

# Welcome to Meaford Military Family Resource Centre

## **COMMUNITY RESOURCE GUIDE**



## **MILITARY FAMILY RESOURCE CENTRE**

Phone: 519-538-1371 Ext. 260-6509 | Fax: 519-538-6674  
mfrfc.meaford@gmail.com  
cfmws.ca







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# A BRIEF HISTORY OF 4TH CANADIAN DIVISION TRAINING CENTRE

In 1942 the government of Canada purchased private lands in the boundaries of what is now the 4 CDTC (formerly LFCA TC) for the purpose of training soldiers in tank warfare and artillery gunnery.

The 17,500 acres were ideal for the Training Centre since they incorporated limestone cliffs, rolling open ground, dense swamp, a lake and 17 km of shoreline to the north. In 1989, Ottawa announced plans to increase the role of Canada's Military Reserves, realizing it would be worthwhile to have well trained Reserves on hand to supplement the Regular Force. In September 1989, the Land Reserve Modernization Project Began.

More than \$480 million worth of construction comprised of buildings, roads, waterworks and sewage disposal was completed. Equipment and supplies in excess of \$20 million are also in place and in use. Construction of the facility was completed within a two year period and today the 4 CDTC is considered a state-of-the-art training establishment. The 4 CDTC's current role not only

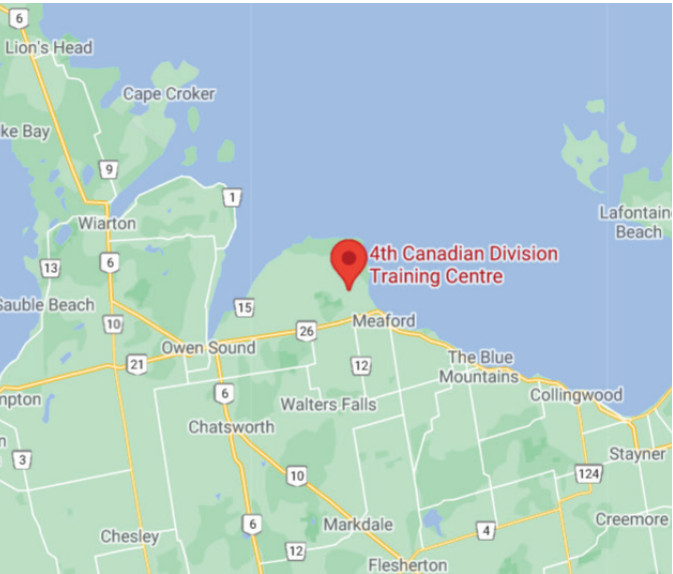


includes being a training facility for Regular and Reserve soldiers in Ontario, but also hosts a variety of other countries' military units and non-military agencies. On average, the 4 CDTC has over 600 soldiers in training on any given week. The primary training is directed to (Base Soldier Qualifications) skills pertaining to combat arms, field crafts, offensive and defensive operations, as well as weapons handling drills, tactics techniques and procedures on employing these skills in a combat setting. Military units from the United States, New Zealand, Jamaica, United Kingdom and others have taken advantage of what the 4 CDTC has to offer. In addition, police agencies, security services and emergency service organizations from all over the province and from outside the country have honed their skills and refreshed their knowledge at the 4 CDTC.

# LOCATION OF THE 4TH CANADIAN DIVISION TRAINING CENTRE

The 4th Canadian Division Training Centre (4 CDTC) Meaford is located on County Road 112 (Fire #139152), travelling approximately 5 km north, off of Highway 26, approximately 12 km north-west of the town of Meaford and 30 km northeast of the city of Owen Sound.

The 4 CDTC does not have Private Married Quarters. The surrounding communities are home to our military families. The MFRC Meaford is located on the 4 CDTC and provides outreach to the communities in which our families live.







# WELCOME TO MEAFORD AND THE SURROUNDING COMMUNITIES!

On behalf of everyone at the MFRC Meaford we are thrilled to welcome you to the Meaford Area. We hope that you and your family enjoy your posting with us.

With the understanding that moving and reintegrating into a new community can be challenging, we encourage you to reach out to us for information and resources as you settle into your new area. MFRC Meaford offers a wide variety of site specific services and programs as well as opportunities to meet new people.

MFRC Meaford has an enthusiastic team who are qualified to assist you. Our mission is to connect with Military Families to provide innovative programs, services and resources to enhance their well-being.

Visit our website, Facebook page or sign up for our monthly newsletter, The Coyote Chronicle, to receive information on upcoming programs.

We hope that you embrace your new community and we look forward to meeting you.

Warmly,

Pamela English  
Executive Director  
MFRC Meaford

Please Note: The information provided in this Community Resource Guide is for information purposes only. The MFRC does not advise individuals to use any particular service. This guide is designed to assist individuals moving into the Meaford area to make their transition as smooth as possible. Contact information, websites and phone numbers are subject to change without notice.



## OUR MISSION

Connecting with Military Families to provide innovative programs, services and resources to enhance their well-being.

## VISION

Strong, Resilient Military Families

## VALUES

### Military Families First

All members of the Military Family are welcomed with openness, compassion and respect.

## INTEGRITY

We create a positive environment by being professional, trustworthy, ensuring confidentiality and demonstrating fairness.

