summerside:** 902-888-8180

Prince Country Hospital, 65 Roy Boates Avenue

Hours: Tuesday 1p.m. – 4p.m.

Thursday 9 a.m. – 12 p.m. (noon)

**Immediate help line:** 1-888-299-8399

## Community Addiction Services

Addictions care is offered in community health facilities across the province. Contact your nearest facility for assistance.

**Alberton:** Allan Shaw Building, 347 Church Street  
Phone: 902-853-8670

**Charlottetown:** Provincial Addictions Treatment Facility, 2814 Route 215, Mount Herbert  
Phone: 902-368-4120

**Montague:** 126 Douses Road  
Phone: 902-838-0960

**Souris:** 17 Knights Avenue, Souris  
Phone: 902-687-7110

**Summerside:** Prince Country Hospital, 65 Roy Boates Avenue  
Phone: 902-888-8180

## Smoking Cessation

The PEI Smoking Cessation Program helps PEI residents who wish to stop smoking or using other tobacco products by covering 100% of the cost of nicotine replacement therapy product and specific smoking cessation prescription medications. To get started, make an appointment with a nurse at your nearest Primary Care Network Office ([Quit Smoking PEI](#)). For more information, email [quitsmoking@gov.pe.ca](mailto:quitsmoking@gov.pe.ca) or call 902-368-4319.

## Primary Care Network Office Listings

**Alberton Health Services**, 148 Poplar Street, Alberton  
Phone: 902-853-0403

**Central Queens Health Centre**, 4277 Hopedale Road, Hunter River  
Phone: 902-621-3050

### East Prince Primary Care Network

Kensington Health Centre, 55 Victoria Street, Kensington, Phone: 902-836-0180

**Evangeline Health Centre**, 48 Mill Road, Wellington

Phone: 902-854-7259

**Gulf Shore Health Centre**, 7379 Cavendish Road – Rte 6, North Rustico

Phone: 902-963-7836

**Harbourside Health Centre**, 243 Heather Moyse Drive, Summerside

Phone: 902-432-2600

**King's Primary Care Network**

Eastern Kings Health Centre, 7 Green Street, Souris

Phone: 902-687-7033

**Montague Health Centre**, 407 MacIntyre Avenue, Montague

Phone: 902-838-0830

**O'Leary Health Centre**, 14 MacKinnon Drive, O'Leary

Phone: 902-859-3929

**Queen's East Primary Care Network**

Polyclinic, 199 Grafton Street, Charlottetown

Phone: 902-620-3260

**Queen's West Primary Care Network**

Four Neighborhoods Health Centre, 152 St. Peter's Road, Charlottetown

Phone: 902-569-7772

**West Prince Health Network**

Tyne Valley Health Centre 6905 route 12, Tyne Valley

Phone: 902-831-5800

# Hearing

## Audiologists

**Audiology Services through Health PEI** Sherwood Business Centre 161 St. Peters Road,  
Charlottetown

Phone: 902-368-5807

Website: [Health PEI Audiology Services](#)

Information: Have occasional regional clinics held in Summerside and Alberton

**Boyles Optical** (in partnership with Avenir Hearing) 85 Belvedere Avenue, Charlottetown

Phone: 902-894-3937

Website: [Avenir Hearing at Boyle's Optical](#)

**Campbell Hearing Inc** 393 University Ave, Charlottetown

Phone: 902-569-0101

Email: [hear@campbellhearing.ca](mailto:hear@campbellhearing.ca)

Website: [Campbell Hearing Inc](#)

**PEI Audiology Inc** 39 Eden St, Charlottetown

Phone: 902-892-8060

Email: [hearing@peiaudiology.ca](mailto:hearing@peiaudiology.ca)

Website: [PEI Audiology Inc](#)

## PEISHA

Website: [Public Speech and Hearing Services in PEI](#)

