

Poverty Help

Sudbury, Ontario, Canada
povertyhelp.godaddysites.com

Welcome To Sudbury

YMCA Newcomer Services

705-674-2324, FAX: 705-674-3236

10 Elm St, #112, Sudbury, ON, P3C-5N3, CANADA

newcomer.service@sudbury.ymca.ca

A program funded by Citizenship and Immigration Canada to help provide & support newcomer's settlement needs. Has English Language assessments, a comprehensive library of multilingual printed resources; information on housing, education, health care, and employment; referrals to community services; one-on-one computer, Population Health and Wellness Community Development, training, etc. At the YMCA you can connect with your country of origin on the internet and learn email.

Sudbury Multicultural-Folk Arts Assoc

705-674-0795, 196 Vanhorne St, Sudbury, ON, P3E-1E5, CANADA

Emergency Phone Numbers

Greater Sudbury Housing 705-674-8323

Towers Security Guards 705-674-4455 X 4911

Housing Emergencies 705-674-8323

Housing Maintenance 705-674-5175 X 6212

Emergencies CALL 911

Municipal Police 705-674-9171 Inquiries Only

Provincial Police 1-888-310-1122 Non-Emergency Only

Poison Information 1-800-268-9017

Directory Assistance CALL 411 charges apply

Broken Laundry Machine In Housing 1-800-561-1972 give machine number

Broken Elevator In Housing 705-674-5175 X 6212

Government and Community Services CALL 211

www.211.ca or call 1-800-0-CANADA

City Services CALL 311

311 and Live Web Chat: Monday-Friday 7:30a.m.-6:00 p.m.

Portal Online for 311: 311.greatersudbury.ca

Email for 311: 311@greatersudbury.ca

When to contact 311:

Blue Box or Green Cart request

Report a pothole, plowing concern or off leash animals

Waste disposal support programs, and all other municipal inquiries

Services for 311 Include:

Purchase of transit passes, pet licenses and garbage bag tags

Register for Leisure Programs, Inquire about cemetery plots, marriage and business licenses

Reserve arena ice, gazebos, and community halls

Pay parking tickets, property taxes, and water bills

And for all other municipal inquiries

To report all City Problems such as garbage collection, recycling, composting, pot holes, recreational programs, road construction/maintenance, discolored water, sewer backup, tax inquiries, by-laws, building permits and pet registrations.

Highway Condition Travel Information CALL 511

Bilingual weather forecasting for areas and highways.

Environment Canada Weather 705-677-7928

Wrong Doing Hotline 705-688-7588 A confidential and anonymous third-party service. Everyone may use this service including citizens, municipal employees and municipal contractors, 7 days a week and 24 hours a day to report suspicion or proof of wrong doing defined as any type of activity could be deemed illegal, dishonest, wasteful, or a deliberate violation of City Policy. Employees and Contractors of the City Of Greater Sudbury may use the hotline without fear of reprisal under whistle owner policy of the City's Employee Handbook. An operator will record and submit your complaint or you can submit a secure form online at www.sudburycomplaints.ca

Guilt will be determined by way of this service not by you if you are concerned. You are not the law for the calling of this service.

Accusations must be proven by a court of law not a report of any suspected violations.

Crime Stoppers Tips Hotline

705-222-8477, 1-800-222-8477 illegal acts reports

Crisis Intervention Line

705-675-4760

Sudbury Mental Health and Addiction Center-Health Sciences North

Crisis Intervention Services Crisis

705-675-4760, 1-877-841-1101

Crisis 127 Cedar St, Sudbury, ON, Office: 8:30am-10pm, Mobile Hours 10-10

Warm Line Pre-Crisis Support/Northern Initiative for Social Action

1-866-856-9276

Extreme Cold Weather Alert Outreach

705-705-688-6975 (Nov. 1st to March 31st)

Kid's Help Phone

Crisis: 1-800-668-6868

Crisis Text Line

Office: 416-586-5437

Senior Friendship & Security Calls by United Way

Charlene Legacy, Director Of Labour And Community Services 705-560-3330 X 223, c.legacy@uwcneo.com

Senior Friendship & Security Calls by Red Cross

705-674-0737 sudbury@redcross.ca Must apply to be a Red Cross Member.

Hope For Wellness Indigenous Mental Health Line

1-855-242-3310, www.hopeforwellness.ca

Mental Health counselling and crisis intervention to all indigenous people across Canada by experienced and culturally competent counselees. Services in English, French, Cree, Ojibway, and Inuktitut.

Feeling Down Line Lockerby Legion Branch 564

705-522-6060, rclbranch564@gmail.com

2200 Long Lake Road, Sudbury, ON, P3E 5H1, CANADA, Ask for Mary Michasiw if you're feeling down, need someone to talk to or need information.

Lesbian Gay Bi Trans YouthLine

Text and Chat YouthLine

Support: 647-694-4275

Office: 416-962-2232

Office: 1-888-687-9688

Telecare Family Service

Counselling, Support and Outreach Programs

1-877-210-8877

Crisis: 416-241-5456

Crisis: 416-938-4673

Crisis: 416-999-1392

Office: 416-447-3535

Korean Cultural Centre, 1133 Leslie St, Suite 211 and 212
Toronto, ON, M3C 2J6 (334km)

Victim Services

705-522-9779

Suicide Crisis Hotline Call 988

Suicide Crisis line for emergengy

Safe Drinking Water Hotline

1-800-426-4791

www.epa.gov/safewater/labs

Mood Disorder Businesses

Mood Disorders Association of Ontario

1-888-486-8236

Support Line: 416-486-8046

36 Eglinton Ave W, Suite 602

Toronto, ON, M4R 1A1 (335km)

Caregivers

Ontario Caregiver Organization

1-833-416-2273

Office: 416-362-2273

Visit Website 180 Dundas St W, Suite 1425

Toronto, ON, M5G 1Z8 (341km)

Tech Tutors

Sudbury Library Tech Tutor (Free)

Tech-savvy volunteers can assist seniors and other adults to navigate new devices and technologies, or work with them in a group or individual setting to enhance basic knowledge of computers, typing or mousing and internet skills. Call and book an appointment.

City Hall

Greater Sudbury City Hall

705-671-2489, greatersudbury.ca

200 Brady St

Greater Sudbury

Ontario

P3A-5P3

CANADA

Members Provincial

Parliament

Provincial Parliament For Nickel Belt

France Gelinus Provincial M.P.P. for Nickel Belt, NDP Current parliamentary roles: Critic, Health Care Vice-Chair, Standing Committee on Public Accounts, Hanmer Valley Shopping Plaza, Suite 15, 5085 Hwy. 69 N, Hanmer, ON P3P 1P7, CANADA, www.francegelinas.ca fgelinas-co@ndp.on.ca 705-969-3621, 1-877-280-9990, Fax: 705-969-3538 M-Th am to 5pm, Friday appointments -closed 12-12:30 pm

Provincial Parliament For Sudbury

Jamie West Provincial M.P.P. for Sudbury, NDP

Current parliamentary roles: Critic, Labor Relations Act Member, Standing Committee on Regulations and Private Bills Unit 4B, 555 Barrydowne Rd, Sudbury, ON, P3A 3T4 <https://www.ola.org/en/members/all/jamie-west> , JWest-CO@ndp.on.ca, 705-675-1914, Fax: 705-675-1456, M-Th 9a.m.-4p.m. F-Sun Closed

Members Federal Parliament

Federal Parliament For Nickel Belt

Marc Serre Federal MP for Nickel Belt, Liberal

2945 Highway 69 North, Suite 203, Val Caron, ON, P3N 1N3

705-897-2222, Fax: 705-897-2223, Marc.Serre@parl.gc.ca

[https://www.ourcommons.ca/Members/en/constituencies/nickel-belt\(783\)](https://www.ourcommons.ca/Members/en/constituencies/nickel-belt(783)) M-Th 9a.m.-4p.m., F-Sun Closed

Federal Parliament For Sudbury

Viviane Lapointe - Constituency Office

Main office- Sudbury 93 Cedar Street, Suite 302, Sudbury, ON, P3E 1A7, 705-

673-7107, Fax: 705-673-0944 Hill Office House of Commons, Ottawa, ON, Canada,

K1A 0A6 [https://www.ourcommons.ca/member5/en/viviane-lapointe\(110663\)](https://www.ourcommons.ca/member5/en/viviane-lapointe(110663)) 613-996-

8962, Fax: 613-995-2569, viviane.lapointe@parl.gc.ca, Postage-Free to

Parliament.

Indexed-Living Wage

Requests For All Citizens

MAIL

Premier Of Ontario

Legislative Building

Queen's Park

Toronto, ON

M71 1A1

EMAIL

Premier@ontario.ca

PETITION

You can also go to this petition website and add your name and email address to any of the petitions or make your own petition there. www.change.org

Post Card To Give Poor To Complain Social Services Not Life-Indexed

Click on END POVERTY at: povertyhelp.godaddysites.com

Eviction Prevention Help

City Housing Support Programs

(CHPI, LEAP, OESP) Financial help for rent and utilities, 705-670-2274

Community Homelessness Prevention Initiative (CHPI)

offers financial assistance to help a person or family establish a residence in the community. This fund can also be used to help

individuals of families at risk of homelessness due to: Facing Eviction, Disconnection of utilities or unsafe or unaffordable accommodations. Maximum amount of assistance within a 24 month period is \$800 for a single person or couple with no children or \$1500 for a family with children. Eligibility: CHPI is available to Ontario Works (OW) and Ontario Disability Support Program (ODSP) recipients of low income persons and Individuals and families with low income who are not on OW or ODSP and can apply through the Centre de santé communautaire de Sudburt. Funds may be available for rental arrears, utility connection fees, or last month's rent deposits for persons who are homeless or at risk of homelessness. Ontario Works and ODSP recipients contact the OW office 705-675- 2411.

