

Marathon Crossroads

Courtesy of: Marathon Area Action Centre 2010



EMPLOYMENT
EMPLOYMENT



If you

- ... are unemployed or laid off
- ... need a job
- ... want to work in the trades
- ... are looking for education and training information
- ... want to hire

NEW can help!!

Job Seekers

Out of school?
Out of work?
Need help finding a job?
NEW can help!

Information & Referral Services

The Community Employment Resource Center is available to all job seekers.

Employers

Let NEW help make the hiring process easier!

Job Bank

Find out who's hiring now!

Marathon Main Office

Hours: Monday to Friday
8:30 am to 4:30 pm
Thursdays
8:30 am to 6:00 pm

Tel: (807) 229-3223

Fax: (807) 229-3084

Location: 52 Peninsula Rd.,
North Block, Suite 111
Marathon, ON

Mail: Employment Services
Confederation College
P.O. Box 100
52 Peninsula Rd.,
North Block, Suite 111
Marathon, ON P0T 2E0



EMPLOYMENT SUPPORT AND TRAINING SERVICES

78 Pic River Road
Box 193
Pic River First Nation, ON
P0T 1R0
Tel #: (807) 229-1749 ext: 60
Fax #: (807) 229-1944

Services Offered:

Resume Writing
Cover Letters
Business Plan Development
General Business Counseling
Personal Job Search Assistance

EDUCATION
EDUCATION

ELEMENTARY

Ecole Val des Bois
23 Penn Lake Road
807-229-2000

Holy Saviour Separate School
23 Penn Lake Road
807-229-1121

Margaret Twomey Public School
21 Chisholm Trail
807-229-3050

Pic River Elementary
21 Rabbit Drive
807-229-0630

Pic Moberg Day School
Moberg
807-822-2011

SECONDARY

Ecole secondaire Cite-Superior
14 Hemlo Drive
807-229-0557

Marathon High School
14 Hemlo Drive
807-229-1800

Pic River Private High School
Heron Bay
807-229-2120

POST SECONDARY

Confederation College Marathon Campus
14 Hemlo Drive
P.O. Box 520
807-229-2464
Bob Hancherow – Program Manager
bhancher@confederationc.on.ca



Contact North / *Contact Nord*

MARATHON

Contact North/*Contact Nord*

14, promenade Hemlo Drive

P.O. Box / C.P. 1899

Marathon ON P0T 2E0

Tel.: (807) 229-2790

Fax.: (807) 229-2791

e-mail: marathon@contactnorth.ca

Pauline (Pinky) McRae – Site Coordinator

Seats: 15-20 at tables/aux tables; 30-40 on chairs/siégés



Marathon Daycare
21 Chisholm Trail
Marathon ON

Provide child care to children aged
1-1/2 years to 10 years.

Phone: (807) 229-3031
Hours of Operation:
Monday to Friday 7:30 a.m. - 6:00 p.m.

MARATHON PUBLIC LIBRARY

Marathon residents are able to access information and recreational services at the Marathon Public Library. A wide range of materials are supported through the implementation of an inter-library loan service, Internet capabilities, video and audio tape loans, photocopying and fax services, as well as study and meeting rooms.

Hours

Monday, Tuesday	10 a.m. to 5 p.m.
Wednesday	1 p.m. to 5 p.m.
Thursday	10 a.m. to 7 p.m.
Friday	10 a.m. to 5 p.m.
Saturday	10 a.m. to 2 p.m.
Sunday	Closed

Workshops

Contact the Library to sign up for the following programs:

- Children's after school knitting
- Adult book club
- Dear Canada book club for children age 9 - 14
- CAP program (computer training for any age group)

Contact

Tamara Needham
Librarian/CEO
PO Box 400
22 Peninsula Road
Marathon, ON P0T 2E0
Phone: (807) 229-0740
Fax: (807) 229-3336
E-mail: tneedham@tbaytel.net



CHILDREN & FAMILY LEARNING CENTRE

Pic River Children & Family Learning Centre

10 Lynx Rd.

P.O. Box 156

Pic River First Nation, ON

P0T 1R0

Tel #: (807) 229-0198

Fax #: (807) 229-1944

The Pic River Children & Family Learning Centre is open:
Monday to Friday 8:00 a.m. to 4:45 p.m.

The 8:00 a.m. to 4:45 p.m. time is only for parents who are working until 4:30 p.m. and/or parents who attend Marathon High School – and do not get back to Pic River until 4:30 p.m.

Parents who are enrolled at the Pic River Private High School, taking courses through Home Study or correspondence may bring their child to the centre at 9:00 a.m. and their child must be picked up by 3:30 p.m.

Parents, who are working less than 7 hours per day, must pick up their child by 3:30 p.m. Parents who have a space for their child based on the parent attending school must be in attendance daily. Parents who violate this policy will be given two written warnings. A third violation will result in setting up a meeting with the supervisor, and/or the Parent Advisory Committee, and your child may be discharged.

Program Description

The Pic River Children and Family Learning Centre Program is operated by the Ojibways of the Pic River First Nation.

The Pic River Children and Family Learning Centre Program is licensed for 44 children. Our license capacity of the Pic River Children and Family Learning Centre is as follows:

Infants - 3,

Toddlers – 10

Preschool - 15 children,

School age -16 children

Under our license we are allowed a 20% mix so that we can have more or less of any group and we can provide care for school aged children. We accept children from four months to twelve years. From September to June, priority is given to children SK age and under.

HEALTH
HEALTH



Wilson Memorial General Hospital provides a number of services to their clients. Services range from Meals on Wheels to Chemotherapy, Telehealth and Physiotherapy. They also have an on-site dietician and diabetes educator, part-time, and foot specialist.

Services Offered:

- Chemotherapy
- Colonoscopy Surgery
- Diabetes Education
- Dietician / Nutrition
- Eye Specialist
- Auxiliary Gift Shop
- Foot Orthotics
- Foot Specialist
- Meals on Wheels
- Rehabilitation
- Telehealth
- Community Programs Services

26 Peninsula Road, Bag 'W'
Marathon, Ontario P0T 2E0
Telephone: (807) 229-1740
Fax: (807) 229-1721
E-mail: wilson@wmgh.net
www.wilson@wmgh.net



Marathon Family Health Team

Marathon Family Health Team
22 Peninsula Road, P.O. Box 399
Marathon, Ontario P0T 2E0
Phone: (807) 229-3243
Fax: (807) 229-2672
<http://mfht.org/>

Clinic Hours:

Monday: 9:00 a.m. to 5:00 p.m.
Tuesday: 9:00a.m. to 5:00 p.m.
Wednesday: 1:00 p.m. to 5:00 p.m.
Thursday: 9:00 a.m. to 5:00 p.m.
Friday: 9:00 a.m. to 5:00 p.m.

Programs and Services

- Annual Physicals
- Routine Prenatal care
- Well Baby Exams
- Immunizations
- Diabetes Education and Management Program
- Congestive Heart Failure Program
- Well Woman Program
- Hypertension Screening Program
- Asthma program
- Smoking Cessation Program
- Blood Pressure Monitoring and Education
- Influenza Preventative Education and Immunization
- Ontario Telemedicine Network Appointments



Giving Seniors a Lift to Healthy Living!