**Charlottetown**, 161 St. Peters Road

Phone: 902-859-5807

**O'Leary**- 14 MacKinnon Drive

Phone: 902-859-8720

## Montague

126 Douse's Road

Telephone: (902) 838-0762

## Souris

Regional Services Centre

Telephone: (902) 687-7016

## Summerside

205 Linden Avenue, Telephone: (902) 888-8160

## Wellington

Evangeline Community Health Centre

Telephone: (902) 854-7259

## Hearing Aid Stores

**Beltone Hearing Care Centre** Polyclinic Professional Building 199 Grafton Street Suite 304,  
Charlottetown

Phone: 902-894-8455

Email: [beltonepei@gmail.com](mailto:beltonepei@gmail.com)

Website: [Beltone Hearing Care Centre](#)

Information: Hold monthly service centre clinics, travelling to Montague, Souris, Summerside, O'Leary, and Tignish

## Connect Hearing

- 614 N River Rd, Charlottetown  
Phone: [902-892-6989](tel:902-892-6989)  
Email: [info@connecthearing.ca](mailto:info@connecthearing.ca)  
Website: [Connect Hearing Charlottetown](#)
- 475 Granville Street, Summerside  
Phone: 902-432-8154  
Email: [info@connecthearing.ca](mailto:info@connecthearing.ca)  
Website: [Connect Hearing Summerside](#)

## Horizon Hearing Center

- 110 Kensington Rd, Charlottetown  
Phone: 902-892-4327  
Email: [horizon1@bellaliant.com](mailto:horizon1@bellaliant.com) or [horizon2@bellaliant.com](mailto:horizon2@bellaliant.com)  
Website: [Horizon Hearing Charlottetown](#)
- 388 Central Street, Summerside  
Phone: 902-432-9152  
Email: [horizon1@bellaliant.com](mailto:horizon1@bellaliant.com) or [horizon2@bellaliant.com](mailto:horizon2@bellaliant.com)  
Website: [Horizon Hearing Summerside](#)
- 500 Main Street, Montague  
Phone: 902-838-2279  
Email: [horizon1@bellaliant.com](mailto:horizon1@bellaliant.com) or [horizon2@bellaliant.com](mailto:horizon2@bellaliant.com)  
Website: [Horizon Hearing Montague](#)

**PEI Hearing Consultants** Polyclinic Professional Building 199 Grafton Street Suite 399,  
Charlottetown  
Phone: 902-629-8834  
Email: [peihearingconsultants@gmail.com](mailto:peihearingconsultants@gmail.com)  
Website: [PEI Hearing Consultants](#)

## Dental

### Dentists in Charlottetown

**Avenue Dental** 5 Babineau Avenue, Charlottetown  
Phone: 902-892-1118  
Website: [Avenue Dental](#)

**Belvedere Dental Clinic** 184 Belvedere Avenue, Charlottetown  
Phone: 902-566-5199 or 902-894-7326 or 902-566-4526  
Website: [Belvedere Dental Clinic](#)

**Charlottetown Dental Clinic** 35 Grafton Street, Charlottetown  
Phone: 902-566-1515  
Email: [info@graftondental.com](mailto:info@graftondental.com)  
Website: [Charlottetown Dental Clinic](#)

**Cornwall Dental Clinic** 11 Church Street, Cornwall  
Phone: 902-566-4004  
Email: [cornwalldentaloffice@gmail.com](mailto:cornwalldentaloffice@gmail.com)  
Website: [Cornwall Dental Clinic](#)

**Downtown Dental** 232 Queen Street, Charlottetown  
Phone: 902-894-9988  
Website: [Downtown Dental](#)

**Gateway Dental** 369 Grafton Street, Charlottetown  
Phone: 902-892-4444 or 902-894-8900  
Email: [info@gatewaydentalpei.com](mailto:info@gatewaydentalpei.com)  
Website: [Gateway Dental](#)

**Lenox Dental** 140 Water Street, Charlottetown  
Phone: 902-894-4841  
Email: [info@lenoxdental.ca](mailto:info@lenoxdental.ca); Website: [Lenox Dental](#)

**Riverview Dental** 1 Garfield Street, Charlottetown

Phone: 902-367-4481

Email: [info@riverviewdentalpei.com](mailto:info@riverviewdentalpei.com)

Website: [Riverview Dental](#)

