

MFRC

NORTH BAY
MILITARY FAMILY RESOURCE CENTRE

The heart of the military



CRFM

CENTRE DE RESSOURCES POUR LES
FAMILLES MILITAIRES DE NORTH BAY

Au coeur des familles militaires

Welcome to North Bay



www.northbaymfrfc.ca

www.cfmws.ca

North Bay MFRC

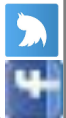


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PLEASE NOTE!

The North Bay MFRC is open for in-person services Monday through Friday from 8:00 a.m. to 4:00 p.m. We are still available to offer support and provide virtual programming to families when requested. Follow our Facebook page, [North Bay MFRC](#), to stay informed. Please use the gmail addresses to contact the MFRC staff as the Forces email accounts will not be regularly monitored. Thank you.

STAFF CONTACT INFORMATION

Executive Director Tessa Clermont	ext 2057	Tessa.Clermont@forces.gc.ca Tessa.northbaymfr@gmail.com
Business Manager, Information & Referral and Employment Navigator Donat Roussy	ext 2916	Donat.Roussy@forces.gc.ca Donat.northbaymfr@gmail.com
Business Administrator Gian Lasala	ext 2073	business.northbaymfr@gmail.com
Deployment, Parent Support and Second Language Navigator Diane Sarrazin-Dubeau	ext 2056	Diane.Sarrazin-Dubeau@forces.gc.ca Diane.northbaymfr@gmail.com
Child, Youth and Teen Navigator Shannon Mason	ext 2026	Shannon.Mason@forces.gc.ca Shannon.northbaymfr@gmail.com
Veteran Family Program Navigator Carrie Gray	ext 2578	Carrie.Gray@forces.gc.ca vfcnorthbay2@gmail.com
Family Liaison Officer, Social Worker Stacey Byers	ext 2138/2579	Stacey.northbaymfr@gmail.com
Client Care Coordinator Lisa Bennett	ext 2053	Lisa.northbaymfr@gmail.com
Childcare Navigator Francesca Alexanian	ext 2066	Francesca.northbaymfr@gmail.com
Little Wings Childcare Centre Supervisor Shara Hicks	ext 2668	supervisor.lwcc@gmail.com



Tessa Clermont

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

email/courriel: Tessa.Clermont@forces.gc.ca
Tessa.northbaymfr@gmail.com

Welcome to North Bay!

We hope you are excited about your upcoming posting. We want you to enjoy North Bay and have a satisfying and fulfilling experience here; our team is happy 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. Our mission is to strengthen individuals and families through evolving programs to enrich the military community, and it would be our pleasure to get to know you and ensure we are meeting your needs. In addition to our main resource centre, our organization also encompasses Little Wings Childcare Centre – both centres are located at CFB North Bay. If you'd like a tour when you arrive, please don't hesitate to reach out and we will do our best to set one up, pandemic restrictions permitting!

One thing we would like to help you with before your arrival is spousal employment; if your partner is planning to work during your posting here, we have an incredible opportunity for them to find employment. Our existing employment services, which include résumé building and job referrals, have been enhanced with local partnerships that help connect more spouses with job openings in the area. We would be happy to **start this process before you actually move here.** Ensuring military spouses have their own career opportunities is a significant factor in the wellbeing of military families and as a result the MFRC is committed to assisting spouses with their job search. **As soon as you receive this welcome package, please have your spouse contact the MFRC Employment Navigator** at Donat.northbaymfr@gmail.com if they are eager to find employment in North Bay.

We can also help you and your family discover your new North Bay community, find a way to volunteer, or learn about upcoming events and attractions. Our services are extensive and include the personal enrichment program, which promotes self-care and social connections, a resource library, deployment support services, and child and youth programs (including a thriving teen centre) just to name a few. If you anticipate needing child care or support with school information, reach out to our Parent Support Navigator to discuss which options might work best for you. We do have DWAN community computers, and Wi-Fi so you can access the internet on our computers or 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. If you need assistance with something and you're not sure if we can help, don't hesitate to ask anyway – we will always do our best. Our MFRC values are to be Mindful, Flexible, Reliable, and Compassionate :)

For more information on everything we offer, check out our website: www.northbaymfr.ca and don't forget to look us up on social media too – our Facebook and Twitter pages are "North Bay MFRC."

We look forward to any opportunity to assist you with making the transition into the North Bay area as smooth as possible. This welcome package is an invitation for you to keep in touch with us, and to know you are truly joining a wonderful community in North Bay.

Sincerely,

Tessa Clermont
MFRC Executive Director





Education Services Services d'aide en éducation

Our objective is to offer spouses and dependents assistance and support for their continuing education needs.

Our services include:

- Explore career options
- Education and Training bulletin boards
- Learn new skills/update old ones — DIY workshops
- Information on existing and new educational and training opportunities
- Assistance with scholarship and bursary opportunities unique to military families
- Browse our college & university course calendars
- Access continuing/distance education courses online
- Referrals to Community Partners for education related workshops

For more information please contact MFRC at 705-494-2011 ext 2053



Volunteer Services Services aux bénévoles

Volunteering is a great way to develop new skills, meet new friends and make a difference in someone's life. 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.

Our volunteer teams are:

Child, Youth and Teen

This team assists with programs, activities and special events for children, youth and teens ages 0-18 years. Some duties include: Clerical assistance, field trips and annual events.

Special Events

This team assists with large community events such as: Wing Welcome, Children's parties, MFRC Annual General Meeting and Volunteer Appreciation Events. Assistance is required with activities prior, during and after an event.

Helping Hands

This team assists with administrative projects such as mail outs, reception, researching information, photocopying and Welcome Packages.

