



**City of  
Pembroke  
*Clubs and Organizations*  
2017**



**To request an update or addition, please call (613) 735-6821 ext. 1501 or email [recreation@pembroke.ca](mailto:recreation@pembroke.ca)**

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## ANIMALS

### Champlain Dog Club

5 Gutzman Rd.

Petawawa, Ontario K8H 3H3

Tel: (613) 687-2572

Email: [riverwaves2014@outlook.com](mailto:riverwaves2014@outlook.com)

## ARTS/CULTURE

### Columbus Dramatic Club

Pembroke, Ontario

Tel: (613) 735-1434

### Festival Hall

401 Isabella Street

P.O. Box 1344

Pembroke, Ontario K8A 5N6

Tel: (613) 735-2182

Fax: (613) 732-7874

### Pembroke & Area Fiddling & Step Dancing Association

P.O. Box 1329

Deep River, Ontario K0J 1P0

Tel: (613) 584-3962 or

(613) 635-7200

Email: [dhickey@magma.ca](mailto:dhickey@magma.ca)

### Pembroke Community Choir

209 Barron Canyon Rd

Pembroke, Ontario

K8A 6W7

Tel: 613-735-6604

Website:

[www.pembrokecommunitychoir.org](http://www.pembrokecommunitychoir.org)

### Pembroke Heritage Murals

P.O. Box 1314

Pembroke, Ontario K8A 6Y6

Tel: (613) 735-3413

Website:

[http://www.pembroke.ca/content/visitin\\_g\\_here/heritage\\_murals/](http://www.pembroke.ca/content/visitin_g_here/heritage_murals/)

### Pembroke Log Cabin Quilters Guild

Website:

[www.pembrokequilters.com](http://www.pembrokequilters.com)

Email:

[info@pembrokequilters.com](mailto:info@pembrokequilters.com)

### Pembroke Music Teachers' Association

Bobs Music

105 Pembroke ST W.

Pembroke, Ontario K8A 5M7

Tel: (613) 732-3454 x3

### Pembroke Legion Community Band

202 Pembroke St E.

Pembroke, Ontario K8A 3J9

Tel: (613) 732-4606

Email: [gord@tappsnotes.net](mailto:gord@tappsnotes.net)

### Pembroke Symphony Orchestra

P.O. Box 374

Pembroke, Ontario K8A 6X6

Website: [www.pembrokesymphony.org](http://www.pembrokesymphony.org)

### Petawawa Legion Community Band

71 John Street

Petawawa, Ontario K8H 1T1

Tel: (613) 687-2890

Email: [whitlock@nrtco.net](mailto:whitlock@nrtco.net)

### Stone Fence Theatre

Brudenel, Ontario

Tel: (613) 628-6600

Toll Free: 1-866-310-1004

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

Website: [www.stonefence.ca](http://www.stonefence.ca)

### Streetlight Theatre Company

P.O. Box 1313

Pembroke, Ontario K8A 6Y6

Tel: (613) 732-3956

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

## BUSINESS/RETAIL ORGANIZATIONS

### Canadian Federation of Independent Business (CFIB)

201 Dickson St.

Pembroke, Ontario K8A 2X2

Tel: (613) 633-0757

Website: [www.cfib.ca](http://www.cfib.ca)

### Economic Development (City of Pembroke)

1 Pembroke St. East

Pembroke, Ontario K8A 3J5

Tel: (613) 735-6821 x 1500

Fax: (613) 635-7709

Email: [hmconnell@pembroke.ca](mailto:hmconnell@pembroke.ca)

### Pembroke Downtown Development Commission

1 Pembroke St. East

Pembroke, Ontario K8A 3J5

Tel: (613) 629-5555

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

### Pembroke Mall

1100 Pembroke Street East

Pembroke, Ontario K8A 6Y7

Tel: (613) 735-0060

### Renfrew County District Association of Chartered Professional Accountants

211 Hincks Street

Pembroke, Ontario K8A 4N7

Tel: (613) 735-3193

## **Renfrew County Real Estate Board**

197 Pembroke Street East  
Pembroke, Ontario K8A 3J6  
Tel: (613) 735-5840  
Fax: (613) 735-0405

## **Upper Ottawa Valley Chamber of Commerce**

224 Pembroke St W  
Pembroke, Ontario K8A 5N2  
Tel: (613) 732-1492  
Website:  
[www.upperottawavalleychamber.com](http://www.upperottawavalleychamber.com)  
Email: [manager@uovchamber.com](mailto:manager@uovchamber.com)

## **Welcome Wagon**

P.O. Box 467  
Chalk River, Ontario K0J 1J0  
Tel: (613) 589-2762  
Website: [www.welcomewagon.ca](http://www.welcomewagon.ca)

## **West End Mall**

1200 Pembroke Street West  
Pembroke, Ontario K8A 7T1  
Tel: (613) 735-0638  
Fax: (613) 735-7161

## **CHARITABLE ORGANIZATIONS**

### **Canadian Cancer Society, Renfrew County Unit**

1217 Pembroke Street East  
Pembroke, Ontario K8A 7R8  
Tel: (613) 735-2571  
Toll Free: 1-800-255-8873  
Fax: (613) 735-8349  
Email: [renfrew@ontario.cancer.ca](mailto:renfrew@ontario.cancer.ca)

### **Canadian Diabetes Association Pembroke & District Branch**

227 Lake Street Suite 103  
Pembroke, ON K8A 5M2

Tel: (613) 735-1605  
Fax: (613) 521-3667

### **Canadian National Institute for the Blind**

425 Cecelia Street  
Pembroke, Ontario K8A 1S7  
Tel: (613)735-1921  
Fax: (613)735-7010  
Email: [info@cnib.ca](mailto:info@cnib.ca)

