

Finding a Family Physician in Ontario

Finding a family doctor in Ontario can be challenging. A regular primary care provider supports your overall health.

This guide offers practical steps and trusted resources to help you find primary care.



1 Start with Health Care Connect

Health Care Connect (HCC) helps Ontarians without a family doctor find a physician or nurse practitioner.

Phone: 1-800-445-1822

Register with Health Care Connect

You'll be matched with a Care Connect Nurse who assists in locating providers accepting new patients.

2 Explore Family Health Teams & Community Health Centres

Family Health Teams (FHTs) offer team-based care from doctors, nurses, and allied health professionals.

Community Health Centres (CHCs) provide primary care and health promotion, often prioritizing people facing barriers to access.

Find a Family Health Team

Find a Community Health Centre

Note: CHCs may have eligibility criteria based on location or population served.

3 Search the CPSO Doctor Directory

Use the College of Physicians & Surgeons of Ontario "Find a Doctor" tool to look up physicians, then contact their clinics about availability.

Search the CPSO directory

4 Contact clinics directly

Many clinics don't update online listings. Calling local clinics and asking about waitlists can sometimes lead to quicker results. Contact these clinics to ask about availability:

Eastdale Medical Clinic in Toronto
Pape Danforth Clinic

5 Use interim care options

Walk-in clinics and virtual care services (**such as Tia Health, Rocket Doctor, or Maple**) can help with prescriptions, referrals, and minor concerns while you continue your search. Coverage and continuity vary.

Check campus health clinics

Post-secondary students may access on-campus clinics that provide primary care, mental health support, and referrals. Availability depends on enrollment status.

A few helpful reminders

- Be ready to share your address (many clinics serve specific areas).
- Join multiple waitlists.
- Follow clinics on social media for announcements.
- Ask community members for recommendations.
- Keep going. Support is out there, and your health is worth the effort.