MFRC Board of Directors

The Board is comprised of skilled volunteers who meet regularly and are responsible for the governance of the MFRC. You will learn how to set policies, survey the military community to determine its needs and make long-range plans.

For more information please contact MFRC at 705-494-2011 ext 2053



Donat Roussy

Business Manager, Information & Referral and Employment Navigator
Gestionnaire des affaires, navigateur de l'information, référence et emploi

705-494-2011 ext/poste 2916

email/courriel: Donat.Roussy@forces.gc.ca
Donat.northbaymfr@gmail.com

Employment Services

The MFRC's Employment Services offers military family members 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 & job bank websites
- Referrals to Community Partners

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



Personal Enrichment Programs Programme d'enrichissement personnel

Our program is designed with you in mind. It provides you with learning and social opportunities, which in turn, enhance your life while living in the North Bay area.

We offer special events throughout the year for individuals, couples and families.

The program goal is to provide adults with learning and self-care opportunities that are directly related towards the enhancement of the quality of life of military families.

The following initiatives are but a few examples of what we have offered to date under our Personal Enrichment Programs:

- Just For Us Workshops
- Mindfulness Workshops
- Coffee Connections
- Spouses Night Out
- Military Spouse Appreciation Events
- Cottage Weekend Wellness Retreat
- Shopping Trips out-of-town
- Christmas Cookie Exchange
- Downtown Historical Walk and Haunted Hike
- Gardening Workshops

For more info contact Shannon Mason at: Shannon.northbaymfrc@gmail.com



Welcome Services Services de bienvenue

Our goal is for you to have a fun and satisfying experience in North Bay, complete with fulfilling programs and activities in our community.

The North Bay MFRC supports military families transitioning into their new community. The Welcome Services Navigator works with families to provide the information required to integrate into the community before, during and after a posting. Our welcome packages provide information and links to useful community, municipal and provincial resources, including housing, healthcare, tourism, education and employment. We offer the RCAF Family Support Program which establishes meaningful connections with families in their new community through the help of volunteers.

We would be happy to meet you and help make your time here the best it can be. It would be our pleasure to get to know you and ensure we are meeting your unique needs as a military family.

For more information please contact MFRC at 705-494-2011 ext 2053



Stacey Byers BSW, RSW

Family Liaison Officer, Social Worker

Travailleur social, officier de liaison des familles

705-494-2011 ext/poste 2138/2579 email/courriel: Stacey.northbaymfrc@gmail.com

Family Liaison/Social Worker

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

The Family Liaison Officer is an MFRC social worker who is located within the Transition Centre, connecting both Centres to ensure that the widest variety of support is offered to families of CF personnel who are coping with an illness, injury or special need.

The Family Liaison Officer is available to help families cope with all phases of the CF member's recovery, rehabilitation and reintegration, whether they are returning to service or transitioning through the release process. Family Liaison Officers also provide tailored assistance to the families of the fallen, including professional counselling and referrals to appropriate civilian resources.

Family Liaison Officer services are free of charge, and are delivered by experienced professionals who understand the challenges of the CF lifestyle.



Diane Sarrazin-Dubeau

Deployment, Parent Support and Second Language Navigator

Navigatrice en déploiement, soutien parental et formation en langue seconde

705-494-2011 ext/poste 2056 email/courriel: Diane.Sarrazin-Dubeau@forces.gc.ca
Diane.northbaymfr@gmail.com

Deployment Support

The North Bay Military Family Resource Centre is here to provide support to Canadian Forces families experiencing separation while the member is required to spend time away from home for an extended period. This includes courses, taskings, IR and overseas deployments. Our services support families of Regular Force members, families of Reservists, and their extended families through the stages of pre-deployment, deployment, reunion, and reintegration.

- We offer pre-deployment education
- We help families to manage the challenges and circumstances associated with CF-related separation and reunion by offering support, raising awareness and empowering them to access relevant programs and services;
- We assist families to prepare for the challenges they may encounter before, during and after separation;
- We connect family members with each other, with other families and with the community;
- We offer support to families dealing with a crisis either before, during or after periods of separation.
- We provide regular monthly telephone support through our Warmline Calls.
- ROAD TO MENTAL READINESS (R2MR) TRAINING - An educational deployment training offered to spouses one-on-one or in a group setting.

Parent 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 services include:

- Triple P (Positive Parenting Program)
- Information and Referral
- Parent Resource Library
- Child Care and School Support
- Advocacy Support
- Family Care Plan and Emergency Child Care Plan support
- Sensory Library
- Military Family Parent and Child Playgroup
- Child Care Registry
- Regular articles in the MFRC Newsletter, Wing Newspaper "The Shield"

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 making the experience of learning a second language enjoyable. English and French language training is offered throughout the year using on-line instruction (Rosetta Stone) or in class sessions. If you are interested in expanding your knowledge, call our Second Language Navigator today!



Prevention, Support and Intervention Prévention, soutien et 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:

- Referrals to appropriate agencies
- Education and resources
- Crisis Intervention
- Caring and compassionate emotional support and guidance
- Continued support and follow-up to ensure positive results

For more information please contact MFRC at 705-494-2011 ext 2053



Shannon Mason

Child, Youth and Teen Navigator

Navigatrice des programmes pour enfance et adolescence

705-494-2011 ext/poste 2026/2645 email/courriel: Shannon.Mason@forces.gc.ca
Shannon.northbaymfr@gmail.com

**For more information about the MFRC Youth and Teen Programs
 Find us on Instagram @ [nb_teencentre](#)
 or contact the Child, Youth & Teen Navigator
 Shannon Mason by email at: Shannon.northbaymfr@gmail.com**

Child and Youth Programs

Special Events for children ages 0-12 years are held on occasion throughout the year; these may include: Easter, Halloween and Christmas

Fun Factory & Youth Corner

Fun Factory and Youth Corner programs are designed to support children in their communication and social development and allow kids to just have fun! Activities and events include: games, arts and crafts, baking and cooking skills, sports and recreation and much, much more!