Low Income earners contact:

Centre de Sante Communautaire du Grand Sudbury

705-618-8810

Federal Housing Advocate

613-995-1151, <https://www.housingchrc.ca/en>

If you have experienced homelessness or had problems with your housing, you can make a submission to the Advocate. Sharing your experience will help the Advocate drive change and advance the right to housing for all in Canada. The Federal Housing Advocate promotes and protects the right to housing in Canada. City Housing Support Programs (CHPI, LEAP, OESP) Financial help for rent and utilities, 705-670-2274

Tenants Rights Resources

Advocacy Centre for Tenants Ontario

<https://www.acto.ca/for-tenants/external-resources>

Renting in Ontario: Your rights

<http://www.ontario.ca/page/renting-ontario-your-rights>

Things To Do In Sudbury

Sudbury Servants - Sudbury At Play

povertyhelp.godaddysites.com

How To Make Money

There's only one thing I can suggest and that's to get a notebook and sit down every night and write in it for half an hour as many ways as you can to make a few million dollars. Then rate each idea out of 100 to let you know how good an idea it is. At the end of the year you can go through the book and decide if another year is need to keep going or if any are assured to work for you. That's simple but you have to take

enough time to be sure your ideas will work on paper. Remember to give people the service or product they want is key to them buying it. Unless you have better paths for them in mind and you are able to get the ideas of them to them for buying these ideas which are harder to get to the public. I suggest you start with what people need.

Emergency Shelters

Off The Street Emergency Shelter - All Sexes 16+

200 Larch St, Sudbury, Ontario, P3E 1C5, CANADA

705-675-7252, Fax: 705-675-7247

cmhaLBS@cmha-sm.on.ca, sm.cmha.ca

A low barrier shelter intended for persons of all age who may not meet other shelter admission criteria and are influenced by drugs and alcohol

35 Cots, warm place to sleep with light snacks, outreach and referrals to individuals 16+ of all genders who are homeless and unable to access other shelter services.

French language services or programs offered to customers/clients on a consistent basis.

Organization: Canadian Mental Health Association (CMHA) Sudbury - Manitoulin Branch

Accessibility: Wheelchair Accessible Wheelchair Accessible

Hours: Daily 10pm-8am

Service Description: Provides a 35 cot emergency shelter which provides a safe warm place to sleep with light snacks, outreach and referral services

Fees: Free

Application: No referral required

Eligibility / Target Population: Adults 18 years and older who are homeless and unable to access other shelter services

Languages: English * French

Language Notes: French reception, programs, publications, and website * French interpretation available upon request

The Mission - Temporary Warming Shelter

344 Elgin St, Sudbury, ON, P3E-3N9, 705-673-2163 FAX: 705-673-0560

<http://themission.ca>, Email: administrator@themission.ca

Meals And Services: Healthy home cooked daily meals-Days/breakfast from 8:30-9:30am, Sat/Sun brunch 10am-12pm Daily supper 6-7:30 pm 24hr Warm station in Extreme Cold Weather Alerts

Laundry facilities available during open hours Shower facilities with towels and toiletries Clothing/footwear/coats/blankets/necessities

Haircuts with weekly schedule

Phone/fax services for special needs with staff supervision
Access to furniture/appliances (as available) through agency partners
Advocacy for patrons
Drop-in services to lift up and encourage Referral services to
community agencies
Special Holiday functions with meals, gifts, music Pastoral and
Chaplaincy services, Counseling available.
Showers from 8A.M.-12P.M., Paramedic Wednesday ONLY.

**Cedar Place-Salvation Army-Single Women 20+,Independent & Shared
Accommodation**

261 Cedar St, Sudbury, ON, P3B 1M8, Intersection: Cedar St and
Brian McKee Ln; at Cedar St near Brian McKee Ln, 705-586-3293, Fax:
705- 586-3294, Email: cedarplace@eastlink.ca

No drugs or alcohol permitted on site. They also provide
advocacy, case management, referrals, recovery support for
substance use and clothing.

Homeless women and pregnant women 20 years and older and family
Languages: English, French

Daily meals provided for clients in residence

Provides school or work lunches for clients in residence Bus tickets
for medical reasons

Chapel and chaplaincy services if requested Advocacy, referral and
support within community Skill building and workshops

This organization is a Registered Charity

Hours of Operation Services Mon-Sun 24 hours/Office Mon-Fri 9 am-5 pm

L'Association des Jeunes Foyer Notre Dame - Females 16-19

307 Cedar St, Sudbury, ON, P3B 1M8, 705-675-6422 www.jeunesdelarue.ca,

Email: info@jeunesdelarue.ca Ages served: 16-19 years, Service in:

English & French Area Served: Sudbury District

A fully bilingual program designed to assist homeless female youth
between the ages 16 to 19. Our goals are to assist each youth in
achieving family reintegration, to undergo functional life skills
training, to achieve vocational scholastic reintegration and to reach
self-sufficiency and personal independence. Provides outreach services
to men, women and youth who are homeless, or who are at risk of
becoming homeless. Direct client services are provided which include
referral to community resources, suicide intervention, immediate first
aid, health support, and transportation to essential services such as
emergency care, crisis prevention and intervention. Community Outreach
also provides blankets, clothing and supplies to those in need.

**YWCA Geneva House - Women and children Abused By Partner & Caregiver
Abuse for Older Women 24/7**

370 St. Raphael Street, Sudbury, Ontario, P3B-4K7, CANADA
705-674-2210, Toll Free 1- 800-461-0133, Fax: 705-688-8816

<http://ywcasudbury.ca/programs/geneva-house-shelter>

Email genevrahouse@ywcasudbury.ca

Vision

A safe, equitable, and inclusive community where women and their families thrive.

Mission

To empower women and their families to reach their full potential in body, mind and spirit, through action, advocacy, community collaboration and education.

32 Bed Residence open 24/7

Free Emergency Transportation to shelter

High level security system

Telephone Support Line

Crisis Intervention, Support, Counseling, and Referrals

Safety Planning for women, children and youth at every turning point

Violence against women is any threat, act or physical force that is used to create fear, control or intimidation.

Women with/without children escaping abuse from intimate partners (including same sex partners). Women 50 years and over who are escaping abuse from their live-in caregiver. Support for women experiencing abuse by their intimate partners * women and children are provided with a secure environment 32 bed residence free transportation to shelter high level security system telephone support line crisis intervention, support, counseling and referrals safety planning for women, children & youth Languages: English, French, French receptionist interpretation available upon request.

Safe Harbor House-Elizabeth Fry Society - WOMEN AND GENDER

DIVERSE AGE 16+

705-885-1060, Toll-Free: 1-855-381-1364, Fax: 705-673-2159

info@efryneo.com, efryneo.com

307 Cedar Street, Sudbury, Ontario, P3B-1M8, CANADA

15 Shelter Beds, 6 Transitional Housing Beds 24 hours a day.

Overnight Shelter Stays are 9:00P.M.-8:00A.M. time to leave.

Case Management Phone Number:

Providing assistance in obtaining Housing, Case Management and Outreach Support at 705-6731364.

French language services or programs offered to customers/clients on a consistent basis.

French language services or programs offered to customers/clients on a consistent basis.

Accessibility: Wheelchair Accessible Wheelchair Accessible

Hours: Daily 9pm-8am

Public Contacts:Michelle Frappier - Coordinator

Service Description: Provides a shelter with 10 beds as well as

access to showers, laundry and light meals * offers assistance with housing application

Fees: Free

Application: Call * no referral required

Eligibility / Target Population: Women and Gender Diverse People

Languages: English * French

Language Notes: French reception, programs, publications, and website * French interpretation available upon request

Area Served: Sudbury and area

Lockerby Legion Branch 564 Veterans Services -All Sexes & Families

Call Mary Michasiw 705- 522-6060, rclbranch564@gmail.com, 2200 Long Lake Rd., Assistance with emergency services, shelter, food, medical issues, assistance of any kind for veterans and their families.

Emergency Bed

Health Sciences North - Safe Beds Program On Pine Street

705-671-7366, 336 Pine Street, Sudbury, Ontario, CANADA

Crisis shelter through HSN for non-violent individuals with no housing, short-term stay of 7-10 days.

Emergency Food

Better Beginnings Better Futures

Emergency Food Cupboard

450 Morin Avenue, Sudbury, Ontario, P3C-5H6, CANADA

705-671-1941

Addressing the needs of members of our programs.

We offer a nutritional bag of food that is designed to last an individual or family a minimum of 24 hours. We also provide hygienic items, household supplies and a bus ticket upon request. The Emergency Food Closet is open normal business hours from Monday - Friday.

If you have any questions or concerns, please do not hesitate to contact Stella Joly, Administrative Assistant by phone at 705-671-1941

ext. 202 or 236 or by email at

communitycloset@betterbeginningssudbury.ca.

Free Meals Locations

The Elgin Street Mission

344 Elgin St, Sudbury, ON, P3E-3N9, 705- 6732163 FAX:705-673-0560, Meals & Services: Daily breakfast & supper. Open seven days a week, Laundry and shower facilities, Other Drop-in services, 24hr Warm station During Extreme Cold Weather Alerts, Days/Hours: breakfast:8:30-9:30am, Sat/Sun brunch 10am-12pm. Daily supper 6-7:30pm, Counseling Available.

The Blue Door Soup Kitchen Café

344 Elgin St, 705-675-5300 <https://bluedoorsoup.ca>,
bluedoorsoup@eastlink.ca Hot afternoon meals, Closed weekends,
Mon-Fri 11am-2pm

St. Andrew's Place Out of the Cold

111 Larch St, 705-674-0721, Open November-April, Every Fri 6pm Supper
Dinners This has been cancelled this year and will start again in
2021.

Sudbury Action Centre for Youth (SACY)

95 Pine St, 705-673-4396

YOUTH DROP-IN CENTRE-The youth drop-in centre provides a safe, non-
judgmental environment where youth between the ages of 16-24 are able
to gather for the purpose of socialization, recreation and access to
social services. It is an alternative to roaming the streets and is
equipped with a billiards table, kitchen and computer area with free
internet access. In addition to healthy evening meals, coffee and
snacks are provided throughout the day. The no-pressure environment
allows youth to feel comfortable and, when they are ready, access the
services they need. <https://www.theactioncentre.ca>

Street Outreach Sudbury (S.O.S.) They give away free meals, food,
clothing, toiletries and household items Wednesday 5pm-8pm across the
street from Sudbury Arena in the old Via Rail Train Station Parking
Lot during their S.O.S Giveaway 33 Elgin St, Sudbury, ON, P3E 3N7,
<https://www.facebook.com/StreetOutreachSudbury>

Street Help People

Community Outreach

8am-11pm, 705-669-1502

Red T-Shirt with "Community Outreach" on back workers
offering to put you on a list for Housing, emergency
supplies, encampment supplies and resources.

