



# North Bay Military Family Resource Centre

Welcome Package

## Welcome to North Bay

**“Our Mission is to be the resource of choice  
in supporting a strong and resilient military family”**



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

North Bay MFRC



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## STAFF CONTACT INFORMATION

### Executive Director

Tessa Clermont ext 2057 [Tessa.Clermont@forces.gc.ca](mailto:Tessa.Clermont@forces.gc.ca)

### Business Administrator

Janet Baynton ext 2073 [Janet.Baynton@forces.gc.ca](mailto:Janet.Baynton@forces.gc.ca)

### Education and Volunteer Services Coordinator

Pamela Lennips ext 2053 [Pamela.Lennips@forces.gc.ca](mailto:Pamela.Lennips@forces.gc.ca)

### Office Manager, Information and Employment Coordinator

Donat Roussy ext 2916 [Donat.Roussy@forces.gc.ca](mailto:Donat.Roussy@forces.gc.ca)

### Community Programming Coordinator

Natalie Wiseman ext 2066 [Natalie.Wiseman@forces.gc.ca](mailto:Natalie.Wiseman@forces.gc.ca)

### Prevention, Support & Intervention and Deployment Coordinator

Linda McCaulay ext 2026 [Linda.McCaulay@forces.gc.ca](mailto:Linda.McCaulay@forces.gc.ca)

### Parent Support, Community Integration, Second Language and Emergency Child Care Coordinator

Diane Sarrazin-Dubeau ext 2056 [Diane.Sarrazin-Dubeau@forces.gc.ca](mailto:Diane.Sarrazin-Dubeau@forces.gc.ca)

### Little Wings Child Care Supervisor

Leanna Neault ext 2668 [Leanna.Neault@forces.gc.ca](mailto:Leanna.Neault@forces.gc.ca)

### Child, Youth and Teen Coordinator

Sherri Adams ext 2645 [Sherri.Adams@forces.gc.ca](mailto:Sherri.Adams@forces.gc.ca)

### Family Liaison Officer

Mark Hurley ext 2579 [Mark.Hurley2@forces.gc.ca](mailto:Mark.Hurley2@forces.gc.ca)

### Veteran Family Coordinator

Tina Thomason ext 2138 [Tina.Thomason@forces.gc.ca](mailto:Tina.Thomason@forces.gc.ca)





**Tessa Clermont**  
**Executive Director**  
**Directrice générale**  
**705-494-2011 ext/poste 2057**

email/courriel: [Tessa.Clermont@forces.gc.ca](mailto:Tessa.Clermont@forces.gc.ca)

*Greetings and Welcome to North Bay!*

We understand the experience of coming to a new city can be difficult, so all of our MFRC services are available to assist you during your stay. We are confident your time in North Bay will be well-spent with our fun activities and programs. We ultimately want you have a happy and fulfilling experience here; our staff is eager to meet you and help that become a reality. I hope that you will take the time to visit the North Bay Military Family Resource Centre (MFRC) after you have settled in.

We can help you discover your new community, search for job opportunities, find a way to volunteer, or learn about upcoming events and attractions. Our services range from personal development programs, such as yoga and mindfulness, to child and youth programs as well as an exciting teen centre. If you anticipate needing child care, come see our Parent Support Coordinator to discuss which option for child care might work best for you. We do have wifi so you can “surf” the Internet on the community computer, or bring in your own personal device. We also have a fax, scanner, and photocopy machine to assist you with any paperwork or business you may have to do.

As for your local community, you will find that North Bay has many things to offer in the areas of recreation, sports, entertainment and leisure. These programs and activities are available to adults and children through the base or within the city of North Bay. For more information, check out our quarterly newsletter “Family Matters”, available on our website. Don’t forget to look us up on social media too – our Facebook and Twitter pages are “North Bay MFRC.” Of course, you can also visit the centre to learn more about our events! We always look forward to chatting with our families.

We welcome any opportunity to assist you in making the transition into the North Bay community. This welcome package is an invitation to you to keep in touch with us.

Sincerely,  
Tessa Clermont  
MFRC Executive Director





**Pamela Lennips**  
**Education and Volunteer Services Coordinator**  
 Coordonnatrice en éducation et service de bénévolat  
 705-494-2011 ext/poste 2053 email/courriel: [Pamela.Lennips@forces.gc.ca](mailto:Pamela.Lennips@forces.gc.ca)

### Education Services

Our objective is to offer spouses and dependents assistance and support as they enter/re-enter the workforce.

Our services include:

- Explore career options
- Education and Training bulletin boards
- Learn new skills/update old ones—CPR/First Aid, Smart Serve, WHMIS
- Information on existing and new educational and training opportunities
- Browse our college & university course calendars
- Access continuing/distance education courses online
- Referrals to Community Partners for education related workshops

Our Education Service Coordinator will be pleased to make an appointment with you to further discuss your education or job training needs.

### Volunteer Services

Volunteering is a great way to develop new skills and meet new friends. Whether you are available to volunteer a few days a week, or only once a year, we have a place for you in one or more of our program areas. You decide what would be best suited for you and give us a call.

Areas requiring volunteers:

#### **MFRC Board of Directors**

Setting policy, financial analysis, and strategic planning

#### **Special Events**

Assist with workshops, and events

#### **Helping Hands**

Assist with office duties eg. mail outs and activities at Little Wings Child Care Centre

#### **Child, Youth and Teen**

Assist with events and programs



**Donat Roussy**  
**Office Manager, Information and Employment Coordinator**  
 Gestion de bureau, coordinateur de l'information et emploi  
 705-494-2011 ext/poste 2916 email/courriel: [Donat.Roussy@forces.gc.ca](mailto:Donat.Roussy@forces.gc.ca)

### Employment Services

Our objective is to offer spouses and dependents assistance and support as they enter/re-enter the workforce.

Our services include:

- Assessment of current skills developing a "plan of action"
- Creative résumé writing and upgrading assistance
- Developing effective cover letters
- Explore career options
- Employment Resource Library
- Latest job postings and job bank websites
- Referrals to Community Partners for employment related workshops, start & fund your own small business

Our Employment and Education Service Coordinator will be pleased to make an appointment with you to further discuss your employment or job training needs.





**Natalie Wiseman**  
**Community Programming Coordinator**  
**Coordonnatrice à la programmation communautaire**  
**705-494-2011 ext/poste 2066 email/courriel: [Natalie.Wiseman@forces.gc.ca](mailto:Natalie.Wiseman@forces.gc.ca)**

### Community Programming

Through my practice you will discover the fountain of nourishing compassion within yourself. Yoga creates space and openness in body and mind that allows you to tap into to your true nature as divine beings - open, free and peaceful. The practice of yoga and mindfulness is a gateway to the infinite potential present in every moment. Here and now is where you can access the abundant joy of life and flourish. In my classes is where I hope I can guide you; right back to where you are, here and now, creating emotional and physical health and well-being.

My goal is to integrate my knowledge of self-compassion, yoga and mindfulness to give you the key ingredients to nourish yourself with kindness, patience and mindful awareness.