Fun Factory is for ages 5-8 years old and Youth Corner is for ages 9-12 years old. Our sessions run from September to June, drop in fees may apply. All Members must be a dependant of the 22 Wing Community (DND/MFRC/PSP).

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
- Night Hawks (overnight event)
- Teen Council/Volunteer opportunities
- Life Skills Workshops
- Holiday Celebrations



Shara Hicks

Little Wings Childcare Centre Supervisor

Superviseure - Garderie Little Wings

705-494-2011 ext/poste 2668/2060

email/courriel: supervisor.lwcc@gmail.com



Little Wings Childcare Centre is a non-profit organization, which supports military and civilian families living in the North Bay area. We are also governed by the Military Family Resource Centre's Board of Directors. Our centre is integrated and provincially licensed with the Ontario Ministry of Education, to care for children between the ages of 0 months to 12 years of age. At Little Wings we strive to provide a safe and secure environment while facilitating a range of learning opportunities that support and enhance the growth of each child. With the support of various community agencies we ensure that our "How Does Learning Happen" curriculum prepares your child to develop the social, emotional, and independent skills needed for school entry.

We offer:

- Full and part time child care
- Before and/or after school child care
- School Breaks, PD days, and Summer Mini Camps
- Registered Drop-In program for military dependents
- Extended hours in the morning
- Priority access for military families

**Carrie Gray**

Veteran Family Program Navigator
Navigatrice pour les familles des vétérans
705-494-2011 ext/poste 2578

email/courriel: Carrie.Gray@forces.gc.ca
vfcnorthbay2@gmail.com

Veteran Family Program

The Veteran Family Program extends the traditional Military Family Services Program (MFSP) to medically releasing and released Veterans and their families, while also offering specialized transition programs and services. 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.

Enhanced information and referral services mean that we are here to help your family navigate the complex process of releasing, the challenges that may arise, and the sometimes unexpected impact on your social, emotional, and financial wellbeing. Our programs, services and approach are always family centered, strengths based, empowering and solution focused.

The partnerships that have been developed through the Veteran Family Program enable us to bring you standardized and effective programs that have been thoroughly evaluated and are well matched to addressing the factors for successful transition.



VETERANS & FAMILIES

FAMILLES & VÉTÉRANS



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 Welcome Services Coordinator.

To find out more about our city and its services, visit these websites:
www.CAFconnection.ca; www.cityofnorthbay.ca; www.downtownnorthbay.ca;
www.rcaf-arc.forces.gc.ca/en/22-wing/index.page; www.northbayimmigration.ca;
www.downtownnorthbay.ca; www.westnipissing.ca;
www.northbayheartbeat.com; www.tanqr.com

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
Maintenance (Monday to Friday)	ext 2753
After Hours Emergency	1-800-903-2342

Brookfield Global Relocation Services Website (BGRS): www.irp-pri.com

Canadian Forces Housing Agency (CFHA)	ext 2753
Chaplains:	
Protestant	ext 2160
Catholic	ext 2161/6096
Chaplain's Administrative Assistant	ext 2028
Fitness, Sports, and Recreation Centre	ext 2610
Amanda's Unisex Salon	705-493-4460
Messes:	
Blue Room	ext 2583
Voodoo Lounge	ext 2260/2262
Club 100	ext 2268/2269
ROCC Lounge	ext 2263/2264
AYR	ext 2250

Telephone Numbers To Help You With Your Move

North Bay City Hall		705-474-0400
Bell Canada		1-866-310-2355
Cogeco		1-866-261-4447
North Bay Hydro		705-474-8100
Hydro One		1-888-664-9376
Enbridge Gas Ontario Inc.		1-888-774-3111
Service Canada	Website: www.servicecanada.gc.ca	1-800-622-6232
Social Services (DNSSAB)		705-474-2151
ServiceOntario (Ministry of Health-OHIP)	447 McKeown Ave., Unit 111	1-800-267-8097
Driver and Vehicle License Issuing Offices	447 McKeown Ave., Unit 111	
	Website: www.serviceontario.ca	1-800-387-3445
Drive Test Centre (North Bay Mall)	300 Lakeshore Drive, Unit 502	705-472-4448
	Website: www.drivingtest.ca	1-800-570-6110

Relocation Information

INTERNET SERVICES

Bell	Website: www.bell.ca	1-866-310-2355
Cogeco	Website: www.cogeco.ca	1-866-261-4447
Vianet	Website: www.vianet.ca	705-223-9996

BANKS/FINANCIAL INSTITUTIONS

Bank of Montreal	154 Main Street West	705-472-2620
Scotiabank	204 Main Street West Northgate Mall - 1500 Fisher St.	705-494-4717 705-472-5680
Royal Bank	925 Stockdale Road	705-494-7100
Caisse Populaire	630 Cassells Street	705-474-5650
CIBC	7-789 McKeown Avenue 195 Main Street West	705-472-2310 705-474-8900
TD Canada Trust	103 Laurentian Avenue 240 Main Street East	705-474-3421 705-472-4370
Northern Credit Union	525 Main Street East	705-476-3500

LOCAL MEDIA

NEWSPAPER

North Bay Nugget	Box 570 259 Worthington Street West Website: www.nugget.ca	705-472-3200
Bay Today.ca	109 Aubrey Street Website: www.baytoday.ca	705-497-9619 ext 403