Street Help Housing Listers

Client Navigators

705-674-4455

Navy Blue Jacket Workers with "Client Navigator" on
back For The City. They put you on Sudbury Housing's
List of hope for Housing.

Sudbury Housing Corporation

Applying

Greater Sudbury Housing Corporation-Greater Sudbury Community Housing
705-674-4455 Registration applying to get into Sudbury Geared To
Income Housing.

Sudbury Housing Client Services

Sudbury Housing

705-674-8323

Inexpensive Meals Locations

Independent Living Sudbury Manitoulin (Not Free-Inexpensive)

125 Durham St, 705-675-2121 Must be a registered member of this Independence Resource facility. <http://ilsm.ca>

Library Feedback Number

Greater Sudbury Public Library Phone Number For Feedback Concerns

705-673-1155

Don't let the Greater Sudbury Public Library say: We'll look into things you suggest. Tell them you want the changes you want and wait for them to decide if they'll give them to you. It's the Publics library and you can't expect it to think for you. Remember a vote for something is yours and not the government of any Public. So; hope they do what you want but don't let them decide to look into it. Tell them to do it and be counted as a vote. If they will not do it then you at least go registered as telling them to do it. If enough people tell them to do something it may get done. Remember; these PUBLIC SERVANTS are SERVANTS. Not STAFF. They tell you what they want you to think. Not a thing more. They are told to deter you from what you want at all facilities Public. That's not an option for them. They suppress good will for things like "We'll give away the books at the Greater Sudbury Public Library" because they decide these ideas. Not you. Donations are acceptable if you like THEY SAY. But are you willing to sell all the books they decide are not admissible to sensibly kept for treasure of them not being a TREASURY? I love a good book but The Mayor says "Sell what you can and the rest will be illiteracy". That can't go on for dumb Mayors or he'd have to read for OTHERS. Can he?

Food Waste Stopping?

Zero Waste Chef

<https://zerowastechef.com>

Zero Waste ideas and Scratch Cooking Ideas.

Food Waste Checking When?

Olio

<https://olioapp.com/en>

To Good To Go

<https://www.toogoodtogo.com/en-ca>

Love Food Hate Waste

<https://lovefoodhatewaste.ca>

Food Waste Purchase Before

Produce To Be Removed Soon For Cheaper Purchase

Flashfood and Too Good to Go are apps you can download where grocery stores are selling their produce that need to be removed from their shelves at reduced prices to reduce food waste.

FlashFood

<https://flashfood.com>

Too Good To Go

[https://www.toogoodtogo.com/en-ca?](https://www.toogoodtogo.com/en-ca?utm_source=sudbury.com&utm_campaign=sudbury.com:+outbound&utm_medium=referral)

[utm_source=sudbury.com&utm_campaign=sudbury.com:](https://www.toogoodtogo.com/en-ca?utm_source=sudbury.com&utm_campaign=sudbury.com:+outbound&utm_medium=referral)

[+outbound&utm_medium=referral](https://www.toogoodtogo.com/en-ca?utm_source=sudbury.com&utm_campaign=sudbury.com:+outbound&utm_medium=referral)

Delivered Meals Paying

Meals On Wheels

Inexpensive Meals

705-525-4554, Fax 705-525-4741

Minnow Lake Place, 1127 Bancroft Drive, Sudbury, ON P3B 1R6

<https://sudburymeals.org> meals25@sudburymeals.org

Deliver meals to you fresh or frozen.

Wahnapiatae First Nation-Meal Delivery

705-858-7700 X 219

This service provides dinner delivered four days a week at no charge.

Contact Wendy Tyson for more information.

Fresh And Easy Pay Meal Service

Unfrozen delivered directly to your door. Order & heat at home.

Mondays 11 am to 3 pm (Order by Thursday) Sundays 5 pm to 9 pm (Order by Thursday)

705-822-8946, www.fresheasysudbury.ca

fresheasysudbury@outlook.com

Facebook: [fresheasysudbury](https://www.facebook.com/fresheasysudbury) [@fresheasysudbury](https://www.facebook.com/fresheasysudbury)

Senior Choose Your Own Meal Plans:

3, 4 or 5 freshly prepared meals delivered weekly for 4 weeks.

Meals weekly for 4 weeks - \$135

Meals weekly for 4 weeks - \$170

Meals weekly for 4 weeks - \$215 Meals Selected for You:

5 freshly prepared meals delivered weekly for 4 weeks. Rotated weekly from our Traditional, Lighter Side and Seniors menu.

5 meals weekly for 4 weeks \$195

Meal Makers Pay For Meals Service

416-897-5750 Meals ready to heat and enjoy.

Sudbury Food Banks

Call for designated foodbank and hours first for acceptance. Food banks require Identification and assets of all household members as well as their work history if you want to accept privacy as a family and not an individual for freedom sake.

St, Sudbury, ON, P3E 3N7, CANADA

<https://www.facebook.com/StreetOutreachSudbury>

Inner City Home Of Sudbury

705-675-7550, 251 Elm St, Sudbury, ON, CANADA

Sudbury Food Bank

705-671-9663, 105 Webbwood Dr, Sudbury, ON, CANADA

Minnow Lake St Alphonsus Holy Redeemer Church

1422 Bancroft Drive, 705-566-9409

Inner City Home Of Sudbury in New Sudbury

1169 Dollard St, 705-675- 7550

St. Matthews Lutheran Church-New Hope Lutheran Church

264 Mackenzie St, 705-673-2933

The Salvation Army Family Services Food Bank Centre

705-673-5893 X 204, 634 Notre Dame Ave, Only by appointment Mon-Fri 9:05am-12:15pm. Id for all household members, proof of address and income statement is required for every appointment. For extras: We will open without appointment, Mon-Fri 1pm-2pm. All calls will be returned each business day.

Pregnancy Care Centre & Infant Food Bank

1032 Lasalle Blvd, 705-673- 5003

Cambrian College Student Emergency Food Bank H.E.L.P

1400 Barrydowne Rd, 705-566-8101 X 7305 Full Time Students Only **Collège Boréal Students**

21 Lasalle Blvd, 705-560-6673 X 2810 Full Time Students ONLY

Laurentian University Students

935 Ramsey Lake Rd, 705-675-1151 X 1064 Full Time Students Only

Our Children, Our Future-Infant Food Bank

201 Jogues St, 705-673-5003

Our Children, Our Future-Infant Food Cupboard

201 Jogues St, 705-677- 0931

Better Beginning Emergency Food Bank

450 Morin Ave, 705-671-1941

Sudbury Secondary School Students

154 College St, 705-674-7551 X 6865

Grace Family Church

426 Burton Ave, Sudbury, ON, 705-673-1512

Saint Vincent de Paul Society

705-897- 1212, 2506 Hwy 69 N, Val Caron, ON, CANADA

Garson Community Food Bank

705-988-6773, 600 O'Neil Dr W, Garson, ON, CANADA

(Lorne Brady Memorial Club House)

Coniston All Saints Anglican Church

44 Pine St, Coniston, ON, 705-694-5050

Capreol Bread And Roses Trinity United Church

72 Young St, Capreol, ON, 705-858-2591 or 705-920-0961 EM

Walden Food Bank

215 6th Ave, Lively Field House, 705-692-4061

Onaping Falls Food Bank

2 Hillside Ave, Suite F, 705-207-6462

Markstay/Warren Food Bank

17 Church St, Marstay, ON, 705-853-4836

Chelmsford/Azilda Friendship House-St. Alexander

100 Gaudette St, Chelmsford, 705-855-4848

Hanmer Good Neighbours Valley East

4611 St Joseph St, Hanmer 705-593- 2650 (Lion's Club House Garage)

Elizabeth Fry Society

204 Elm St, 705-673-1364

Sudbury Action Centre For Youth (S.A.C.Y.)

105 Elm St, 705-673-4396 <https://www.theactioncentre.ca>

Food & Essentials Helps'

Valley View Helping Hands-Groceries And Necessities

Helping Hands Family Mission is designed to help people with food and other supplies to get them through the struggles in life.

<https://www.facebook.com/login/?next=https%3A%2F%2Fwww.facebook.com%2Fpages%2Fcategory%2FNonprofit-Organization%2FHelping-Hands-Family-Missions-104286837580824%2F>

Lockerby Legion Branch 564 Veterans Services Call Mary Michasiw 705-522-6060 rclbranch564@gmail.com, 2200 Long Lake Rd. Assistance with emergency services, shelter, food, medical issues, assistance of any kind for veterans and their families.

Street Outreach Sudbury (S.O.S.) They give away free meals, food, clothing, toiletries and household items Wednesday 5pm-8pm across the street from Sudbury Arena in the old Via Rail Train Station Parking Lot during their S.O.S Giveaway 33 Elgin St, Sudbury, ON, P3E 3N7

<https://www.facebook.com/StreetOutreachSudbury>

Free Indeed This site is a place you can ask for what you need and others can reply if they have what you are looking for or you can donate to people on the site when they ask for things they need.

[https://www.facebook.com/groups/295995838458815?](https://www.facebook.com/groups/295995838458815?utm_source=sudbury.com&utm_campaign=sudbury.com&utm_medium=referral)

[utm_source=sudbury.com&utm_campaign=sudbury.com&utm_medium=referral](https://www.facebook.com/groups/295995838458815?utm_source=sudbury.com&utm_campaign=sudbury.com&utm_medium=referral)

Wholesale Groceries

The Good Food Market is a pop-up produce market that sets up weekly in neighborhoods that are under-served by grocery stores. It operates on a not-for-profit basis, with the goal of encouraging local families to make healthy choices by making it easier for them to access a variety

of fresh fruits and vegetables. Market patrons are able to purchase a variety of quality produce at wholesale prices. We visited 7 different communities weekly and served over 500 people from July to October. www.goodfoodboxsudbury.ca

The Good Food Box is a non-profit community initiative that allows individuals and families to purchase a variety of nutritious, delicious and fresh vegetables and fruit at wholesale prices. The program runs like a large buying club. Anyone who wishes to purchase a box is welcome. Each month, customers pre-pay \$17 (large) or \$8 (small) for a box of fresh fruits and vegetables. The Good Food Box Coordinator uses these deposits to place a bulk order through local distributors and producers. Food is then delivered to the packing site where volunteers separate the variety of fruits and vegetables into individual boxes. The boxes are then distributed throughout the Sudbury region to host sites where the boxes are to be picked up. Each box contains the same mix of fruits and vegetables and are always below market price. There are at least two local food item in each box, numbers varying by season.