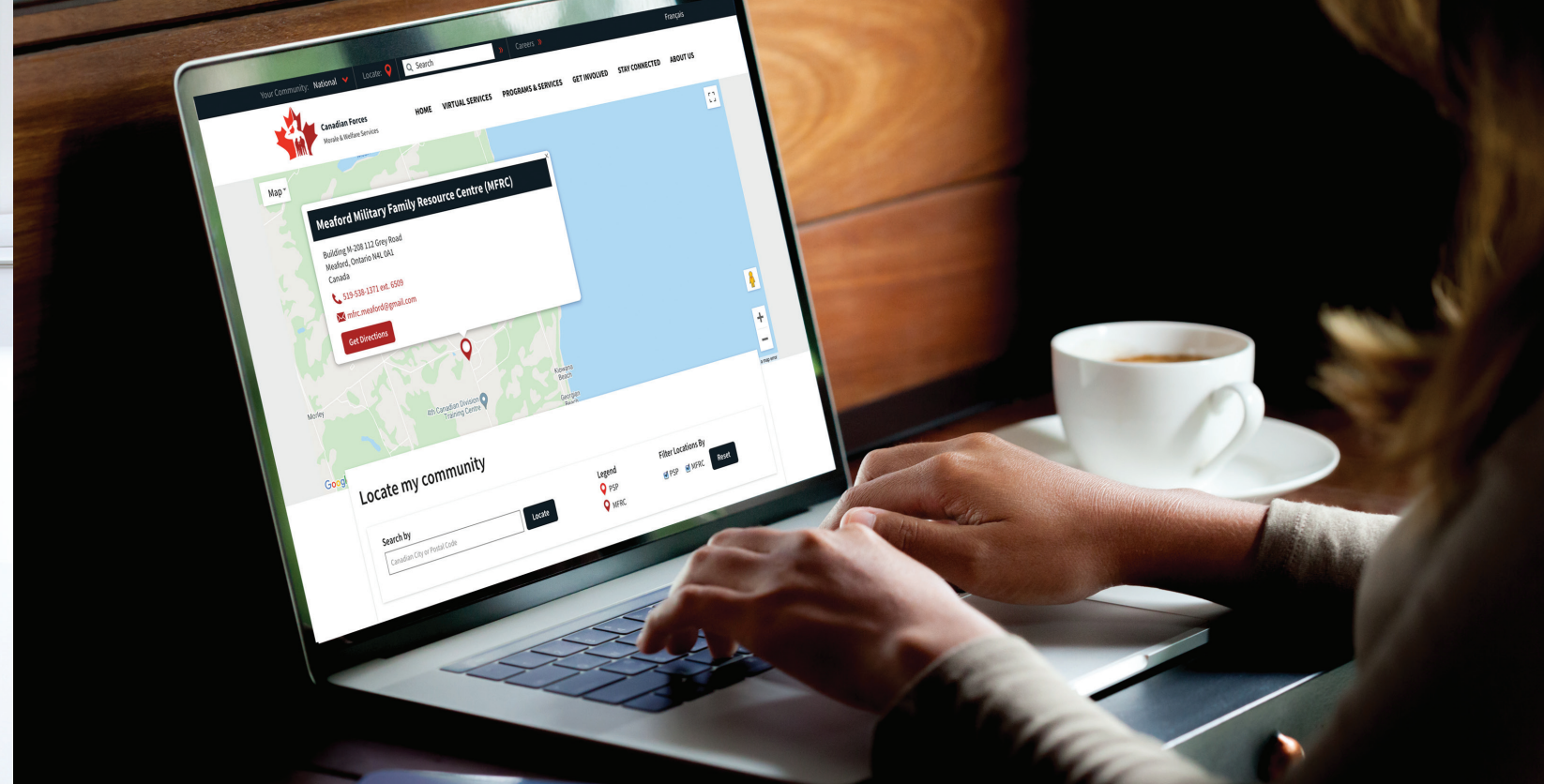
## ACCOUNTABILITY

We can be relied upon to follow through on our commitments; we take responsibility for our actions.

## EXCELLENCE

We strive to surpass ordinary standards and consistently deliver quality programs and services that are current, relevant and responsive to the needs of Military Families.





Moving can be a stressful, challenging experience.

This Community Resource Guide will provide you with useful information before, during and after your move.

The staff at the Military Family Resource Centre is available to provide assistance in making your family's time a positive experience.

### COMMUNITIES CLOSE TO 4 CDTC

TOWN	DISTANCE TO 4 CDTC	TRAVEL TIME	MORE INFORMATION
Meaford	12km	15 min	<a href="http://www.meaford.ca">www.meaford.ca</a>
Owen Sound	30km	30-40 min	<a href="http://www.owensound.ca">www.owensound.ca</a>
Thornbury	25km	20-25 minutes	<a href="http://www.thornbury.ca">www.thornbury.ca</a>
Collingwood	46km	45-50 minutes	<a href="http://www.collingwood.ca">www.collingwood.ca</a>
Barrie	100km	1 hour 30 min	<a href="http://www.barrie.ca">www.barrie.ca</a>
Toronto	191km	2.5 hours	<a href="http://www.toronto.ca">www.toronto.ca</a>

### MFRC INFORMATION

#### LOCATION

Meaford Military Family Resource Centre  
 139152 Grey Road 112, Bldg M-208  
 Meaford, Ontario N4L 0A1

#### Contact

Phone: 519-538-1371 Ext. 260-6509 Fax: 519-538-6674  
 Email: [mfrc.meaford@gmail.com](mailto:mfrc.meaford@gmail.com)

#### COYOTE CHRONICLE

The Coyote Chronicle is our monthly newsletter. It contains details on special events and news pertinent to our CAF and Military Family Community. Contact us to be added to our distribution list. [mfrc.meaford@gmail.com](mailto:mfrc.meaford@gmail.com)

#### STAY CONNECTED ONLINE:

<https://www.facebook.com/MilitaryFamilyResourceCentreMeaford>  
<https://cfmws.ca/meaford>  
<https://www.youtube.com/@meafordmfrc>

#### FAMILY INFORMATION LINE:

ANY TIME FOR ANY REASON 24/7  
 Family Information Line 1-800-866-4546  
<https://cfmws.ca/support-services/family-information-line>  
 International 00-800-771-17722





### THE MILITARY FAMILY RESOURCE CENTRE

At the Meaford Military Family Resource Centre, we're here to support you and your loved ones through every transition. Whether you're a spouse, partner, parent, or sibling, our team is committed to helping guide your family with care and understanding. Each member of our staff is well-informed about our programs and always ready to connect you with resources tailored to your unique needs.

We offer a variety of opportunities to come together and build connections. Our monthly Tactical Time Out invites all ranks to enjoy a hot breakfast, coffee, and great conversation—a perfect chance to meet new people and connect with your community. We also celebrate milestones like the Month of the Military Child, family Christmas parties, and even flip pancakes on Canada Day!