Seniors' Services Van
serving Marathon residents



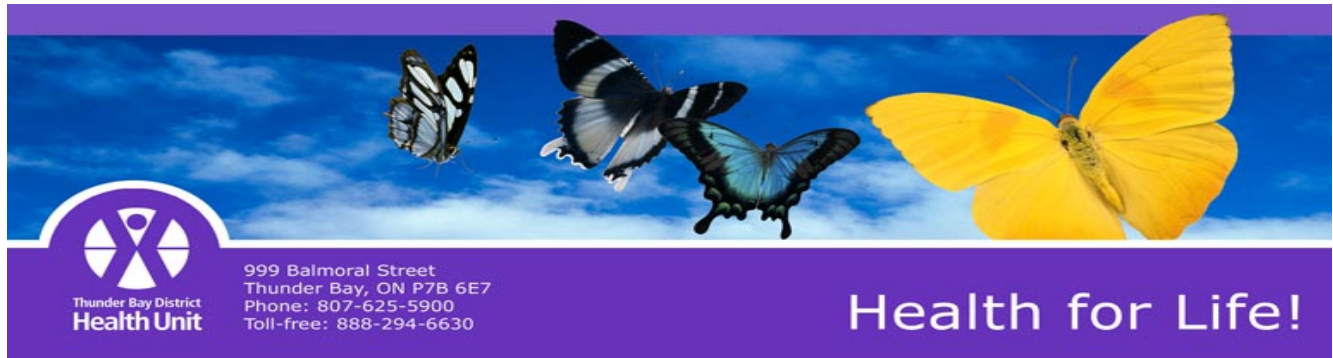
Call 229-1740
Ext. 278
to arrange a ride



Providing seniors with transportation to
medical appointments, health related
appointments, and wellness programs .



Wilson
Memorial
General
Hospital



Marathon Office

24 Peninsula Road (807) 229-1820

www.tbdhu.com

The Thunder Bay District Health Unit is one of 36 Public Health Units operating in the Province of Ontario, Canada. We are a non-profit agency funded jointly by the provincial government and the municipalities we serve.

In response to the health needs of the community, we: provide health information and prevention-related clinical services to people of all ages; advocate for healthy public policy; protect you by investigating reportable diseases; uphold regulations that apply to public health.



The Marathon Sick Children's Fund was established in 1989 to assist families in Marathon and district with travel costs associated with obtaining medical care for their sick children.

Our mandate is to assist the families of sick children in Marathon and District, who are experiencing financial hardship due to travel costs, to secure medical treatment. The contact person for assistance or information is Jennifer Lake - 229-3260 (jen.lake@marathonsickkids.org) or Don McKay -229-0199 (don.mackay@marathonsickkids.org)

APPLY ONLINE

Before you start your application there are a few things that you are going to need. Use the checklist below to make sure you have all this information.

- Valid email address
- Total annual family income
- Date of child's appointment
- Location of child's appointment

Have everything? Great!

<http://marathonsickkids.org/application>



Pic Mobert First Nation Health Centre

Pic Mobert staff is available during office hours to assist community members with healthcare or healthcare related problems. During the day to day operations of the Health Center, a variety of services are coordinated and implemented.

Services Provided:

- Health Promotion & Prevention events and Programs
- Minor Treatment
- Physician Clinics
- Dietician Clinics
- Diabetes Educator Clinics
- Processing of Non-Insured Health Services Claims
- Health Related Travel/Accommodation Arrangement
- Medical Transportation

Hours of Operation:

Monday to Friday 8:30 a.m. to 4:30 p.m.

Contact:

Pic Mobert First Nation Health Centre

PO Box 687

Mobert, Ontario

P0M 2J0

Telephone: (807) 822-2625

Fax: (807) 822-1315

E-mail: clinic@picmobert.ca



The Pic River Health Centre

The Pic River Health Centre works in conjunction with other programs within the community such as Recreation, Social Services, Family Support & Personal Support Worker Program. The focus is mainly on health promotion and prevention strategies with minor treatment also provided.

Pic River Health Centre
PO Box 215
Heron Bay, Ontario
P0T 1R0
Telephone: (807) 229-1836
Fax: (807) 229-3367

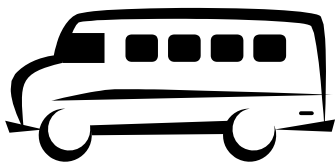
Hours of Operation:
Monday to Friday 8:30 a.m. 4:30 p.m.

Medical Transportation Program

The Pic River First Nation Health Centre provides a local Medical Transportation Program to its community members. This transportation program runs 24 hours a day, 365 days a year, and provides transportation to those in need, to medical appointments in the local area. Transportation is provided to medical appointments at the local medical clinic, hospital, lab, physiotherapy, dentist, optometrist, and to the local bus depot for out of town appointments.

The service is provided by way of a wheelchair accessible medical van, with one full time driver & two on-call drivers employed.

To arrange transportation call 229-6320.



Seniors' Services Van Client Information

*Wilson Memorial General Hospital is pleased to provide accessible transportation services for Seniors age 55 and older and for residents who require accessible transportation.
We service the Town of Marathon*

Service

The Seniors' Services Van offers transportation services for eligible seniors and persons who require accessible transportation to attend medical appointments, health related appointments and wellness programs.

Eligibility

If you are a **Senior age 55+ or an individual who requires accessible transportation**, you are eligible for the service and can register. You can register by calling the Community Programs Manager at 229-1740 Ext 278.

<u>Fee</u>	One way trip	\$2.50
	Return trip	\$5.00

Payment

Clients can purchase a \$10.00 or a \$20.00 van transportation pass at the reception desk of Wilson Memorial General Hospital. These passes offer free trips and a convenient way to pay.

Hours of Service

The Seniors' Services Van is available for transportation on Monday, Tuesday and Thursday from 9:30 a.m. to 12:00 noon and from 1:00 p.m. to 3:30 p.m.

Booking the Van

Clients are encouraged to book their ride at least 2 working days in advance of their appointment. Call 229-1740 Ext 278

**Register Now and Receive
Your First 3 Trips Free
Call 229-1740 Ext. 278
to arrange a ride**

Ontario Health Insurance Plan (OHIP)

A resident of Ontario must have a health card to show that he or she is entitled to health care services paid for by OHIP. The Ministry of Health and Long-Term Care pays for a wide range of services, however, it does not pay for services that are not medically necessary, such as cosmetic surgery.

Most of your Ontario health benefits are covered across Canada. The province or territory you are visiting will usually bill the Ontario Ministry of Health and Long-Term Care directly for hospital and physician services. In Quebec, you may have to pay for physician services and then submit your receipt to your local ministry office for payment.

Telehealth Ontario

Free Access to a Registered Nurse — 24 Hours a day, 7 days a Week.

Now help is close at hand. You do not need to provide your health insurance number and all information is confidential. It doesn't hurt to call.

1-866-797-0000 TTY : 1-866-797-0007

What is Telehealth Ontario?

Telehealth Ontario is a free, confidential telephone service you can call to get health advice or general health information from a Registered Nurse. This means quick, easy access to a qualified health professional, who can assess your symptoms and help you decide your best first step. They can help you decide whether to care for yourself, make an appointment with your doctor, go to a clinic, contact a community service or go to a hospital emergency room.

Biidaaban Healing Lodge

The Biidaaban Healing Lodge is a 12 unit facility that provides the Aboriginal population in the Robinson-Superior Area with Residential and community-based Programming. We are located in the Ojibways of Pic River First Nation on the shores of Lake Superior. Pic River is approximately a three hour drive east of Thunder Bay and three and one-half hour drive west of Sault Ste. Marie on Hwy 17.