RADIO

Rogers Broadcasting Ltd.	600 AM CKAT Website: www.country600.com	705-474-2000
	100.5 FM KiSS Website: www.kissnorthbay.com	705-475-1005
	101.9 FM ROCK Website: www.1019rock.ca	705-472-7625
Moose FM	106.3 FM MOOSE FM Website: www.mynorthbaynow.com/moose-fm	705-475-9991

TELEVISION

MCTV (local CTV)	245 Oak Street East Website: www.northernontario.ctvnews.ca	705-476-3111
YourTV	Community Programming Website: www.yourtv.tv/northbay	705-472-9868



Relocation Information

REAL ESTATE BROKERS

MLS Listings For North Bay and area	www.nbara.ca	
Realty Executive Local Group	325 Main Street West Website: www.realtyexecutivesnorthbay.com	705-478-8588
Century 21	199 Main Street East Website: www.century21northbay.com	705-474-4500
Coldwell Banker Peter Minogue Real Estate Brokerage	382 Fraser Street Website: www.coldwellbanker.ca/office/382-fraser-street-north-bay-on-p1b3w7/	705-474-3500
Holmes & Pellerin	108 McIntyre Street East	705-472-5000
Malette-Goring	176 Lakeshore Drive, Suite 1 Website: www.pronordevelopments.com	705-472-0000
Bay Real Estate Inc	1-26 Main St North, Callander	705-752-5555
Hyatt Eric Real Estate Ltd	128 Landowne Street East, Callander Website: www.hyattsells.ca	705-752-2001
ReMax	1781 Cassells Street, 2nd Floor Website: www.remax.ca	705-840-7355
Royal Lepage	117 Chippewa Street Website: www.royallepagenorthbay.ca	705-472-2980
Flat Rate Realty Corp. Brokerage	450 Main Street West	705-475-2222

TRANSPORTATION SERVICES

AIR TRAVEL

Jack Garland Airport	50 Terminal Street Website: www.yyb.ca	705-474-3026
Air Canada	Website: www.aircanada.com	1-888-247-2262
Bearskin Airlines	Website: www.bearskinairlines.com	705-475-9543 1-800-465-2327

BUS/TRAIN TRAVEL

Ontario Northland	100 Station Road Bus Service Website: www.ontarionorthland.ca	705-472-4500 1-800-461-8558
Via Rail	Website: www.viarail.ca	1-888-842-7245

CITY TRANSIT

North Bay Transit	190 Wyld Street Website: www.northbay.ca/services-payments/north-bay-transit/	705-474-0419
Para Bus (special needs)	190 Wyld Street	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
Website: 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.northbaymfr.ca/22-wing-family-medical-clinic/

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**

345 Oak Street West
North Bay, ON
Website: www.myhealthunit.ca

705-474-1400

AFTER HOURS MEDICAL CLINICS

Near North Medical Clinic

201-66 Josephine Street,
2nd Floor Shopper's
Monday to Friday 4:45pm to 8pm

705-495-2685

Head to Toe Clinic

306-1950 Algonquin Avenue
(Guardian Drugs building)
By appointment only

705-495-0300

Blue Sky

685 Bloem Street, 2nd Floor
Monday to Thursday 5pm to 8pm
Saturday and Sunday 9am to 1pm

705-476-1413

For Blue Sky Family Health Team patients ONLY

Phil's Lakeshore
Pharamasave
Walk-In Clinic

41 Lakeshore Drive
Monday to Friday 9am to 5pm
Saturday 9am to 1pm

705-476-4016

Telehealth Medical Hotline - 24 hour telephone support 1-800-797-0000
North Bay Regional Health Centre - 24 hour emergency services 705-474-8600



Relocation Information

AFTER HOURS COUNSELLING CLINICS

HANDS The Family Network	391 Oak Street East Children, Youth (up to 18), Parents & families Website: www.thefamilyhelpnetwork.ca	705-476-2293
Community Counselling	361 McIntyre Street East Website: www.ccnip.com	705-472-6515
Members Assistance Program Family Info Line		1-800-268-7708 1-800-866-4546

PHARMACIES

Shoppers Drug Mart	66 Josephine Street 2025 Cassells Street 276 Lakeshore Drive	705-497-8542 705-474-8200 705-476-3244
Robinson's Pharmasave	2547 Trout Lake Drive	705-495-4515
Guardian Drug Store	1950 Algonquin Avenue	705-472-5500
Walmart Pharmacy	1500 Fisher Street	705-472-4877
Rexall Pharma Plus	1205 Fisher Street	705-476-2307

AUDIOLOGISTS

North Bay Audiology Clinic	164 Lakeshore Drive	705-472-1801
Near North Hearing Centre	204-510 Main Street East	705-494-9900

DENTISTS

Dr. Karim	222-1500 Fisher Street	705-472-2900
Guy Dentistry	175 Lakeshore Drive	705-476-5181
Dr. Ferguson	909 Algonquin Avenue	705-472-3310
Dentistry on Worthington	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. Fuzy	312 Hwy 94 Corbeil	705-752-4221
Dr. Johnston	245—100 Oak Street	705-472-3730
Family Dental Office	319 Worthington Street East	705-474-0655
Lakeshore Dental	307 Lakeshore Drive	705-476-1600
Landriault Dental Care	501-1221 Algonquin Avenue	705-474-8220
North Care Dental	202-925 Stockdale Road	705-495-1800
Powassan Dental Care	8 King Street, Powassan	705-724-2900
Brenne Dental Health Centre	201-60 Champlain Street	705-472-5300
Champlain Dental	202-60 Champlain Street	705-472-1730
Dentistry on Airport	391 Airport Road	705-472-1771
North Care Dental	202-925 Stockdale Road	705-495-1800