**Rochford Family Dental** 45 Rochford Street, Charlottetown

Phone: 902-894-9232

Email: [info@rochfordfamilydental.com](mailto:info@rochfordfamilydental.com)

Website: [Rochford Family Dental](#)

**Waterview Dental** 519 North River Road, Charlottetown

Phone: 902-628-8088

Website: [Waterview Dental](#)

## Dentists in Hampton

**Hampton Dental Clinic** 19566 TCH, Crapaud

Phone: 902-658-2919

Facebook: [Hampton Dental Clinic](#)

## Dentists in Hunter River

**Hunter River Dental Clinic** 19805 Route 2 Hwy, Hunter River

Phone: 902-964-2230

Email: [smile@hunriverdental.ca](mailto:smile@hunriverdental.ca)

Facebook: [Hunter River Dental Clinic](#)

## Dentists in Kensington

**Kensington Dental Clinic** 50 Broadway Street, Kensington

Phone: 902-836-3977

Email: [kensingtondental@eastlink.ca](mailto:kensingtondental@eastlink.ca)

Website: [Kensington Dental Clinic](#)

## Dentists in Montague

**Montague River Dentistry** 4B Riverside Drive, Montague

Phone: 782-823-0189

Website: [Montague River Dentistry](#)



## Dentists in O'Leary

**West Prince Dental Clinic** 9 Howlan Road, O'Leary

Phone: 902-859-2366

Email: [painless@sympatico.ca](mailto:painless@sympatico.ca)

Facebook: [West Prince Dental Clinic](#)

## Dentists in Souris

**Dr. Colin Jack** 7 Green Street, Souris

Phone: 902-687-2822

## Dentists in Summerside

**Dental Care on Walker** 115 Walker Avenue, Summerside

Phone: 902-436-5766

Email: [dentalcareonwalker@gmail.com](mailto:dentalcareonwalker@gmail.com)

Facebook: [Dental Care on Walker](#)

**Dr. David J Perry** 216 Linden Avenue, Summerside

Phone: 902-436-6989

**Dr. Paul Ellis Dentistry** 388 Central Street Suite B, Summerside

Phone: 902-436-2642

Email: [drpauellis@eastlink.ca](mailto:drpauellis@eastlink.ca)

Facebook: [Dr. Paul Ellis Dentistry](#)

**Renew Dental** 388 Central Street Suite A, Summerside

Phone: 902-436-3321

**The Dental Centre** 202 MacEachern Street, Summerside

Phone: 902-436-4444

Email: [smiles@tdcpei.ca](mailto:smiles@tdcpei.ca)

Website: [The Dental Centre](#)

**Water Street Dental Clinic** 645 Water Street, Summerside

Phone: 902-918-0390

Website: [Water Street Dental Clinic](#)

## Dentists in Tignish

**Tignish Dental Clinic** 248 Phillip Street, Tignish

Phone: 902-882-2483

Website: [Tignish Dental Clinic](#)

## Massage Therapists

### Massage Therapists in Alberton

**Wholistic Fitness and Health** 18 Gard Road, Alberton

Phone: 902-285-2288

Email: [wholisticfitnessandhealth@gmail.com](mailto:wholisticfitnessandhealth@gmail.com)

Facebook: [Wholistic Fitness & Health](#)

### Massage Therapists in Central PEI

**MacLeod Therapeutics** 17035 Highway 2, Winsloe

Email: [heidijoymacleod@gmail.com](mailto:heidijoymacleod@gmail.com)

Website: [MacLeod Therapeutics](#)

**Erika Murphy Spa 225 @ Chez Shea** 51 Anderson Street, Kinkora

Phone: 902-887-3337

Email: [spa@chezshea.ca](mailto:spa@chezshea.ca)

Website: [Erike Murphy at Spa 225](#)

**Registered Massage Therapy with Stacey** 1504 Searletown Road, Albany

Phone: 902-439-9472

Email: [sm.massage@hotmail.ca](mailto:sm.massage@hotmail.ca)

Facebook: [Massage Therapy with Stacey](#)