### **CCB Pembroke White Cane Club**

Cobden, Ontario K0J 1K0  
Tel: (613) 646-7956

### **Children's Wish Foundation**

1390 Prince of Whales Drive  
Ottawa, Ontario K2C 3N6  
Tel: (613) 221-9474  
Toll Free: 1-800-267-9474

### **Easter Seals**

Website: [www.easterseals.org](http://www.easterseals.org)

### **Kidney Foundation of Canada**

Eastern Ontario Branch  
1376 Bank St., Suite 401  
Ottawa, Ontario K1H 7Y3  
Tel: (613) 724-9953  
Toll Free: 1-800-724-9953  
Fax: (613) 722-5907  
Email: [eob@kidney.ca](mailto:eob@kidney.ca)

### **Lung Association, Ottawa, Renfrew County, & Cornwall**

2319 St. Laurent Blvd., Suite 500  
Ottawa, Ontario K1G 4J8  
Tel: (613) 230-4200  
Fax: (613) 230-5210  
Email: [melanie@on.lung.ca](mailto:melanie@on.lung.ca)

### **Miramichi Lodge Foundation**

470 Albert Street

Renfrew, Ontario K7V4L5

Tel: (613) 433-8307

Fax: (613) 432-7138

Email: [ssheedy@countyofrenfrew.on.ca](mailto:ssheedy@countyofrenfrew.on.ca)

### **Muscular Dystrophy**

Pembroke Firefighters Association  
Tel: (613) 732-9774 ext. 1201

### **Parent Support Group Community Living**

101 Connought Ave RR#1, Deep River,  
Ontario K0J 1P0  
Tel: (613) 584-2406  
Email: [thelivingcanvas@magma.ca](mailto:thelivingcanvas@magma.ca)

### **Pembroke Regional Hospital Foundation**

705 Mackay Street  
Pembroke, Ontario K8A 1G8  
Tel: (613) 732-2811 Ext. 7408  
Fax: (613)732-6360

### **Renfrew County Chapter of the Autism Society of Ontario**

Please contact the Ottawa Chapter  
Tel: (613) 230-6305

### **Renfrew County United Way**

1330 Pembroke Street West, Unit B  
Pembroke, Ontario K8A 7A3  
Tel: (613) 735-0436  
Toll Free: 1-888-592-2213  
Fax: (613) 735-8362  
Website:  
[www.renfrewcountyunitedway.ca](http://www.renfrewcountyunitedway.ca)

## **CHILDREN**

### **Children's Garden Nursery School**

375 Doran Street  
Pembroke, Ontario K8A 4N3  
Tel (613) 735-2259

Email [childrensgarden@nrtco.net](mailto:childrensgarden@nrtco.net)

### **Ontario Early Years Centre**

464 Isabella Street

Pembroke, Ontario K8A 5T9

Tel: (613) 735-7575

Toll Free: 1-866-547-7613

Website: [www.fcsrenfrew.on.ca](http://www.fcsrenfrew.on.ca)

### **Wise Owl Day Care Centre**

151 Isabella Street

Pembroke, Ontario K8A 5S8

Tel: (613) 735-2323

Fax: (613)735-2324

Email: [wiseowl@bellnet.ca](mailto:wiseowl@bellnet.ca)

## **CULTURAL GROUPS**

### **ACFO - Champlain or Association canadienne française de l'Ontario**

303A James Street

Pembroke, Ontario K8A 4V1

Tel: (613) 732-3336

Email: [info@acfo-champlain.org](mailto:info@acfo-champlain.org)

### **Germania Club of Pembroke**

P.O. Box 1092, 15 Bennett Street

Pembroke, Ontario K8A 3Y6

Tel: (613) 732-8883

Email: [club@germaniapembroke.ca](mailto:club@germaniapembroke.ca)

### **Renfrew County Chinese Cultural Society**

402 Chamberlain Street

Pembroke, Ontario K8A 7Y2

Tel: (613) 735-0368

## **EDUCATION**

### **Algonquin College – Waterfront Campus**

1 College Way

Pembroke Ontario K8A 0C8

Tel: (613) 735-4700 ext. 2752

Fax: (613) 735-8805

Email: [brambuj@algonquincollege.com](mailto:brambuj@algonquincollege.com)

Website:

<http://www.algonquincollege.com/pembroke/>

### **Bishop Smith Catholic High School**

362 Carmody Street

Pembroke, Ontario K8A 4G2

Tel: (613) 735-5496

Fax: (613) 735-9272

### **Cathedral Catholic School**

200 Isabella Street

Pembroke, Ontario K8A 5S7

Tel: (613) 732-8054

Fax: (613)732-8399

### **Champlain Discovery Public School**

390 Bell Street

Pembroke, Ontario K8A 2K5

Tel (613) 735-6575

Fax: (613)735-6679

Email [burwellt@renfrew.edu.on.ca](mailto:burwellt@renfrew.edu.on.ca)

### **École élémentaire et secondaire L'Équinoxe**

412 Pembroke St. W

Pembroke, Ontario K8A 5N6

Tel : (613) 732-1525

Fax : (613) 732 1544

Email : [equinoxe@cepeo.on.ca](mailto:equinoxe@cepeo.on.ca)