Programs:

Anger Management Program

Grief and Abandonment

Sexual Abuse Program

Contact:

Biidaaban Healing Lodge
P.O. Box 219
Heron Bay, Ontario,
P0T-1R0

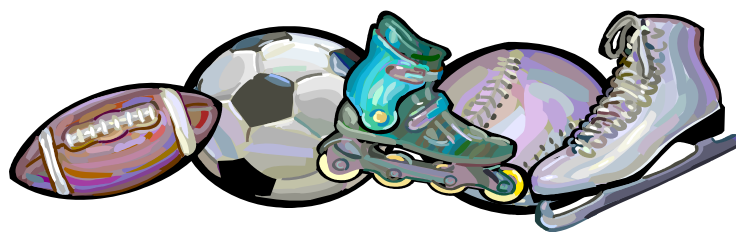
Contact Numbers

(807) 229-3592 Phone

(807) 229-0308 Fax

1 (888) 432-7102 Toll Free

RECREATION
RECREATION



GROUP	CONTACT	PHONE	EMAIL / WEBSITE
Air Cadets	Bill McCutcheon	229-1664	
Badminton Club	Elli Orrantia	229-1777	
Brownies & Girl Guides	Theresa Courchene	229-0968	
Cross Country Ski Club	Joe McGill	229-0821 229-1392	
Cubs, Beavers & Scouts	Jim Brown	229-2927	
Curling Club	Mike Caruk	229-8436	
Girl's Hockey	Pinky McRae	229-3417	
Gymnastics Club	Monique Currie	229-1166	
Judo Club	David Bott	229-3580	
Junior's Golf Club	Peninsula Golf Course	229-1392	
Kuk Sool Won (Martial Arts)			
Ladies Darts Club			
Ladies Golf Club	Rikki Lee Leger	229-8352	
Marathon Figure Skating Club	Tara Patterson	229-9359	www.mfsc.ca
Marathon Minor Baseball	Glen Meinecke	229-0181	marathonminorbaseball@hotmail.com
Marathon Rod & Gun Club	Linda Clark	229-1036	
Marathon Special Olympics	Cheryl Dupere	229-2801	
Men's Golf Club	Dan Atkinson	229-2281	
Minor Hockey	Rob Joy	229-7256	president_mmh@hotmail.com
Oldtimer's Hockey	Mitch Donaldson	229-0514	
Peninsula Golf Course	Daryl Skworchinski	229-1340 ext.2228	edo@marathon.ca
Silver Pikes Swim Club	Karen Loftus	229-3265	
Slow Pitch	Melissa Billings	229-8342	
Sno-Kickers	Dan Major	229-0509	www.sno-kickers.com
Triathlon Club	Joe McGill	229-0821	
Ultimate Frisbee	Jon Hamilton	229-1584	
WHIMPS Hockey	Barb or Ray Lake	229-1402	
Youth Soccer			



Canadian Tire Jumpstart Program

Strong communities include strong kids. We believe all kids should have the chance to run, skate, play, and grow. Canadian Tire Jumpstart® is a community-based charitable program that helps kids aged 4-18 participate in organized sports and recreation such as hockey, dance, soccer and swimming, so they can develop important life skills, self esteem and confidence.

National in scope but local in focus, Canadian Tire Jumpstart® delivers support to children in financial need through a Canadian-wide network of local chapters. These chapters are made up of a variety of community leaders committed to helping kids get active, such as Big Brothers and Big Sisters Canada, YMCA, and Parks and Recreation.

These community partners are joined by Canadian Tire Dealers and Petroleum Agents, and together the chapters identify children in financial need who would benefit from the program.

To date, there are 279 Canadian Tire Jumpstart® chapters in communities across the country. Since its launch in February 2005, Canadian Tire Jumpstart® has helped give more than 176,546 kids in financial need the chance to play.

SOCIAL SERVICES



Kinna-aweya Legal Clinic

Marathon and Area

#109 – 52 Peninsula Square

P.O. Box 658

Marathon, ON P0T 2E0

Phone: (807) 229-2290

Fax: (807) 229-0486

Toll Free: 1-866-389-1477

The main areas of law that we deal with are:

Ontario Works (welfare) problems

Refusal or cancellation of benefits

Overpayments

Information and advice

Disability pensions (CPP) and programs (ODSP)

Tenants' Rights

Eviction

General information

Employment Insurance

The Thunder Bay office mainly focuses on income maintenance issues and housing issues, while the branch offices are able to handle a more varied spectrum of service, such as employment rights, human rights complaints, delayed registrations of birth, income tax, criminal injuries compensation, small claims court matters, and complicated registrations under the **Indian Act**. Legal staff are also involved in community legal education, community development and law reform in appropriate areas of law.



Mental Illness Support Network (MISN)

The MISN is a community outreach group in Northwestern Ontario committed to improving the quality of life of people who experience the stigma, stereotyping and prejudices associated with mental illness. MISN provides outreach and support to consumers and their families through workshops and seminars, hospital and home visits, peer and group support, advocacy, referrals, public education and research.

MISN Services:

- Provide assistance with human and resource materials for new and existing support groups
- Provide public information and education about mental illness
- Provide information and education about the needs of consumer/survivors and their families
- Network with agencies, professionals, community members and the public on behalf of consumer/survivors
- Research and resource current information about mental health, self-help, and advocacy
- Provide referrals

The MISN is available to anyone who has experienced a mental health problem and their significant others. Anyone who is interested in learning more about the nature of mental illness is also encouraged to contact the MISN contact in their community.

Marathon

Cindy Clark

PO Box 930

52 Peninsula Road

Marathon, ON P0T 2E0

(807) 229-0357

misnmarathon@shaw.ca




If you are a Victim of Crime or Tragic Circumstance, We Can Help!
Tel.: **807.229.8877** / Evenings & Weekends: **807.228.0345**

Superior North Victim Services is a non-profit charitable agency that works with other emergency service organizations to provide 24-hour emotional support and practical assistance to victims of crime and tragic circumstances in the communities of Marathon, Manitouwadge & Ojibways of the Pic River First Nation.

Office Hours: 9:00 a.m. - 5:00 p.m.
Monday through Friday
Telephone: (807) 229-8877
E-mail: info@snvs.ca
Web: www.snvs.ca

Integrated Services for Northern Children

Description & Services

Description	Children and youth living in rural and remote areas across northern Ontario can get access to a range of health, mental health and education services, a single point of access Services include: <ul style="list-style-type: none">• Speech Therapy• Physiotherapy• Occupational Therapy• Psychometry (extra-sensory perception)• Psychology• Special Needs Assessment• Teacher Diagnostician (Educational/Academic Assessment)
Hours	Mon-Fri 8:30 a.m.-5:00 p.m.
Boundaries	Within Thunder Bay District and surrounding communities including Heron Bay
Eligibility	Ages: 21 year(s) and under Individuals must reside in a rural district
Fees	None
Languages	English
Contact Information	
Located In Community	Marathon
Accessibility	Fully Accessible - 
Mailing Address	Box 849 Marathon, ON P0T 2E0
Office Phone	807-229-0607
Fax	807-229-3040
Website	www.isnc.org

Transition Houses and Shelters for Abused Women in Canada

Toll Free: 1-800-267-1291

Toll Free TTY: 1-800-561-5643

Mental Health Information Services Ontario

Mental Health Service Information Ontario (MHSIO) is a province-wide information and referral service providing Ontarians with round-the-clock access to information about mental health services and supports across the province. Service is provided in over 140 languages to consumers, families, service providers and others seeking information about mental health resources.

<http://www.mhsio.on.ca/>

Toll Free: 1-866-531-2600

Thunder Bay Crisis Response Service

Crisis: (807) 346-8282

Toll-free: 1-888-269-3100

Kids Help Phone

Their mission is to improve the well-being of Canadian children and youth by providing their anonymous and confidential professional counseling, referrals, and information through technologically-based communications media. Last year, we helped Canadian kids in need well over two million times through our phone and online counseling services.

<http://org.kidshelpphone.ca>

Toll Free: 1-800-668-6868

Superior Greenstone Association for Community Living

Contact: Tammy Brown

North Shore Office

P.O. Box 478 Red Rock, ON P0T 2P0

Telephone: 1-807-886-2801

Fax: 1-807-886-2276

tammybrown@bellnet.ca

Assaulted Women's Helpline

The Helpline is available across Ontario to women who are experiencing violence. Learn about services in your community. All calls are anonymous. Support is available in 154 languages.

<http://www.awhl.org>

Toll Free: 1-866-863-0511

Toll Free TTY: 1-866-863-7868

Shelternet

Shelternet is Canada's first and only national online resource and support network for abused women and their children. Since its inception ten years ago, the organization has helped thousands of women across the countries who are victims of domestic violence.