Our programs include:

- Coffee Connections
- Spouses Night Out
- SOS "Support Our Selves"
- Mindfulness Program
- Self-Compassion Yoga



**Linda McCaulay**  
**Prevention, Support & Intervention and Deployment Coordinator**  
**Coordonnatrice en prévention, soutien et intervention et déploiement**  
**705-494-2011 ext/poste 2026 email/courriel: [Linda.McCaulay@forces.gc.ca](mailto:Linda.McCaulay@forces.gc.ca)**

### Prevention, Support and Intervention

Prevention, Support and Intervention is a service designed to enhance the social and emotional well-being of CF families. We are able to assist our families by providing these confidential services free of charge, which may include:

- Education and Prevention
- Short-term Intervention and support during a crisis
- Assessment and Referral
- Resource Library
- Workshops

### Family Separation and Reunion

Your immediate family play an important role in your life therefore they deserve the best. Whether a member is away for a few weeks or a few months we are here to help.

Our services include:

- One on one Heart Line Calls
- One on one confidential meetings
- Mailing of Care Packages to Deployed Troops
- Adult and Child Support Groups
- Resource Library





**Diane Sarrazin-Dubeau**

**Parent Support, Community Integration, Second Language  
and Emergency Child Care Coordinator**

**Coordonnatrice au service de soutien parental, intégration communautaire, formation en  
langue seconde et services urgents de garde**

**705-494-2011 ext/poste 2056**

**email/courriel: [Diane.Sarrazin-Dubeau@forces.gc.ca](mailto:Diane.Sarrazin-Dubeau@forces.gc.ca)**

## Parenting Support

Whether your child is an infant, preschooler, school age or teen you are never alone. As a parent we have numerous responsibilities to ensure that our child reaches their full potential.

Our program includes:

- One on one confidential parenting support
- Special family events
- Family Navigator-a website for families with special responsibilities: [www.familynavigator.ca](http://www.familynavigator.ca)
- Link to Ontario Early Years Centre: [www.ontarioearlyyears.ca](http://www.ontarioearlyyears.ca)
- Resource Library
- Children's video library referrals

## Community Integration

Feeling welcomed and knowing about your new community is important. In order to make North Bay your home, you need to know what your MFRC and Wing can offer you.

Feel free to drop by the MFRC and meet with our coordinators who will be pleased to answer your questions and introduce you to the following services:

- Welcome Packages for new arrivals
- Inter-Base Library (welcome packages from other bases)
- Internet computers with wifi, lending library, fax, photocopier
- Information and referral to the local community
- Local/Provincial Tourism Brochures
- Weekly "Coffee Connections" group and evening "Spouses Night Out"
- Bilingual Newsletters
- Annual Welcome Events

## Second Language Training

The North Bay MFRC Second Language Training Program offered to military spouses, dependents (18+) and DND employees is meant to meet your learning goals while enjoying the experience of learning a second language. English and French language training is offered throughout the year using on-line instruction (Rosetta Stone). If you are interested in expanding your knowledge, call our Second Language Coordinator today!

## Emergency Child Care

**Emergency Child Care** is available for CF and USAF families at all times, day or night. This service is offered if your Family Care Plan fails during an emergency or if your spouse is away on operational requirements. We have available screened Emergency Child Care Providers on call.



**Leanna Neault**

**Little Wings Child Care Supervisor**

**Superviseure - Garderie Little Wings**

**705-494-2011 ext/poste 2060/2668**

**email/courriel: [Leanna.Neault@forces.gc.ca](mailto:Leanna.Neault@forces.gc.ca)**

## Little Wings Child Care Centre

Our centre is licensed to care for children between the ages of 0 months to 12 years of age.

We offer:

- Full and part time child care
- Before and/or after school child care
- School Breaks, PD days, and Summer Mini Camps
- Drop In Program
- Extended hours



**Sherri Adams**  
**Child, Youth and Teen Coordinator**  
 Coordonnatrice des programmes pour enfance et adolescence  
 705-494-2011 ext/poste 2645 email/courriel: [Sherri.Adams@forces.gc.ca](mailto:Sherri.Adams@forces.gc.ca)

### Child and Youth Programs

Special Events for children ages 0-12 years of age are held throughout the year these may include:

- Easter, Halloween and Christmas Parties

**Fun Factory** is a program for children 5-8 years of age. Planned activities include crafts, parties and field trips.

**Youth Corner** is a program for children 9-12 years of age. Planned activities include crafts, parties, physical activities and field trips.

### Teen Programs

The Teen Centre located in our Community Centre at 19 Market Street is open to Teens aged 13-18 years whose parent or guardian work for 22 Wing. The centre offers Teens a safe friendly environment to socialize with friends, as well as the opportunity to challenge their intellectual and social skills.

Throughout the year, various activities are planned and implemented that are sure to interest your teen. They may include:

- Movies/Game nights
- Homework/Fitness nights
- Dances
- Annual Events: Canada's Wonderland, Holiday Celebrations
- Night Hawks (overnight event)
- Teen Council/Volunteer opportunities
- Life Skills Workshops

For more information, call our Teen Coordinator or drop by the centre during their operating hours.



**Mark Hurley**  
**Family Liaison Officer**  
 Officier de liaison auprès des familles  
 705-494-2011 ext/poste 2579 email/courriel: [Mark.Hurley2@forces.gc.ca](mailto:Mark.Hurley2@forces.gc.ca)

### Family Liaison Officer

*"Supporting the families of ill and injured Canadian Forces personnel and the families of the fallen."*

The Family Liaison Officer is a MFRC Social Worker who is located in the IPSC (Integrated Personnel Support Centre). Your IPSC team provides support during all phases of recovery, and rehabilitation as well as reintegration support for those returning to CF service. These services are free of charge, and are delivered by experienced professionals. The services offered are: confidential individual, family or group counseling, referrals to mental health services for adults and children, access to education and prevention-based programs in the community, short-term individual or group support for families of ill, injured and deceased CF personnel; and outreach support to families in the surrounding area.



**Tina Thomason**  
**Veteran Family Coordinator**  
 Coordonnatrice pour les familles des vétérans  
 705-494-2011 ext/poste 2138 email/courriel: [Tina.Thomason@forces.gc.ca](mailto:Tina.Thomason@forces.gc.ca)

### Veteran Family Coordinator

The Veteran Family Program is a four-year pilot extending the Military Family Services Program (MFSP) to medically-released Veterans and their families for a period of two years from the date of release.

When a Canadian Armed Forces (CAF) member makes the transition from active service to veteran status, their family does too. Releasing from the CAF can be challenging for members and families, but even more so when the release is the result of a medical condition.

Support is available to your family as you journey through this transition.