### **École Secondaire Catholique Jeanne-Lajoie**

1257 Pembroke Street West

Pembroke, Ontario K8A 5R3

Tel: (613) 735-3948

Fax: (613) 732-1861

### **Fellowes High School**

420 Bell Street

Pembroke, Ontario K8A 2K5

Tel (613) 735-6858

Fax: (613) 735-6850

### **Highview Public School**

320 Herbert Street

Pembroke, Ontario K8A 2Y4

Tel (613) 732-8761

Fax: (613) 732-4562

Email [elmhvw@renfrew.edu.on.ca](mailto:elmhvw@renfrew.edu.on.ca)

### **Holy Name School**

299 First Avenue North

Pembroke, Ontario K8A 5C3

Tel (613) 732-2248

Fax: (613) 732-8372

### **Our Lady of Lourdes School**

535 Irving Street

Pembroke, Ontario K8A 2V2

Tel: (613) 732-4633

Fax: (613)732-8299

Email: [kdupuis@rccdsb.edu.on.ca](mailto:kdupuis@rccdsb.edu.on.ca)

### **Renfrew County Catholic District School Board**

499 Pembroke Street West

Pembroke, Ontario K8A 5P1

Tel: (613) 735-1031

Fax: (613) 735-2649

Email: [boardoffice@rccdsb.edu.on.ca](mailto:boardoffice@rccdsb.edu.on.ca)

### **Renfrew County District School Board**

1270 Pembroke Street West

Pembroke, Ontario K8A 4G4

Tel: (613) 735-0151

Fax: (613) 735-6315

### **Rockwood Public School**

11588 Round Lake Road RR #7

Pembroke, Ontario K8A 0K8

Tel: (613) 732-3789

Fax: (613)732-4001

Email: [elmrck@rccdsb.on.ca](mailto:elmrck@rccdsb.on.ca)

**To request an update or addition, please call (613) 735-6821 ext. 1501 or email  
[recreation@pembroke.ca](mailto:recreation@pembroke.ca)**

**ENVIRO. / HORTICULTURE**

**Pembroke Area Field Naturalists**

P.O. Box 1242  
Pembroke, Ontario K8A 6Y6  
Tel: (613) 735-7117  
Email: [smith.boland@sympatico.ca](mailto:smith.boland@sympatico.ca)

**Pembroke Farmers' Market**

RR#5, 1508 Micksburg Road  
Cobden, Ontario K0J 1K0  
Tel: (613) 646-7878

**Pembroke Horticultural Society**

Tel: 613-732-7649  
Email: [g.e.vandersleen@nrtco.net](mailto:g.e.vandersleen@nrtco.net)

**Upper Ottawa Valley Ducks Unlimited**

26 Michael Cres.  
Petawawa, Ontario K8H 2L6  
Tel: (613) 687-8217

**HEALTHY LIVING/FITNESS**

**Best Western Pembroke Fitness Centre**

1 International Drive K8A 6W5  
Pembroke, Ontario  
Tel: (613) 735-0474  
Email: [fit@bestwesternpembroke.com](mailto:fit@bestwesternpembroke.com)

**CrossFit Poise**

255 Quarry Road  
Pembroke, ON K8A 1B5  
Tel: (613) 312-9753  
Email: [www.crossfitpoise.com](http://www.crossfitpoise.com)

**Integrated Health Centre**

570 Nelson Street  
Pembroke, Ontario K8A 7W7  
Tel: (613) 732-3333

Fax: (613) 735-5770  
Email: [info@integratedhealthcentre.ca](mailto:info@integratedhealthcentre.ca)  
Website: [integratedhealthcentre.ca](http://integratedhealthcentre.ca)

**L.E.A.P. High Performance**

360 Pembroke St. W  
Pembroke, Ontario K8A 5N7  
Tel: (613) 629-5327  
Email: [patricia@leaphighperformance.com](mailto:patricia@leaphighperformance.com)  
Website: [leaphighperformance.com](http://leaphighperformance.com)

**Phaze I Fitness, Tanning & Spa**

100 Pembroke Street East  
Pembroke, Ontario K8A 8A3  
Tel: (613) 735-0475  
Email: [pemgym@yahoo.ca](mailto:pemgym@yahoo.ca)

**Weight Watchers**

276 Church Street  
Pembroke, ON  
Tel: (613) 725-1200  
Tol-Free: 1-800-651-6000  
Website: <http://www.weightwatchers.ca/>

**HISTORY/GENEALOGY**

**Antique Car Club of Pembroke**

P.O. Box 161  
Pembroke, Ontario K8A 6X3  
Tel: (613) 649-2616  
Email: [dlemkay@bell.net](mailto:dlemkay@bell.net)  
Website: [www.antiquecarclubofpembroke.com](http://www.antiquecarclubofpembroke.com)

**Champlain Trail Museum & Pioneer Village**

1032 Pembroke Street East  
P.O. Box 985  
Pembroke, Ontario K8A 7M5  
Tel: (613) 735-0517

Fax: (613) 629-5067  
Email: [pembrokemuseum@nrtco.net](mailto:pembrokemuseum@nrtco.net)  
Website: [www.champlaintrailmuseum.com](http://www.champlaintrailmuseum.com)

**Ottawa Valley Historical Society**

P.O. Box 985, 1032 Pembroke St E  
Pembroke, ON K8A 7M5  
Tel: (613) 735-0517

**Upper Ottawa Valley Genealogical Group**

222 Dickson Street  
P.O. Box 972  
Pembroke, Ontario K8A 7M5  
Tel: (613) 584-3431, Don  
Tel: (613) 735-6664, Diane  
Website: [www.uovgg.ca](http://www.uovgg.ca)

**INFORMATION TECHNOLOGY**

**Renfrew County Amateur Radio Club**

Tel: (613) 735 7448  
Email: [va3nrr@hotmail.com](mailto:va3nrr@hotmail.com)  
Website: [www.technifest.com/~rcarc/rcarc.html](http://www.technifest.com/~rcarc/rcarc.html)