705-671-1941 X 258 email: admin@goodfoodboxsudbury.ca website: www.goodfoodboxsudbury.ca

Alban Good Food Box 24 Delamere Road, Univi Health Centre / French River Nurse Practitioner- Led Clinic

<http://goodfoodboxsudbury.ca><https://boitedebonnebouffe.wordpress.com>

Minnow Lake Good Food Box 1127 Bancroft Drive, Sudbury-Minnow Lake Meals On Wheels <http://goodfoodboxsudbury.ca>

<https://boitedebonnebouffe.wordpress.com>

Sudbury Good Food Box "105 Elm Street, Suite E4, Sudbury, ON, Shkagamik-Kwe Community Centre <http://goodfoodboxsudbury.ca>

<https://boitedebonnebouffe.wordpress.com>

Capreol Good Food Box Bread And Roses Trinity United Church

72 Young Street, <http://goodfoodboxsudbury.ca>

Greater Sudbury Good Food Box Better Beginnings Better Futures, 450 Morin Ave, Sudbury, ON, P3C-5H6, CANADA, 705-671-1941 x 258

admin@goodfoodboxsudbury.ca <https://www.goodfoodboxsudbury.ca>

Good Food Box 176 Larch St, Sudbury, Eat Local Sudbury, 705-675-3894 x 209, goodfoodbox@spcsudbury.ca, <http://goodfoodboxsudbury.ca>

Good Food Box 66 Elm St, Sudbury, ON, Aboriginal Peoples' Alliance of Northern Ontario (APANO), 705-675-3894 x 209,

goodfoodbox@spcsudbury.ca, <http://goodfoodboxsudbury.ca>

Good Food Box 200 Brady St, Sudbury, ON, Tom Davies Square, 705-675-3894 x 209, goodfoodbox@spcsudbury.ca, <http://goodfoodboxsudbury.ca>

Good Food Box 204 Elm St, Sudbury, ON, Elizabeth Fry Society, 705-675-3894 x 209, goodfoodbox@spcsudbury.ca, <http://goodfoodboxsudbury.ca>

Good Food Box 110 Elm St, Sudbury, ON, N'Swakamok Native Friendship Centre 705-675-3894 x 209, goodfoodbox@spcsudbury.ca

<http://goodfoodboxsudbury.ca>

Good Food Box 30 Ste Anne Rd, Sudbury, Social Planning Council of

Sudbury, 705-675-3894 x 209, goodfoodbox@spcsudbury.ca

<http://goodfoodboxsudbury.ca>

Good Food Box 720 Bruce Ave, Sudbury, Balmoral Positive Connection, 705-675-3894 x209, goodfoodbox@spcsudbury.ca

<http://goodfoodboxsudbury.ca>

Good Food Box 231 Martha St, Hanmer, Valley Pentecostal Church, 705-675-3894 x 209, goodfoodbox@spcsudbury.ca,

<http://goodfoodboxsudbury.ca>

Good Food Box 15 Kin Drive, Lively, Lively citizen service centre/library, 705-675-3894 x 209, goodfoodbox@spcsudbury.ca,

<http://goodfoodboxsudbury.ca>

Good Food Box 2141 Lasalle Blvd, Sudbury, New Sudbury Canadian Diabetes Association, 705-675-3894 x 209,

[goodfoodbox@spcsudbury.ca](http://goodfoodboxsudbury.ca), <http://goodfoodboxsudbury.ca>

Good Food Box 161 Applegrove St, Sudbury, Shkagamik-Kwe Health Centre, 705-675-3894 x 209, goodfoodbox@spcsudbury.ca,

<http://goodfoodboxsudbury.ca>

Wahnipitae Good Food Box 259 Taighwenini Trail Rd,

Wahnipitae, Wahnipitae First

Nation, 705-675-3894 x 208, goodfoodbox@spcsudbury.ca,

<http://goodfoodboxsudbury.ca>

Good Food Box 32 Rutland Ave, Warren, Warren Fire Hall, 705-675-3894 x 207, goodfoodbox@spcsudbury.ca , <http://goodfoodboxsudbury.ca>

Good Food Box 12 Millichamp St, Markstay, Markstay Pentecostal Church, 705-675-3894 x 206, goodfoodbox@spcsudbury.ca,

<http://goodfoodboxsudbury.ca>, <http://goodfoodboxsudbury.ca>

Good Food Box 100 Gaudette St, Chelmsford, ON, St. Alexander Good Food Box, charmainemalette@yahoo.ca

Food Co-Ops- (Need 5 People)

Food Co-ops

Access natural and organic foods by starting your own food buying club. You need a minimum of five adult members. Foods available include dry goods, cooler items, and frozen products. No produce or meat (although some products contain meat).

Delivevery every 2 weeks.

Eat Local Sudbury Co-operative Inc.

176 Larch St Sudbury, ON P3C-1C5 705-521-6717,

info@eatlocalsudbury.com 28 Community Development Contact: Maureen

Strickland Website: www.eatlocalsudbury.com Services: Co-op store selling local food (seasonal). Hours: Wed-Fri from 11am-6pm. and Sat from 9am-4pm. Eat Local Sudbury Co-operative Inc. is the one-stop shop for all local food needs. This year-round store carries a wide range of local food products including meats, cheeses, milk, juice, oils, nuts, grains, preserves, prepared

Community Development 29 foods, and more. Eat Local Sudbury Co-

operative Inc. also promotes Community Shared Agriculture in Sudbury. This is where shareholders pay upfront to receive a weekly delivery of in-season vegetables and fruit. Call for more information.

Ontario Natural Food Co-op

905-507-2021 or toll free 1-800-387-0354, X 228, buyclub@onfc.on.ca
Contact: Kate Jarvis, Buying Club Representative Website: www.onfc.ca
Ontario Natural Food Co-op is a wholesale distributor of natural and organic foods that offer Buying Clubs. A Buying Club is a group of at least five people who get together to purchase goods directly from the distributor, saving money, and gaining access to over 3900 products.

Food Sustainability Help

Giki

<https://giki.earth>

Shopping sense for Employers and Customers to say goods can be bought with lower carbon footprints and better commercial sustainment with information on products for many reasons like where manufactured or what ingredients or quality or even actions for bettering the product as well as reason for choices of raw materials and better associates.

Tenant Insurance Affordable

Westland Insurance

705-674-1951

Vegan Recipes-Animals Live!

Vegan is no meat animals killed and no cheese and things that these animals would offer their young like eggs as well. It is a wise approach to not eating God's animals and leaving cow milk to baby cows. Broccoli can be a good substitute for milk calcium etc..

Linda's Vegan Recipes

<https://www.yessudbury.ca/Linda's%20Kitchen.htm>

English Classes

English Conversation Circle

Liette Chiasson, 705-688-3950, %20liette.chiasson@greatersudbury.ca
Public Library 1991 Regent Street, Branch: South End
Upcoming Dates: Thursday(s), May 16-June 13 2024 6:00 pm - 7:00 pm
Are you learning English or new to Canada? Come practice English with others! Beginners and intermediate learners are welcome. Practice and improve your English conversation skills in a relaxing environment while making new friends and learning what the library has to offer. Please note, this is an informal opportunity to practice English and not an English as a second language course. Drop-in sessions no registration is required.

Sudbury Housing Properties

Sudbury

1778 LaSalle Blvd.
1950 LaSalle Blvd.
1528 Kennedy Street
1200 Attlee Avenue
1052 Belfry Avenue
744 Bruce Avenue
720 Bruce Avenue
715 Burton Avenue Cabot Park
159 Louis Street
166 Louis Street
491 Camelot Drive
241 Second Avenue 1920 Paris Street
1960 A & B Paris Street

Chelmsford

3553 Montpellier

Capreol

27 Hanna Street

Lively

240 "B" Street

Hanmer

155 Lapointe Street

Garson

35 Spruce Street

Collective Kitchens

Collective Kitchens are joinable groups who cook bulk meals together and can stock their fridge and freezer with food they create as a group. There is an opportunity to learn how to make affordable meals from scratch and share new ideas with each other on how to do so.

Sudbury Women's Centre-Collective Kitchen

705-673-1916, 324-F Elm St W, Sudbury, ON P3C-1V8,
sudburywomenscentre@gmail.com <http://facebook.com/sudburywomenscentre>
Mon-Fri 8:30am-4:30pm Services: Provides information, referral and support service to women who have been impacted by difficult life circumstances. The centre offers public education, outreach programs, legal clinics, a resource library, internet access, a clothing depot, and workshops about violence prevention and economic independence. Sudbury Women's Centre has received funding from the Ontario Trillium Foundation to launch and run a Collective Kitchens Program for 92 women in Sudbury for the next three years to increase the number of economically vulnerable people who are able to meet their basic needs. A collective kitchen is a "small group of people who get together to cook in bulk for their families. These cooking groups pool their money,

skills, and energy to cook healthy and economical meals that they take home to share with their families"

(Collective Kitchen Partnership, personal communication, 16 March 2004). Groups of 4-5 women will work together with a lead facilitator to form a collective kitchen meeting twice a week for 5 weeks to learn about nutrition education, menu planning, budgeting, cooperative buying, food handling and recipe development They will cook together, share a meal with each other, and take additional portions home. Volunteer leaders from the groups will be trained so they can continue the group facilitation of the collective kitchens once the initial 5 weeks is over. Evidence indicates that once women participate in a collective kitchen they are likely to continue cooperative behaviors after the program ends. Women will learn ways to stretch their limited dollars to buy and prepare more food that is both tasty and nutritious.