Stay up to date with everything happening in your new community by following us on Facebook, checking out our YouTube channel, or visiting our website. We're excited to meet you and support your journey every step of the way!

**MFRC contact information: 519-538-1371 Ext. 260-6509**



### CANEX

The Canadian Forces Exchange System (CANEX), a division of the Canadian Forces Morale and Welfare Services (CFMWS), is tasked with supporting the Canadian Armed Forces (CAF) operational effectiveness, contributing to morale, esprit de corps and unit cohesion. CANEX Meaford SuperMart operates a retail location on the 4 CDTC and includes the following services: CANEX Rewards program, No Interest Credit Plan, Tim Horton's kiosk, Bite Stop Grill, Barber Shop, Convenience Goods and Kit Shop items. If it is not seen in their store, ask their team or visit CANEX.ca for an extended shopping experience catered toward CAF members and their families.

**CANEX contact information: 519-538-1371 Ext. 260-6520**



### WOOD HOBBY CLUB

If you are a woodworker, novice or experienced, who measures twice and cuts once then the Wood Hobby Club offers a facility and equipment to build any inside or outside project. The club boasts a complete line of major stationary and power hand tools. All you have to provide is some basic accessories such as measuring tape, safety glasses and common hand tools.

**Wood Hobby Club contact information: 519-538-1371 Ext. 260-6972**



### PERSONNEL SUPPORT PROGRAMS (PSP)

PSP is committed to providing individuals, families and communities with quality leisure experiences, innovative programming and recreational facilities that meet their needs. Recreation provides opportunity for personal growth and improved health. PSP Meaford has a fitness centre with something for everyone. Recreational programs include Curling Funspiel, ski/snowboard days, Terry Fox Run and more.

**PSP contact information: 519-538-1371 Ext. 260-6769**



### OPERATIONAL STRESS INJURY SOCIAL SUPPORT (OSISS)

The OSISS program provides confidential, non-clinical support to still-serving members, veterans and their families who are struggling with Operational Stress Injuries (OSI) such as depression, anxiety or Post Traumatic Stress Disorder (PTSD). The Coordinators who provide support have experienced first-hand what it is like to live with an OSI or have a family member or friend who has an OSI. They have managed to regain their health and are now in a position to help you. Your Peer support and Family Peer support coordinators network will listen, suggest new ideas and leave the choices to you. They can assist you to regain control of your life.

**OSISS contact Information: 800-883-6094**



### TRANSITION CENTRE

The Transition Centre provides one-on-one contact and support for serving and former Canadian Armed Forces personnel, their families and the families of the fallen. Key services include: return to work coordination, advocacy services for ill and injured, mobility assistance, 'peer support programs' and transition services. Administrative support for the families of the fallen and adapted physical fitness programs are also available.

**Transition Centre contact information: 519-538-1371 Ext. 260-6839**



**Population 11,485**

Meaford is a charming 19th century Ontario town, rich in history that attracts people who, in turn, invest back into the community.

Situated on the southern shore of Georgian Bay, the Municipality of Meaford is a fascinating, four-season playground that has it all: great live theatre and concerts; fresh local food, unique shopping, nature at your doorstep; recreational activities, a beautiful harbour, waterfront campground; and so much more.

Meaford has a number of fun activities for the whole family such as the Apple Harvest Craft Show, the “Scarecrow Invasion” and Canada Day festivities.

Just a few minutes out of the downtown core you’ll find acres of rolling countryside, (charming historic villages) secluded beaches and unspoiled natural areas.

The views are amazing, the people are friendly and the opportunities are endless. It’s all happening, right here in the Municipality of Meaford.

**FESTIVALS AND EVENTS**

- Georgian Bay Harvest Festival
- Scarecrow Invasion
- Canada Day
- Fish Fry
- Meaford Film Festival
- Dragons Den

*For a complete list of Festivals and Events within the Municipality of Meaford visit: [calendar.meaford.ca/default/Month](http://calendar.meaford.ca/default/Month)*



Adapted from information at [www.meaford.ca](http://www.meaford.ca)

**Municipality of Meaford**

21 Trowbridge St. W  
Meaford, ON  
N4L 1A1  
519-538-1060  
[www.meaford.ca](http://www.meaford.ca)

**Canada Post Office**

25 Trowbridge St. W  
Meaford, ON  
N4L 1A5  
519-538-1101  
[canadapost.ca/cpc/en/home.page](http://canadapost.ca/cpc/en/home.page)

**Meaford Public Library**

11 Sykes St. N  
Meaford, ON  
N4L 1V6  
519-538-3500  
[libraryinfo@meaford.ca](mailto:libraryinfo@meaford.ca)  
[www.meaford.ca/meaford-library-home](http://www.meaford.ca/meaford-library-home)

**Brightshores Health System  
Meaford General Hospital**

519-538-1311  
299 Nelson St. W  
Meaford, ON  
N4L 1A3  
<https://www.brightshores.ca/>  
See page 15 for more information on Health Care Options.

**UTILITIES**

**Enbridge Union Gas**

24-Hour Emergency Assistance  
877-969-0999  
888-774-3111  
[uniongas.com/residential/customer](http://uniongas.com/residential/customer)

**Hydro One**

1025 6th St. E  
Owen Sound, ON  
N4K 1G9  
416-258-3456  
888-664-9376  
[hydroone.com/support/contact](http://hydroone.com/support/contact)

**Water/Waste**

21 Trowbridge St. W  
Meaford, ON  
N4L 1A1  
519-538-1060 ext 1116  
[meaford.ca/en/living-here/water-and-wastewater.aspx](http://meaford.ca/en/living-here/water-and-wastewater.aspx)

**Service Ontario**

150 Sykes St. N  
Meaford, ON  
N4L 1P3  
226-662-6600  
[ontario.ca/locations/serviceontario/north-skyes-and-parker-meaford](http://ontario.ca/locations/serviceontario/north-skyes-and-parker-meaford)

**SATELLITE & CABLE**

**Bell Canada**

519-538-1662  
[www.bell.ca](http://www.bell.ca)