**LEGAL**

**Pembroke Duty Counsel**

Pembroke, Ontario K8A 3K2  
Tel: (613)735-3400  
Fax: (613) 732-2470

**Renfrew County Law Association**

297 Pembroke St. East, Suite 1211  
Pembroke, Ontario K8A 3K2  
Tel: (613) 732-4880

[rcla@bellnet.ca](mailto:rcla@bellnet.ca)

## RECREATION

### Kinsmen Pool

426 Herbert Street

Mailing Address: 1 Pembroke St. East

Pembroke, Ontario K8A 3J5

Tel: (613) 735-6821 Ext. 1506

Website: [www.pembroke.ca](http://www.pembroke.ca)

### Pembroke & Area Community Centre

40 Bennett Street

Mailing Address: 1 Pembroke St. East

Pembroke, Ontario K8A 3J5

Tel: (613) 735-6821 Ext. 1501

### Pembroke Duplicate Bridge Club

Tel: (613) 732-5423

Tel: (613) 628-1272

Email: [imchurch@nrtco.net](mailto:imchurch@nrtco.net)

### Pembroke Memorial Centre

393 Pembroke St. West

Mailing Address: 1 Pembroke St. East

Pembroke, Ontario K8A 3J5

Tel: (613) 735-6821 Ext. 1501

### Pembroke Recreation Department

1 Pembroke St. East

Pembroke, Ontario K8A 3J5

Tel: (613) 735-6821 x 1501

Fax: (613) 635-7709

Email: [recreation@pembroke.ca](mailto:recreation@pembroke.ca)

Website: [www.pembroke.ca](http://www.pembroke.ca)

### Petawawa Parks & Recreation Department

16 Civic Centre Road

Petawawa, Ontario K8H 3H5

Tel: (613) 687-5678

Fax: (613) 687-6746

Email: [kwilliams@petawawa.ca](mailto:kwilliams@petawawa.ca)

Website: [www.petawawa.ca](http://www.petawawa.ca)

### Senior Citizen Drop-In & Activities Centre

42 Renfrew Street

Pembroke, Ontario K8A 7T6

Tel: (613) 735-1226

Fax: (613) 629-5079

Email: [seniordropin@nrtco.net](mailto:seniordropin@nrtco.net)

Website: [www.seniordropin.com](http://www.seniordropin.com)

### Swinging Swallows Square Dance Club

5-70 Melanie Street

Eganville, ON K0J 1T0

Tel: (613) 628-9777

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

Website: [www.GetUpAndDance.ca](http://www.GetUpAndDance.ca)

### Waterfront Live

C/o Recreation Department

City of Pembroke

1 Pembroke St. East

Pembroke, Ontario K8A 3J5

Tel: (613) 735-6821 x1502

## RELIGION/FAITH

### Calvary Baptist Church

567 Melton Street

Pembroke, Ontario K8A 6Y3

Tel: 613 735-5293

Website: [www.calvarybaptistchurch.com](http://www.calvarybaptistchurch.com)

### Calvin United Church

276 Church Street

Pembroke, Ontario K8A 4L2

Tel: (613) 732-8763

Email: [calvin@nrtco.net](mailto:calvin@nrtco.net)

Website: [www.calvinunitedchurch.ca](http://www.calvinunitedchurch.ca)

### First Baptist Church

210 Mary Street

Pembroke, Ontario K8A 5V8

Tel: (613) 735-0866

### First Evangelical Missionary Church

39 Shalom Street

Pembroke, Ontario K8A 6W8

Tel: (613) 735-5391

Fax: (613) 735-2300

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

### First Presbyterian Church

257 Pembroke Street West

Pembroke, Ontario K8A 5N3

Tel: (613) 732-8214

Fax: (613) 732-8915

### Holy Name of Jesus Church

284 Trafalgar Road

Pembroke, Ontario K8A 5A8

Tel: (613) 732-3355

### Holy Trinity Anglican Church

68 Renfrew Street

Pembroke, Ontario K8A 5R6

Tel: (613) 732-4658

### Our Lady of Lourdes

280 Lourdesview Drive

Pembroke, Ontario K8A 2G4

Tel: (613) 735-6392

### Paroisse St-Jean-Baptiste

500 Isabella Street

Pembroke, Ontario K8A 5T9

Tel: (613) 735-6566

Fax: (613) 735-4849

### Pembroke and Area Ministerial Association

210 Renfrew Street

Pembroke, Ontario K8A 5S1

**To request an update or addition, please call (613) 735-6821 ext. 1501 or email [recreation@pembroke.ca](mailto:recreation@pembroke.ca)**

Tel: (613) 732-2488

Website: [www.pembrokeclergy.com](http://www.pembrokeclergy.com)

### **Pembroke Bible Chapel**

11558 Round Lake Rd.

Pembroke, Ontario K8A 6W8

Tel: (613) 735 1149

Website: [pembrokebiblechapel.com](http://pembrokebiblechapel.com)

### **Pembroke Catholic Deanery**

Chancery Office

P.O. Box 7

188 Renfrew Street

Pembroke, Ontario K8A 6X1

Tel: (613) 732-7933

Website: [www.pembrokedioocese.com](http://www.pembrokedioocese.com)

### **Pembroke Pentecostal Tabernacle**

34 Jordan Avenue

P.O. Box 245

Pembroke, Ontario K8A 6X3

Tel: (613) 732-9721

Fax: (613) 732-7496

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

Website: [www.pptchurch.com](http://www.pptchurch.com)