## Relocation Information

Moving to a new location can be challenging. Included is information, which we hope will relieve some of the stress you may be experiencing. If you feel that we may enhance this package by adding extra information, we encourage you to contact our Community Integration Coordinator. To find out more about our city and its services, visit these websites: [www.familyforce.ca](http://www.familyforce.ca), [www.cfcommunitygateway.ca](http://www.cfcommunitygateway.ca), [www.city.north-bay.on.ca](http://www.city.north-bay.on.ca), [www.rcaf-arc.forces.gc.ca/en/22-wing/index.page](http://www.rcaf-arc.forces.gc.ca/en/22-wing/index.page), [www.northbaynightout.com](http://www.northbaynightout.com), [www.familynavigator.ca/index.php/relocation](http://www.familynavigator.ca/index.php/relocation), [www.northbayimmigration.ca](http://www.northbayimmigration.ca), <http://cmp-cpm.forces.mil.ca/dcsm-dqsb/index-eng.asp>

### Numbers often used at 22 Wing North Bay

#### The 22 Wing telephone number is 705-494-2011

Military Police	ext 3333/2188
CANEX	ext 2282
Canadian Forces Housing Agency (CFHA)	ext 2754
Allocation/Information	ext 2753
Maintenance (Mon. to Fri.)	
After Hours Emergency	1-800-903-2342
Chaplains:	
Protestant	ext 2160
Catholic	ext 2161
Chaplain's Administrative Assistant	ext 2028
Fitness, Sports, and Recreation Centre	ext 2610
Rebecca's Hairstyling Salon	ext 2291
Messes:	
Voodoo Lounge	ext 2260/2262
ROCC Lounge	ext 2263/2264
Blue Room	ext 2583
Club 100	ext 2268/2269

### Telephone Numbers To Help You With Your Move

North Bay City Hall	705-474-0400
Canadian Forces Housing Agency (CFHA)	705-494-2011 ext 2754
Bell Canada	310-2355
Cogeco	1-855-628-7531
North Bay Hydro	705-474-8100
Union Gas Ontario Inc.	1-800-774-3111
	1-877-969-0999
Hydro One	1-888-664-9376
Ministry of Health (OHIP) 101-447 McKeown Ave	705-494-4130
	1-800-461-4006
Driver and Vehicle License Issuing Offices	
392 Airport Road	705-495-3481
1371 Fisher Street	705-495-4430

## Relocation Information

Driver License (if relocating from out of province/country)  
 Drive Centre, North Bay Mall - 300 Lakeshore Drive 705-472-4448  
 \*Please bring your birth certificate or passport with you. If your last name is different on either one, a marriage certificate will be necessary to confirm your identity.

Service Canada Website: [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca) 1-800-622-6232

Social Services 705-474-2151

### INTERNET SERVICES

Ontera Website: [www.ontera.net](http://www.ontera.net) 705-495-2951  
 (owned & operated by Ontario Northland) 1-888-566-8372

Bell Website: [www.bell.ca](http://www.bell.ca) 1-800-668-6878

Cogeco Website: [www.cogeco.com](http://www.cogeco.com) 1-855-628-7531

Vianet Website: [www.vianet.ca](http://www.vianet.ca) 1-800-788-0363

### BANKS/FINANCIAL INSTITUTIONS

Bank of Montreal 154 Main St. West 705-472-2620

Scotiabank 204 Main St West 705-494-4689  
 Northgate Square - 1500 Fisher St 705-472-5680  
 Nipissing Plaza 705-474-0140

Royal Bank 925 Stockdale Road 705-494-7100  
 105 Main Street West 705-472-5470

Caisse Populaire 630 Cassells Street 705-474-5650

CIBC 7-789 McKeown Avenue 705-472-2310  
 195 Main Street West 705-474-8900

Toronto Dominion 103 Laurentian Street 705-474-3421  
 240 Main Street East 705-472-4370  
 300 Lakeshore Drive 705-474-1724

Northern Credit Union 525 Main Street East 705-476-3500

### LOCAL MEDIA

#### NEWSPAPER

The Nugget Box 570 705-472-3200  
 259 Worthington Street West  
 Website: [www.nugget.ca](http://www.nugget.ca)

Bay Today.ca 109 Aubrey Street 705-497-9619 ext 403  
 Website: [www.baytoday.ca](http://www.baytoday.ca)

#### RADIO

Rogers Broadcasting Ltd. 600 AM CKAT 705-474-2000  
 Website: [www.600ckat.com](http://www.600ckat.com)

100.5 FM KiSS  
 Website: [www.kissnorthbay.com](http://www.kissnorthbay.com)

101.9 FM THE FOX  
 Website: [www.foxradio.ca](http://www.foxradio.ca)

## Relocation Information

Tourism Radio	104.9 FM Website: <a href="http://www.northbayradio.ca">www.northbayradio.ca</a>	705-495-1050
Moose FM	106.3 FM Website: <a href="http://www.moosefm.com/cfxn/">www.moosefm.com/cfxn/</a>	705-475-9991

### TELEVISION

MCTV (local CTV)	245 Oak Street East Website: <a href="http://www.northernontario.ctvnews.ca">www.northernontario.ctvnews.ca</a>	705-476-3111
TVCOGECO	Community Programming Website: <a href="http://www.tvcogeco.com">www.tvcogeco.com</a>	705-472-9868

### REAL ESTATE BROKERS

MLS Listings For North Bay and area	<a href="http://www.nbreb.com">www.nbreb.com</a>	
Bain & Bain	131 Campbell	705-474-8599
Century 21	199 Main Street East Website: <a href="http://www.century21northbay.com">www.century21northbay.com</a>	705-474-4500
Coldwell Banker	382 Fraser Street	705-474-3500
Holmes & Pellerin	108 McIntyre Street East Website: <a href="http://www.holmesandpellerin.com">www.holmesandpellerin.com</a>	705-472-5000
Malette-Goring	340 Main Street West	705-472-0000
North Bay Home Solutions Prudential	409 McIntyre Street West	705-475-2222
Kleimaker & Bruse	409 Main Street West Website: <a href="http://www.Kbrealty.ca">www.Kbrealty.ca</a>	705-474-8000
ReMax	73 Lakeshore Drive Website: <a href="http://www.remax-legendnorthbay.com">www.remax-legendnorthbay.com</a>	705-495-4555
Royal LePage	36 Lakeshore Drive Website: <a href="http://www.agents.royallepage.ca/northbay">www.agents.royallepage.ca/northbay</a>	705-472-2980

### TRANSPORTATION SERVICES

#### AIR TRAVEL

Jack Garland Airport	50 Terminal Street Website: <a href="http://www.yyb.ca">www.yyb.ca</a>	705-474-3026
Air Ontario Inc.		705-476-1501 1-888-247-2262
Air Canada Jazz		1-888-247-2262

#### BUS/TRAIN TRAVEL

Ontario Northland	100 Station Road Bus Service Website: <a href="http://www.ontarionorthland.ca">www.ontarionorthland.ca</a>	705-495-4200 1-800-461-8558
Via Rail		1-888-842-7245

#### CITY TRANSIT

North Bay Transit		705-474-0419 Website: <a href="http://www.city.north-bay.on.ca/transit/index.htm">www.city.north-bay.on.ca/transit/index.htm</a>
Para Bus (special needs)		705-476-5530

## Relocation Information

### HOSPITALS

**North Bay Regional Health Centre & Regional Mental Health Centre**

50 College Drive  
 P.O. Box 2500  
 North Bay, ON P1B 5A4  
 General Inquiries: Contact the webmaster, [webmaster@nbrhc.on.ca](mailto:webmaster@nbrhc.on.ca)  
 Website: [www.nbrhc.on.ca](http://www.nbrhc.on.ca)

705-474-8600

### DOCTORS

Due to the shortage of family physicians in the area we recommend that you contact the 22 Wing Family Medical Clinic upon arriving to register.