**Xplornet**

1 855 502-7358  
[xplornet.com](http://xplornet.com)

**Rogers**

1 877-921-2352  
[rogers.com](http://rogers.com)

**Connect the Dots Fiber  
Communication Inc**

226-909-4464  
[2bconnected.ca](http://2bconnected.ca)

**Bruce Street Technologies**

519-599-3689  
[brucestreet.com](http://brucestreet.com)

**BANKS**

**Scotia Bank**

5 Trowbridge St. W  
Meaford, ON  
N4L 1A5  
519-538-2060  
[scotiabank.com](http://scotiabank.com)

**TD Bank**

53 Sykes St. N  
Meaford, ON  
N4K 1V9  
519-538-3390  
[td.com](http://td.com)

**Bank of Montreal**

26 Sykes St. N  
Meaford, ON  
N4L 1V7  
519-538-1430  
[bmo.com](http://bmo.com)

**ARENAS**

**Meaford and St. Vincent  
Community Centre**

151 Collingwood, St. W  
Meaford, ON  
N4L 1K5  
519-538-1060 ext. 1415  
[www.meaford.ca](http://www.meaford.ca)

**Euphrasia Memorial  
Community Centre / Rocklyn  
Arena**

156371 7th Line  
Rocklyn, On  
NOC 1G0  
519-538-1650  
[visitgrey.ca-euphrasia](http://visitgrey.ca-euphrasia)



**Population 22,625**

The City of Owen Sound is located on the southern shore of Georgian Bay in a valley below the limestone cliffs of the Niagara Escarpment. It lies at the foot of the Bruce Peninsula, famous for its exceptional geography.

Known as the Scenic City, Owen Sound features an expansive harbour and bay, winding rivers, tree-lined streets, extensive parks and trails and a thriving, historic downtown.

Key natural attractions include Inglis Falls, Harrison Park, Kelso Beach Park and several conservation areas. The Bruce Trail forms a ribbon around the city along the escarpment, connecting waterfalls and revealing a wide array of flora and fauna, including rare ferns.

Once named a Cultural Capital of Canada, the city is home to numerous festivals and events, such as the Summerfolk Music & Crafts Festival, the Salmon Spectacular fishing derby and the Festival of Northern Lights.

Outdoor recreation abounds here. Excellent boating and fishing are available on the



bay. During the winter, residents can access thousands of kilometres of snowmobile trails, cross-country skiing areas, and downhill ski clubs. Hiking and cycling are popular pursuits and there are four golf courses nearby.

The City operates two arenas, numerous soccer and baseball complexes and is served by a modern recreation centre with pools, fitness facilities and more.



Adapted from information at [www.owensound.ca](http://www.owensound.ca)

**FESTIVALS AND EVENTS**

- Festival of Northern Lights
- Hottest Street Sale Under The Sun
- Ribfest
- Owen Sound Canada Day
- Owen Sound Salmon Spectacular
- Summerfolk
- Home & Cottage Expo
- Owen Sound Attack
- TD Harbour Nights Concert Series

For a complete list of Festivals and Events within for Owen Sound visit:  
<https://www.owensound.ca/recreation-culture/events-and-festivals/community-events-calendar/>

**City of Owen Sound**

808 2nd Ave E  
Owen Sound, ON  
N4K 2H4  
519-376-1440  
[serviceowensound@owensound.ca](mailto:serviceowensound@owensound.ca)  
<https://www.owensound.ca/>

**Canada Post Office**

901 3rd Ave E  
Owen Sound, ON  
N4K 2K0  
519-371-5028  
[canadapost.ca/cpc/en/home.page](http://canadapost.ca/cpc/en/home.page)

**Owen Sound North Grey Union Public Library**

824 1st Ave W  
Owen Sound, ON  
N4K 4K4  
(519) 376-6623  
[owensound.library.on.ca](http://owensound.library.on.ca)

**MEDICAL CENTRES**

**Brightshores Health System  
Owen Sound Regional Hospital**

1800 8th St. E  
Owen Sound, ON  
N4K 6M9  
519-376-2121  
[gbhs.on.ca](http://gbhs.on.ca)

**Service Canada**

Heritage Place Shopping Centre  
1350 16th St. E  
Owen Sound, ON  
N4K 6N7  
800-622-6232  
[www.canada.ca](http://www.canada.ca)

**UTILITIES**

**Hydro One**

888-664-9376  
[Hydroone.com](http://Hydroone.com)

**Enbridge Union Gas**

519-376-5484  
888-774-3111  
[www.uniongas.com](http://www.uniongas.com)

**Utilities Collection  
Clerk/Water Bill**

519-376-1440 Ext 1243 or  
[waterbilling@owensound.ca](mailto:waterbilling@owensound.ca)

**SATELLITE & CABLE**

**Bell Canada**

1350 16th St. E  
Owen Sound, ON  
N4K 5N3  
519-372-1999  
[bell.ca](http://bell.ca)

**Xplornet**

1-855-502-7358  
[xplornet.com](http://xplornet.com)

**Grey Bruce Telecom**

270 9th Ave E  
Owen Sound, ON  
N4K 5N6  
519 378-1410  
[gbtel.ca](http://gbtel.ca)

**Rogers**

1350 16th St E Unit E11  
Owen Sound, ON  
N4K 6N7  
519-371-0346  
[rogers.com](http://rogers.com)

**Wightman Telecom**

58 14th Ave  
Hanover, ON  
N4N 3V9  
888-477-2177  
[wightman.ca](http://wightman.ca)

**BANKS**

**Royal Bank**

900 2nd Ave E  
Owen Sound, ON N4K 2H6  
519-376-2570  
[maps.rbcroyalbank.com](http://maps.rbcroyalbank.com)

**TD Bank**

901 2nd Ave E  
Owen Sound, ON  
N4K 5P5  
519-376-6510  
[td.ca](http://td.ca)

**BMO**

1150 16th St. E  
Owen Sound, ON  
N4K 1Z3  
519-376-4130  
[bmo.com](http://bmo.com)

**CIBC**

999 2nd Ave E  
Owen Sound, ON  
N4K 2H5  
519-376-3050  
[cibc.com](http://cibc.com)