Our Children Our Future-Collective Kitchen

Nos enfants, notre avenir

201 Jogues St Sudbury, ON P3C-5L7, 705-677-0440, Toll Free: 888-677-0440, Fax: 705-673-3354, mail@ourchildren-ourfuture.net or mail@ocof.net, www.ourchildren-ourfuture.net Serving children 12 and up. This program is supported in LaCloche, Valley East & Capreol. This program offers parents the chance to get together to enhance their skills in planning nutritious meals for their families. They learn how to shop on a budget while improving the nutritional quality of meals by swapping ingredients and taking advantage of seasonal and sale products. One session is dedicated to planning meals and preparing shopping lists, the second session to meal preparation. Participants enjoy a meal together and take their nutritious meals home to share with their families. How Will This Program Benefit Me And My Family? In a small group format, participants will learn how to plan and cook nutritious meals based on the Eating Well with Canada's Food Guide. Participants get to take the prepared meals home to their families. What Can I Expect? During the planning session, participants will go through local grocery flyers, according to what's on sale, participants will work together to choose 4-5 healthy recipes. Participants will create a grocery list around a specific budget provided by Our Children, Our Future. Shopping tasks will be divided within the group. During the program, children are playing in a high quality learning environment with trained support staff. **Because of safety concerns, during the cooking session children are required to be in the childcare area at all times. During the cooking session which is usually held a few days later, participants come together to prepare & cook the meals decided on. Gain more knowledge on how to increase the nutritional quality of meals and how to reduce the costs by maximizing the budget. The planning and cooking sessions will be facilitated with the guidance of a staff and/or a trained volunteer. The opportunity to get out of the house and meet new people. Gain more knowledge on how to read food label information. Participate in discussion and experience-sharing.

The opportunity to learn new recipes. To apply safe food handling practices. To improve planning and cooking skills. Healthy snacks & refreshments are provided. Transportation may be provided. Services: Program runs out of Minnow Lake Place located at 1127 Bancroft Drive in Sudbury, 4477 Notre Dame St, Unit 3 in Hanmer, 137 Sheppard St in Espanola, and 355 Government Rd West in Massey. Collective Kitchen This program offers parents the chance to get together to enhance their skills in planning nutritious meals for their families. They learn how to shop on a budget while improving the nutritional quality of meals by swapping ingredients and taking advantage of seasonal and sale products. One session is dedicated to planning meals and preparing shopping lists. A second session is dedicated to meal preparation. Participants enjoy a meal together and are able to take their nutritious meals home to share with their families. Nos services sont aussi disponibles en français.

Sudbury Food Bank-Collective Kitchen

1105 Webbwood Drive, Sudbury, ON P3C 3B6, sudburyfoodbank@vianet.ca 705-671-9663 The course runs one day a week from 9-1, for 6 weeks. We can have up to four simultaneous courses running, 1 on each of Mon, Tues, Wed, and Thur. There is no cost for joining the course, but we do request that you commit to attending the full 24hr course. Included in the course are a First Aid, Food Handlers course & opportunity to take the test for certificates.

Centre de santé communautaire de Sudbury

19, chemin Froot Sudbury, ON P3C-4Y9, 705-670-2274, Fax: 705-670-2277 lleblanc@santesudbury.ca Julie Levesque, Secrétaire de Direction jlevesque@santesudbury.ca Services: Offre des services en français. Cuisine communautaire de groupe - Les participants apprendrons comment lire les étiquettes et à préparer une alimentation économique et saine, suivant les normes du Guide alimentaire canadien.

Free Baby Diapers, Wipes, Food, Formula And Supplies

The following places may supply diapers, wipes, formula and baby food. They might even be able to assist with cribs, car seats and other baby items.

Pregnancy Care Centre and Infant Food Bank

705-673-5003, 1032 LaSalle Blvd, Greater Sudbury, ON, P3A 1X9, CANADA

Our Children, Our Future-Infant Food Cupboard

705-677- 0931, 201 Jogues St, Sudbury, ON, CANADA

Better Beginning Emergency Food Bank

705-671-1941, 450 Morin Ave, SUDBURY, ON, CANADA

Free Indeed

This site is a place you can ask for what you need and others can reply if they have what you are looking for or you can donate to people on

the site when they ask for things they need.

[https://www.facebook.com/groups/295995838458815?](https://www.facebook.com/groups/295995838458815?utm_source=sudbury.com&utm_campaign=sudbury.com&utm_medium=referral)

[utm_source=sudbury.com&utm_campaign=sudbury.com&utm_medium=referral](https://www.facebook.com/groups/295995838458815?utm_source=sudbury.com&utm_campaign=sudbury.com&utm_medium=referral)

New Sudbury Inner City Home of Sudbury Food Bank

705-675-7550, 1169 Dollard Ave E, Greater Sudbury, ON, P3A 4G7, CANADA
or 251 Elm St, Greater Sudbury, ON, P3C 1V5, CANADA

Birthright of Sudbury Pregnancy Support Services

1-800-550-4900 Office: 705-673-7200, 66 Elm St, Unit 112, Greater Sudbury, ON, P3C 1R8, CANADA

Buy Nothing

A site to post free stuff and needed stuff (but not food)

<https://m.facebook.com/groups/1248326145723469>

Baby Needs

Inner City Home of Sudbury Food Bank

705-675-7550

251 Elm St, Greater Sudbury, Ontario, P3C-1V5, CANADA (1km)

Inner City Home of Sudbury Food Bank, New Sudbury Location

705-675-7550

1169 Dollard Ave E, Greater Sudbury, Ontario, P3A-4G7, CANADA (7km)

Birthright of Sudbury - Pregnancy Support Services

705-673-7200, 1-800-550-4900,

66 Elm St, Unit 112, Greater Sudbury, Ontario, P3C-1R8, CANADA (1km)

Pregnancy Care Centre and Infant Food Bank

705-673-5003

1032 LaSalle Blvd, Greater Sudbury, Ontario, P3A-1X9, CANADA (5km)

Teresa Group - Child and Family Aid

416-596-7703

Blanket Donation Places

Better Beginnings Better Futures

<https://betterbeginningssudbury.ca>

450 Morin Ave,

Sudbury, Ontario

P3C 5H6.

705-671-1941

The Mission - Temporary Warming Shelter

344 Elgin St, Sudbury, ON, P3E-3N9, 705-673-2163 FAX: 705-673-0560

<http://themission.ca>, Email: administrator@themission.ca

Meals And Services: Healthy home cooked daily meals-Days/breakfast from 8:30-9:30am, Sat/Sun brunch 10am-12pm Daily supper 6-7:30 pm 24hr Warm station in Extreme Cold Weather Alerts

Laundry facilities available during open hours Shower facilities with

towels and toiletries Clothing/footwear/coats/blankets/necessities
Haircuts with weekly schedule
Phone/fax services for special needs with staff supervision
Access to furniture/appliances (as available) through agency partners
Advocacy for patrons
Drop-in services to lift up and encourage Referral services to
community agencies
Special Holiday functions with meals, gifts, music Pastoral and
Chaplaincy services, Counseling available.
Showers from 8A.M.-12P.M., Paramedic Wednesday ONLY.

Community Outreach

www.jeunesdelarue.ca/mission-e.html

Clothing, winter clothing, blankets, footwear, supplies

N.I.S.A. Warm Hearts Warm Bodies

<https://nisa.on.ca/programs/warm-hearts-warm-bodies>

This organization needs comforters or blankets for street
people donated to them often and regularly.

Farmer's Markets

Sudbury The Market

233 Elgin St, themarket@greatersudbury.ca,

<http://www.greatersudbury.ca/inside-city-hall/downtown/market>

<https://www.sudburymarket.ca>

The Sudbury Market is a producer-only organization that features up to
100+ vendors from within Greater Sudbury and surrounding areas. Our
goal is to support our local economy and encourage new and returning
vendors to be part of our community.

Sudbury The Market

York St, themarket@greatersudbury.ca,

<https://www.greatersudbury.ca/play/the-market>

Anderson Farm

RR 24, Lively Rock The Farm FREE Concert/Farmers' Market (hosted by
Anderson Farm Museum Heritage Society), 705-671- 2489, extension 4152
gwen.doyle@bell.net,

http://www.walden-can.com/anderson_farm_museum.htm

Farmgate Sales

These are farms selling at their gate.

Garson, 360 Goodwill Drive, McGrows Farms and Gardens

705-693-9985, <http://www.mcgrowsfarms.ca>

Bleazard Valley, 2442 Main St, Triple Star Acres 705-618-2400,

<http://triplestaracres.com>

Bleazard Valley Valley Growers, 2960 Martin Road, 705-897-4560,

www.valleygrowers.ca

Bleazard Valley Josephine's Vegetables, 3316 St Laurent Street, no

Herbicide Farm Since 1982 705-897-6302, www.josephinesvegetables.com

Warren Boreal Berry Farm and Winery, 748 Little Brule Road, 705-920-7096

Lavigne Creekbend Farms/Seguin Sugar Bush

28 Poirier Road, 705-594-1087, www.seguinsugarbush.com

www.creekbendhoney.ca

Lavigne Dalew Farms

10781 Hwy 64, 705-594-1823, www.dalewfarms.ca

Sturgeon Falls, 744 Quesnel Road, ON, CANADA

New Liskeard Leisure Farms

1-888-828-0364, 705-753-0109

contact@leisurefarms.ca, [www.leisurefarms.ca lf_about_en.html](http://www.leisurefarms.ca/lf_about_en.html)

New Liskeard Thornloe Cheese

Hwy 11, North of New Liskeard, 705-647-7441, www.thornloechese.ca

Kapuskasing Fromagerie Kapuskoise-Artisan Cheese

376 Government Road East, 705-371-2177

fromageriekapuskoise@gmail.com, <http://www.fromageriekapuskoise.ca>

Restoule, 6866 Hwy 534, Board's Honey Farm

1-888-363-2827, shop@boardshoneyfarm.com

Verner, 380 Sunnyridge Road, Kipling Ridge Farms

705-626-4232

Chelmsford, 3888 Regional Rd 15, Nickel City Cheese

705-969-1643, <http://www.nickelcitycheese.ca>

Chelmsford, 3369 RR-15, Truly Northern Farms

<https://trulynorthern.ca>

Chelmsford, 257 Seguin St, Family Roots Farm

<https://www.facebook.com/FRFarms>

Chelmsford, 4317 RR-15, Lise's Strawberry Farm 705-855-9386

www.facebook.com/pages/Lise's%20Strawberry%20Farm/501695736566171

Chelmsford, 830 Montee Principale

Don Poulin Potatoes Inc., 705-983-4432,

<http://www.eatlocalsudbury.com/#!producers/clylf>

Sudbury The Market York Street

<https://www.greatersudbury.ca/play/themarket>

<https://www.grandsudbury.ca/se-divertir/le-marche>

Sudbury, 470 McVittie Rd, GOOD4Ushrimp Inc., 705-988-8828,

<https://www.good4ushrimp.ca>

Sudbury, 736 Bruce Ave, Flour Mill Community Farm

705-222-0423, flourmillcommunityfarm@spcsudbury.ca,

<https://www.facebook.com/FlourMillCommunityFarm>

Markstay-Warren The Ugly Barn Farm

611 Ratter Lake Rd, ON, CANADA

Markstay-Warren, Three Forks Farms

705-665-1756, 719 Sutcliffe Road, Warren, ON, P0H 2N0, CANADA

www.threeforksfarms.com eat@threeforksfarms.com

Certified organic operation, we grow a huge variety of vegetables under the "Artisanal Chicken Program". Our products are also sold at **Eat**

Local Sudbury

We're at the **North Bay Farmers' Market** and **The Market in Sudbury**

CSA pick up available at Thursday York Street Market.