<http://www.shelternet.ca>

Legal Aid Ontario

Legal Aid provides good quality legal services for people who can't afford a lawyer. Their site provides lots of information on law and their services.

<http://www.legalaid.on.ca>

Toll Free: 1-800-668-8258

North West Community Care Access Centre

A non-profit organization that helps people obtain health care and social services in their homes, their community and in Long Term Care Homes. It is funded by the Ontario Ministry of Health and Long-Term Care and Provides the public with information and referrals regarding the CCAC's services, Long-Term Care Homes and other health-related organizations and social services available to them; assess needs and arrange for health and personal support services in their homes, manage all admissions to Long-Term Care Homes; and authorize and arrange health services for children at home or at school.

North West Community Care Access Centre (Marathon)

Kathy Weller, RN, Community Care Coordinator

Toll Free: 1-866-449-3313 Ext: 3001

Phone: (807) 229-8627

Cell: (807) 228-0203

Fax: (807) 229-8628

Kathy.Weller@nw.ccac-ont.ca

<http://www.nw.ccac-ont.ca>

ADULT PROTECTIVE SERVICE WORKER PROGRAM

For Individuals with Developmental Disabilities

The Objective The fundamental objective of this program is to support adults with a developmental disability who are living on their own to live as independently, as Safely and securely as possible in the community.

Guiding Principles The A.P.S.W. Program is based on the over-arching principle that adults who have a developmental disability are people first, and focuses on independence, dignity, and self-reliance.

Five underlying service principles also support the work of the A.P.S.W. Program:
Citizenship, Fairness & Equity, Accessibility,
Safety & Security, Accountability

Assistance is provided in the following areas:

Advocacy To advocate on the individuals behalf to help them access and maintain mainstream community supports and government-funded services and to help them live safely and securely in the community.

Case Management To provide support through assessing, planning, implementing, coordinating, monitoring, and evaluating the options and services required to meet the clients service needs.

Instrumental Counseling To provide financial instructions and temporary trusteeships for the purpose of enhancing the individual's ability to manage his/her own financial resources.

Medical-Dental-Legal Support To assist with coordination, referrals, support and advocacy for medical, dental and legal issues to ensure that appropriate services are received in these areas when necessary.

The relationship between the Adult Protective Service Worker and the person who has a developmental disability is voluntary, which means that the person is not compelled to accept the services of the A.P.S.W. program.

Leslie Souckey – Adult Protective Service Worker

52 Peninsula Road, Suite 115 (South Block)

P.O. Box 1379

Marathon, ON P0T 2E0

Phone: (807) 229-9809

E-mail: leslies@lccctbay.org

Catchment area: Heron Bay, Marathon, Mobert, Manitouwadge, Pic River First Nation



Ontario Addiction Treatment Centres

The country's largest network of methadone clinics

Methadone Maintenance Treatment Programs (MMTP) has long be heralded as the most successful means of treating opiate addiction. It is appropriate for individuals dependent on opiates such as heroin, methadone, Percocet, Oxycontin, opium, morphine, Dilaudid, codeine, Demerol, Fentanyl, etc.

Since its inception, the clinics run by the Ontario Addiction Treatment Centres have treated over 10,000 clients, and have become one of the most well known MMTP in North America. Currently, we are treating one third of the entire patient population in Ontario consuming methadone. We are dedicated to optimizing methadone maintenance therapy and seek to work closely with our patients, community partners, the College of Physicians and Surgeons of Ontario and the Ministry of Health and Long Term Care for the many years to come.

Pic Mobert

101 11th Street, Pic Mobert Reserve North
Dilico Building, Mobert, Ontario
POM 2J0

Telephone: (807) 822-1100

Fax: (807) 822-1107

Office Hours:

Mon-Fri: 8:30 a.m. - 12:15 p.m.

Sat/Sun: 9:00 a.m.- 11:45 a.m.



Provides short-term sheltered and caring environment for women and their children who are victims of violence in their intimate relationships. Marjorie House may also provide services to women at risk who are in need of a safe and secure environment.

You are not alone...Help is available

Crisis Line: (807) 229-2222

Toll free: 1-800-465-3307

Schreiber Transitional Housing and Support: (807) 824-3380

Manitouwadge Transitional Housing and Support: (807) 826-4224

ADMINISTRATION

Telephone: (807) 229-2223

Fax: (807) 229-2282

P.O. Box 869

Marathon, Ontario

P0T 2E0

Visit our website at: www.marjoriehouse.ca
or send us an email at: info@marjoriehouse.ca



The Children's Aid Society of the District of Thunder Bay

The Children's Aid Society has proudly worked in collaboration with our community to protect children from harm since 1908.

An important part of our work is educating our community about child maltreatment and its prevention, and the work we do throughout the District of Thunder Bay.

For referrals or concerns about children, please phone them immediately.

Likewise, if you have any questions or comments about the agency or service areas, please contact the local office.

Marathon District Office:
52 Peninsula Road
PO Box 340
Marathon, ON P0T 2E0
Phone: (807) 229-0580
Toll Free: 1-800-465-3905
Fax: (807) 229-0593
www.thunderbaycas.ca



RELOCATION
RELOCATION
GUIDE

CHECKLIST FOR MOVING

Is moving for you?

If at all possible, visit the new location first.

List and weigh the advantages and disadvantages of a move.

Discuss possible move with your children

Make your decision.

Start a Move Notebook

- Things to do in this house
- People to notify here
- Services to stop here
- Things to look for in the new location
- Things to do when moved and bored
- Services to start in new location
- Address –change notifications
- Things to leave here
- List for new owner
- Things to keep with you during the move
- Miscellaneous things to do
- Tax reminders

Have all records (medical, dental, school, etc.) transferred or have them to take yourself

Automobile Insurance

(Compulsory everywhere in Canada)

Check what rules and policies are in place, such as minimum coverage levels, no-fault laws, etc.

Check if your insurance is transferable.

Cancel your existing insurance and repurchase if your new Province has government insurance.

Request a refund as soon as your new policy is established.

Vehicle Registration

A perfectly functioning vehicle registered in one province may not pass the vehicle inspection in another! Not all provinces have mandatory vehicle inspections but check it out. If you have an older vehicle and think it might not pass an inspection, you may be better off selling it before you move.

Check if the province you are moving to has mandatory vehicle inspections before you register your vehicle. Inspections must be performed by a certified mechanic registered with the provincial government. Most registration offices would have a list of acceptable mechanics.

You have about 30 days to register your vehicle in most provinces. Bring proof of ownership, valid insurance forms, driver's license and other I.D.

Make sure you get your refund for remaining time on your plates. You would get a refund if you have 1 month or more remaining, minus administration fees (which may consume 2 or 3 months of refund Check it out).



Getting a Local Driver's License

Most provinces and territories give you at least thirty (30) days to exchange your driver's license. Some allow up to ninety (90) days or even six (6) months, but it is wiser to get your new license as soon as possible. Canadians have a country-wide agreement to accept and exchange each other's Class G or Class 5 licenses. Class G is fine for driving a standard vehicle, RV, or towing a trailer but may not be valid for driving a rented moving van (depending on the weight and number of axles). Each province has slightly different regulations on the type and size of vehicle that you can legally drive with a Class G.

If you are driving a moving van to your new province, check with the rental company to make sure that your driver's license will be valid to operate the vehicle in all Provinces you will be driving through.

Make sure the rental company agrees to take responsibility for any complications that come up from these different regulations.

You cannot escape demerit points and suspended licenses - all provinces and territories keep track of past traffic violations through inter-provincial record exchange. When you turn in your old license, it is sent back to the issuing Province and an abstract or driving history is sent to the new province that will be issuing you your license. The new province will then calculate the number of demerit points it will assign for past infractions or offences. The total number of demerit points you can accumulate before your license is revoked or suspended varies between provinces. Criminal Code convictions always stay on your driving record. No province or territory will issue you a driver's license if your previous license is under suspension for an accumulation of demerit points or for a criminal offense.