95 Manston Crescent  
 Hornell Heights, ON  
 POH 1P0  
 Website: [www.familyforce.ca](http://www.familyforce.ca)

705-494-2011 ext 2149

For more information in regards to medical care in the North Bay area contact:

**North Bay & Parry Sound District Health Unit**

681 Commercial Street  
 North Bay, ON  
 Website: [www.healthunit.biz](http://www.healthunit.biz)

705-474-1400

### AFTER HOURS MEDICAL CLINICS

**Near North Medical Clinic**

66 Josephine Street, #201  
 2<sup>nd</sup> Floor Shopper's  
 Monday to Friday 5pm to 8pm

705-495-2685

**Head to Toe Clinic**

1950 Algonquin Ave. #306  
 (Guardian Drugs building)  
 By appointment only

705-495-0300

**Blue Sky Family Health Team**

685 Bloem Street  
 2nd Floor  
 Monday to Friday 5pm to 8pm  
 Saturday and Sunday 10am to 1pm

705-476-1413

**Ferris Medical Clinic**

1500 Fisher Street, #202  
 (Northgate Shopping Centre)  
 Monday to Friday 12pm to 6pm  
 By appointment only. Same day booking, call at 9am

705-495-4000

**Telehealth Medical Hotline - 24 hr telephone support  
 1-800-797-0000**

**North Bay Regional Health Centre - 24 hr emergency services  
 705-474-8600**

## Relocation Information

### DENTISTS

Dr. F. Karim	222-1500 Fisher Street	705-472-2900 *
Dr. M. Guy	511A Lakeshore Drive	705-476-5181
Dr. Ferguson	909 Algonquin Avenue	705-472-3310 *
Dr. Hoffmann	167 Worthington Street East	705-472-7260
Dr. Kornas	314-1221 Algonquin Avenue	705-474-8059 *
Dr. McParland	427 Ferguson Street	705-472-8707 *
Dr. P. Fuzy	312 Hwy 94 Corbeil	705-752-4221
Dr. R. Johnston	245 Oak Street, Suit 100	705-472-3730
Dr. S. Gamble	319 Worthington East	705-474-0655 *
Lakeshore Dental	307 Lakeshore Drive	705-476-1600
Laudriault Dental Care	501-1221 Algonquin Ave.	705-474-8220 *
North Bay Denture Clinic	401 McIntyre Street	705-472-8300
North Care Dental	925 Stockdale Avenue	705-495-1800
Powassan Dental Care	Powassan Medical Centre	705-724-2900

\* Dentists that provide direct billing through Great West Life Coverage

### ORTHODONTISTS

Dr M Burlington	374 Fraser Street	705-474-7120
Dr M Culbert	374 Fraser Street	705-474-0880
Dr G Paleczny	775 Algonquin Avenue	705-474-6280
Dr B Rondeau	1500 Fisher Street, #123	705-472-2900

### PERIODONTIST

Dr D Scott	539 Main Street West	705-474-4013
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### PROSTHODONTIST

Dr M Marvin	240-180 Shireff Avenue	705-497-9577
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### OPTOMETRISTS

Dr S Wright-Burke	91 Champlain Street	705-497-3937
Dr M Knight	91 Champlain Street	705-476-6742
Dr C Landreville	14-539 Cassells Street	705-474-4645
Dr C Longlade	463 Sherbrooke Street	705-472-7940
Dr C Morland	209 Main Street East	705-474-3220
Dr G Pearce	209 Main Street East	705-474-3220
Dr J Peroff	2-101 McIntyre Street West	705-474-3937
Dr's D & T Stager	140 Ottawa Avenue, South River	705-386-2925

### AUDIOLOGIST

North Bay Audiology Clinic	164 Lakeshore Drive	705-472-1801
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### OPTICIANS

Cloutier Optical	222 McKintyre Street West	705-495-3797
Michaud Vachon Optical	155 Main Street West	705-476-2020
Pearle Vision	Northgate Square Mall	705-474-7060
Sears Optical	Northgate Square Mall	705-476-2119
Venasse Optical	226 Main Street West	705-474-1503

## Relocation Information

### ORTHOPEDICS

Bay Orthotic and Foot	1831 Cassells Street	705-840-1011
BioPed Foot Care Centre	B-320 Airport Road	705-472-3338
Foot & Sole	98 Lakeshore Drive	705-472-2737
Nipissing Orthopedics	269 Airport Road	705-495-3771
North Bay Foot and Ankle	2650 Trout Lake Road	705-476-9172

### CHIROPRACTORS

Bay Chiropractic Centre	295 McIntyre Street	705-476-2445
Body Back in Motion	400 Main Street West	705-840-2502
Callander Chiropractic	299 Main Street, Callander	705-752-4572
Inside Out Chiropractic	1184 Cassells Street	705-840-2360
Landriault Chiropractic	102-680 Cassells Street	705-494-8077
Shepherd Chiropractic	347 Sherbrooke Street	705-495-1168
Symetrics	510 Main Street East	705-497-1975
Valiant Chiropractic	102-380 Cassells Street	705-476-1122

### PHYSIOTHERAPISTS

Blue Sky Physio Centre	12006 Hwy 17 Unit 4, Sturgeon Falls	705-753-2583
Body Back In Motion	400 Main Street West	705-840-2502
Gateway Physiotherapy	272 First Avenue West	705-474-4440
Martel and Mitchell Physio	130 King Street West	705-494-8975

### VETERINARIANS

Airport Animal Hospital Dr Paul Sidhu	203 Airport Road	705-476-3913
Cassells Animal Hospital Dr T Bachelder Dr P Campbell Dr S Marquette	1070 Cassells Street	705-476-0107
North Animal Hospital Dr K Barnes Dr G Ouellette Dr S Rea Dr D O'Connor	1875 Seymour Street	705-476-8387





## Relocation Information

### WASTE DISPOSAL

All members of 22 Wing are reminded that they are **NOT** to deposit any household or personal garbage, refuse, or other wastes into any Wing dumpster or garbage receptacle.

The City of North Bay provides weekly garbage pick-up and bi-weekly recycling pick-up (blue box program). If these services are insufficient, then the following information may help identify a suitable option:

Charitable organizations will recycle your household items by cleaning and repairing them, then giving or selling them to others. Some offer regular pickup service while others offer 24-hour drop boxes.

Donations may be made to the following organizations:

- |                           |              |
|---------------------------|--------------|
| • Rebuilt Resources       | 705-497-7878 |
| • Salvation Army Drop Box | 705-474-4312 |
| • St Vincent de Paul      | 705-497-9784 |
| • Value Village           | 705-476-1888 |

**Large appliances** such as stoves, refrigerators, washers and dryers are items that cannot be placed at the curb due to their size and weight. If the appliance is still in good working order, it can be sold or sent to a second hand store. If the appliance is no longer working, there are a number of alternatives. The City of North Bay, Merrick Landfill Site will accept appliances based on the tipping fee schedule see website address below.

Local scrap dealers may accept white goods – please call them for details.

Household hazardous waste is found in every home, and usually consists of common household chemical products that are hazardous if disposed of improperly. If you have items or are unsure of how to dispose of these products, the Hazardous Waste Depot is in operation from April to October, Wednesdays through Saturdays from 8 am to 6 pm at 112 Patton Rd. For more information, please call the Hazardous & Organic Waste Disposal Depot at 705-474-0400 ext 333

You may find their location at: [www.city.north-bay.on.ca/vch/graphics/WasteDepotMap.gif](http://www.city.north-bay.on.ca/vch/graphics/WasteDepotMap.gif)

#### **Here are a few examples of Hazardous Waste that should be delivered to the Hazardous Waste Depot:**

Aerosol Cans, bleach, herbicides, pesticides, pool chemicals, antifreeze, cleaners, car and household batteries, gasoline, oil, propane tanks and cylinders, solvents and fertilizers.