Products: Poultry and variety of vegetables

Practices: Certified organic

Markets: North Bay Farmers' Market including The Market in Sudbury, retail stores, restaurants & CSA pick up at Thursday York Street Market, Sudbury, ON, CANADA

Medical Advice Or Info

Telehealth Ontario

1-866-797-0000

Medical Help Buttons

Helpline

705-523-7000, www.helplinemedicalalarm.ca

230 Alder St, Sudbury, ON, CANADA,

Installed Emergency Button to call for help.

What Healthcare Needed?

Health Care Options

1-866-330-6206, www.ontario.ca/healthcareoptions

A list of local medical resources and options for healthcare

Providers Sudbury & District Health Unit at 705-522-9200 free 1-866-522-9200.

Eat What For What Health

EatRight Ontario

This service allows Ontarians to ask nutrition-related questions and to get answers by phone or email from a Registered Dietitian.

Whether you have a nutrition-related question or are looking for a resource, EatRight Ontario is a trusted source for advice on healthy eating.

www.Ontario.ca/EatRight Toll-free 1-877- 510-5102

Phone service is available Mon-Fri from 9am-5pm Eastern Time (ET) with evening hours on Tue and Thur until 9pm (ET).

Illness Information Center

Shoppers Drugmart Conditions Reader

<https://www.shoppersdrugmart.ca/en/health-and-wellness/conditions>

Pregnancy Nutritional Food

And/Or Diet Money Through O.D.S.P And Ontario Works

Nutritional Allowances: Special Diet, Pregnancy and Breastfeeding The Special Diet Allowance (SDA) and Pregnancy and Breastfeeding Nutritional Allowance (PBFNA) are available for people getting Ontario Works (OW) or the Ontario Disability Support Program (ODSP). The SDA can help people with the extra costs of a special diet when they have a qualified medical condition. The PBFNA can help mothers with the extra costs of a healthy meal plan during pregnancy and breastfeeding. To get the SDA form #3111 (Eng) and form #3122 (Fr), or the PBFNA form #3109 (Eng) and form #3116 (Fr), you must get an original form at your local OW or ODSP office. Health professionals who can fill out and sign your form include: Physicians, Registered Nurses in the Extended Class, Registered Dietitians, Registered Midwives and Traditional Aboriginal Midwives.

Glue Suggestions

This To That (What glue should you use to glue something?)

https://www.thistothat.com/#google_vignette

Housing Available

Canadian Mental Health Association (C.M.H.A.) Apartment List
705-675-7252

Centre de Santé Communautaire du Grand Sudbury Housing List
705-618-8810

Greater Sudbury Housing Corporation Services

705-671-2489 X 4678 fax: 705-671-0825

401-10 Elm St, Sudbury, ON, P3E-4P6, CANADA

housing.registry@greatersudbury.ca 705-674-8323 info@sudburyhousing.org

Salvation Army

705-673-5893 Emergency apartments

First Nations Housing Services Native People of Sudbury Development Corporation Geared to Income Housing

68 Xavier St, 705-674-9996

M-F 8:30A.M.-4:30P.M.

Specifically for Native Community and rent is geared to income.

Places are well looked after and quality with varying sizes, types and locations.

Ontario Aboriginal Housing Services

500 Bay St, Sault Ste. Marie, ON P6A 1X6

705-256-1876, 1-866-391-1061

M-F 8:30A.M.-4:30P.M.

Ontarioaboriginalhousing.ca

A non-profit provider for indigenous communities and individuals in rural and urban areas. Mandated to provide safe and affordable, culturally appropriate housing to urban and rural First Nation, Inuit and Metis people living off-reserve in Ontario.

N'Swakamok Native Friendship Centre Aboriginal Homeless Program

705-674-2128, www.nfcsudbury.org

110 Elm Street, Sudbury, Ontario, CANADA

Mon-Thur 8A.M-4P.M.

Offers Housing Support to indigenous men, women, youth, and families who are chronically homeless or at risk of homelessness.

Corner Clinic - Housing Outreach

05-673-3721

Elizabeth Fry Society-Resources

705-673-1364

Addiction Supportive Housing (ASH)

705-674-0123

John Howard Society Resources

705-673-9576

**Canadian Red Cross - Sudbury Branch-Community Health and Wellness-
Personal Support Services**

705-674-0737, 1460 Fairburn St, Sudbury, ON, P3A 1N7, CANADA

Finlandia Village Assisted Living

233 4th Ave, Sudbury, ON, P3B-4C3, 705-524-3137

**Independence Centre and Network Assisted Living Services for High
Risk Seniors**

765 Brennan Rd, Sudbury, ON, P3C 1C4 705-673-0655 X 206 ICAN-

**Independence Centre and Network-Sudbury-Enhanced Congregate Care
(ECC) Units-Supportive Housing - Haig St Site**

765 Brennan Rd, Sudbury, ON, P3C 1C4, CANADA, 705-673-0655

ICAN-Independence Centre and Network-Sudbury- Supportive Housing

765 Brennan Rd, Sudbury, ON, P3C 1C4 705-673-0655 X 206

**March of Dimes Canada-North East District-Sudbury-Assisted Living
Services**

96 Larch St, Unit 400, Sudbury, ON, P3E 1C1, 705-671- 3188

Ukrainian Seniors' Centre-Sudbury-Barvinok Retirement Residence

210 Lloyd St, Sudbury, ON, P3B 1N2, 705-677-0318

Sudbury Women's Centre

705-673-1916, 324-F Elm St W., Sudbury, ON P3C 1V8, CANADA

sudburywomenscentre@gmail.com

In the event you are an abused woman or woman going through some difficult times you can ask The Sudbury Women's Centre to help you find housing. <http://facebook.com/sudburywomenscentre> Mon-Fri 8:30am-4:30pm, Provides information, referral and support service to women who have been impacted by difficult life circumstances. The centre offers public education, outreach programs, legal clinics, a resource library, internet access, a clothing depot, and workshops about violence

prevention and economic independence.

Answers To All Questions

Ask Trev

<https://www.asktrev.com>

Money For Electricity

Ontario Electricity Support Program

Offers up to 2 years of paying some of your electricity bill if you are low-income. You must apply for it.

<https://ontarioelectricitysupport.ca>

Women Francophone Helpline

Fem'aide: Ontario Francophone Helpline For Women

1-877-336-2433

Text/SMS: 1-877-336-2433

Online Chat: www.femaide.ca

Free, Confidential, 24/7, Ontario

Women Assaulted Help

Voices For Women

127 Cedar Street, 7th Floor, Sudbury, Ontario, P3E-1A9, CANADA

1-705-671-5495

FAX: 1-705-523-7273

Email: VFW@hsnsudbury.ca

We provide services that are free and confidential. Voices for Women Sudbury Sexual Assault Centre hours of operation are Monday to Friday from 8:30 am to 4:30 pm.

Drop-in hours are from 9:00 am to 4:00 pm, with the exception of the lunch hour from 12:00 pm to 1:00 pm.

Please note that the elevator to our centre at 127 Cedar is closed from 12:00 pm to 1:00 pm and at 4:00 pm daily, and therefore you will not be able to access the centre during or after these times. Please call the centre directly, if you need immediate support.

In cases of acute sexual violence (within a year) and/or domestic violence, please present at the Emergency Department and ask for the Violence Intervention and Prevention Program (VIIPP) Forensic Nurse on call or call 1-705-675-4743.

Our Vision

The Voices for Women Sudbury Sexual Assault Centre is proactive in advocating social, political, and equal rights for women. We counsel and support women, educate for change and work to create a safer community.

Our Mission

The Voices for Women Sudbury Sexual Assault Centre strives to build an equitable, safe and healthy community, envisioning seamless, accessible, inclusive services for women who have experienced sexual violence.

Our Philosophy

The Voices for Women Sudbury Sexual Assault Centre operates on principles of mutual respect and anti-oppression. We believe survivors of sexual violence are experts in their own healing. Together we work towards creating a thriving community, empowering survivors of all races, classes, ages, gender identities, sexual orientations, abilities and spiritualities.

Our Code of Conduct

Respect the rights of others

Provide an environment that ensures and protects the right to personal dignity and privacy for every individual

Ensure the physical safety of each individual

Act in a professional manner that promotes teamwork, communication and accountability

Display accountability for one's actions and decisions

What We Do

The Voices for Women Sudbury Sexual Assault Centre is a free community based service for women who have experienced sexual violence. We provide:

Individual Counselling

The Basics for Healing Workshops

Therapeutic Groups

Drop-in services/support

Safety Planning

Form / Documentation Completion

Accompaniment to Court

Public Education and Training

Community Outreach and Advocacy

Access to Resource Library

Use of a Computer

Voices for Women cares about Accessibility

If you would like any information from our website provided to you in a format more appropriate to your needs, please call us at: 705-523-7273

or email us at vfw@hsnsudbury.ca.