Renting

The maximum amount that you can be asked to pay for a Security or Damage deposit varies from province to province. All provinces control how often a landlord can increase the rent. If the rental agreement in your new province or territory seems odd or different from what you are accustomed to, check with appropriate authorities to avoid disagreements or paying charges which are not legal. If you have a problem you can seek assistance from an Office of the Rentalsman, the Residential Tenancies Tribunal or an equivalent provincial or territorial agency.

It is a good idea to bring your official records of your utility and phone bills to establish new accounts - it may be helpful in avoiding large security deposits.



Buying a Home

Arranging for your mortgage, choosing a Real Estate Agent and negotiating the deal will not vary significantly with different provincial and territorial government regulations or policies. Other things will be different, and may affect the time it takes to close a deal and the total cost of the property.

Make a list of what you want in an area and house.

Begin a search via Realtor's listing sheets, newspapers, or the internet

Get available information from Chamber of Commerce or internet.

Ask how the type of land registry will affect the purchase price of your home and what the legal fees will be.

Make sure you are aware of the land transfer tax or property purchase tax rates in your new home, province or territory.



Health Care

Something most Canadians hold dear - universal health care is, oddly enough, not universal at all! The Canada Health Act sets out basic guiding principles on how health care services should be delivered. Insuring “medically necessary” hospital and physician services is basically the same but from east to west there are differences in the administration of health and care and more importantly, the funding of additional medical services.

Examine the differences between what is covered in the province you are leaving and what will be covered in your new province. It may be best for you to take advantage of some medical services before you go or to wait until you qualify for coverage in your new province. Register for health insurance soon after you arrive in your new province. You will be covered by your previous province until the first day of the third month (i.e. you arrive 15th of June your new health coverage will take effect the 1st of September).If you are moving ahead of your spouse, you will not be eligible for health coverage until he/she arrives.(Check with the Ministry of Health to make sure this policy has not changed).

Make special arrangements to ensure continuity of health care coverage, if you will be living in another province for less than six (6) months.

Consider buying travel health insurance. None of the provinces will pay for or subsidize the cost of ambulance transportation if you are injured outside of your home province.

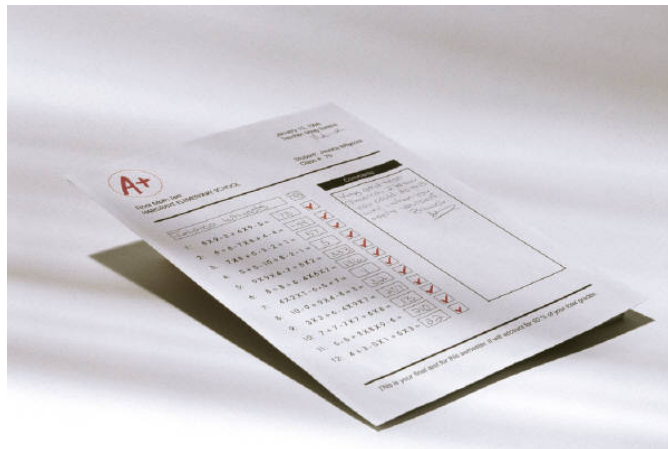
If you are an out-of-province student, you will not be eligible for coverage in the province where you attend school. Notify your home province of your student status to maintain coverage.

Education

Not all provinces have the same credit requirements; in some provinces you have to pay for Kindergarten. Check if the requirements and standards are the same in the province you are moving to.

Make sure you have all school transcripts and report cards from here to take to the school in your new province.

What may have applied in one province with regard to getting married, living common law, divorcing, obtaining day care or dying without a will, may not apply in your new province or territory. In order to protect your interests, assets and your family, make sure you have done your research.





<http://www.community.gov.yk.ca/>

Community Services Phone Directory

For general inquiries, please contact:

Community Services
Government of Yukon
Box 2703
Whitehorse, Yukon
Canada Y1A 2C6

Phone: **(867) 667-5811** or **(867) 667-5812**

Toll free (In Yukon): **1-800-661-0408**

TTY/TDD: **(867) 393-7460**

↪ On the left hand side of your screen, click **'Browse all Services'**

↪ From here you will find a wide variety of information that you may require and/or like to read if you are planning on relocating to the Yukon.

↪ **Business**

↪ **Categories**

↪ **Departments and Corporations**

↪ **Life Events**

↪ **People**



Island Information Service
P.O. Box 2000
Charlottetown, PE
Canada C1A 7N8
(902) 368-4000
island@gov.pe.ca

For toll-free tourism information, phone
1-800-463-4PEI.

↪ **On the left hand side of the computer screen click on 'LIVE IN PEI'**
Here you will find information about living in PEI. Read through this information.
Scroll back up to the top of this page.

- ↪ **On the left hand side of the page click on "MOVING TO PEI"**
- | | |
|--|-------------------------|
| ↪ All about PEI | ↪ Apartment Rentals |
| ↪ Banks and Credit Unions | ↪ Building on PEI |
| ↪ Business | ↪ Buying Land on PEI |
| ↪ Change of Address | ↪ Classified ads |
| ↪ Churches | ↪ Emergency |
| ↪ Driving on PEI | ↪ Health Care |
| ↪ Employment | ↪ Laundromats |
| ↪ Kindergartens/Child Care
Facilities | ↪ Life on the Island |
| ↪ Public Schools and Libraries | ↪ Quick Facts |
| ↪ Reference | ↪ Real Estate |
| ↪ Transportation | ↪ Service Organizations |
| ↪ Utilities | ↪ Storage Facilities |





General Inquiries

Email: info@gov.nl.ca

Regular Mail:

Communications Branch
10th Floor, East Block
Confederation Building
St. John's, NL
A1B 4J6
(709) 729-2300

Website: <http://www.gov.nl.ca/>

↪ **On the left hand side of your screen click Services Directory**

From here you will have the following links to choose from for information:

- | | |
|----------------------------|------------------------|
| ↪ Agriculture | ↪ Forestry |
| ↪ Arts, Culture & Heritage | ↪ Forms & Applications |
| ↪ Business | ↪ Government |
| ↪ Certificates & Licenses | ↪ Health |
| ↪ Education | ↪ Home & Community |
| ↪ Employment | ↪ Lands & Mapping |
| ↪ Energy & Mining | ↪ Legal |
| ↪ Environment | ↪ Tourism & Recreation |
| ↪ Family, Seniors & Youth | ↪ Transportation |
| ↪ Fisheries | ↪ Wildlife |



Website: <http://www.gov.ns.ca/>

Telephone (in metro): (902) 424-5200

Toll-Free (within North America): 1-800-670-4357

Fax: (902) 424-0720

Mailing Address:

Public Enquiries – Service Nova Scotia & Municipal Relations
Mail Room, 8 South, Maritime Centre
1505 Barrington Street
Halifax, Nova Scotia B3J 3K5

Email: askus@gov.ns.ca

☞ **From the main Nova Scotia webpage click the following:**

SERVICES

☞ **From here you will find a page full of tools. You will see the following links:**

Drivers & Vehicles Maps, Land & Property

Vital Statistics Services For Individuals

And more....

☞ **Click on ‘TAKE ME THERE’ under the Services for individuals heading.**

This link will bring you again to a tool web page. Scroll to the bottom of the page until you see the ‘LIFE EVENTS’ box near the bottom of the web page.

☞ **Click on ‘TAKE ME THERE’ under the ‘LIFE EVENTS’ heading.**

Scroll down the web page until you see the heading ‘MOVING TO AND AROUND NOVA SCOTIA’

☞ **Click on ‘TAKE ME THERE’ under the ‘MOVING TO AND AROUND NOVA SCOTIA’ heading.**

From here you will find the information to assist you in the following areas.