#### **The Household Hazardous Waste Depot has expanded to include the following:**

Personal Computers (including keyboards, mouse)  
 Mini Computers and components  
 Mainframe computers and components  
 Printers, scanners, drives and modems  
 Instruments and controls (electronic thermostats, recorders, meters, etc.)  
 Telephones (mobile, cellular and hardwire)  
 Electronic pagers and fax machines  
 Electronic calculators, radio and stereo equipment  
 Electronic games and video games consoles eg. Sega and Nintendo  
 VCRs

The Household Hazardous Waste Depot does NOT accept the following:

Television and large quantities of monitors  
 Electric typewriters  
 Conventional cameras  
 Large appliances and white goods such as stoves, refrigerators, washers, dryers, microwaves electric hand tools, power tools and equipment and electric motors

# Education and Resources

## Appendix A



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## Boards of Education/School Divisions

### NEAR NORTH DISTRICT SCHOOL BOARD

963 Airport Road, North Bay, ON P1C 1A5  
Telephone: 705-472-8170  
Fax: 705-472-9927  
Email: [webmaster@nearnorthschools.ca](mailto:webmaster@nearnorthschools.ca)  
Website: [www.nearnorthschools.ca](http://www.nearnorthschools.ca)

#### Public Elementary Schools

**ALLIANCE** French Immersion Public (JK-8) - 700 Stones Street, North Bay, ON P1B 6C1  
Telephone: 705-475-2326  
Fax: 705-474-6165

**DR. MACDOUGALL** (JK-6) - 1040 Brookes Street, North Bay, ON P1B 2N6  
Telephone: 705-472-5382  
Fax: 705-495-6503

**E.T. CARMICHAEL** (JK-6) - 1351 Chapais Street, North Bay, ON P1B 6M6  
Telephone: 705-472-5502  
Fax: 705-474-0242

**E.W. NORMAN** (JK-6) - 599 Lakeheights Road, North Bay, ON P1A 3A1  
Telephone: 705-472-5534  
Fax: 705-472-0539

**J. W. TRUSLER** (JK-6) – 111 Cartier Street, North Bay, ON P1B 4Z4  
Telephone: 705-472-5459  
Fax: 705-472-4515

**KING GEORGE** (JK-6) - 550 Harvey Street, North Bay, ON P1B 4H3  
Telephone: 705-472-5448  
Fax: 705-474-0283

**M.T. DAVIDSON** (JK-8) - 249 Lansdowne Street, Callander, ON P0H 1H0  
Telephone: 705-472-5970  
Fax: 705-752-5777

**SILVER BIRCHES** (JK-6) - 65 Marshall Avenue, North Bay, ON P1A 3L4  
Telephone: 705-475-2322  
Fax: 705-472-5720

**SUNSET PARK** (JK-6) - 1191 Lakeshore Dr., North Bay, ON P1B 8Z4  
*English and French Immersion*  
Telephone: 705-475-2330  
Fax: 705-472-4195

**VINCENT MASSEY** (JK-6) – 15 Janey Avenue, North Bay, ON P1C 1N1

Telephone: 705-472-2340  
Fax: 705-472-2917

**W. J. FRICKER** (6-8) - 790 Norman Avenue, North Bay, ON P1B 8C4

*English and French Immersion*

Telephone: 705-472-5612  
Fax: 705-495-1831

**WHITE WOODS** (K-8) – 177 Ethel Street, Sturgeon Falls, ON P2B 2Z8

Telephone: 705-472-5224  
Fax: 705-753-5683

### Public Secondary Schools

**CHIPPEWA** Intermediate and Secondary School (7-8 & 8-12)

539 Chippewa Street West, North Bay, ON P1B 6G8

Telephone: 705-475-2341  
Fax: 705-476-0845

**WEST FERRIS** - 60 Marshall Park Avenue, North Bay, ON P1A 2P2 (7-12)

Telephone: 705-475-2333  
Fax: 705-497-7945

**WIDDIFIELD** - 320 Ski Club Road - North Bay, ON P1B 7R2

Telephone: 705-472-5711  
Fax: 705-474-4223

---

### **NIPISSING-PARRY SOUND CATHOLIC DISTRICT SCHOOL BOARD**

1000 High Street, North Bay, ON P1B 6S6

Telephone: 705-472-1201

Fax: 705-472-0507

Email: [webmaster@npsc.ca](mailto:webmaster@npsc.ca)

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

### Separate Elementary Schools

**JOHN XXIII - CORPUS CHRISTI**

(JK-8) *French Immersion* - 602 Lake Heights Road , North Bay, ON P1B 3A2

Telephone: 705-472-6380

Fax: 705-472-6452

**ST. THERESA** (JK-8) - 1475 Main Street, Callander, ON P0H 1H0

Telephone : 705-752-4407

Fax: 705-752-5482

**MOTHER ST. BRIDE** (JK-8) - 414 Second Avenue West - North Bay, ON P1B 3L2  
Telephone: 705-472-1524  
Fax: 705-472-1230

**ST. LUKE** (JK-8) *French Immersion* - 225 Milani Road, North Bay, ON P1B 7P4  
Telephone: 705-472-6690  
Fax: 705-472-9281

**ST FRANCIS** (JK-6) *French Immersion* - 68 Gertrude Street, North Bay, ON P1A 1J8  
Telephone: 705-474-8798  
Fax: 705-472-0385

**ST HUBERT** (JK-8) - 850 Lorne Avenue, North Bay, ON P1B 8M2  
Telephone: 705-472-2770  
Fax: 705-472-7045

**ST ALEXANDER** (JK-6) – 900 Bloem Street, North Bay, ON P1B 1K6  
Telephone: 705-472-9141  
Fax: 705-472-6376

**OUR LADY OF FATIMA** (JK-8) – 60 Marshall Avenue East, North Bay, ON P1A 1R1  
Telephone: 705-472-7280  
Fax: 705-472-1145

### Separate Secondary School

**ST JOSEPH-SCOLLARD HALL** - 675 O'Brien Avenue, North Bay, ON P1B 9R3  
Telephone: 705-494-8600  
Fax: 705-494-4778

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## **CONSEIL SCOLAIRE CATHOLIQUE FRANCO-NORD**

681-C Chippewa Street West, North Bay, ON P1B 6G8  
Telephone: 705-472-1702  
Fax: 705-474-3824  
Email: [information@franco-nord.edu.on.ca](mailto:information@franco-nord.edu.on.ca)  
Website : [www.franco-nord.edu.on.ca](http://www.franco-nord.edu.on.ca)

### Separate Elementary Schools – French

**ST RAYMOND** (JK-6) - 22 Borge Street, North Bay, ON P1A 2S7  
Telephone: 705-472-5933  
Fax: 705-495-2414

**ST VINCENT** (JK-6) - 124 King Street East, North Bay, ON P1B 1P2  
Telephone: 705-474-6740  
Fax: 705-474-6746



**SAINTS-ANGES** (JK-6) - 681-B Chippewa Street West, North Bay, ON P1B 6G8

Telephone: 705-472-4963

Fax: 705-472-9523

### **Separate Secondary School– French**

**ALGONQUIN** (7-12) - 555 Algonquin Avenue, North Bay, ON P1B 4W8

Telephone: 705-472-8240

Fax: 705-472-8476

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## **CONSEIL SCOLAIRE PUBLIC DU NORD-EST DE L'ONTARIO**

820 Lakeshore Dr., North Bay ON P1B 9T5

Telephone : 705-472-3443

Fax: 705-472-5757

Email: [information@csdne.edu.on.ca](mailto:information@csdne.edu.on.ca)

