GUARDIANS OF RECOVERY

St. John’s Area — Walk-in & Medical Clinic Contacts

St. John’s • Mount Pearl • Goulds • Paradise | October 2026

Publicly identified walk-in / rapid-access options

Clinic	Address	Telephone / Clinician
Community Walk-in Clinic (NL Health Services)	850 Topsail Road, Mount Pearl	709-777-1706 Clinicians vary
Urgent Care Centre (East)	28 Stavanger Drive, St. John’s	1-855-709-8559 Clinicians vary
Cowan Topsail Medical Clinic	496 Topsail Road, Suite 201, St. John’s	709-368-2115 Dr. Al-Sakati; Dr. Al-Badoosh
Goulds Medical Clinic	424 Main Road, Goulds	709-747-3241
Blackmarsh Family Care Centre	260 Blackmarsh Road, St. John’s	709-576-6555
Centre of Health Excellence (short-notice appointments)	8–10 Rowan Street, St. John’s	709-726-4880

Additional clinics listed in local medical / walk-in directories

These are extra local contacts, not a claim that each currently accepts unscheduled walk-ins or new patients. Call before arranging transport.

Clinic	Address	Telephone
Clinic 215	215 LeMarchant Road, St. John’s	709-753-1141
Dr. Hancock & Dr. Alani	250 LeMarchant Road, St. John’s	709-722-4030
Midtown Medical Clinic	35 Campbell Avenue, St. John’s	709-579-0703
Campbell Medical Group	39 Campbell Avenue, St. John’s	709-579-5001
Empire Medical Centre	204 Freshwater Road, St. John’s	709-579-7391
Anderson Avenue Family Practice	25 Anderson Avenue, St. John’s	709-726-5065
The Towers Medical Clinic	100 Elizabeth Avenue, St. John’s	709-753-9900
Elizabeth Avenue Family Practice	100 Elizabeth Avenue, St. John’s	709-579-5005
11 Elizabeth Family Practice	11 Elizabeth Avenue, St. John’s	709-579-1106
Patel Medical Centre	10 Elizabeth Avenue, St. John’s	709-754-9090
East End Health Centre	2 Mount Cashel Road, St. John’s	709-753-4130
Quidi Vidi Family Practice	20 Lake Avenue, St. John’s	709-576-7040
Shea Heights Community Health Centre	57 B Linegar Avenue, St. John’s	709-737-3369
Ross Family Medicine Clinic	100 Forest Road, St. John’s	709-777-6301

Clinic	Address	Telephone
Dr. Susan Rideout-Vivian	16 Forest Road, Unit 302, St. John’s	709-726-3903
Hillcrest Medical Clinic	83 Thorburn Road, St. John’s	709-722-6666
Southern Medical Clinic	390 Topsail Road, St. John’s	709-364-9556
Medical West Clinic	644 Topsail Road, St. John’s	709-368-0094
Paradise Health Complex	1386 Topsail Road, Suite 203, Paradise	709-782-4445
Centennial Medical Centre	2 Centennial Street, Mount Pearl	709-368-0033

Free counselling & recovery supports

Service	Address	Phone / Contact
RUAH Counselling Centre	The Lantern, 35 Barnes Road, St. John’s	709-579-0168 Amelia O’Dea, Executive Director
Doorways Counselling	St. John’s (call for service location)	709-752-4903
811 HealthLine	Telephone service	811

Guardians of Recovery arrangement: RUAH Counselling Centre is offering **free counselling to residents of the Guardians of Recovery sober living home** (as advised by Guardians of Recovery).

Directory sources: NL Health Services, Find a Doctor NL, Medimap, Paradise Health Complex, RUAH Counselling Centre and NL 211. Individual doctors are named only where publicly identified; clinics may rotate providers. This directory does not assess individual physicians’ prescribing practices.