**Stephanie Scharf RN, RMT** 8537 Cavendish Road, Cavendish

Phone: 902-628-5700

Email: [scharfrmt@gmail.com](mailto:scharfrmt@gmail.com)

Website: [Stephanie Scharf RN, RMT](#)

**Kim Stilwell-Weeks** 1573 Bungay Road, Hunter River

Phone: 902-393-7580

Email: [stilwellkim@hotmail.com](mailto:stilwellkim@hotmail.com)

## Massage Therapists in Charlottetown

**Atlantic Therapeutic Massage** 69 Belvedere Avenue, Charlottetown

Phone: 902-892-7334

Website: [Atlantic Therapeutic Massage](#)

**Amy Carver RMT** Balance Health Physio 379 Queen Street, Charlottetown

Phone: 902-314-8011

Website: [Amy Carver RMT](#)

**Charlottetown Massage Therapy** 1 Rochford Street, Charlottetown

Phone: 902-368-8140

Email: [info@massagepei.ca](mailto:info@massagepei.ca)

Website: [Charlottetown Massage Therapy](#)

**Health Conscious Therapeutic Massage** 100 Capital Drive, Charlottetown

Phone: 902-566-4985

Email: [bethmackenziermt@gmail.com](mailto:bethmackenziermt@gmail.com)

Website: [Health Conscious Therapeutic Massage](#)

**Sarah Howard RMT** 142B Great George Street Unit #1, Charlottetown

Phone: 782-377-1896

Email: [howard.sarah.e@gmail.com](mailto:howard.sarah.e@gmail.com)

Website: [Sarah Howard RMT](#)

**Massage Addict** 3 Babineau Avenue, Charlottetown

Phone: 902-569-2299

Email: [charlottetown@massageaddict.ca](mailto:charlottetown@massageaddict.ca)

Website: [Massage Addict Charlottetown](#)

**Caley McDonald RMT** 584 Main Street, Cornwall

Phone: 902-218-2945

Email: [mcdonald.caley@gmail.com](mailto:mcdonald.caley@gmail.com)

Website: [Caley McDonald RMT](#)

**Nova Massage and Laser Clinic** 18 Garfield Street, Charlottetown

Phone: 902-368-7033

Email: [lynn@novamassageandlaser.com](mailto:lynn@novamassageandlaser.com)

Website: [Nova Massage and Laser Clinic](#)

**PEI Sports Massage** 18 Queen Street, Charlottetown

Phone: 902-566-9200

Website: [PEI Sports Massage](#)

**Sanctuary Yoga and Massage** 1 Rochford Street, Charlottetown

Phone: 902-368-3378

Email: [info@sanctuaryyogaandmassage.com](mailto:info@sanctuaryyogaandmassage.com)

Website: [Sanctuary Yoga and Massage](#)

**Symmetrics Health** 143 Mt Edward Road Unit #6, Charlottetown

Phone: 902-370-6683

Email: [info@symmetricshealth.ca](mailto:info@symmetricshealth.ca)

Website: [Symmetrics Health](#)

## Massage Therapists in Eastern PEI

**Karen Banfill RMT** 1450 Whim Road, Montague

Phone: 902-838-3663

**Eagle Eye Acupuncture and Massage Therapy** 9 Brook Street, Montague

Phone: 902-838-3737

Email: [eagleeyeacu@gmail.com](mailto:eagleeyeacu@gmail.com)

**Espira Massage Therapy** 608 Main Street, Montague

Phone: 902-394-0118

Website: [Espira Massage Therapy](#)

**Free Spirit Massage Therapy** 4710 Murray Harbour Road, Vernon Bridge

Phone: 902-326-9144

Email: [caitlinmclaren@gmail.com](mailto:caitlinmclaren@gmail.com)

Facebook: [Free Spirit Massage Therapy](#)

## Massage Therapists in O'Leary

**Leslie Teeple RMT** 591 Main Street, O'Leary

Phone: 902-290-1072

Email: [leslieteeplesrmt@gmail.com](mailto:leslieteeplesrmt@gmail.com)

Website: [Leslie Teeple RMT](#)