### **Resurrection Lutheran Church**

250 Quarry Road

Pembroke, Ontario K8B 1A6

Tel: (613) 735-6921

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

Website:

<http://sites.advancedministry.com/ResurrectionLutheranChurch>

### **St. Columbkille Cathedral**

188 Renfrew Street, Box 7

Pembroke, Ontario K8A 5R9

Tel: (613) 732-8513

Fax: (613) 735-5558

Email: [stcolumbkille@nrtco.net](mailto:stcolumbkille@nrtco.net)

### **St. John's Lutheran Church**

357 Miller Street

Pembroke, Ontario K8A 5Y8

Tel: (613) 735-6332

Fax: (613) 735-6741

Email: [office@stjohnspembroke.ca](mailto:office@stjohnspembroke.ca)

### **St. Timothy's Lutheran Church**

503 Alfred Street

Pembroke, Ontario K8A 3B6

Tel: (613) 732-2992

Email: [sttimothys@pembrokeclergy.ca](mailto:sttimothys@pembrokeclergy.ca)

### **Salvation Army Church**

484 Pembroke Street West

P.O. Box 56

Pembroke, Ontario K8A 5N9

Tel: (613) 735-5601

Fax: (613) 735-4657

Email:

[salvationarmy@pembrokeclergy.ca](mailto:salvationarmy@pembrokeclergy.ca)

### **Seventh Day Adventist Church**

157 Drive-In Road

Pembroke, Ontario K8A 6X3

Tel: (613) 735-1623

### **Wesley Community Church**

210 Renfrew Street

Pembroke, Ontario K8A 5S1

Tel: (613) 732-2488

Email: [wcc@pembrokeclergy.ca](mailto:wcc@pembrokeclergy.ca)

### **Wesley United Church**

275 Pembroke Street East

Pembroke, Ontario K8A 3J9

Tel: (613) 735-6132

Fax: (613)735-9376

Email: [wucminister@nrtco.net](mailto:wucminister@nrtco.net)

### **Zion Christian Reformed Church**

152 Drive-In Road

Pembroke, Ontario K8A 7P1

Tel: (613) 732-4774

### **Zion Evangelical United Church/ Mount Zion**

368 Miller Street

Pembroke, Ontario K8A 5Y9

Tel: (613) 732-0149

### **Zion Evangelical Lutheran Church**

454 Miller Street

Pembroke, Ontario K8A 5Z4

Tel: (613) 732-8792

Fax: (613) 732-1650

Email: [office@zionlutheran.ca](mailto:office@zionlutheran.ca)

## **SERVICE/COMMUNITY CLUBS**

### **Alexandra Club of Pembroke Auxiliary to Community Health Care**

P.O. Box 1202

Pembroke, Ontario K8A6Y6

Tel: (613) 732-7357

### **Civitan Club of Pembroke Inc.**

228 Clemow Avenue

Pembroke, Ontario K8A 2C8

Tel (613) 732-7556

Email: [hotma732@hotmail.com](mailto:hotma732@hotmail.com)

### **Club Richelieu Longpré de Pembroke**

303 Rue James

Pembroke, Ontario K8A 4V1

Tel: (613) 732-7730

### **The Foresters**

455 Draper St.

Pembroke, Ontario K8A 4X3

Tel: (613) 732-8754

### **Greater Petawawa Civitan Club**

16 Civic Centre Rd

**To request an update or addition, please call (613) 735-6821 ext. 1501 or email  
[recreation@pembroke.ca](mailto:recreation@pembroke.ca)**



Petawawa, Ontario K8H 3H5

Tel: (613) 735-6069

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

### **Kinette Club of Pembroke**

PO Box #331

Pembroke, Ontario K8A 6X6

(613) 732-2578

### **Kings Sports Club**

245 Renfrew Street

Pembroke, Ontario K8A 5S2

(613) 732-7253

### **Kiwanis Club of Pembroke**

961 Pembroke Street West

Pembroke, Ontario K8A 8R4

Tel: (613) 735-5230

Fax: (613) 735-3701

### **Knights of Columbus**

296 Isabella Street

Pembroke, Ontario K8A 5S9

Grand Knight: (613) 732-3384

Tel: (613) 732-4531

### **Pembroke & Area Toastmasters**

188 Renfrew St.

Pembroke, Ontario K8A 5R9

Email: [Fran.toastmasters@gmail.com](mailto:Fran.toastmasters@gmail.com)

Website:

[www.franwatson.ca/toastmastersPembroke.html](http://www.franwatson.ca/toastmastersPembroke.html)

### **Pembroke Masonic Lodge No. 128**

63 Herman Street

Petawawa, Ontario K8H 3B2

Tel: (613) 687-5633

Email: [ralph003@sympatico.ca](mailto:ralph003@sympatico.ca)

### **Pembroke/Petawawa Lions Club**

Tel: (613) 687-5020

Email: [events.pempetlions@gmail.com](mailto:events.pempetlions@gmail.com)

### **Order of the Eastern Star, #288**

Pembroke Chapter

868 Gutzman Road

Deep River, Ontario K0J 1P0

Tel: (613) 584-2263

### **Ottawa Valley Shrine Club**

Pembroke, Ontario

Tel: (613) 732-2220

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

### **Rotary Club of Pembroke District 7040**

P.O. Box 292

Pembroke, Ontario K8A 6X5

Website: [www.rotary7040.com](http://www.rotary7040.com)