Web: [www.cspne.ca](http://www.cspne.ca)

### **Public Elementary School– French**

**ÉCOLE PUBLIQUE ÉLÉMENTAIRE HÉRITAGE** (JK-6)-2345 Connaught, North Bay, ON P1B 0A3

Telephone: 705-497-8700

Fax: 705-472-3931

### **Public Secondary School– French**

**ÉCOLE SECONDAIRE PUBLIQUE ODYSÉE** (7-12) - 480 Norman St., North Bay, ON P1B 8B7

Telephone: 705-474-5500

Fax: 705-474-6600

---

### **ABORIGINAL EDUCATION - Secondary**

**NBISIING SECONDARY SCHOOL** - Nipissing First Nation

469-B Couchie Memorial Drive, North Bay, ON P1B 8G5

Telephone: 705-497-9938

Fax: 705-497-0389

Email: [nec\\_admin@nbisiing.com](mailto:nec_admin@nbisiing.com)

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

## **ACCREDITATION**

### **GRADE EQUIVALENCIES**

Coordinator's Office  
Telephone: 1-866-495-1200

### **CONTINUING EDUCATION**

Telephone: 705-472-7771

### **PARENT COUNCIL-ONTARIO**

Telephone: 1-800-361-6483  
Email: [info@edu.gov.on.ca](mailto:info@edu.gov.on.ca)  
Web: [www.edu.gov.on.ca](http://www.edu.gov.on.ca)

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## **Colleges and Universities**

### **COLLEGES**

#### **CANADORE COLLEGE OF APPLIED ARTS AND TECHNOLOGY**

100 College Drive, P.O. Box 5001, North Bay, ON P1B 8K9  
Telephone: 705-474-7600  
Fax: 705-474-2384  
Email: [info@canadorec.on.ca](mailto:info@canadorec.on.ca)  
Website: [www.canadorec.on.ca](http://www.canadorec.on.ca)

#### **COLLÈGE BORÉAL**

96 rue Main, Sturgeon Falls, ON P2B 1N3  
Telephone: 705-753-5420  
Toll Free: 1-800-560-6673  
Fax: 705-753-2304  
Website: [www.borealc.on.ca](http://www.borealc.on.ca)

### **ABORIGINAL EDUCATION**

#### **CANADORE COLLEGE ABORIGINAL LEARNING UNIT**

100 College Drive, P.O. Box 5001, North Bay, ON P1B 8K9  
Telephone: 705-474-7600 ext. 5482  
Fax: 705-474-2384  
Email: [alu@canadorec.on.ca](mailto:alu@canadorec.on.ca)  
Website: [www.canadorec.on.ca/services/alu](http://www.canadorec.on.ca/services/alu)

### **UNIVERSITY**

#### **NIPISSING UNIVERSITY**

100 College Drive, P.O. Box 5002, North Bay, ON P1B 8L7  
Telephone: 705-474-3450 ext 4517  
Fax: 705-495-1772  
Email: [nuinfo@nipissingu.ca](mailto:nuinfo@nipissingu.ca)  
Website: [www.nipissingu.ca](http://www.nipissingu.ca)

## Continuing Education

### ONLINE AND DISTANCE EDUCATION

#### **CANADIAN VIRTUAL UNIVERSITY**

Choose from 11 Canadian Universities

Website: [www.cvu-uvc.ca](http://www.cvu-uvc.ca)

#### **UNIVERSITY OF MANITOBA - Degree programs designed for military members & their families.**

Military Support Office

188 Extended Ed Complex, University of Manitoba, Winnipeg, MB R3T 2N2

Telephone: (204) 474-7661

Toll Free: 1-888-216-7011 ext 9327

Email: [military@umanitoba.ca](mailto:military@umanitoba.ca)

Website: [www.umanitoba.ca/extended/military](http://www.umanitoba.ca/extended/military)

#### **CONTACT NORTH – NORTH EAST REGIONAL COORDINATING CENTRE**

410 Falconbridge Road, Sudbury, ON P3A 4S4

Telephone: (705) 560-2710

Toll free: 1-877-999-9149

Fax: (705) 525-0136

Email: [clientservices@contactnorth.ca](mailto:clientservices@contactnorth.ca)

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

#### **INDEPENDENT LEARNING CENTRE**

2180 Yonge Street – 7th Floor, Toronto, ON M4T 2T1

Telephone: (416) 484-2704 (English) / (416) 484-2722 (French)

Toll free: 1-800-387-5512 (English) / 1-800-265-0454 (French)

Email: [ilc@tvontario.org](mailto:ilc@tvontario.org)

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

### ADULT EDUCATION

#### **ALTERNATIVE EDUCATION - Laurentian Learning Centre**

647 McKay Avenue, North Bay, ON

Telephone: (705) 472-5419

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

#### **ACE - ALTERNATIVE & CONTINUING EDUCATION**

1000 High Street, North Bay, ON P1B 6S6

Telephone: 705-472-1201

Fax: 705-472-0507

Email: [contact@npsc.ca](mailto:contact@npsc.ca)

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

#### **ACE – ACCÈS CARRIÈRES ÉTUDES - Collège Boréal**

North Bay and Sturgeon Falls, ON

Téléphone: 705-753-5420

Sans frais: 1-800-361-6673 poste 6035

Courriel : [info@collegeboreal.ca](mailto:info@collegeboreal.ca)

Site Web: [www.collegeboreal.ca](http://www.collegeboreal.ca)

**ADULT UPGRADING** - Canadore College  
100 College Drive, P.O. Box 5001, North Bay, ON P1B 8K9  
Telephone: 705-474-7600, ext. 5469  
Fax: 705-495-7904  
Email: [kim.sawyer@canadorec.on.ca](mailto:kim.sawyer@canadorec.on.ca)  
Website: [www.canadorec.on.ca](http://www.canadorec.on.ca)

**ÉDUCATION PARALLÈLE** - École Secondaire Algonquin  
555 Algonquin Avenue, North Bay, ON P1B 4W8  
Telephone: 705-472-8240 poste 218  
Website: [www.escalgonquin.ca](http://www.escalgonquin.ca)

## **LANGUAGE TRAINING**

**NORTH BAY MILITARY FAMILY RESOURCE CENTRE**  
39 Sterling Avenue, Hornell Heights, ON P0H 1P0  
Telephone: 705-494-2011 ext. 2056  
Email: [Diane.Sarrazin-Dubeau@forces.gc.ca](mailto:Diane.Sarrazin-Dubeau@forces.gc.ca)  
Coordinator of Second Language Program - French & English

**THE NORTH BAY LITERACY COUNCIL INC.** - English as a second language  
347 Sherbrooke Street – Suite 301, North Bay, ON P1B 2C1  
Telephone: 705-494-9416  
Fax: 705-494-9856  
Email: [info@northbayliteracycouncil.ca](mailto:info@northbayliteracycouncil.ca)  
Website: [www.northbayliteracycouncil.ca](http://www.northbayliteracycouncil.ca)

**NIPISSING LANGUAGE TRAINING CENTRE**  
464 Aberdeen Avenue, North Bay, ON P1B 7H4  
Telephone: 705-472-2510  
Fax: 705-476-1254  
Website: [www.nipissinglanguagetrainingcentre.com](http://www.nipissinglanguagetrainingcentre.com)

## **LITERACY TRAINING**

**THE NORTH BAY LITERACY COUNCIL INC.**  
347 Sherbrooke Street – Suite 301, North Bay, ON P1B 2C1  
Telephone: 705-494-9416  
Fax: 705-494-9856  
Email: [info@northbayliteracycouncil.ca](mailto:info@northbayliteracycouncil.ca)  
Website: [www.northbayliteracycouncil.ca](http://www.northbayliteracycouncil.ca)

**LE CENTRE D'ALPHABÉTISATION ALEC DU NIPISSING**  
327, rue Dudley, North Bay, ON P1B 7A4  
Téléphone : 705-472-6673  
Télécopieur: 705-497-1825  
Courriel: [centre.alec@bellnet.ca](mailto:centre.alec@bellnet.ca)

## Special Needs

### **SPECIAL EDUCATION SERVICES**

To find out more about the various support groups in the area call 705-494-2011 ext 2053.