Relocation Information

ORTHODONTISTS

Dr. G Paleczny	775 Algonquin Avenue	705-474-6280
Dr. Karen Morris	1835 Cassells Street	705-474-4060
Blue Sky Orthodontics	495 Main Street West	705-494-4941

PERIODONTIST

Callander Bay Dental Centre	299 Main Street North, Callander	705-752-1510
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ORAL SURGEON

North Bay Oral Surgery	240-180 Shirreff Avenue	705-497-9577
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OPTOMETRISTS

Eye Associates of North Bay	112 Lakeshore Drive	705-495-2022
Dr. S Wright-Burke	91 Champlain Street	705-497-3937
Dr. Sears & Dr. Giddens	91 Champlain Street	705-476-6742
Dr. C. Landreville	303-1221 Algonquin Avenue	705-474-4645
Dr. C. Longlade	101 McIntyre Street West	705-474-3937
Dr. Barry, Dr. G. Pearce, Dr. C. Morland Optometrists	209 Main Street East	705-474-3220
Dr. J. Peroff, Dr. Leckie, Dr. Eckensviller Optometrists	2-101 McIntyre Street West	705-474-3937

OPTICIANS

Cloutier Optical	222 McIntyre Street West	705-495-3797
Michaud Vachon Optical	155 Main Street West	705-476-2020
Pearle Vision	Northgate Square –1500 Fisher Street	705-474-7060
Venasse Optical	226 Main Street West	705-474-1503
Hakim Optical	789 McKeown Avenue	705-475-0399
Walmart Vision Centre	1500 Fisher Street	705-472-1704 ext 5
Eyes on Main	150 Main St. W North Bay 980 Main Street North, Callander	705-499-3939 705-713-0123



Relocation Information

ORTHOPEDICS

Bay Orthotic and Foot Clinic	1781 Cassells Street, B2	705-840-1011
BioPed Footcare & Orthotics	320 Airport Road	705-472-3338
Foot & Sole	98 Lakeshore Drive	705-472-2737
Nipissing Orthopaedic Lab	269 Airport Road	705-495-3771
North Bay Foot and Ankle	2650 Trout Lake Road	705-476-9172

CHIROPRACTORS

Bay Chiropractic Health Centre	295 McIntyre Street East	705-476-2445
Body Back in Motion	400 Main Street West	705-840-2502
Insideout Chiropractic	2689 Trout Lake Road	705-478-8000
Symetrics	510 Main Street East	705-497-1975
Landriault Chiropractic	680 Cassells Street, Suite 102	705-494-8077
Valiant Chiropractic	680 Cassells Street, Suite 102	705-476-1122

PHYSIOTHERAPISTS

Active Running	1004 Fisher Street	705-497-0004
Blue Sky Physio	725 Coursol Road, Sturgeon Falls	705-753-6500
Body Back In Motion	400 Main Street West	705-840-2502
Gateway Physiotherapy Centre	272 First Avenue West	705-474-4440
Martel and Mitchell Physio	760 Cassells Street	705-494-8975
North Bay Rehab Centre	720 McLaren Street	705-495-8105
PT Works	1831 Cassells Street	705-497-9099
Symetrics	510 Main Street East	705-497-1975
Therapeutic Solutions	10 Vermont Crescent	705-476-2757

VETERINARIANS

Callander Animal Hospital Dr. N. Lawrence Dr. S. Hotten Dr. N Shand	1878 Hwy 94, Callander	705-752-4550
Cassells Animal Hospital Dr. S. Marquette Dr. M. Eckensviller Dr. J. Laferriere	1070 Cassells Street	705-476-0107
North Bay Animal Hospital Dr. K. Barnes Dr. G. Ouellette Dr. S. Rea	1875 Seymour Street	705-476-8387
Bay City Animal Hospital Dr. C. Karkanis	1301 Algonquin Avenue	705-476-8080
Parkside Animal Hospital Dr. H. Bertrand	6 Lakeshore Drive	705-223-3404
Airport Animal Hospital Dr. P. Sidhu Dr. P. Bassi	203 Airport Road	705-476-3913
Shannondale Pet Hospital Dr. T. Wasilewicz Dr. K. Seidler	1429 Main Street North, Callander	705-752-4777

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).

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.

www.northbay.ca/services-payments/garbage-recycling/

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.

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, paint, 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, DVDs
- Televisions
- Digital equipment

For more information, please call the Hazardous & Organic Waste Disposal Depot at 705-474-0400 ext 2333 or view the website:

www.northbay.ca/services-payments/garbage-recycling/waste-management-facilities/



NOTES

Education and Resources

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Boards of Education/School Divisions

NEAR NORTH DISTRICT SCHOOL BOARD

963 Airport Road, P.O. Box 3110 North Bay, ON P1B 8H1
 Telephone: 705-472-8170
 Fax: 705-472-9927
 Email: webmaster@nearnorthschools.ca
 Website: www.nearnorthschools.ca

Public Elementary Schools

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

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 Lake Heights Road, North Bay, ON P1A 3A1
 Telephone: 705-472-5534
 Fax: 705-472-0539

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

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: 705-475-2340
 Fax: 705-472-2917

WOODLAND (JK-6) - 1325 Cedargrove Drive, North Bay, ON P1B 4S3
 Telephone: 705-475-2321
 Fax: 705-495-4994



Public Secondary Schools

CHIPPEWA Intermediate and Secondary School (7-12) *French Immersion & English*
539 Chippewa Street West, North Bay, ON P1B 6H8
Telephone: 705-475-2341
Fax: 705-476-0845