### **Rotary Club of Petawawa**

P.O. Box 201

Petawawa, Ontario K8H 1X2

### **Royal Canadian Legion, Br. 72**

P.O. Box 486, 202 Pembroke St E

Pembroke, Ontario K8A 3J7

Tel: (613) 732-2691, Legion

### **Royal Canadian Legion, Br. 517**

3583 Petawawa Blvd

Petawawa, Ontario K8H 2Y1

Tel: (613) 687-2504

Fax: (613) 687-1382

## **SPORTS**

### **BASEBALL/SOFTBALL**

#### **Old Timers Baseball**

Tel: (613) 687-2914

### **BOWLING**

#### **Valley Bowl**

20 Wolfe Avenue

Petawawa, Ontario K8H 2S5

Tel: (613) 687-4525

### **CURLING**

#### **Pembroke Curling Rink Ltd.**

428 Herbert Street

Pembroke, Ontario K8A 2Y4

Tel: (613) 732-4113

Website: [www.pembroke.ovca.com](http://www.pembroke.ovca.com)

#### **Senior Curling Association**

P.O. Box 152

428 Herbert Street

Pembroke, Ontario K8A 6X3

Tel: (613) 732-4113

### **CYCLING**

#### **Ottawa Valley Cycling and Mountain Biking Association**

Tel: (613) 735-8466

Website: [www.ovmba.blogspot.com](http://www.ovmba.blogspot.com)

(Also see Gearheads Petawawa)

Tel: (613) 687-4624

Website: [www.gearheads.ca](http://www.gearheads.ca)

### **GOLF**

#### **Indian River Golf Course**

RR #7, 1848 B-Line Road

Pembroke, Ontario K8A 6W8

Tel: (613) 732-8732

#### **Island Brae Golf Club**

P.O. Box 721

Pembroke, Ontario K8A 6X9

Tel: (613) 732-9022

Email: [braegolf@nrtco.net](mailto:braegolf@nrtco.net)

#### **Pembroke Golf Club**

253 Golf Course Road

Pembroke, Ontario K8A 7M1

**To request an update or addition, please call (613) 735-6821 ext. 1501 or email [recreation@pembroke.ca](mailto:recreation@pembroke.ca)**

Tel: (613) 732-1665

Fax: (613) 732-3206

### **Roanoke Golf Club**

610 Biesenthal Road

Pembroke, Ontario K8A 6W7

Tel: (613) 735-4444

Off Season: (613) 687-5723

Fax: (613) 687-1518

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

### **Petawawa Golf Club (formerly Twin Rivers)**

3 Festubert Blvd.

Petawawa, Ontario K8H 2X3

Tel: (613) 687-5331

Fax: (613) 687-0189

### **HOCKEY AND SKATING**

#### **Ottawa Valley Girls Hockey**

33 Erma Street

Pembroke, Ontario K8A 0A4

Tel: (613) 281-1393

Email: [president@girlshockey.ca](mailto:president@girlshockey.ca)

#### **Pembroke Lumber Kings**

P.O. Box 92

Pembroke, Ontario K8A 6X1

Tel: (613) 732-8146

Website:

[www.pembrokelumberkings.com](http://www.pembrokelumberkings.com)

#### **Pembroke Minor Hockey Association**

P.O. Box 725

Pembroke, Ontario K8A 6X9

Website:

[www.pembrokeminorhockey.com](http://www.pembrokeminorhockey.com)

#### **Pembroke Skating Club**

P.O. Box 523

Pembroke, Ontario K8A 6X7

Tel: (613) 735-4623

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

Website: [www.pembrokeskatingclub.ca](http://www.pembrokeskatingclub.ca)

### **MARTIAL ARTS**

#### **Upper Ottawa Valley Tai Chi Club**

Tel: (613) 687-9370

### **RINGETTE**

#### **Upper Ottawa Valley Ringette**

Tel: (613) 432-9276

### **SOCCER**

#### **Pembroke Soccer Club Inc.**

P.O. Box 482

Pembroke, Ontario K8A 6X7

Tel: (613) 732-0925

Email: [office@pembrokesoccer.com](mailto:office@pembrokesoccer.com)

Website: [www.pembrokesoccer.com](http://www.pembrokesoccer.com)

### **SHOOTING**

#### **Pembroke Outdoor Sportsman's Club**

P.O. Box 354

2398 Doran Road

Pembroke, ON K8A 6X6

Tel: (613) 735-6969

Email: [troygervais1@gmail.com](mailto:troygervais1@gmail.com)

### **SKIING**

#### **Pembroke & Area Cross-Country Ski Club**

Tel: (613) 735-8466

Website: [www.paxc.blogspot.com](http://www.paxc.blogspot.com)

### **SNOWMOBILING**

#### **Keetna Snowmobile & Recreation Club**

Tel: (613) 735-7909

Email: [keetna@snowcountry.ca](mailto:keetna@snowcountry.ca)

### **VOLLEYBALL**

#### **Pembroke Mixed Volleyball**

Tel: (613) 639-8998

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

Website: [www.pmvl.homestead.com](http://www.pmvl.homestead.com)

### **SOCIAL SERVICES**

#### **Addictions Treatment Service**

700 MacKay St. Suite 206

Pembroke, Ontario K8A 1G6

Tel: (613) 732-3356

Fax: (613) 732-2538

Email: [alcohol.referral@renfrewhosp.com](mailto:alcohol.referral@renfrewhosp.com)

#### **Alcoholics Anonymous**

Tel: (613) 735-9928

Website: [www.pembrokeaa.org](http://www.pembrokeaa.org)

#### **Bereaved Families of Ontario - Pembroke**

700 MacKay St.

Pembroke, Ontario K8A 1G6

Tel: (613) 732-7894

Email: [programdirector@bfopembroke.ca](mailto:programdirector@bfopembroke.ca)