#### **SPECIAL EDUCATION AND THE IDENTIFICATION, PLACEMENT AND REVIEW COMMITTEE**

Website: [www.edu.gov.on.ca/eng/general/elemsec/speced/speced.html](http://www.edu.gov.on.ca/eng/general/elemsec/speced/speced.html)

#### **NAVIGATOR PROGRAM** (offered by MFS)

An informative website for military families with special responsibilities.

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

#### **LEARNING DISABILITIES ASSOCIATION OF ONTARIO, NORTH BAY-One Kids' Place**

400 McKeown Avenue, North Bay, ON P1B 0B2

Telephone: 705-476-5437 ext 3704

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

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

#### **NORTH BAY AND AREA DISABLED ADULT AND YOUTH CENTRE**

217 Main Street East, North Bay, ON P1B 1B2

Telephone: 705-474-3851

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

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

#### **COMMUNITY LIVING NORTH BAY**

161 Main Street East, North Bay, ON P1B 1A9

Telephone: 705-476-3288

Fax: 705-476-4788

E-mail: [info@communitylivingnorthbay.org](mailto:info@communitylivingnorthbay.org)

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

#### **NIPISSING ASSOCIATION FOR DISABLED YOUTH**

28 Labreche Dr., North Bay, ON P1B 3P5

Telephone: 705-474-7222

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

#### **NIPISSING UNIVERSITY - Student Accessibility Services**

100 College Drive, P.O. Box 5002, North Bay, P1B 8L7

Telephone: 705-474-3450 ext 4331

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

#### **CANADORE COLLEGE OF APPLIED ARTS AND TECHNOLOGY - Student Success Services**

100 College Dr., P.O. Box 5001, North Bay, ON P1B 8K9

Telephone: 705-474-7600 ext. 5205

Fax: 705-495-2862

TDD: 705-495-2862

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

## Parenting Support

### PARENTING SUPPORT

#### **NORTH BAY MFRC**

Diane Sarrazin-Dubeau, Parenting Support Coordinator  
Telephone: 705-494-2011 ext 2056

#### **ONTARIO EARLY YEARS CENTRE – Nipissing (children 0-6)**

171 Chippewa Street West, North Bay, ON P1B 6G3  
Telephone: 705-474-8910 ext 28  
Fax: 705-474-2402  
Website: [www.ontarioearlyyears.ca](http://www.ontarioearlyyears.ca)

#### **North Bay Parry Sound District Health Unit - Offers Prenatal and Parenting Courses**

681 Commercial Street, North Bay, ON P1B 4E7  
Telephone: 705-474-1400  
Email: [contact@nbpsdhu.ca](mailto:contact@nbpsdhu.ca)  
Website: [www.healthunit.biz](http://www.healthunit.biz)

### EDUCATION CONSULTATION - PSYCHO-EDUCATIONAL ASSESSMENT/COUNSELING

#### **COMMUNITY COUNSELLING CENTRE OF NIPISSING**

361 McIntyre Street East, North Bay, ON P1B 1C9  
Telephone: 705-472-6515  
Fax: 705-472-4582  
Website: [www.cccnip.com](http://www.cccnip.com)

### PSYCHOLOGICAL CONSULTATION / COUNSELING

#### **MEMBER ASSISTANCE PROGRAM**

Service for military families needing support 24 hrs a day 365 days a year  
Toll Free: 1-800-268-7708  
Website: [www.forces.gc.ca/assistance](http://www.forces.gc.ca/assistance)

### BEHAVIOUR ASSESSMENT / CONSULTATION

#### **HANDS – THE FAMILY HELP NETWORK**

222 Main Street East, North Bay, ON P1B 1B1  
Telephone: 705-476-2293  
Toll free: 1-800-668-8555  
Website: [www.thefamilyhelpnetwork.ca](http://www.thefamilyhelpnetwork.ca)

### PHYSIO/OCCUPATIONAL/SPEECH ASSESSMENT/CONSULTATION

#### **North Bay Parry Sound District Health Unit - Preschool Speech and Language**

681 Commercial Street, North Bay, ON P1B 4E7  
Telephone: 705-474-1400  
Email: [contact@nbpsdhu.ca](mailto:contact@nbpsdhu.ca)  
Website: [www.healthunit.biz](http://www.healthunit.biz)

#### **ONE KIDS' PLACE/LA PLACE DES ENFANTS**

400 McKeown Ave., North Bay, ON P1B 0B2  
Telephone: 705-476-5437  
Fax: 705-474-0127  
Toll Free: 1-866-626-9100  
Website: [www.onekidsplace.ca](http://www.onekidsplace.ca)



# Ontario Ministry of Education/Ministry of Training, Colleges and Universities and Associated Programs

## GENERAL INFORMATION

Telephone: (416) 325-2929 (free call)  
Toll Free: 1-800-387-5514  
Fax: (416) 325-6348  
E-mail: [info@edu.gov.on.ca](mailto:info@edu.gov.on.ca)  
Website: [www.edu.gov.on.ca](http://www.edu.gov.on.ca)

## COLLEGES AND UNIVERSITIES

Telephone: (416) 325-2929  
Fax: (416) 326-6348  
Toll Free: 1-800-268-7095  
Website: [www.ontario.ca/tcu](http://www.ontario.ca/tcu)

## ACCREDITATION

### **WORLD EDUCATION SERVICES – CANADA (WES Canada)**

2 Carlton Street East, Suite 1400, Toronto, ON M5B 1J3  
Telephone: (416) 972-0070  
Toll Free: 1-866-343-0070  
Fax: (416) 972-9004  
Email: [ontario@wes.org](mailto:ontario@wes.org)  
Website: [www.wes.org/ca/](http://www.wes.org/ca/)

### **COMPARATIVE EDUCATION SERVICE (CES) – University of Toronto**

315 Bloor Street West, Toronto, ON M5S 1A3  
Telephone: (416) 978-2400 ext 3  
Fax: (416) 978-2185  
Website: <http://learn.utoronto.ca/international-professionals/comparative-education-service-ces>

### **INTERNATIONAL CREDENTIAL ASSESSMENT SERVICE OF CANADA (ICAS)**

Ontario AgriCentre - 100 Stone Road West, Suite 303, Guelph, ON N1G 5L3  
Telephone: (519) 763-7282  
Toll free: 1-800-321-6021  
Fax: (519) 763-6964  
Email: [info@icascanada.ca](mailto:info@icascanada.ca)  
Website: [www.icascanada.ca/](http://www.icascanada.ca/)