1. Changing Your Address
2. How To Get Started
3. Moving Within Nova Scotia
4. Moving To Nova Scotia From Another Province
5. Moving To Nova Scotia, Canada From Another Country
6. Settling Into Your New Community
7. Finding Out More About Your New Community
8. Transit Information



General Information: (506) 457-3581
Mon to Fri: 8:15 a.m. - 4:30 p.m.

Frequently Called Numbers:
SNB TeleServices (Call Centre)
Within the province: 1-888-762-8600
Outside the province: (506) 684-7901

Reception: (506) 457-3581
Mon to Fri: 8:15 a.m. - 4:30 p.m.

Fax: (506) 444-2850

Email: snb@snb.ca

Internet web site: <http://www.snb.ca>

☞ **From the web site above click the following:**

Vital Statistics & Life Events

☞ **From here you will see the following links:**

Birth/Adoption	New Residents to NB	Renting in NB
Change of Address	Other Life Events	Vital Statistics Services

☞ **Click on New Residents to NB**

From here you will see 3 separate tabs:

INFORMATION FORMS LINKS

☞ **From the Information tab you will see the following:**

[Department of Education](#)
[Environment and Local Government](#)
[Medicare in New Brunswick](#)
[Quality of Life/New Brunswick](#)
[School Districts](#)
[Taxes](#)
[Training and Employment Development](#)

☞ **From the Forms tab you will see the following:**

[Application for Registration - Medicare](#)
[Notice of Application to Administrator for Residential Property Tax Credit](#)

☞ **From the Links tab you will see the following:**

[Canada Mortgage and Housing](#)
[Change of Address - Canada Customs and Revenue](#)

Contact Us by phone

For general information on gouvernement du Québec programs and services, contact the information staff of Services Québec.

HOURS

Monday through Friday, from 8:30 a.m. to 4:30 p.m.

In Maritimes, from 9:30 a.m. to 5:30 p.m. (local time)

Québec calling area: 418 644-4545

Montréal calling area: 514 644-4545

Elsewhere in Québec: 1 877 644-4545 (toll free)

Teletypewriter (TTY) for persons with a hearing or speech impairment

Montréal calling area: 514 873-4626

Elsewhere in Québec: 1 800 361-9596 (toll free)

↔ To change the language of the website from the French language to the English language, in the top right hand corner of the page click 'ENGLISH'

↔ On the left hand side of this page click 'Services Québec Citizens'

From here you will find the following links:

↔ **REGISTRATIONS and TRANSACTIONS**

↔ **HOUSING**

↔ **LIFE EVENTS**

↔ **CUSTOMERS**

↔ **ADDITIONAL GUIDES**

↔ **HEALTH GUIDE**



<http://www.ontario.ca>

General Inquiry: (416) 325-5666

TTY: 1-800-387-5559

Toll Free: 1-888-789-4199

Address:

Hepburn Block

6th Floor

80 Grosvenor St.

Toronto, ON. M7A 1E9

↪ Choose your Language Preference

↪ On the left hand side of the web page click on the '**Communities**' heading

↪ From the drop down list that will appear click on '**Newcomers**'

↪ This section provides newcomers to the province with the information and resources they need to settle into life in Ontario. Here newcomers will find online services within and outside the Ontario government, as well as information about the services in their local communities that help make transition easier.

↪ The following headings will appear for you to choose from:

↪ Before you arrive

↪ The Refugee System

↪ Canadian Charter of Rights and Freedoms

↪ Ontario Immigration Portal

↪ After you arrive

↪ Learn English or French

↪ Ministry of Citizenship and Immigration

↪ More for Newcomers...

↪ How to become a Canadian Citizen

↪ Ontario Human Rights Code

↪ Settlement.org

↪ Moving to and Around Ontario

↪ Working in Ontario



<http://www.gov.mb.ca/>

Tel: 204-945-3744

Fax: 204-945-4261

Toll Free in North America: 1-866-MANITOBA

(1-866-626-4862)

TTY: 204-945-4796

E-mail: mgi@gov.mb.ca

Hours:

Monday to Friday

8:00 a.m. - 4:30 p.m. CST

↪ **Choose your language preference**

On the top of the webpage click on the **'residents'** tab

On the left hand side of the screen click **'Information for specific groups'** a drop down will appear, from here you will click on the link **'newcomers'**

The following information links will appear on your screen:

- ↪ **'Your First Few Weeks in Manitoba'**
- ↪ **'Getting Around'**
- ↪ **'Finances'**
- ↪ **'Health and Family'**
- ↪ **'Community'**
- ↪ **'Learn English'**



<http://www.gov.sk.ca/>

General Inquiries (How may we direct your call to: your worker, housing programs, financial assistance, etc.?)

306-787-3700

↵ On the right hand side of the screen click on **'Moving to Saskatchewan?'**

On this web page you will find a great variety of resource links for information you may need in preparation for a move to Saskatchewan such as:

- ↵ About Saskatchewan
- ↵ Driver's Licences
- ↵ Early Learning and Child Care Program
- ↵ Express Address
- ↵ Finding a Doctor
- ↵ Find a job in the Saskatchewan public service
- ↵ Going to Saskatchewan Portal
- ↵ Graduate Retention Program
- ↵ Health Registration
- ↵ Health Career Opportunities
- ↵ Health Coverage for people moving to Saskatchewan Etc.

To navigate through these links use your blue back and forth arrows at the top of the page.

<http://www.servicealberta.ca/>

Government Programs and Services:

For inquiries on government programs and services, contact the Programs & Services Call Centre between 8:00 am and 6:00 pm, M.T. (Monday to Friday). Voice mail is available after hours.

Phone:

310-0000 (toll free anywhere in Alberta)
(780) 427-2711 (outside of Alberta)

- ↪ Scroll down the page until you come to the heading **'Programs and Services'**.
- ↪ Below the **'Programs and Services'** heading there is a sub-heading 'For People' Click on the 'For People' heading. This will open up a new web page.
- ↪ Maximize the newly opened web page. On the right hand side choose **'Moving to or Around Alberta'**.
- ↪ From here you will find an abundance of information that will be beneficial during the relocation stages. You will come across the following headings:
 - ↪ Alberta Communities
 - ↪ Buying or Renting a Home in Alberta
 - ↪ Forwarding your Mail
 - ↪ Changing your Address
 - ↪ Getting Settled
 - ↪ Services and Schools
 - ↪ Utilities
 - ↪ Finding Employment
 - ↪ Moving to Alberta from another Province
 - ↪ Moving to Alberta from Outside Canada
 - ↪ General Information about Alberta



<http://www.servicebc.gov.bc.ca/>

Contact Us - Enquiry BC

Enquiry BC is a provincial call centre that provides services to all British Columbia residents, on behalf of provincial government ministries, Crown corporations and public agencies.

Hours of operation for Enquiry BC are

7:30 a.m. to 5 p.m.

Monday through Friday.

In Victoria call: **(250) 387-6121**

In Vancouver call: **(604) 660-2421**

Elsewhere in B.C. call: **1-800-663-7867**

Outside B.C. call: **(604) 660-2421**

E-mail address: EnquiryBC@gov.bc.ca

Telephone Device for the Deaf (TDD)

In Vancouver call: **(604) 775-0303**

Elsewhere in B.C. call: **1-800-661-8773**

- ↪ On the right hand side of the web page click '**Newcomers**'
- ↪ Scroll down the page to the last link that says '**Welcome BC**'. Click on '**Welcome BC**'. You will come to a web page that has three boxes to choose from. 1. Immigration 2. Communities 3. Service Providers
- ↪ Click the title '**Service Providers**' and you will have the tools required to make the move to B.C. easier.