Website: [www.griefsupport.ca](http://www.griefsupport.ca)

#### **Bernadette McCann House for Women Inc.**

Pembroke, Ontario K8A 6X3

Crisis (613) 732-3131

Toll Free: 1-800-267-4930

Admin: (613) 732-7776

Fax: (613) 732-8667

Email: [wssshs@wsssbmh.org](mailto:wssshs@wsssbmh.org)

#### **Bernadette McCann House Volunteers.**

P.O. Box 244

Pembroke, Ontario K8A 6X3

Tel: (613) 732-7776

Fax: (613) 732-8667

Email: [wssshs@wsssbmh.org](mailto:wssshs@wsssbmh.org)

Website: [www.wsssbmh.org](http://www.wsssbmh.org)

#### **Canadian Red Cross Community Health Services**

1217 Pembroke Street East

**To request an update or addition, please call (613) 735-6821 ext. 1501 or email [recreation@pembroke.ca](mailto:recreation@pembroke.ca)**

Pembroke, Ontario K8A 7R8

Tel: (613) 732-9915

Fax: (613) 732-5646

### **Canadian Red Cross Renfrew County & District Branch**

1217 Pembroke Street East

Pembroke, Ontario K8A 7R8

Tel: (613) 735-1157

Fax: (613) 735-0140

Email: [renfrewcounty@redcross.ca](mailto:renfrewcounty@redcross.ca)

### **Carefor Health & Community Services**

Carefor Civic Complex

425 Cecelia St., Pembroke, ON K8A

Tel: (613) 732-9993

Fax: (613) 732-2415

Email: [infopembroke@carefor.ca](mailto:infopembroke@carefor.ca)

### **Carefor Mackay Centre**

700 Mackay St.

Pembroke, Ontario K8A 1G6

Tel: (613) 732-3949

Fax: (613) 732-7114

### **Carefor Transportation**

Tel: (613) 732-9993 ext. 3233

### **Carefor Transportation (Seasonal)**

February – April

Tel: (613) 732-9993 ext. 0

### **Champlain Community Care Access Centre, Renfrew County**

1100 Pembroke Street East

Pembroke, Ontario K8A 6Y7

Toll-free: 1-888-421-2222

Tel: (613) 732-7007 Ext. 225

Fax: (613) 732-3522

Email: [glenda.owens@champlain.ccac-ont.ca](mailto:glenda.owens@champlain.ccac-ont.ca)

### **Columbus House (Pembroke) Inc.**

P.O. Box 1311

Pembroke, Ontario K8A 6Y6

Tel: (613) 732-8977

Fax: (613) 732-8375

Email: [tbelanger@columbushouse.ca](mailto:tbelanger@columbushouse.ca)

### **Columbus House Residential Program**

Tel: (613) 732-2791

Email: [thughes@columbushouse.ca](mailto:thughes@columbushouse.ca)

### **Columbus Young Parent Support**

73 Renfrew Street

Pembroke, Ontario K8A 5R7

Tel: (613) 732-1767

Fax: (613) 732-2133

Website: [www.columbushouse.ca](http://www.columbushouse.ca)

### **Community Living Upper Ottawa Valley**

P.O. Box 1030

894 Pembroke Street West

Pembroke, Ontario K8A 6Y6

Tel: (613) 735-0659

Fax: (613) 735-1373

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

Website:

[www.communitylivingupperottawavalley.ca](http://www.communitylivingupperottawavalley.ca)

### **Mental Health Services of Renfrew County**

Tel: (613) 732-3675 Ext. 8002

### **Family & Children's Services of the County of Renfrew**

77 Mary Street, Suite 100

Pembroke, Ontario K8A 5V4

Tel: (613) 735-6866

Fax: (613) 735-6641

Website: [www.fcsrenfrew.on.ca](http://www.fcsrenfrew.on.ca)

### **Frozen Meals on Wheels**

Carefor Health & Community Services

425 Cecelia St.

Pembroke, ON K8A 1S7

Tel: (613) 732-9993

Email: [infopembroke@carefor.ca](mailto:infopembroke@carefor.ca)

### **Kinsmen Court Home for Men and Women**

222 Blakely Cres.

Pembroke, Ontario K8A 8J4

Tel: (613) 735-7980

Fax: (613) 735-7980

### **Marianhill Community Services**

600 Cecelia Street

Pembroke Ontario K8A 7Z3

Tel: (613) 735-6838 Ext.251

Fax: (613) 732-3934

### **Marianhill Volunteers**

600 Cecelia Street

Pembroke, Ontario K8A 7Z3

Tel: (613) 735-6838

Email: [volunteers@marianhill.ca](mailto:volunteers@marianhill.ca)

### **Meals on Wheels, Pembroke (Miramichi Lodge)**

725 Pembroke Street West

Pembroke, Ontario K8A 8S6

Tel: (613) 735-0175 Ext. 214

Fax: (613) 735-8061

Email: [ssheedy@countyofrenfrew.on.ca](mailto:ssheedy@countyofrenfrew.on.ca)

### **Meals on Wheels, Town of Petawawa**

29 Lisa Crescent

Petawawa, Ontario K8H 2Z8

Tel: (613) 687-2230

### **Miramichi Auxiliary**

725 Pembroke ST W

Pembroke, Ontario K8A 8S6

Tel: (613) 735-0175

**To request an update or addition, please call (613) 735-6821 ext. 1501 or email [recreation@pembroke.ca](mailto:recreation@pembroke.ca)**