Feedback

We value your feedback. Please email us at VFW@hsnsudbury.ca to provide any feedback about this website or our services.

Women Assaulted Helpline

Free, anonymous and confidential hotline for women 24/7 Living in Ontario.

Service In Many Languages Call: 1-866-863-0511

TTY 1-866-863-7868 or Text #SAFE(872333)

24/7 Help Lines

Sudbury Crisis Services: 705.675.4760 or Toll free 1.877.841.1101

Assaulted Women's Helpline: 1.866.863.0511

ATS: 1.866.860.7082

Women Indigenous Helpline

Talk4Healing

Free and culturally safe hotline for Indigenous Women living in Ontario and offers help, support and resources 24/7 through talk, text and chat. 1-855-554-HEAL

Women Rape Kit Makers

Still to be added

Women Rape Kit Suppliers

Still to be added

Women Rape Kits Hospitals

Offer To Do Testing

Still to be added

Harm Reduction Kits To Get

Volunteer Sudbury

<https://www.volunteersudbury.com>

website has changed to a new one. Not sure what it is.

Harm Reduction Kits Making

Clubs

Clubs that make them here to be posted still.

Harm Reduction Kits Wanters

List your places here by emailing me

Retirement Homes

Some are independent living with little or no outside help to more complex care. Most offer supports for daily living and other helpful services. Not all services may be included in the basic fee. Seniors can receive care within from external providers, including publicly-funded health services.

Amberwood Suites Autumnwood Mature Lifestyle Communities

1385 Regent St S, Sudbury, ON, P3E-3Z1 705-522-5289

Red Oak Villa-Autumnwood Mature Lifestyle Communities

20 Ste Anne Rd, Sudbury, ON, P3C-5N4, 705-673-0050

Chartwell Meadowbrook Retirement Community

18 Jacobson Dr, Lively, ON, P3Y 1P7, 705-692-1832

Golden Years Retirement Home

1677 St Jean St, Val Caron, ON, P3N 1N1 705-897-3142

Lasalle Residence

1758 Lasalle Blvd, Sudbury, ON, P3A 5W4, 705-560-8787

Regent Manor Retirement Residence

705-523-5295, 1315 Regent St S, Sudbury, ON, P3E 3Z1, CANADA

Southwind Retirement Residence

705-521-1443, 1645 Paris St, Sudbury, ON, P3E 6L5, CANADA

The Walford

705-682-9990, 99 Walford Rd, Sudbury, ON, P3A-5W3, CANADA

The Walford on the Park

705-566-6221, 38 Godfrey Dr, Sudbury, ON, P3E-6K3, CANADA

The Westmount Retirement Residence

705-523-2686, 599 William Ave, Copper Cliff, ON, P0M 1N0, CANADA

Long Term Care Homes

Pioneer Manor-Municipal Facility

705-566-4270 or 705-566-4282 pmcommunications@greatersudbury.ca

Elizabeth Centre - Private For Profit

705-897-7695 szakrocki@garlett.com **Extenticare**

Falconbridge-Private For Profit

705-566-7980, CHN_falconbridge@extendicare.com

Extendicare York-Private For Profit 705-

674-4221 tlamirande@extendicare.com **St.**

Gabriel Villa-Not For Profit

705-590-2580 ringriselli@sjsudbury.com

St. Josheph's Villa-Not For Profit

705-674-4447 rleveiller@sjsudbury.com

Finlandia Nursing Home-Not For Profit

705-524-3137 hharvey@finlandiavillage.ca

Free Clothing & Home Items

Street Outreach Sudbury (S.O.S.)

Elgin St, Sudbury, ON, P3E 3N7

<https://www.facebook.com/StreetOutreachSudbury>

They give away free meals, food, clothing, toiletries and household items Wednesday 5pm-8pm across the street from Sudbury Arena in the old Via Rail Train Station Parking Lot during their S.O.S Giveaway

Better Beginnings Better Futures Community Center-Community Closet

450 Morin Ave, Sudbury, ON, P3C-5H6, 705-671-1941 X 202

<http://betterbeginningssudbury.ca/community-closet>

Tues & Thur 10am-1pm, Sat 3pm-5pm. The Community Closet is filled with donated items (clothing, household goods) which is available to the community at no charge. It is a safe and confidential place where community members can meet and access other community resources.

Though we can not accept large furniture, we are often able to facilitate the donation's transfer to a community member in need. All donations are by appointment only. We have community members in need of drinking glasses, pots and pans, microwaves and furniture. Please call Genevieve at X 236 for further info. The Hours of operation for The Closet are Tue and

Thur 10am-1pm. We ask that the community members are respectful of these hours. We are open to the public who are in need of children or adult clothes and/or household items and will also be starting a Community Lunch on February 2nd from 11-2pm. The Closet will also be open at that time. We do not require referral from an agency. If you are an agency looking to make an appointment for a client outside of these hours please call 705-671-1941 x 202. Futures is a prevention Program for High Risk Communities.

John Howard Society Of Sudbury

705-673-9576, 204 Pine St, Sudbury, ON, Canada

http://johnhoward.on.ca/sudbury_Mon-Fri 9am-4:30pm

Community Outreach

www.jeunesdelarue.ca/mission-e.html

Clothing, winter clothing, blankets, footwear, supplies

St. Andrews United Church

705-674-0721

St. Vincent de Paul Society

705-521-4627 Tuesday, Friday, Saturday 10 am to 3 pm

553 Lavoie Street, Sudbury, Ontario, Canada

Val Caron Vincent de Paul

705-897-1212 Referral, \$40 delivery charge in city, \$30 in Valley area
2506 Hwy. 69 North, Val Caron

L'association des jeunes de la rue

705-675-6422, 307 Cedar St, Sudbury, ON, CANADA

L'Association des jeunes de la rue

705-207-8285 Community Outreach
2506 Hwy69N, Val Caron, Referral, \$30 Delivery

Jarrett Value Centre

705-525-5100, Notre Dame Avenue across from Value Village.

Salvation Army Thrift Store

705-525-2433

Sudbury Women's Centre

705-673-1916, 324-F Elm St W, Sudbury, ON, P3C 1V8, CANADA

sudburywomenscentre@gmail.com, M-F 8:30am-4:30pm

<http://facebook.com/sudburywomenscentre>

Provides information, referral and support service to women who have been impacted by difficult life circumstances. The centre offers public education, outreach programs, legal clinics, resource library, internet access, a clothing depot, and workshops about violence prevention and economic independence.

Cooper Equipment Rental (Free Winter Clothing)

705-560-2960, 22 Pacific Ave, Sudbury, ON, CANADA

<https://www.facebook.com/makewinterwarmer>

Cooper's Equipment Clothing Drive Has People that collect winter clothes and distribute winter coats, boots and mitts usually at Southridge Mall every November

The Mission (Temporary Warming Shelter)

705-673-2163, 344 Elgin St, Sudbury, ON, CANADA

The Corner Clinic

705-673-3721, 344 Elgin St, Sudbury, ON, CANADA

clothing toiletries, blankets

Elizabeth Fry Society

705-673-1364, 204 Elm St, Sudbury, ON, CANADA, Mon-Fri 9am-4pm

<http://efrysudbury.com>

Garson Closet Share

<https://www.facebook.com/groups/536370594797634/?ref=share>

A place to get free clothing in Garson and donate any if you want.

Free Indeed

This site is a place you can ask for what you need and others can reply if they have what you are looking for or you can donate to people on the site when they ask for things they need.

[https://www.facebook.com/groups/295995838458815?](https://www.facebook.com/groups/295995838458815?utm_source=sudbury.com&utm_campaign=sudbury.com&utm_medium=referral)

[utm_source=sudbury.com&utm_campaign=sudbury.com&utm_medium=referral](https://www.facebook.com/groups/295995838458815?utm_source=sudbury.com&utm_campaign=sudbury.com&utm_medium=referral)

Keeping Seniors Warm (Yearly Free New Winter Clothing Give-Away)

(Apply Before End Of August Deadline) <https://keepingseniorswarm.ca>

Offers new free winter clothing once a year if you apply at their website. Likely you have to apply before September 1st to receive the free winter clothes shopping spree around November 1st. Best to apply in August or even earlier. This yearly giveaway is for seniors only. Note that to participate in this program, you must be referred by a community agency. If you are unsure of who can refer you, use the Apply button on the site to leave us your contact information and

whether you've participated within the last 3 years. Someone will contact you as soon as possible to discuss how you can apply. Seniors age 55 and older are eligible to participate. Participation is determined on a first come, first serve basis and priority will be given to seniors who have not participated at all.

Buy Nothing

A site to post free stuff and needed stuff (but not food)

<https://m.facebook.com/groups/1248326145723469>

Free Laundry Facilities

The Mission (Temporary Warming Shelter)

344 Elgin St, Sudbury, ON, P3E 3N9, 705-673-2163 FAX: 705-673-0560

Meals And Services: Daily breakfast and supper. Open seven days a week, Laundry and shower facilities, Other Drop-in services, Acts as a 24hr Warming Station during Extreme Cold Weather Alerts, Days/Hours Operation: breakfast from 8:30-9:30am, Sat/Sun: brunch from 1am-12pm. Daily supper 6-7:30 pm, Counseling Available.

Free Showers And Baths

The Mission (Temporary Warming Shelter)

344 Elgin St, Sudbury, ON, P3E3N9, 705-673-2163 FAX: 705-673-0560

Meals And Services: Daily breakfast and supper. Open seven days a week, Laundry and shower facilities, Other Drop-in services, Acts as a 24 hour Warming station During Extreme Cold Weather Alerts, Days/Hours Of Operation: breakfast from 8:30-9:30am, Sat/Sun-brunch from 10am-12pm Daily supper 6-7:30pm, Counseling available. Showers from 8A.M.-12P.M..

Free Haircuts (Low-Income)

The Mission (Temporary Warming Shelter)

Haircuts Mon 9am-1pm.

344 Elgin St, Sudbury, ON, P3E-3N9, 705-673-2163 FAX: 705-673-0560,

Meals And Services: Daily breakfast and supper. Open seven days a week, Laundry and shower facilities, Other Drop-in services, Acts as a 24 hour Warming station During Extreme Cold Weather Alerts, Days/Hours Of Operation: breakfast from 8:30-9:30am, Sat/Sun-brunch from 10am-12pm Daily supper 6-7:30pm, Counseling available.