CANADA'S FOOD GUIDE

Recommended Number of Food Guide Servings per Day

	Children			Teens		Adults			
Age in Years	2-3	4-8	9-13	14-18 years		19-50 years		51 + years	
Sex	Girls and Boys			Females	Males	Females	Males	Females	Males
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

The chart above shows how many Food Guide Servings you need from each of the four food groups every day.

Having the amount and type of food recommended and following the tips in *Canada's Food Guide* will help:

Meet your needs for vitamins, minerals and other nutrients.

Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.

Contribute to your overall health and vitality.

What is one Food Guide Serving?

Look at the examples below.

Vegetables and Fruit

- ☞ Fresh, frozen or canned vegetables 125 mL (½ cup)
- ☞ Leafy vegetables 250 mL (1 cup)
- ☞ Fresh, frozen or canned fruits 1 fruit or 125 mL (½ cup)
- ☞ 100% Juice 125 mL (½ cup)

Grain Products

- ☞ Bread 1 slice (35 g)
- ☞ Bagel ½ bagel (45 g)
- ☞ Flat breads ½ pita or ½ tortilla (35 g)
- ☞ Cooked rice, bulgur or quinoa 125 mL (½ cup)
- ☞ Cereal Cold: 30 g Hot: 175 mL (¾ cup)
- ☞ Cooked pasta or couscous 125 mL (½ cup)

Milk and Alternatives

- ☞ Milk or powdered milk (reconstituted) 250 mL (1 cup)
- ☞ Canned milk (evaporated) 125 mL (½ cup)
- ☞ Fortified soy beverage 250 mL (1 cup)
- ☞ Yogurt 175 g (¾ cup)
- ☞ Cheese 50 g (1 ½ oz.)

Meat and Alternatives

- ☞ Cooked fish, shellfish, poultry, lean meat 75 g (2 ½ oz.)/125 mL (½ cup)
- ☞ Cooked legumes 175 mL (¾ cup)
- ☞ Tofu 150 g or 175 mL (¾ cup)
- ☞ Eggs 2 eggs
- ☞ Peanut or nut butters 30 mL (2 Tbsp)
- ☞ Shelled nuts and seeds 60 mL (¼ cup)

Oils and Fats

Include a small amount – 30 to 45 mL (2 to 3 Tbsp) – of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise. Use vegetable oils such as canola, olive and soybean. Choose soft margarines that are low in saturated and trans fats. Limit butter, hard margarine, lard and shortening.

Make each Food Guide Serving count.

Wherever you are - at home, at school, at work or when eating out!

Eat at least one dark green and one orange vegetable each day.

Go for dark green vegetables such as broccoli, romaine lettuce and spinach.

Go for orange vegetables such as carrots, sweet potatoes and winter squash.

Choose vegetables and fruit prepared with little or no added fat, sugar or salt.

Enjoy vegetables steamed, baked or stir-fried instead of deep-fried.

Have vegetables and fruit more often than juice.

Make at least half of your grain products whole grain each day.

Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice.

Enjoy whole grain breads, oatmeal or whole wheat pasta.

Choose grain products that are lower in fat, sugar or salt.

Compare the Nutrition Facts table on labels to make wise choices.

Enjoy the true taste of grain products. When adding sauces or spreads, use small amounts.

Drink skim, 1%, or 2% milk each day.

Have 500 mL (2 cups) of milk every day for adequate vitamin D.

Drink fortified soy beverages if you do not drink milk.

Select lower fat milk alternatives.

Compare the Nutrition Facts table on yogurts or cheeses to make wise choices.

Have meat alternatives such as beans, lentils and tofu often.

Eat at least two Food Guide Servings of fish each week.

Choose fish such as char, herring, mackerel, salmon, sardines and trout.

Select lean meat and alternatives prepared with little or no added fat or salt.

Trim the visible fat from meats. Remove the skin on poultry.

Use cooking methods such as roasting, baking or poaching that require little or no added fat.

If you eat luncheon meats, sausages or packaged meats, choose those lower in salt (sodium) and fat.

* Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to www.healthcanada.gc.ca for the latest information.

Satisfy your thirst with water!

Drink water regularly. It's a calorie-free way to quench your thirst. Drink more water in hot weather or when you are very active.

Advice for different ages and stages.

Children

Following *Canada's Food Guide* helps children grow and thrive.

Young children have small appetites and need calories for growth and development.

Serve small nutritious meals and snacks each day.

Do not restrict nutritious foods because of their fat content. Offer a variety of foods from the four food groups.

Most of all...be a good role model.

Women of childbearing age

All women who could become pregnant and those who are pregnant or breastfeeding need a multivitamin containing **folic acid** every day. Pregnant women need to ensure that their multivitamin also contains **iron**. A health care professional can help you find the multivitamin that's right for you.

Pregnant and breastfeeding women need more calories. Include an extra 2 to 3 Food Guide Servings each day.

Here are two examples:

Have fruit and yogurt for a snack, or

Have an extra slice of toast at breakfast and an extra glass of milk at supper.

Men and women over 50

The need for **vitamin D** increases after the age of 50.

In addition to following *Canada's Food Guide*, everyone over the age of 50 should take a daily vitamin D supplement of 10 µg (400 IU).

How do I count Food Guide Servings in a meal?

Here is an example:

Vegetable and beef stir-fry with rice, a glass of milk and an apple for dessert

250 mL (1 cup) mixed broccoli, carrot and sweet red pepper = 2 **Vegetables and Fruit** Food Guide Servings

75 g (2 ½ oz.) lean beef = 1 **Meat and Alternatives** Food Guide Serving

250 mL (1 cup) brown rice = 2 **Grain Products** Food Guide Servings

5 mL (1 tsp) canola oil = part of your **Oils and Fats** intake for the day

250 mL (1 cup) 1% milk = 1 **Milk and Alternatives** Food Guide Serving

1 apple = 1 **Vegetables and Fruit** Food Guide Serving

Eat well and be active today and every day!

The benefits of eating well and being active include:

- Better overall health.
- Lower risk of disease.
- A healthy body weight.
- Feeling and looking better.
- More energy.
- Stronger muscles and bones.

Be active

To be active every day is a step towards better health and a healthy body weight.

Canada's Physical Activity Guide recommends building 30 to 60 minutes of moderate physical activity into daily life for adults and at least 90 minutes a day for children and youth. You don't have to do it all at once. Add it up in periods of at least 10 minutes at a time for adults and five minutes at a time for children and youth.

Start slowly and build up.

Eat well

Another important step towards better health and a healthy body weight is to follow *Canada's Food Guide* by:

Eating the recommended amount and type of food each day.

Limiting foods and beverages high in calories, fat, sugar or salt (sodium) such as cakes and pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, ice cream and frozen desserts, french fries, potato chips, nachos and other salty snacks, alcohol, fruit flavoured drinks, soft drinks, sports and energy drinks, and sweetened hot or cold drinks.

Read the label

Compare the Nutrition Facts table on food labels to choose products that contain less fat, saturated fat, trans fat, sugar and sodium.

Keep in mind that the calories and nutrients listed are for the amount of food found at the top of the Nutrition Facts table.

Limit trans fat

When a Nutrition Facts table is not available, ask for nutrition information to choose foods lower in trans and saturated fats.

Take a step today...

Have breakfast every day. It may help control your hunger later in the day.

Walk wherever you can – get off the bus early, use the stairs.

Benefit from eating vegetables and fruit at all meals and as snacks.

Spend less time being inactive such as watching TV or playing computer games.

Request nutrition information about menu items when eating out to help you make healthier choices.

Enjoy eating with family and friends!

Take time to eat and savor every bite!