### **Para-Med Home Health Care**

595 Pembroke Street East  
Pembroke, Ontario K8A 3L7  
Tel: (613) 735-4165  
Toll Free: 1-800-267-2514  
Fax: (613) 735-4285

### **Pathways Alcohol & Drug Treatment Services**

39 Renfrew Ave West  
Suite 202  
Renfrew, Ontario K7V 2Y2  
Tel: (613)432-8573  
Toll Free: 1-888-241-1135  
Fax: (613) 432-7888  
Email: [lise.laframboise@pathwaysts.ca](mailto:lise.laframboise@pathwaysts.ca)

### **The Phoenix Centre for Children & Families**

130 Pembroke Street W.,  
Suite 200  
Pembroke, Ontario K8A 5M8  
Tel: (613) 735-2374  
Fax: 613-735-2378  
Toll Free: 1-800-465-1870  
Email: [www.phoenixctr.com](http://www.phoenixctr.com)

### **Pembroke & Area Special Olympics**

P.O. Box 861  
Pembroke, Ontario K8A 7M5  
Tel: (613) 735-7423

### **Pembroke Handi-Bus**

P.O. Box 952,  
1217 Pembroke Street East  
Pembroke, Ontario K8A 7M5  
Tel: (613) 735-6998  
Fax: (613) 735-8632

### **Pembroke Regional Hospital Auxiliary**

705 Mackay Street  
Pembroke, Ontario K8A 1G8

Tel: (613) 732-2811 Ext. 6169  
Email: [pr@prh.email](mailto:pr@prh.email)

### **Pregnancy Support Services of the Upper Ottawa Valley**

337 Murray Street  
Pembroke, Ontario K8A 4P3  
Tel: (613) 635-7440  
Email:  
[donaleefirststepsolutions@gmail.com](mailto:donaleefirststepsolutions@gmail.com)  
Website: [www.firststepoptions.com](http://www.firststepoptions.com)

### **Renfrew County & District Health Unit**

7 International Drive  
Pembroke, Ontario K8A 6W5  
Tel: (613)735-8666  
Fax: (613) 735-3067  
Email: [nwoodtke@rcdhu.com](mailto:nwoodtke@rcdhu.com)  
Website: [www.rcdhu.com](http://www.rcdhu.com)

### **Royal Canadian Legion Ladies Auxiliary, Branch 72**

202 Pembroke St. East  
Pembroke, Ontario K8A 3J7  
Tel: (613) 732-2691

### **Salvation Army**

P.O. Box 56,  
484 Pembroke Street West  
Pembroke, Ontario K8A 6X1  
Tel: (613) 735-5601  
Fax: (613) 735-4657  
Email: [sapem@nrtco.net](mailto:sapem@nrtco.net)

### **St. John Ambulance**

310 Mackay Street  
Pembroke, Ontario, K8A 1C5  
Tel: (613) 735-0772 - Pembroke  
(613) 433-3749 - Renfrew  
Toll Free: 1(800) 519-8117  
Fax: (613) 735-6842  
Email: [pembroke@on.sja.ca](mailto:pembroke@on.sja.ca)

### **Valley Employee and Family Assistance Program**

84 Isabella Street  
Pembroke, Ontario K8A 5S5  
Tel: (613) 735-2116  
Toll Free: 1-800-661-0340  
Fax: (613) 735-3210  
Email [info@valleyefap.com](mailto:info@valleyefap.com)  
Website: [www.valleyefap.com](http://www.valleyefap.com)

## **UNIONS**

### **Canadian Union of Postal Workers**

C/o Pembroke Post Office  
Pembroke, Ontario K8A 3J0  
Tel: (613) 236-7238

### **C.U.P.E. Local 24**

237 Mary St.  
Pembroke, Ontario K8A 5V9  
Email: [joneill@cupelocal24.org](mailto:joneill@cupelocal24.org)  
Website: <http://www.cupelocal24.org/>

### **International Brotherhood of Electrical Workers, Local 742**

P.O. Box 651  
Pembroke, Ontario K8A 6X9  
Tel: (613) 735 0937  
Email: [mccannjp@hotmail.com](mailto:mccannjp@hotmail.com)

### **Pembroke District Construction Association**

1145 Pembroke Street East  
Pembroke, Ontario K8A 7R4  
Tel: (613) 732-7311 ext.102

### **Pembroke Professional Firefighters Association**

273 Victoria Street  
Pembroke, Ontario K8A 4K5  
Tel: (613) 732-9774 Ext. 1201

## YOUTH

### **2677 Royal Canadian Army Cadet Corp**

177 Victoria Street

Pembroke, Ontario K8A 4K2

Phone: (613) 732-4470 ext.206

### **Girl Guides of Canada, Pembroke District**

357 Miller Street

Pembroke, Ontario K8A 5Y8

Tel: 1 (877) 323-4545 Ext. 5137

Website: [www.girlguides.ca](http://www.girlguides.ca)

### **Heels Over Head Experience Gymnastics**

134 Forest Lea Rd.

Pembroke, Ontario K8A 7C1

Tel: (613) 735-4937

Email: [uppervalley@ogf.com](mailto:uppervalley@ogf.com)

### **Pembroke Boys & Girls Club**

P.O. Box 1354

1144 Lea Street

Pembroke, Ontario K8A 6Y6

Tel: (613) 735-1933

Fax: (613) 735-1730

Email:

[bonnie.s@boysandgirlsclubofpembroke.com](mailto:bonnie.s@boysandgirlsclubofpembroke.com)

### **Scouts Canada**

Tel (613) 735-3517(English Language)

Tel: (613) 732-9191 (Mouvement de

Scoute - Francais)