WEST FERRIS Intermediate and Secondary School (7-12)
60 Marshall Park Drive, North Bay, ON P1A 2P2
Telephone: 705-475-2333
Fax: 705-497-7945

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@npssc.ca
Website: www.npssc.ca

Separate Elementary Schools

HOLY CROSS (JK-8) - 602 Lake Heights Road , North Bay, ON P1A 2Z8
Telephone: 705-472-6380
Fax: 705-472-6452

ST. THERESA (JK-8) - 1475 Main Street North, 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 East, North Bay, ON P1A 1J8
Telephone: 705-472-8798
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 4Z8
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 – French Immersion & English

ST JOSEPH-SCOLLARD HALL (9-12) - 675 O'Brien Avenue, North Bay, ON P1B 9R3
 Telephone: 705-494-8600
 Fax: 705-494-4778

CONSEIL SCOLAIRE CATHOLIQUE FRANCO-NORD

681-C Chippewa Street West, North Bay, ON P1B 6G8
 Telephone: 705-472-1701
 Fax: 705-474-3824
 Email: information@franco-nord.edu.on.ca
 Website : www.franco-nord.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

ÉCOLE SECONDAIRE CATHOLIQUE ALGONQUIN (7-12)
 555 Algonquin Avenue, North Bay, ON P1B 4W8
 Telephone: 705-472-8240
 Fax: 705-472-8476



CONSEIL SCOLAIRE PUBLIC DU NORD-EST DE L'ONTARIO

820 Lakeshore Drive, P.O. Box 3600, North Bay ON P1B 9T5
Telephone : 705-472-3443
Fax: 705-472-5757
Email: information@csdne.edu.on.ca
Website: www.cspne.ca

Public Elementary School – French

ÉCOLE PUBLIQUE ÉLÉMENTAIRE HÉRITAGE (JK-6)
2345 Connaught Avenue, 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 Street, North Bay, ON P1B 0A8
Telephone: 705-474-5500
Fax: 705-474-6600

INDIGENOUS 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: admin@nbisiing.com
Website: www.nbisiing.com

ACCREDITATION

MINISTRY OF EDUCATION - ONTARIO

Telephone: 416-325-2929
Toll Free: 1-800-387-5514
Website: www.ontario.ca/page/ministry-education

NIPISSING-PARRY SOUND CATHOLIC DISTRICT SCHOOL BOARD - CONTINUING EDUCATION—ADULT ED SERVICES

100 High Street, North Bay, ON P1B 6S6
Telephone: 705-472-7771
Website: www.npsc.ca

CANADIAN CAREER COLLEGE - GRADE EQUIVALENCIES

1495 Seymour Street, Suite 8, North Bay, ON P1A 0C5
Telephone: 705-495-1200 / 1-866-495-1200
Website: www.ctsccc.com

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@canadorecollege.ca
 Website: www.canadorecollege.ca

COLLÈGE BORÉAL Nipissing Campus

96 Main Street, Sturgeon Falls, ON P2B 1N3
 Telephone: 705-753-5420
 Toll Free: 1-800-361-6673
 Fax: 705-753-2304
 Email: info@collegeboreal.ca
 Website: www.collegeboreal.ca

INDIGENOUS EDUCATION

CANADORE COLLEGE INDIGENOUS STUDIES - First Peoples' Centre

100 College Drive, P.O. Box 5001, North Bay, ON P1B 8K9
 Telephone: 705-474-7600 ext 5963
 Fax: 705-474-2384
 Email: FPC@canadorecollege.ca
 Website: www.canadorecollege.ca/first-peoples-centre

UNIVERSITY

NIPISSING UNIVERSITY

100 College Drive, P.O. Box 5002, North Bay, ON P1B 8L7
 Telephone: 705-474-3450
 Fax: 705-474-1947
 Email: nuinfo@nipissingu.ca
 Website: www.nipissingu.ca



Continuing Education

ONLINE AND DISTANCE EDUCATION

CANADIAN VIRTUAL UNIVERSITY

Choose from various Canadian Universities
Website: www3.laurentian.ca/cvuuvc/

UNIVERSITY OF MANITOBA

Degree programs designed for military members & their families.
Military Support Office
185 Extended Ed Complex, University of Manitoba, Winnipeg, MB R3T 2N2
Telephone: 204-474-8800
Toll Free: 1-888-216-7011 ext 9327
Email: extended@umanitoba.ca
Website: www.umextended.ca/military-support/

CONTACT NORTH – NORTH BAY

60 Commerce Crescent, Room E141, North Bay, ON P1B 8G4
Telephone: 705-474-8802
Toll free: 1-855-352-7226
Fax: 705-474-8802
Email: northbay@contactnorth.ca
Website: www.studyonline.ca/student-services/online-learning-centres/north-bay
Main Website: www.contactnorth.ca

INDEPENDENT LEARNING CENTRE - TVO

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
Website: www.ilc.org

ADULT EDUCATION

ALTERNATIVE EDUCATION - Laurentian Learning Centre

647 McKay Avenue, North Bay, ON P1B 7V7
Telephone: 705-472-5419
Fax: 705-474-4011
Website : www.nearnorthschools.ca/schools/alternative-education/

ST. JOSEPH ADULT EDUCATION CAMPUS

570 First Avenue East, North Bay, ON P1B 1K6
Telephone: 705-472-7771
Fax: 705-472-9081
Email: ConEd@npsc.ca
Website: www.npsc.ca/schools/st_joseph_adult_education

ACE – ACCÈS CARRIÈRES ÉTUDES - Collège Boréal

North Bay and Sturgeon Falls
Telephone: 705-753-5420 / 705-753-5420
Toll Free: 1-800-361-6673 ext 3085
Email: info@collegeboreal.ca
Website: 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@canadorecollege.ca
 Website: www.canadorecollege.ca/programs/academic-upgrading