**Meridian Credit Union**

1594 16th St. E  
Owen Sound, ON  
N4K 5N3  
519-371-7355  
[meridiancu.ca](http://meridiancu.ca)

**ARENAS**

**Harry Lumley Bayshore  
Community Centre**

1900 3rd Ave E  
Owen Sound, ON  
N4K 2M6  
519-376-3594  
[facilities.owensound.ca/home](http://facilities.owensound.ca/home)

**YMCA of Owen Sound at the  
Julie McArthur Rec Centre**

700 10th St. E  
Owen Sound, ON  
N4K 0C6  
519-376-0484  
[ymcaowensound.on.ca](http://ymcaowensound.on.ca)



**Population: 26,819**

Only 90 minutes from Toronto, Collingwood holds a unique position as a business leader and a recreational gem. Experience big city amenities in a small-town harbour front community.

As one of the top places in Ontario to open and operate a small business, Collingwood boasts a growing population and a thriving business community. Collingwood acts as gateway to the South Georgian Bay region, with stunning landscapes that encourage an active lifestyle and inspire the local arts & culture community.

Collingwood is home to an exceptional primary, secondary and post-secondary education system, as well as integrated healthcare services, recreational facilities and a wide range of shopping choices.

The Port of Collingwood and the larger harbour area are full of activities offering breathtaking views, romantic sunsets, countless places to



explore, boat launch area and charter tours. Spectacular places to sail and windsurf, trails for hiking, remote fishing areas, exciting paddling adventures and more than 60 kms of trails connects to our vibrant downtown from all points on the compass and is making it easier for us to step out and discover.

**FESTIVALS AND EVENTS**

- Collingwood Festival for CANADA
- Sidelaunch Days
- Collingwood Art Crawl
- Rubber Duck Race
- Blue Mountain Village
- Great Northern Exhibition

*For a complete list of Festivals and Events within for Collingwood visit:  
[collingwood.ca/culture-recreation-events/festivals-events](http://collingwood.ca/culture-recreation-events/festivals-events)*



*Adapted from information at [www.collingwood.ca](http://www.collingwood.ca)*

**Town of Collingwood**

P.O Box 157,  
97 Hurontario St.  
Collingwood, ON L9Y 3Z5  
705-445-1030  
Fax 705-445-2448  
[Collingwood.ca](http://Collingwood.ca)

**Canada Post Office**

33 Hurontario St.  
Collingwood, ON L9Y 2L7  
705-445-3271  
[canadapost.ca](http://canadapost.ca)

**Collingwood Public Library**

55 St Marie St.  
Collingwood, ON L9Y 0W6  
705-445-1571  
[www.collingwoodpubliclibrary.ca](http://www.collingwoodpubliclibrary.ca)

**MEDICAL CENTRES**

**Collingwood General and Marine Hospital**

459 Hume St.  
Collingwood, ON L9Y 1W9  
705-445-2550  
[cgmh.on.ca](http://cgmh.on.ca)

**Collingwood Clinic After Hours Medical**

186 Erie St. #100a,  
Collingwood, ON L9Y 4T3  
705-445-9711  
See page 17 for more information on Health Care Options.

**TELEPHONE, INTERNET SATELLITE & CABLE**

**Bell Canada**

122 Hurontario St.  
Collingwood, ON L9Y 2L8  
705-446-2618  
[bell.ca](http://bell.ca)

**Shaw**

855-285-1105  
[shawdirect.ca](http://shawdirect.ca)

**Rogers**

115 First St.  
Collingwood, ON L9Y 1A5  
705-444-2318  
[rogers.com](http://rogers.com)

**Xplornet**

1 855-502-7358  
[xplornet.com](http://xplornet.com)

**UTILITIES**

**Enbridge Gas**

500 Consumers Rd.  
North York, ON M2J 1P8  
877-362-7434  
[enbridgegas.com](http://enbridgegas.com)

**Collingwood Utilities**

97 Hurontario Street  
Collingwood, ON L9Y 3Z5  
705-445-1030  
<https://www.collingwood.ca/governance-engagement/new-resident-information>

**BANKS**

**Bank of Montreal**

25 Huron St.  
Collingwood, ON L9Y 1C5  
705-445-3351  
[bmo.com](http://bmo.com)

**National Bank**

108 Hurontario St.  
Collingwood, ON L9Y 2L8  
705-445-1020  
[nbc.ca](http://nbc.ca)

**Royal Bank**

280 Hurontario St.  
Collingwood, ON L9Y 2M3  
705-446-3000  
[rbcrooyalbank.com](http://rbcrooyalbank.com)

**Scotia Bank**

247 Hurontario St.  
Collingwood, ON L9Y 2M4  
705-445-0580  
705-445-3351  
[scotiabank.com](http://scotiabank.com)

**CIBC**

86 Hurontario St.  
Collingwood, ON L9Y 2L8  
705-445-2780  
[cibc.com](http://cibc.com)

**TD Bank**

104 Hurontario St.  
Collingwood, ON L9Y 2L8  
705-445-4881  
[td.com](http://td.com)

**Meridian Credit Union**

171 Ste Marie St.  
Collingwood, ON L9Y 3K3  
705-445-9200  
[meridiancu.ca](http://meridiancu.ca)

**ARENAS**

**Collingwood Eddie Bush Memorial Arena**

96 Hurontario St.  
Collingwood, ON L9Y 4H5  
705-443-1453  
[www.collingwood.ca](http://www.collingwood.ca)

**Central Park Arena**

85 Paterson St.  
Collingwood, ON L9Y 3N3  
705-443-7803  
[www.collingwood.ca](http://www.collingwood.ca)



Moving to a new area may require you to obtain paperwork or documents. This checklist was created to assist you to keep track of what tasks need to be completed before moving.