## Massage Therapists in Summerside

**A+ Therapeutic Massage** 242 Colin Avenue, Summerside

Phone: 902-888-3636

Email: [memurray.rmt@gmail.com](mailto:memurray.rmt@gmail.com)

Website: [A+ Therapeutic Massage](#)

**CBI Health Centre** 454 Granville Street, Summerside

Phone: 902-482-8749

Website: [CBI Health Centre Summerside](#)

**Enchanted Moments Holistic Healing** 107 Walker Avenue, Summerside

Phone: 902-888-3999

Email: [info@enchantedmomentsspa.com](mailto:info@enchantedmomentsspa.com)

Website: [Enchanted Moments Holistic Healing](#)

**Jennifer Gordon RMT** 337 Central Street, Summerside

Phone: 902-439-6362

**Medical Massage Therapy Centre** 11 Water Street, Unit 3, Summerside

Phone: 902-214-0825

Email: [contact@medmassagepei.com](mailto:contact@medmassagepei.com)

Website: [Medical Massage Therapy Centre](#)

**Reactive Health** 216 Green Street, Summerside

Phone: 902-436-2151

Website: [Reactive Health Summerside](#)

**SeaBreeze Therapeutic Massage** 263 Heather Moyse Drive, Summerside

Phone: 902-303-3611

Email: [mary@seabreezemassage.ca](mailto:mary@seabreezemassage.ca)

Website: [SeaBreeze Therapeutic Massage](#)

**Splendid Touch Massage Therapy** 59 Weeks Drive, Summerside

Phone: 902-436-7208

**The Holistic Health Centre** 337 Central Street, Summerside

Phone: 902-724-4555

Email: [blisslikethis@live.ca](mailto:blisslikethis@live.ca)

Website: [The Holistic Health Centre](#)

**The Fix** 478 Granville Street, Summerside

Phone: 902-724-3104

Email: [info@thefixpei.ca](mailto:info@thefixpei.ca)

Website: [The Fix](#)

**The Physio Centre** 125 Walker Avenue, Summerside

Phone: 902-436-5438

Email: [appointments@thephysiocenter.com](mailto:appointments@thephysiocenter.com)

Website: [The Physio Centre](#)

# Mental Health Services

## Walk-in Clinics

### Charlottetown:

- Richmond Centre, 1 Rochford Street  
Phone: 902-368-4430  
Hours: Tuesday & Thursday 10 a.m. – 6 p.m.  
Friday 12 – 4 p.m.
- McGill Centre, 55 McGill Avenue  
Phone: 902-368-4911  
Hours: Saturday & Sunday 1 – 5 p.m.

### **Lennox Island Health Centre (Lennox Island residents only)** 15 Eagle Feather Trail

Phone: 902-831-2711

Hours: Monday 1-4pm

### **Montague:** Community Mental Health, 126 Douses Road

Phone: 902-838-0960

Hours: Thursday 4 – 8 p.m.

### **O’Leary:** O’Leary Health Centre, 14 MacKinnon Drive

Phone: 902-853-8670

Hours: Wednesday 9 a.m. – 3 p.m.

### **Summerside:** Prince Country Hospital, 65 Roy Boates Avenue

Phone: 902-888-8180

Hours: Monday & Wednesday 9 a.m. – 5 p.m.

## Community Mental Health Services

Mental health care is offered in community health facilities across the province. Contact the facility in your area to arrange a visit.

### **Alberton:** Allan Shaw Building, 347 Church Street

Phone: 902-853-8670

### Charlottetown:

- Richmond Centre, 1 Rochford Street, Phone: 902-368-4430
- McGill Centre, 55 McGill Avenue, Phone: 902-368-4911