ÉDUCATION PARALLÈLE - École Secondaire Catholique Algonquin
 555 Algonquin Avenue, North Bay, ON P1B 4W8
 Telephone: 705-472-8240 ext 218
 Website: www.escalgonquin.ca

LITERACY NIPISSING - GED Upgrading
 175 Main Street East, North Bay, ON P1B 1A9
 Telephone: 705-494-9416
 Fax: 705-494-9856
 Email: litnip@bellnet.ca
 Website: www.literacynipissing.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
 Coordinator of Second Language Program - French & English

MILITARY SECOND LANGUAGE TRAINING PROGRAM (MSLTP)
 CFB 22 Wing, Hornell Heights, ON P0H 1P0
 Telephone: 705-494-2011 ext 2003
 Email: Marc.Richard3@forces.gc.ca
 Wing Coordinator of Official Languages | Wing Personnel Selection Office Coordinator

LITERACY NIPISSING - English as a second language
 175 Main Street East, North Bay, ON P1B 1A9
 Telephone: 705-494-9416
 Fax: 705-494-9856
 Email: litnip@bellnet.ca
 Website: www.literacynipissing.ca

NIPISSING LANGUAGE TRAINING CENTRE
 464 Aberdeen Avenue, North Bay, ON P1B 7H4
 Telephone: 705-472-2510
 Fax: 705-476-1254

LITERACY TRAINING

LITERACY NIPISSING
 175 Main Street East, North Bay, ON P1B 1A9
 Telephone: 705-494-9416
 Fax: 705-494-9856
 Email: litnip@bellnet.ca
 Website: www.literacynipissing.ca

LE CENTRE DE FORMATION
 630 Cassells Street, North Bay, ON P1B 4A2
 Telephone : 705-472-6673
 Fax : 705-497-1825
 Email: denysedb@formationnipissing.ca
 Website: www.formationnipissing.ca



Special Needs

SPECIAL EDUCATION SERVICES

To find out more about the various support groups in the area call Diane at 705-494-2011 ext 2056.

SPECIAL EDUCATION AND THE IDENTIFICATION, PLACEMENT AND REVIEW COMMITTEE

Website: www.edu.gov.on.ca/eng/general/elemsec/speced/speced.html

LEARNING DISABILITIES ASSOCIATION OF ONTARIO

365 Evans Avenue Suite 202 Toronto, ON M8Z 1K2

Telephone: 416-929-4311

Email: resource@LDAO.ca

Website: www.ldao.ca

AUTISM ONTARIO

400 McKeown Avenue, North Bay, ON P1B 0B2 (One Kids Place)

Telephone: 1-866-472-7789 ext 345

Email: angele@autismontario.com

Website: www.autismontario.com

COMMUNITY LIVING NORTH BAY

741 Wallace Road, North Bay, ON P1A 0E6

Telephone: 705-476-3288

Fax: 705-476-4788

Email: info@communitylivingnorthbay.org

Website: www.communitylivingnorthbay.org

NIPISSING ASSOCIATION FOR DISABLED YOUTH (NADY)

400 McKeown Avenue, North Bay, ON P1B 0B2 (One Kids Place)

Telephone: 705-476-5437 ext 3550

Email: nady@onekidsplace.ca

Website: www.facebook.com/NipissingAssociationforDisabledYouth

NIPISSING UNIVERSITY - Student Accessibility Services

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

Telephone: 705-474-3450 ext 4362

Email: sas@nipissingu.ca

Website: www.nipissingu.ca/departments/student-development-and-services/accessibility-services

CANADORE COLLEGE OF APPLIED ARTS AND TECHNOLOGY - Student Success Services

100 College Drive, 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.canadorecollege.ca/support/student-success-services

Parent Support

PARENT SUPPORT PROGRAMS

NORTH BAY MILITARY FAMILY RESOURCE CENTRE

Diane Sarrazin-Dubeau, Parent Support Coordinator
 Telephone: 705-494-2011 ext 2056
 Email: Diane.Sarrazin-Dubeau@forces.gc.ca
 Website: www.CAFconnection.ca / www.northbaymfrcc.ca

EARLYON Program – Nipissing (for children 0-6 years)

171 Chippewa Street West, North Bay, ON P1B 6G3
 Telephone: 705-474-8910 ext 0
 Fax: 705-474-2402
 Email: eyc@communitylivingnorthbay.org
 Website: www.communitylivingnorthbay.org/services/ontario-early-years-centre-nipissing/

PSYCHOLOGICAL CONSULTATION/COUNSELLING

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

BEHAVIOUR ASSESSMENT/CONSULTATION/COUNSELLING

HANDS – THE FAMILY HELP NETWORK

391 Oak Street East, North Bay, ON P1B 1A3
 Telephone: 705-476-2293
 Toll free: 1-800-668-8555
 Fax: 705-495-1373
 Email: info@handstfhn.ca
 Website: www.thefamilyhelpnetwork.ca

PHYSIO/OCCUPATIONAL/SPEECH ASSESSMENT/CONSULTATION

ONE KIDS' PLACE/LA PLACE DES ENFANTS

400 McKeown Avenue, North Bay, ON P1B 0B2
 Telephone: 705-476-5437
 Toll Free: 1-866-626-9100
 Fax: 705-474-0127
 Website: www.onekidsplace.ca



PRENATAL & PARENTING CLASSES/IMMUNIZATION

North Bay Parry Sound District Health Unit

345 Oak Street West, North Bay, ON P1B 2T2
Telephone: 705-474-1400
Toll Free: 1-800-563-2808
Email: contact@healthunit.ca
Website: www.myhealthunit.ca