For more information, interactive tools or additional copies visit Canada's Food Guide on-line at:

<http://www.healthcanada.gc.ca/foodguide>

or contact:

Publications
Health Canada
Ottawa, Ontario K1A 0K9
E-Mail: publications@hc-sc.gc.ca
Tel.: (613) 954-5995
Fax: (613) 941-5366
TTY: 1-800-267-1245

Canada's Food Guide
Canada's Food Guide
First Nations, Inuit, Metis
First Nations, Inuit, Metis

Eating Well with Canada's Food Guide First Nations, Inuit and Métis

Eating Well Every Day

Canada's Food Guide describes healthy eating for Canadians two years of age or older. Choosing the amount and type of food recommended in Canada's Food Guide will help:

- children and teens grow and thrive
- meet your needs for vitamins, minerals and other nutrients
- lower your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis (weak and brittle bones).

How to use Canada's Food Guide

The Food Guide shows how many servings to choose from each food group every day and how much food makes a serving.

1. Find your age and sex group in the chart below.
2. Follow down the column to the number of servings you need for each of the four food groups every day.
3. Look at the examples of the amount of food that counts as one serving. For instance, 125 mL ($\frac{1}{2}$ cup) of carrots is one serving in the Vegetables and Fruit food group.

What is one Food Guide Serving?

Look at the examples below.

Vegetables and Fruit

Fresh, frozen and canned.



Dark green and orange vegetables 125 mL (½ cup)



Other vegetables 125 mL (½ cup)



Leafy vegetables and wild plants cooked 125 mL (½ cup) raw 250 mL (1 cup)



Berries 125 mL (½ cup)



Fruit 1 fruit or 125 mL (½ cup)



100% Juice 125 mL (½ cup)

Eat at least one dark green and one orange vegetable each day. Choose vegetables and fruit prepared with little or no added fat, sugar or salt. Have vegetables and fruit more often than juice.

Grain Products



Bread 1 slice (35g)



Bannock 35g (2" x 2" x 1")



Cold Cereal 30g (see food package)



Hot Cereal 175 mL (¾ cup)



Cooked Pasta 125 mL (½ cup)



Cooked Rice White, brown, wild 125 mL (½ cup)

Make at least half of your grain products whole grain each day. Choose grain products that are lower in fat, sugar or salt.

When cooking or adding fat to food:

Most of the time, use vegetable oils with unsaturated fats. These include canola, olive and soybean oils. Aim for a small amount (2 to 3 tablespoons or about 30-45mL) each day. This amount includes oil used for cooking, salad dressings, margarine and mayonnaise.

Traditional fats that are liquid at room temperature, such as seal and whale oil, or ooligan grease, also contain unsaturated fats. They can be used as all or part of the 2-3 tablespoons of unsaturated fats recommended per day.

Choose soft margarines that are low in saturated and trans fats.

Limit butter, hard margarine, lard, shortening and bacon fat.

Respect your body... Your choices matter

Following Canada's Food Guide and limiting foods and drinks which contain a lot of calories, fat, sugar or salt are important ways to respect your body. Examples of foods and drinks to limit are:

- pop
- fruit flavoured drinks
- sweet drinks made from crystals
- sports and energy drinks
- candy and chocolate
- cakes, pastries, doughnuts and muffins
- granola bars and cookies
- ice cream and frozen desserts
- potato chips
- nachos and other salty snacks
- french fries
- alcohol

People who do not eat or drink milk products must plan carefully to make sure they get enough nutrients.



The traditional foods pictured here are examples of how people got, and continue to get, nutrients found in milk products. Since traditional foods are not eaten as much as in the past, people may not get these nutrients in the amounts needed for health.



Wild plants, seaweed
Bannock (made with baking powder)



Fish with bones, shellfish, nuts, beans

People who do not eat or drink milk products need more individual advice from a health care provider.

Women of childbearing age

All women who could become pregnant, and pregnant and breastfeeding women, need a multivitamin with **folic acid** every day. Pregnant women should make sure that their multivitamin also contains **iron**. A health care provider can help you find the multivitamin that is right for you.

When pregnant and breastfeeding, women need to eat a little more. They should include an extra 2 to 3 Food Guide Servings from any of the food groups each day.

For example: have dry meat or fish and a small piece of bannock for a snack, or have an extra slice of toast at breakfast and an extra piece of cheese at lunch.

Milk and Alternatives



Milk Powdered milk, mixed 250 mL (1 cup)



Fortified soy beverage 250 mL (1 cup)



Canned milk (evaporated) 125 mL (½ cup)



Yogurt 175 g (¾ cup)



Cheese 50g (1 ½ oz.)

Drink 500 mL (2 cups) of skim, 1% or 2% milk each day. Select lower fat milk alternatives. Drink fortified soy beverages if you do not drink milk.

Meat and Alternatives



Traditional meats and wild game 75g cooked (2 ½ oz)/125mL (½ cup)



Fish and shellfish 75g cooked (2 ½ oz)/125 mL (½ cup)



Lean meat and poultry 75g cooked (2 ½ oz)/125mL (½ cup)



Eggs 2 eggs



Beans – cooked 175 mL (¾ cup)



Peanut Butter 30 mL (2 Tbsp)

Have meat alternatives such as beans, lentils and tofu often. Eat at least two Food Guide Servings of fish each week. Select lean meat and alternatives prepared with little or no added fat or salt.

* Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to www.healthcanada.gc.ca for the latest information. Consult local, provincial or territorial governments for information about eating locally caught fish.

Women and men over the age of 50

The need for **vitamin D** increases after the age of 50.

In addition to following Canada's Food Guide, men and women over the age of 50 should take a daily vitamin D supplement of 10 µg (400 IU).

For strong body, mind and spirit, be active every day.



This guide is based on *Eating Well with Canada's Food Guide*.

For more information, interactive tools or additional copies visit Canada's Food Guide at:
www.healthcanada.gc.ca/foodguide

or contact:

Publications
Health Canada
Ottawa, Ontario K1A 0K9

E-Mail: publications@hc-sc.gc.ca

Tel.: 1-866-225-0709

TTY: 1-800-267-1245

Fax: (613) 941-5366

Quick Reference

Adult Protective Service Worker Program	229-9809
Assaulted Women's Helpline	1-866-863-0511
Biidaaban Healing Lodge	229-3592
Children & Family Learning Center	229-0198
Children's Aid	229-0580
Community Programs Services	229-1740 ext. 278
Confederation College - Employment Advisor	229-3223
Confederation College - Marathon Campus	229-2464
Contact North	229-2790
Ecole Secondair Cite Superior	229-0557
Ecole Val Des Bois	229-2000
Employment Support and Training Services	229-1749 ext. 60
Holy Savior Separate School	229-1121
Job Connect	229-2307
Kids Help Phone	1-800-668-6868
Kinna-aweya Legal Clinic	229-2290
Legal Aid Ontario	1-800-668-8258
Marathon Family Health Team	229-3243
Marathon Food Bank	229-9896
Marathon High School	229-1800
Marathon Public Library	229-0740
Marathon Recreation Centre	229-1340 x2244
Marathon Sick Children's Fund	229-3260
Marathon Sick Children's Fund	229-0199
Marathon Theatre	229-9580
Margaret Twomey Public School	229-3050
Marjorie House	229-2222
Mental Health Info Services Ontario	1-866-531-2600
Mental Illness Support Network	229-0357
North Of Superior Programs	229-0607
Northwest Community Care Access Center	229-8627
Ontario Addictions Treatment Center	822-1100
Ontario Early Years Center	229-3031
Pic Moberg Day School	822-2011
Pic Moberg First Nation Health Centre	822-2625
Pic River Elementary	229-0630
Pic River Health Centre	229-1836
Pic River Private High School	229-2120
Seniors Van	229-1740 ext. 278
Service Canada	1-800-622-6232
Superior North Victim Services	229-8877
Telehealth Ontario	1-800-797-0000
Thrift 'R' Us Boutique	229-0514
Thunder Bay Crisis Response	1-888-269-3100
Thunder Bay District Health Unit	229-1820
Wilson Memorial General Hospital	229-1740

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