**Montague:** Community Mental Health, 126 Douses Road  
Phone: 902-838-0960

**O’Leary:** O’Leary Health Centre, 14 MacKinnon Drive  
Phone: 902-853-8670

**Summerside:** Prince Country Hospital, 65 Roy Boates Avenue  
Phone: 902-888-8180

**Souris:** 17 Knights Avenue, Souris  
Phone: 902-687-7110

## **Mental Health Professionals**

**Marilyn F. Webb** Licensed Private Psychotherapist  
Charlottetown  
Phone: 902-388-4233

**Ken Pierce-** Psychologist  
Charlottetown  
Phone: 902-629-5474 or 902-367-5474

## **Helplines and other Mental Help Agencies**

**Bridge the gap-**online program for both [adults](#) and [youth](#)  
**Crisis Services Canada Texting Support:** contact via text at 45645  
**Canadian Mental Health Association** (PEI division)- 902-566-3034  
**Farmers Assistance Program-** 902-626-9787 or 1-800-736-8006  
**Hope for Wellness** (indigenous persons)- 1-855-242-3310  
**Kids Help Phone-** 1-800-688-6868  
**Mental Health and Addictions Information Line:** 1-833-533-9333  
**Mi’kmaq Confederacy of PEI-** 1-877-884-0808  
**PEI Family Violence Prevention Services-** 1-800-240-9894  
**Serene View Ranch-** 902-393-3829  
**The Canada Suicide Prevention Service:** 1-833-456-4566  
**The Island Helpline:** 1-800-218-2885  
**The Prince Edward Island Reach Foundation** (youth)- 902-620-0000  
**Veterans Affairs Canada-** 1-866-522-2122



# Physiotherapy

## Physiotherapists in Alberton

**You Move Physio** 370 Main Street, Alberton

Phone: 902-853-1622

Email: [amy@youmovephysio.com](mailto:amy@youmovephysio.com)

Website: [You Move Physio](#)

## Physiotherapists in Charlottetown

### CBI Health Centre

- Polyclinic Professional Centre 199 Grafton Street Suit 105, Charlottetown

Phone: 902-370-5215

Website: [CBI Health Centre Polyclinic](#)

Information: also offer pain management services

- 24 Linden Avenue Suite 301, Charlottetown

Phone: 902-566-5212

Website: [CBI Health Centre Linden Ave.](#)

Information: also offer acupuncture

**Charlottetown Physiotherapy** 28 Garfield St, Charlottetown

Phone: 902-566-2700

Email: [chtownphysio@eastlink.ca](mailto:chtownphysio@eastlink.ca)

Website: [Charlottetown Physiotherapy](#)

**Balance Health Physio** 379 Queen Street, Charlottetown

Phone: 902-370-3322

Email: [info@balancepei.ca](mailto:info@balancepei.ca)

Website: [Balance Health Physio](#)

Information: also offer acupuncture and personalized injury/pain management solutions

**Hurricanes Physiotherapy** 3rd Floor of the Centre for Community Engagement 323 Grafton Street, Charlottetown

Phone: 902-566-9391

Email: [hurricanesphysio@hollandcollege.com](mailto:hurricanesphysio@hollandcollege.com)

Website: [Hurricanes Physiotherapy](#)

Information: also offer acupuncture, dry needling, vestibular rehabilitation, and SFMA (scan to develop treatment plan for pain management)

**Keep Moving Physiotherapy** 584 Main Street, Cornwall

Phone: 902-370-2137

Email: [keepmoving@eastlink.ca](mailto:keepmoving@eastlink.ca)

Website: [Keep Moving Physiotherapy](#)

Information: offer services to help with everyday wear-and-tear on muscles

### **Reactive Health**

- [Charlottetown Physiotherapy & Health Centre] 78 Euston Street, Charlottetown  
Phone: 902-370-7322 (Ext. 2)  
Website: [Reactive Health Charlottetown](#)
- [Stratford Physiotherapy] 252 Stratford Road, Stratford  
Phone: 902-370-7322 (Ext. 1)  
Website: [Reactive Health Stratford](#)
- [Cornwall Physiotherapy & Sports Rehabilitation] 638 Main Street #201, Cornwall  
Phone: 902-370-7322 (Ext. 3)  
Website: [Reactive Health Cornwall](#)

**Sports Centre Physiotherapy** 153 Belvedere Ave, Charlottetown

Phone: 902-370-9355

Email: [info@sportscentrefysio.com](mailto:info@sportscentrefysio.com)

Website: [Sports Centre Physiotherapy](#)