- ☐ Contact the Military Family Resource Centre in your new location. Go to <https://cfmws.ca/meaford> to gather local information on the community, schools, medical information, child care and more.
- ☐ Contact the utility company or landlords to advise them of your move.
- ☐ Renew passports for family members; it may be difficult to find references in your new community.
- ☐ Request a copy of medical and immunization records for you and your family members. Inquire about the process of having your records transferred to your new physician.
- ☐ If you have prescriptions, have your family physician renew those prescriptions for at least three months.
- ☐ Keep important documents such as insurance papers, medical records and school records with you during the move.
- ☐ Contact Canada Post to have your mail forwarded to your new address.



## MOVING FROM OUT OF PROVINCE

### ONTARIO HEALTH INSURANCE PLAN (OHIP)

Military family members who move to Ontario are eligible for immediate Ontario health insurance coverage provided they are the spouse or dependant of the Canadian Armed Forces regular member or reservist member currently deployed into active service.

**Call Service Ontario 866-532-3161 or visit: <https://www.ontario.ca/page/apply-ohip-and-get-health-card>**

### DRIVING IN ONTARIO

A newcomer to Ontario who holds a driver's licence from another province or country is required to apply for an Ontario driver's licence within 60 days of taking up residence in the province.

New Ontario residents have 30 days before they have to register their vehicle and get Ontario licence plates and vehicle permits. Please visit [www.ontario.ca/page/replace-drivers-licence](https://www.ontario.ca/page/replace-drivers-licence) for additional detailed instructions or call 800-267-8097.

**Adapted from information <https://www.ontario.ca/page/drivers-licence>**

The Military Family Resource Centre Meaford has an updated list of healthcare practitioners in Collingwood, Markdale, Meaford and Owen Sound who are willing to accept military families. If you or your family require a healthcare practitioner, please contact the MFRC Meaford for more information at **519-538-1371 Ext. 260-6509 or email: [mfrc.meaford@gmail.com](mailto:mfrc.meaford@gmail.com)**.

## HEALTH CARE CONNECT



### Helping you find a family doctor or nurse practitioner

Health Care Connect helps Ontarians who are without a family health care provider (family doctor or nurse practitioner) to find one. People without a family health care provider are referred to a family doctor or a nurse practitioner who is accepting new patients in their community. 800-445-1822 or visit: <https://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner>

*Adapted from [www.centralwesthealthline.ca](http://www.centralwesthealthline.ca)*

## HOSPITALS

### Brightshores Health System - Meaford

229 Nelson Street, West, Meaford, ON  
Phone: 519-538-1311

### Brightshores Health System - Owen Sound

1800 8th Street, East, Owen Sound, ON  
Phone: 519-376-2121

### Collingwood General and Marine Hospital

459 Hume Street, Collingwood, ON  
Phone: 705-445-2550

### Brightshores Health System - Markdale

220 Toronto Street, South, Markdale, ON  
Phone: 519-986-3040

### AFTER HOURS CLINICS WALK-IN ONLY

#### Collingwood After Hours Clinic

186 Erie Street, Suite 100A, Collingwood, ON  
Hours of Operation: Monday to Friday 5pm – 8pm,  
Saturday and Sunday 7am – 1:30pm  
Closed on Statutory Holidays  
<https://southgeorgianbayoht.ca/collingwood-after-hours-clinic/>

### Wasaga Beach Medical Clinic/After Hours Clinic

Nurse Practitioner  
160 Beck Street, Wasaga Beach, ON  
Hours of Operation: Monday, Wednesday and  
Friday evenings 4:30-8:30pm (Registration starts  
at 4:30) Closed all Statutory Holidays  
Once Maximum number of Patients Reached -  
closed for registration  
<https://southgeorgianbayoht.ca/wasaga-beach-medical-clinic/>

### OTHER HEALTH CARE RESOURCES

Public Health - Grey Bruce Health Unit  
Phone: 519-376-9420 / 800-263-3456

### HEALTH811

Connect with a registered nurse day or night for  
free, secure and confidential health advice. Dial: 811  
to be connected or visit:  
<https://health811.ontario.ca/>



Sooner or later, military families face the prospect of moving. Disruptive as moving can be for parents, the experience can be even more unsettling for kids, who may not be a part of the decision to move and might not understand it. Kids can need some time and special attention during the transition. Try these tips to make the process less stressful for everyone.

### INVOLVE THE KIDS

Involving the children in the planning as much as possible will make them feel like participants in the house-hunting process or the search for a new school. This can make the change feel less like it is being forced on them. Provide as much information as you can about the new home, city and province (or country). Access the Internet to learn about the community. Learn where kids can participate in favourite activities. See if a relative, friend or even a real estate agent can take pictures of the new house and new school for your child.

### DISCUSS THE MOVE

No matter what the circumstance, the most important way to prepare kids to move is to talk about it. Try to give them as much information about the move as soon as possible. Answer questions truthfully, and be receptive to both



positive and negative reactions. Even if the move means an improvement in family life, kids don't always understand that and may be focused on the frightening aspects of the change.

### BE POSITIVE

Even if you're not happy about the move, try to maintain a positive attitude about it. During times of transition, a parent's moods and attitudes can greatly affect kids, who may be looking for reassurance.

*Adapted from [www.kidshealth.org/en/parents/move.html](http://www.kidshealth.org/en/parents/move.html)*

## FINDING AND CHOOSING QUALITY CHILD CARE

Choosing Child Care arrangements for your child can be a daunting task. It takes time, planning and patience to find the right caregiver, however, it is worth the effort.

For a one-stop shop visit the Ministry of Education: <https://www.ontario.ca/page/find-and-pay-child-care>. This website provides information to assist you in choosing quality child care for your children, such as:

- Common questions to ask child care providers
- Searching local providers in your community
- Finding resources and support
- Special Needs information

In Grey County: <https://www.grey.ca/resident-services/community-services/early-learning-and-child-care>

In Simcoe County: <https://simcoe.ca/residents/children-services/>



The MFRC has a unique child care program located at the 4th Canadian Division Training Centre Meaford, which bases its program on direction from the Ministry of Education's Guidelines as laid out in "How Does Learning Happen? Ontario's Pedagogy for the Early Years."