### **CANADIAN INFORMATION CENTRE FOR INTERNATIONAL CREDENTIALS**

95 St. Clair Avenue West, Suite 1106, Toronto, ON M4V 1N6  
Telephone: 416-962-9725  
Fax: 519-763-6964  
Website: [www.cicic.ca/](http://www.cicic.ca/)

## **OVERSEAS POSTINGS & PROFESSIONAL ACCREDITATION FINANCIAL ASSISTANCE**

Spouses accompanying the military member to an overseas posting are eligible for financial assistance to cover expenses related to maintaining their professional accreditation, employment search and re-training upon their return to Canada. For details and additional information, go to the National Joint Council site at:

[www.njc-cnm.gc.ca/directive/search-recherche.php?q=Assistance+to+Spouses&did=0&date1=&date2=&res=1&lang=eng](http://www.njc-cnm.gc.ca/directive/search-recherche.php?q=Assistance+to+Spouses&did=0&date1=&date2=&res=1&lang=eng)

Click on "FSD17 Assistance to Spouses". These Treasury Board Directives can also be found in the DND Military Foreign Service Instructions.

## **TRAINING DIVISION**

### **MINISTRY OF TRAINING, COLLEGES & UNIVERSITIES – Training and Jobs**

#### **INVENTORY OF PROGRAMS AND SERVICES (IPS)**

Toll free: 1-800-836-3238

Email: [info@edu.gov.on.ca](mailto:info@edu.gov.on.ca)

Website: [www.211toronto.ca/ips/start.jsp](http://www.211toronto.ca/ips/start.jsp)

#### **ONTARIO INTERNSHIP PROGRAM**

Telephone: 1-888-JOB-GROW (562-4769)

Email: [opsintern@mbs.gov.on.ca](mailto:opsintern@mbs.gov.on.ca)

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

### **MINISTRY OF TRAINING, COLLEGES & UNIVERSITIES - Apprenticeship/Skilled Trades**

#### **THE LABOUR MARKET GROUP**

101 Worthington Street East – Suite 238, North Bay, ON P1B 1G5

Telephone: 705-474-0812

Toll free: 1-877-223-8909

Fax: 705-474-2069

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

Website: [www.thelabourmarketgroup.ca/home.htm](http://www.thelabourmarketgroup.ca/home.htm)

## **FINANCIAL COUNSELLING**

### **SISIP FINANCIAL SERVICES - Financial Counselling**

Toll Free: 1-800-267-6681

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

### **CREDIT COUNSELLING SERVICES**

361 McIntyre Street East, North Bay, ON P1B 1C9

Telephone: 705-472-6515

Toll Free: 1-888-746-3328

Website: [www.cccnip.com/cs-services-credit.html](http://www.cccnip.com/cs-services-credit.html)

## **STUDENT ASSISTANCE PROGRAMS: LOANS & SCHOLARSHIPS**

### **OSAP (Ontario Student Assistance Program)**

Telephone: 1-807-343-7260

TDD: 1-877-672-7411

Fax: 1-807-343-7278

E-mail: [tdd@osap.gov.on.ca](mailto:tdd@osap.gov.on.ca)

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

**CANADIAN FORCES PERSONNEL SUPPORT AGENCY (CFPSA) Education Assistance Loan Pgm**

4210 Labelle Street, Ottawa, ON K1A 0K2

Telephone: (613) 943-8756

Toll Free: 1-888-753-9828

Fax: (613) 996-4207

Website: [www.cfpsa.com/en/SupportOurTroops/OurFunds/CFPAF/Pages/default.aspx](http://www.cfpsa.com/en/SupportOurTroops/OurFunds/CFPAF/Pages/default.aspx)**CANADA STUDENT LOANS PROGRAM**

Telephone: 1-888-815-4514

Email: [info@canlearn.ca](mailto:info@canlearn.ca)Website: [www.canlearn.ca](http://www.canlearn.ca)**QUEEN ELIZABETH II AIMING FOR THE TOP SCHOLARSHIP**Website: [www.osap.gov.on.ca/eng/not\\_secure/Plan\\_Grants\\_full\\_newapp\\_a4t\\_12345.htm](http://www.osap.gov.on.ca/eng/not_secure/Plan_Grants_full_newapp_a4t_12345.htm)**CANADA MILLENNIUM SCHOLARSHIP FOUNDATION**Website: [www.milleniumpscholarships.ca/en/index.asp](http://www.milleniumpscholarships.ca/en/index.asp)**SCHOLARSHIP SEARCH**Website: [www.scholarshipscanada.com](http://www.scholarshipscanada.com)**FIRST NATIONS EDUCATION FUNDING PROGRAMS**Website: [www.aadnc-aandc.gc.ca](http://www.aadnc-aandc.gc.ca)**MÉTIS NATIONS OF ONTARIO**Website: [www.metisnation.org/registry](http://www.metisnation.org/registry)**STUDENTS WITH PERMANENT DISABILITIES**Website: [www.CanLearn.ca](http://www.CanLearn.ca)**CAREER EXPLORATION****HUMAN RESOURCES & SKILLS DEVELOPMENT CANADA**

NOC – NATIONAL OCCUPATIONAL CLASSIFICATION

Website: [www.5.hrsdc.gc.ca/NOC/](http://www.5.hrsdc.gc.ca/NOC/)

ESSENTIAL SKILLS

Website: [www.srv108.services.gc.ca](http://www.srv108.services.gc.ca)

CAREERS IN HEALTHCARE

Website: [www.healthcarerocks.ca](http://www.healthcarerocks.ca)[www.RNAO.org/RNCareers](http://www.RNAO.org/RNCareers)**CAREERS IN AVIATION MAINTENANCE**

Canadian Aviation Maintenance Council

155-955 Green Valley Crescent, Ottawa, ON, K2C 3V4

Telephone: (613) 727-8272

Toll Free: 1-800-448-9715

Fax: (613) 727-7018

Website: [www.camc.ca](http://www.camc.ca)**CAREERS IN MINING**

Muskoka Nipissing Parry Sound Local Training and Adjustment Board

Email: [mnps@ltab20.on.ca](mailto:mnps@ltab20.on.ca)Website: [www.ltab20.on.ca](http://www.ltab20.on.ca)**CAREERS IN THE TRADES**Website: [www.careersintrades.com](http://www.careersintrades.com)



## **North Bay Military Family Resource Centre** **Centre de ressources pour les familles militaires de North Bay**

39 Sterling Avenue, Hornell Heights, North Bay, ON P0H 1P0

Telephone: 705-494-2011 ext 2053

Toll Free: 1-866-472-9433

Fax: 705-494-2106

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

Facebook/Twitter: [North Bay MFRC](#)



### **Hours of Operation**

**8:00 am - 4:00 pm Monday to Friday**

### **Mission Statement**

**To be the resource of choice in supporting a strong and resilient military family**

### **Vision Statement**

**To provide timely access to a comprehensive network of high quality support services, in response to the unique needs of military family life throughout Northeastern Ontario**

### **Values**

- Nurturing**
- Open-minded**
- Reliable**
- Teamwork**
- Honest**
- Belonging**
- Accessible**
- You**
- Respect**
- Opportunity**
- Commitment**
- Service**