**Symmetrics Health** The Mount Continuing Care Community 143 Mount Edward Road, Charlottetown

Phone: 902-370-6683

Email: [info@symmetricshealth.ca](mailto:info@symmetricshealth.ca)

Website: [Symmetrics Health](#)

Information: also offer osteopathy and chiropractic services

### **Physiotherapists in Crapaud**

**Keep Moving Physiotherapy** 20078 TCH Crapaud

Phone: 902-370-2137

Email: [keepmoving@eastlink.ca](mailto:keepmoving@eastlink.ca)

Website: [Keep Moving Physiotherapy](#)

### **Physiotherapists in Kensington**

**CBI Health Centre** 169 Queen's Road, Montague

Phone: 902-838-4969

Website: [CBI Health Centre Montague](#)

**Kensington Physiotherapy** 55 Victoria Street East, Kensington

Phone: 902-836-1021

Website: [Kensington Physiotherapy](#)

## Physiotherapists in Montague

**Physio East** 581 Main Street, Montague

Phone: 902-361-3150

Website: [Physio East Montague](#)

## Physiotherapists in Morell

**Physio East** Morell Medical Centre 25 Sunset Crescent, Morell

Phone: 902-739-3050

Website: [Physio East Morrell](#)

## Physiotherapists in O’Leary

**Beechwood Physiotherapy** Oulton Business Center 446 Main Street, O’Leary

Phone: 902-856-0152

Email: beechwoodphysio@live.com

Website: [Beechwood Physiotherapy](#)

## Physiotherapists in Summerside

**CBI Health Centre** 454 Granville Street, Summerside

Phone: 902-482-8749

Website: [CBI Health Centre Summerside](#)

Information: also offer acupuncture

**Reactive Health** 216 Green Street, Summerside

Phone: 902-436-2151

Website: [Reactive Health Summerside](#)

**The Physio Center** 125 Walker Avenue, Summerside

Phone: 902-436-5438

Email: appointments@thephysiocenter.com

Website: [The Physio Centre](#)

Information: offer chiropractic services

# Smoking Cessation

The **PEI Smoking Cessation Program** helps PEI residents who wish to stop smoking or using other tobacco products by covering 100% of the cost of nicotine replacement therapy product and specific smoking cessation prescription medications. To get started, make an appointment with a nurse at your nearest Primary Care Network Office ([Quit Smoking PEI](#)). For more information, email [quitsmoking@gov.pe.ca](mailto:quitsmoking@gov.pe.ca) or call 902-368-4319.

## Primary Care Network Office Listings

**Alberton Health Services**, 148 Poplar Street, Alberton  
Phone: 902-853-0403

**Central Queens Health Centre**, 4277 Hopedale Road, Hunter River  
Phone: 902-621-3050

**East Prince Primary Care Network**  
Kensington Health Centre, 55 Victoria Street, Kensington  
Phone: 902-836-0180

**Evangeline Health Centre**, 48 Mill Road, Wellington  
Phone: 902-854-7259

**Gulf Shore Health Centre**, 7379 Cavendish Road – Rte 6, North Rustico  
Phone: 902-963-7836

**Harbourside Health Centre**, 243 Heather Moyse Drive, Summerside  
Phone: 902-432-2600

**King's Primary Care Network**  
Eastern Kings Health Centre, 7 Green Street, Souris  
Phone: 902-687-7033

**Montague Health Centre**, 407 MacIntyre Avenue, Montague  
Phone: 902-838-0830

**O'Leary Health Centre**, 14 MacKinnon Drive, O'Leary  
Phone: 902-859-3929

### **Queen's East Primary Care Network**

Polyclinic, 199 Grafton Street, Charlottetown  
Phone: 902-620-3260

### **Queen's West Primary Care Network**

Four Neighborhoods Health Centre, 152 St. Peter's Road, Charlottetown  
Phone: 902-569-7772