Our Child Care Program values the competency, capability, curiosity, uniqueness and rich potential of every child. The Child Care Program offers opportunities to further enhance children's growth and development in all areas. Daily program plans, routines, and activities are created to support physical health and well-being, social and emotional development, communication, language and literacy. Each day incorporates both active indoor and outdoor play, rest and quiet time, giving consideration to the individual needs of each child.

Our approach to learning is established by observing, documenting and planning around the unique interests and abilities of each child

to foster a responsive emerging child care environment. We believe that children learn through play which can be both child initiated and adult supported. Interactions among staff, children and parents are ongoing, positive, supportive and responsive which in turn foster children's exploration, play and inquiry.

The Meaford MFRC Child Care strives to be an inclusive program. Our child care environment will be adapted to support those with unique abilities, who may require need-focused programming to participate in activities, whenever possible. Local community partners will be involved to support children, their families and staff who require this service.

The Meaford MFRC believes that people are our best resource. To this end, continuous learning and professional development are encouraged and supported.



# SCHOOL TRANSITIONS

During a posting transition, it is recommended that contact with a new school be done as early as possible to ensure the school transfer transition runs smoothly. The following is an information list of the schools in the area for your reference.

## OWEN SOUND

**Bluewater District School Board**  
[www.bwdsb.on.ca](http://www.bwdsb.on.ca)

Alexandra Community School (JK-8)  
519-376-6306

Hillcrest Elementary School (JK-8, FR 7-8)  
519-376-1771

Keppel-Sarawak Elementary School (JK-6)  
519-376-1789

École East Ridge Community School (JK-8, FJK-6)  
519-376-2010

Owen Sound District Secondary School (9-12)  
519-376-6050

**Timothy Christian School**  
[www.tcsowensound.com](http://www.tcsowensound.com)

Timothy Christian School (JK-8)  
519-371-9151

**Bruce Grey Catholic District School Board**  
[www.bgcdsb.org](http://www.bgcdsb.org)

Saint Basil's Catholic Elementary School (JK-3)  
519-376-9370

St. Mary's High School (9-12)  
519-376-4278

Notre Dame Catholic School (4-8)  
519-371-0161

**Conseil Scolaire Catholique Providence**  
[www.cscprovidence.ca](http://www.cscprovidence.ca)

Elementary School Catholic Notre-Dame-De-La-Huronie (JK-12)  
705-444-1764

**Georgian College Owen Sound Campus**  
[www.georgiancollege.ca](http://www.georgiancollege.ca)

Georgian College, Owen Sound Campus  
519-376-0840 ext. 2030

## MEAFORD

**Bluewater District School Board**  
[www.bwdsb.on.ca](http://www.bwdsb.on.ca)

Georgian Bay Community School (JK-12)  
519-538-1680

## THORNBURY

**Bluewater District School Board**  
[www.bwdsb.on.ca](http://www.bwdsb.on.ca)

Beaver Valley Community School (JK-8)  
519-599-5991

## COLLINGWOOD

**Simcoe County District School Board**  
[www.scdsb.on.ca](http://www.scdsb.on.ca)

Admiral Elementary School (JK-8)  
705-445-0811

Cameron Street Public School (JK-8)  
705-445-2902

Connaught Public School (JK-8)  
705-445-1241

Mountain View Elementary School (JK-8)  
705-445-1501

Collingwood Collegiate Institute (9-12)  
705-445-3161

**Simcoe Muskoka Catholic District School Board**  
[www.smcdsb.on.ca](http://www.smcdsb.on.ca)

Our Lady of The Bay Catholic High School (9-12)  
705-445-2043

St. Mary's Catholic Elementary School (JK-8)  
705-445-6132

**Pretty River Academy**  
[www.prettyriveracademy.com](http://www.prettyriveracademy.com)

Pretty River Academy (Preschool-12)  
705-444-5376

**Conseil Scolaire de District Catholique**  
[www.cscmonavenir.ca](http://www.cscmonavenir.ca)

Notre-Dame-de-la-Huronie (JK-8)  
705-444-1764

**Georgian College - South Georgian Bay Campus Collingwood**  
[www.georgiancollege.ca](http://www.georgiancollege.ca)

Georgian College, South Georgian Bay Campus  
705-445-2961

# INFORMATION TO PROVIDE TO THE NEW SCHOOL



Providing as much information as possible about your child will help the school plan for your child's needs. If you are moving from outside of Ontario, your child's files will not be transferred automatically and the following documents should be requested before leaving the current school:

- Transcript
- Individual or Special Education Plan
- Any copies of special assessments, including psychological assessments
- Details of any medical diagnoses/needs
- A written description of your child's needs and experiences

## WHEN COMPLETING REGISTRATION AT THE NEW SCHOOL

When completing this process you will need to present the following documentation:

- Proof of Birthdate: original Canadian birth certificate, certificate of Canadian citizenship, Canadian passport, Permanent Resident card/Record of Landing, or Statement of Live Birth, long version
- Proof of residential address: housing papers, government-issued identification/documents with address, utility bill, and copy of a lease or mortgage agreement/statement
- Record of immunization
- Proof of custody (when necessary)

## TIPS TO HELP THE TRANSITION

■ **Include your kids in the process.** Attend the school orientation together and/or arrange for a tour. Older children might appreciate the opportunity to follow their schedule, walking from the bus loop, to their locker, to each class. Also, be sure to point out the bathrooms, cafeteria and auditorium. Younger children might benefit from a few visits to the new school. Most schools will assign a 'buddy' to assist your child during the first few days or weeks.

■ **Future friends are everywhere you look.** Find them. Sign your child up for nearby summer camps and classes, play at the school playground, and visit the local library story time. Young children may need help meeting new friends, but they'll feel less nervous starting a new school if they see some familiar faces in the classroom.

■ **Seek the positive.** Request the school handbook or scour the website for fun facts, photographs and lists of interesting classes, extracurricular activities and sports activities.

■ **Remind your children about other "firsts",** they've experienced in their lives and how well they handled them. Has your child ever started a new camp? Does your child remember his or her first day of kindergarten? Find opportunities to talk about successes they've experienced and the advantages of taking that first step, like meeting a new friend or learning a new skill. This will build confidence and remind them that taking risks can pay off.