CHILDREN'S EDUCATION MANAGEMENT

Education Compensation and Benefits Program

Military Family Services (MFS)
Website: www.cafconnection.ca/National/Programs-Services/Children-s-Education-Management.aspx

CHILD CARE CENTERS, CHILD CARE SUBSIDY

District of Nipissing Social Services Administration Board

200 McIntyre Street East, P.O.Box 750, North Bay, ON P1B 8J8
Telephone: 705-474-2151
Toll Free: 1-877-829-5121
Fax: 705-474-0136
Website: www.dnssab.ca



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

GENERAL INFORMATION

MINISTRY OF EDUCATION - ONTARIO

Telephone: 416-325-2929
Toll Free: 1-800-387-5514
Website: www.ontario.ca/page/ministry-education

COLLEGES AND UNIVERSITIES

MINISTRY OF COLLEGES AND UNIVERSITIES - ONTARIO

Telephone: 416-325-2929
Toll Free: 1-800-387-5514
Fax: 416-326-6348
Website: 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: 1-800-361-6106
Fax: 416-972-9004
Website: 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: 416-978-6666
Website: www.learn.utoronto.ca/international-professionals/comparative-education-service-ces

INTERNATIONAL CREDENTIAL ASSESSMENT SERVICE OF CANADA (ICAS)

Ontario AgriCentre - 100 Stone Road West, Suite 102, Guelph, ON N1G 5L3
Telephone: 519-763-7282
Toll free: 1-800-321-6021
Fax: 519-763-6964
Website: www.icascanada.ca/

CANADIAN INFORMATION CENTRE FOR INTERNATIONAL CREDENTIALS

95 St. Clair Avenue West, Suite 1106, Toronto, ON M4V 1N6
Telephone: 437-317-0626
Fax: 416-962-2800
Website: 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/

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 ADVANCED EDUCATION AND SKILLS DEVELOPMENT – Apprenticeship, Employment and Training

INVENTORY OF PROGRAMS AND SERVICES (IPS)

Toll free: 1-800-836-3238
Email: info@edu.gov.on.ca
Website: www.tcu.gov.on.ca/eng/eopg/programs

ONTARIO INTERNSHIP PROGRAM

Telephone: 1-800-387-5656
Website: www.internship.gov.on.ca

CAREER EXPLORATION

HUMAN RESOURCES & SKILLS DEVELOPMENT CANADA

NOC – NATIONAL OCCUPATIONAL CLASSIFICATION
Website: www.canada.ca/en/employment-social-development/services/noc.html
Employment and Social Development Canada
Website: www.canada.ca/en/employment-social-development.html

CAREERS IN PUBLIC HEALTH ONTARIO

Website: www.publichealthontario.ca/en/about/careers
www.RNAO.org/RNCareers

CAREERS IN AVIATION - TRANSPORT CANADA

Website: www.tc.canada.ca/en/campaigns/national-aviation-day-february-23/careers-aviation

CAREERS IN MINING

Mining Industry Human Resources Council
Email: info@mihrc.ca
Website: www.mihrc.ca/careers

CAREERS IN THE TRADES

Website: www.careersintrades.ca

Financial Assistance and Scholarships

FINANCIAL COUNSELLING

SISIP FINANCIAL SERVICES - Financial Counselling

Toll Free: 1-800-267-6681
Website: 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.ccnip.com

STUDENT ASSISTANCE PROGRAMS: LOANS & SCHOLARSHIPS

OSAP (Ontario Student Assistance Program)

Telephone: 1-807-343-7260
Toll Free: 1-877-672-7411
Fax: 1-807-343-7278
Website: www.ontario.ca/page/osap-ontario-student-assistance-program

OSAP (Ontario Student Assistance Program) - Students with disabilities

Website: www.ontario.ca/page/osap-ontario-student-assistance-program

CANADIAN FORCES MORALE AND WELFARE SERVICES - Grants, Loans and Student Line of Credit program

4210 Labelle Street, Ottawa, ON K1A 0K2
Telephone: 613-943-8756
Toll Free: 1-888-753-9828
Fax: 613-996-4207
Website: www.cfmws.com/en/SupportOurTroops/OurFunds/CFPAF/Pages/Programs.aspx

SUPPORT OUR TROOPS SCHOLARSHIPS

4210 Labelle Street, Ottawa, ON K1A 0K2
Toll Free: 1-877-445-6444
Website: www.supportourtroops.ca/Get-Support/Scholarships

GOVERNMENT OF CANADA - STUDENT FINANCIAL ASSISTANCE

Website: www.canada.ca/en/services/jobs/education/student-financial-aid.html

SCHOLARSHIPS CANADA

Email: info@ScholarshipsCanada.com
Website: www.scholarshipscanada.com

INDIGENOUS SERVICES CANADA

Website: www.aadnc-aandc.gc.ca

MÉTIS NATIONS OF ONTARIO

Website: www.metisnation.org/registry



MFRC

NORTH BAY
MILITARY FAMILY RESOURCE CENTRE

The heart of the military



CRFM

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FAMILLES MILITAIRES DE NORTH BAY

Au coeur des familles militaires

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.cfmws.ca or

www.northbaymfrfc.ca

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



Hours of Operation

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

Mission Statement

To strengthen individuals and families through evolving programs to enrich the military community

Vision Statement

An enriched and connected military community

Values

Mindful

Flexible

Reliable

Compassionate

MFSP

MILITARY FAMILY
SERVICES PROGRAM



PSFM

PROGRAMME DES SERVICES
AUX FAMILLES DES MILITAIRES