### **West Prince Health Network**

Tyne Valley Health Centre 6905 Route 12, Tyne Valley  
Phone: 902-831-5800

## **Vision**

### **Optometrists in Alberton**

**Dr. Kelly Bowes**, 297 Church St, Alberton  
Phone: (902) 853-4516

**Craig Williams and Associates Vision Clinics** 479 Church Street, Alberton

Phone: 902-865-3361

Website: [Craig Williams & Associates Alberton](#)

Information: associated with Vogue Optical

### **Opticians (Eyewear Stores) in Charlottetown**

**Boyles Optical** 85 Belvedere Ave, Charlottetown

Phone: 902-894-3937

Website: [Boyle's Optical](#)

**Matheson Eyewear** 6 Mt Edward Rd, Charlottetown

Phone: 902-892-2020

Email: mathesoneyewear@pei.aibn.com

Website: [Matheson Eyewear](#)

### **Vogue Optical**

- 5 Brackley Point Rd, Charlottetown

Phone: 902-566-2020

Website: [Vogue Optical Brackley Pt. Road](#)

- 134 Kent Street, Charlottetown, PE  
Phone: 902-628-2040  
Website: [Vogue Optical Kent St.](#)

## Optometrists in Charlottetown

**Belvedere Vision Centre** 5 Brackley Pt. Rd., Charlottetown  
Phone: 902-566-2015

**Charlottetown Vision Care** 549 North River Rd, Charlottetown  
Phone: 902-626-3937  
Email: info@eyesonpei.com  
Website: [Charlottetown Vision Care](#)

**Dr. Drake Visionplus** 134 Kent St, Charlottetown  
Phone: 902-894-3128  
Website: [Dr. Drake Visionplus](#)

**Dr. Zenner Rainer** 167 Malpeque Rd, Charlottetown  
Phone: 902-566-2598

**Dr. Murray Rusk** 85 Belvedere Ave, Charlottetown  
Phone: 902- 566-1663

**Family Vision Centre** 111 Pownal St, Charlottetown  
Phone: 902-566-4418  
Email: staff@familyvisioncentre.ca  
Website: [Family Vision Centre](#)

**Hickey Burke & Associates** 15 Ellis Rd, Charlottetown  
Phone: 902-368-3001  
Website: [Hickey & Burke Associates](#)

**Island Optical & Eyecare Ltd** 207 Queen St, Charlottetown  
Phone: 902-892-1673  
Website: [Island Optical & Eyecare Ltd.](#)

### Vogue Optical

- 5 Brackley Point Rd, Charlottetown  
Phone: 902-566-2020 Website: [Vogue Optical Brackley Pt. Road](#)

- 134 Kent Street, Charlottetown, PE  
Phone: 902-628-2040  
Website: [Vogue Optical Kent Street](#)

## Optometrists in Montague

**Dr. Jinks Montague Optometrists** 521 Main Street, Montague  
Phone: 902-838-3338  
Website: [Dr. Jinks Montague Optometrists](#)  
Information: associated with Vogue Optical

## Optometrists in Summerside

**Craig Williams and Associates Vision Clinics** 505 Granville Street, Summerside  
Phone: 902-888-2108  
Website: [Craig Williams & Associates Summerside](#)  
Information: associated with Vogue Optical

**Dr. Kelly Bowes and Associates** 628 Water Street East, Summerside  
Phone: 902-436-3346  
Email: [info@drkellybowes.com](mailto:info@drkellybowes.com)  
Website: [Dr. Kelly Bowes & Associates](#)

**In Focus Eye Care** 200 Wyatt Crescent, Summerside  
Phone: 902-438-3937  
Email: [info@InFocusEye.ca](mailto:info@InFocusEye.ca)  
Website: [In Focus Eye Care](#)

**Summerside Vision Clinic** 388-D Central Street, Summerside  
Phone: 902-436-8549, Website: [Summerside Vision Clinic](#)

## Opticians in Summerside

**PEiwear** 237 Water Street, Summerside  
Phone: 902-888-2444  
Email: [peiwear@bellaliant.com](mailto:peiwear@bellaliant.com)  
Website: [PEiwear](#)

**Vogue Optical** 505 Granville Street, Summerside  
Phone: 902-888-2020; Website: [Vogue Optical Summerside](#)