*Adapted from <https://www.education.com/magazine/article/10-ways-child-adjust-school/>*



# CHILDREN'S EDUCATION MANAGEMENT

(MANAGED BY MILITARY FAMILY SERVICES)

How can I best prepare my child for school in a new country? Will my child meet the credit requirements for graduation this year? Are there any education allowances to support my child with special needs? For the answers to these questions and more, connect with a guidance counsellor at Children's Education Management.

Children's Education Management, managed by Military Family Services under Canadian Forces Morale and Welfare Services, has been managing the educational needs of children of Canadian Armed Forces families since 1947. The introduction of guidance counselling services is a new initiative to further support the education of children as they move from province to province, or out of country. A Guidance Counsellor and a Distance Learning Coordinator are now on hand to help children transition from one school year to the next, or from one posting to the next. This new counselling service offers families information, insight and advice on educational options available to children. The Guidance Counsellor can assist with the interpretation of one curriculum versus another

and explain credit requirements, deficiencies and equivalents. The Guidance Counsellor can also recommend distance learning courses as a solution in meeting academic requirements and then a Distance Learning Coordinator can provide oversight and assistance.

Children's Education Management programs and services are designed to mitigate potential negative impacts on schooling due to geographical moves. If preparing for a posting out-of-province or out-of-country, assistance in understanding which credits are required and which are transferable is now available and accessible to all military families. The Children's Education Management Guidance Counsellor and the Distance Learning Coordinator can be reached by phone or email. All contact information is posted at: [www.cafconnection.ca/National/Programs-Services/Children-s-Education-Management.aspx](http://www.cafconnection.ca/National/Programs-Services/Children-s-Education-Management.aspx). For more information on education allowances (tutoring, board and lodging, tuition, etc.) available for military families posted out-of-province or out-of-country, visit Children's Education Management at the above website.

## HOME FRONT MEDALLION

The MFRC Meaford is pleased to offer to you the chance to celebrate our Military's children and youth with the Home Front Medallion! Parents can pick up one of the medallions, free of charge, to present it to their child as a way of marking how special and appreciated they are. The medal has the words "Faith, Love, Duty" arched above a Maple Leaf. These words were chosen as it is these three facets of our lives which play so great a role in aiding an individual to live their life to the fullest. Below the Maple Leaf are the words "For Family For Country". These words speak to the child's importance in the family and to our Dominion as a whole. The reverse side is blank so that it may be personalized with an engraving such as tour dates or some other words that would be appropriate. The medallion hangs from a "dog tag" chain.

**BECAUSE KIDS SERVE TOO!**



# VOLUNTEER SERVICES



Volunteering is a great way to develop new skills, gain new friends, share your talents, and make a difference in your community. Volunteering is also a great opportunity to try something diverse and unique.

### Volunteer opportunities include:

- Board of Directors
- Committee Members
- Activity Assistants
- Special Events

For more information contact the MFRC Meaford 519-538-1371 Ext. 260-6509 or email: [mfrf.meaford@gmail.com](mailto:mfrf.meaford@gmail.com).

## SISIP – YOUR FINANCIAL ADVANTAGE

### SERVING THOSE WHO SERVE

In keeping with our mandate and in close collaboration with the Chief of the Defence Staff, SISIP Financial has consistently kept pace with the ebb and flow of the operational tempo. Over 50 years weathering storms, international deployments and even an unprecedented pandemic, so that we can continue Serving those who serve. CAF community members trust SISIP Financial for expert advice and solutions across pensions, investing, insurance, spending, borrowing and more. We have solutions tailored to meet your needs and those of your family at every stage of your military career and beyond. <https://cfmws.ca/insurance-finance/the-sisip-financial-advantage>

## SUPPORT OUR TROOPS

Established in 2007, Support Our Troops meets the unique needs and special challenges faced by members of the Canadian Armed Forces community as a result of military service. It operates within Canadian Forces Morale and Welfare Services.

Stand with Us – Financial Assistance is available to help you and your family cope with challenges arising from your military service. Find relief through programs specifically designed to help soldiers and veterans like you. <https://www.supportourtroops.ca/>



# EMPLOYMENT SUPPORT FOR MILITARY & VETERAN SPOUSES

<https://cfmws.ca/support-services/employment>

Explore employment services customized for spouses/partners of CAF members and spouses/partners of Veterans. Search the online job bank, build your business, take a virtual course, access career advice, and get support for job relocation, including to the U.S. and Europe.

## MILITARY SPOUSAL EMPLOYMENT NETWORK

Are you a Canadian military or Veteran spouse or partner seeking employment opportunities that align with your skills and career aspirations? The MSEN is here to help you connect with opportunities and advance in your career journey.

We understand the unique challenges you face in career transition, development, and employment pursuits, and we are dedicated to connecting you with employers who value your experience and skills. No matter your career history, goals, or geographical location, the MSEN offers you the tools, autonomy, and flexibility to help you reach your professional potential and open doors to career opportunities where you can truly succeed.

## CAREERCOACH+

CareerCOACH+ provides virtual and confidential career coaching, connecting military spouses/partners directly to a professional career coach for tailored support with career transition, development, and employment pursuits.

Take advantage of personalized, individual career coaching along with digital resources and tools focused on the most significant areas of transitioning and developing your career in a new market or location.

Designed for military spouses/partners to assist with the disruption that can come with relocations, deployments and other aspects of military family lifestyle.

Participants will also gain access to a digital learning lab, a wealth of resources and tools, for self-paced learning opportunities.

## ONLINE JOB SEARCH ENGINES

- **Workopolis** – One of Canada's most popular job sites
- **Eluta** – The official search engine of Canada's Top 100 Employers
- **Monster** – A global job search engine
- **Job Bank** – The Government of Canada's database of jobs and labour market information
- **LinkedIn Jobs** – Customize your job search and alerts on this social media platform
- **Indeed** – The world's #1 job site
- **Wow Jobs** – Search over 250,000 jobs
- **Jobs.gc.ca** – Official job bank for the federal public service
- **Charity Village** – A specialized job board for Canada's non-profit sector