Inexpensive Haircuts

Modern College of Hairstyling and Esthetics

<https://www.moderncollege.ca/services-hairstyling>

Unit 110, 66 Elm Street, Sudbury, Ontario, P3C-1R8, CANADA

705-671-9000

Cure Neighborhood Problems

Social Planning Council (SPC)

30 Ste. Anne Rd, Unit 119 Sudbury, ON P3C-5E1, 705-675-3894, Fax: 705-675-3253, info@spscsudbury.ca Contact: Janet Gasparini, Executive Director or Jody Tverdal, Executive Assistant The SPC of Sudbury is an independent, not-for-profit, community-based organization. It is an association of individuals and organizations interested in improving the quality of life for everyone. The SPC works at the grassroots level to identify and resolve social issues in the community. In an effort to build a healthier community, the SPC is involved with research, advocacy, and partnership building.

Pay Phones

<https://www.barraclou.com/payphone/index.html>

Sudbury, Ontario, Canada

1) Greyhound Bus Depot:

705-524-0220 (outside) 705-524-9462 705-524-9468

705-524-5431 705-524-5078

2) Lasalle Blvd., near Notre-Dame St.:

705-524-0186

3) "New Sudbury Centre" shopping centre:

705-524-0093 (back entrance, near Wal-Mart) 705-524-0102 (back

entrance, near Wal-Mart) 705-524-0115 (back entrance, near Wal-Mart)

705-524-0118 (back entrance, near Wal-Mart) 705-524-0249 (front

entrance, near Wal-Mart) 705-524-0247 (front entrance, near Wal-Mart)

705-524-0296 (front entrance, near Wal-Mart) 705-524-0248 (front

entrance, near Wal-Mart)

4) Sudbury (Downtown) Transit Centre:

705-670-9345 705-671-6383 705-671-8078

705-671-9870 705-675-5337

5) Medical Arts Building at 4 Corners South end of Sudbury at Regent and Paris next to Shoppers Drugmart just inside front entrance.

Coniston, Ontario, Canada

"Mr. Gas" gas station, Highway 17:

705-694-9052

Whitefish, Ontario, Canada

"Olco" gas station / Beaver Lake General Store, Highway 17, Worthington: (Stop there to say hello to Tiger the cat)

705-866-9232

Dentist's (Low Income)

Sudbury Smiles Denistry

705-522-0220 X 1, 1984 Regent St, Suite 102 For Ontario Disability Support Program and Ontario Works

Stonely Dental Studio

705-522-4445, 2037 Long Lake Rd For Ontario Disability

Support Program and Ontario Works

Collège Boréal Dental Hygiene Clinic

Appointment ONLY 705-521-6021, 1-800-361-6673 Fax: 705-560-0262

info@collegeboreal.ca, www.collegeboreal.ca

21 Lasalle Blvd, Sudbury, ON, P3A-6B1 \$15 per person, \$25 per family,

Offers complete preventive treatment under the supervision of registered dental hygienists and a dentist.

English/French

Language Notes: French reception, programs, publications, and website

French interpretation available upon request

Wheelchair Accessible, provides preventive dental services such as complete oral examination (3hr session), x-rays, dental hygiene diagnosis, dental cleaning and teeth polishing, topical application of fluoride - pit and fissure sealant, application of desensitizing agent preventive oral care recall, athletic mouth guard

Emergency Dental Service

Sudbury Emergency Dental Service

249-879-1072 Must be a severe emergency like you're in great pain or your dentist is on holidays.

Free Dental Care

Cambrian Dental Clinic

<https://cambriancollege.ca/campus-life/student-health/dental-clinic>

705-524-7366, 1400 Barrydowne Rd, Room 2238, Cambrian campus.

FREE dental care by supervised dentistry students. I believe it is

Only cleanings but you can check. Not sure it's a permanent thing.

Senior's Dental Coverage

Ontario Senior Dental Care Program Coverage

Includes: x-rays, endodontic services to treat infection and pain, examinations and assessments, preventive services, oral surgery services to remove teeth or abnormal tissue, anesthesia, restorative services to repair broken teeth and cavities, Periodontal services to treat gum conditions and diseases. Dentures are covered under this program but there is a small portion that the senior will need to pay for this service. Eligibility: have no other form of dental benefits (e.g. private insurance and/or other government program) are 65 years old and over and have an annual net income of \$19,300 or less for a single person or a combined annual net income of \$32,300 or less for a couple. Income verification would be done using the Social Insurance Number (SIN) provided upon application. SIN will also be used to verify new income from applicant's tax return.

<https://www.phsd.ca/health-topics-programs/oral-health-2/ontarioseniors-dental-care-program-osdcp>

<https://www.ontario.ca/page/dental-care-low-income-seniors>

Free Income Tax

Call first for an appointment and ask what to bring.

Towers Building 1920 Paris

Income Tax is done here at the Towers every year for the tenants for free when the sign-up sheet is posted in the lobby when Income Tax season comes around.

Sudbury Member Of Parliament

705-673-7107 , 93 Cedar St Suite 302, Greater Sudbury, ON P3E 1A7, CANADA, <http://plefebvre.liberal.ca/> Paul.Lefebvre@parl.gc.ca Mon & Tues 9am-4pm, Wed 9am-1pm., Thur 9am-4pm, Fri-Sun Closed

United Way Centraide NEO Clinics

957 Cambrian Heights Drive, Unit 201, 705-560-3330 X 210, Walk-In or appointment, current/prior years, English/French

Free Tax Clinic

705-669-1027, 125 Durham St, Sudbury, ON, CANADA

Appointment Only, current and prior years, English/French

Sudbury Community Service Centre

705-560-0430, 1177 Roy Ave, Sudbury, ON, CANADA, P3A-3M6
sudburycommunityservicecentre.ca

Appointment ONLY, current and prior years, English/French

N'Swakamok Native Friendship Centre

705-674-2128, 110 Elm St, Sudbury, ON, CANADA, P3C 1T6, Appointment Only, current/last yr only, English Spoken for Indigenous.

Paramedics

Samaritan Centre Emergencies ONLY

344 Elgin Street

Wednesdays the paramedic is on duty.

Free Glasses/Eye Exam

OneSight

<https://onesight.org>, 1-888-935-4589

Through OneSight's OnSite Voucher Program, eligible patients can receive glasses free of charge. The patient should:

Have their visual and financial need verified by a 501(c)(3) non-profit organization (such as a school, church, Lions Club, Prevent Blindness, Red Cross, or United Way). Obtain a referral letter from the nonprofit (letter should be on company letterhead and include the Tax ID# for the nonprofit). Take the referral letter issued by the nonprofit as well as a valid prescription to a participating Luxottica Retail Location (Lens Crafters, Target Optical, Sears Optical or

Pearle Vision corporate store) to receive a pair of glasses at no charge. If the patient does not already have a valid prescription (one that is less than 2 years old) he or she can ask if the onsite doctor at the optical retailer is able to donate an eye exam or they can reach out to Prevent Blindness for assistance.

Legal Assistance

Landlord Tenant Board

1-888-332-3234 Legal Support for tenants is Ontario Wide Number. Customer Service Officers can provide you with in But they cannot provide legal advice. To get information, file an application or get forms/brochures our offices are open Mon-Fri 8:30am-5pm, Sudbury Northern Office is at 199 Larch St, Suite 301, Sudbury, ON, P3E 5P9, FAX: 705-564-4118 or 1-866-410-1399, For In-Person Inquiries visit your Service Ontario Center

Legal Aid

1-800-668-8258, 40 Elm St, Sudbury, ON, P3C-1S8 legalaids@lao.on.ca <http://legalaids.on.ca> Legal Aid is available to low income individuals and disadvantaged communities for a variety of legal problems, including criminal matters, family disputes, immigration and refugee hearings and poverty law issues such as landlord/tenant disputes, disability support and family benefits payments. Mon-Fri 8am-5pm, Sat-Sun Closed

Legal Aid Ontario-Duty Counsel

705-674-2220 speak to one, 155 Elm St

Legal Aid Ontario-Family Duty Counsel 705-670-9282 to speak to one, 159 Cedar

John Howard Society Of Sudbury

705-673-9576, 204 Pine St, Sudbury, ON, CANADA, M-F 9-4:30pm

Sudbury Women's Centre

705-673-1916, 324-F Elm St W, Sudbury, ON P3C 1V8, CANADA

sudburywomenscentre@gmail.com

<http://facebook.com/sudburywomenscentre> M-F 8:30am-4:30pm

Information, referral and support service to women who have been impacted by difficult life circumstances. The centre offers public education, outreach programs, legal clinics, a resource library, internet access, a clothing depot, and workshops about violence prevention and economic independence.

Elizabeth Fry Society

705-673-1364, 204 Elm St, Sudbury, ON, CANADA, 9am-4pm

Canadian Mental Health Association

705-675-7252, 111 Elm St, Suite 100, Sudbury, ON, CANADA

Sudbury Community Legal Clinic

705-674-3200, 40 Elm St, Rainbow Centre, Unit 272, Sudbury, ON, P3C 1S8, CANADA

Office of the Ombudsman of Ontario

483 Bay St, 10th floor, South Tower, Toronto, ON M5G 2C9, CANADA, Toll-free (inside Ontario only): 1-800- 263-1830 Outside Ontario: 416-586-3300 TTY (teletypewriter): 1-866-411-4211, Fax: 416-586-3485, info@ombudsman.on.ca Our complaints staff are available 9am-4:30pm. You may also leave a voice message outside of office hours. An appointment is recommended for in-person (walk-in) complaints. Please call 1-800-263-1830 to schedule an appointment. "Ombudsman" is a gender-neutral Swedish word that means "citizen's representative" - an independent official who investigates complaints from the public about problems in government administration. The first parliamentary ombudsman was created in Sweden in 1809. Today, about 90 countries around the world have independent ombudsman offices. The Ombudsman resolves and investigates more than 20,000 public complaints every year about Ontario government organizations and municipalities, universities and school boards, as well as French language services and child protection services. The Ombudsman recommends solutions to individual and systemic administrative problems. Since 1975, the Ombudsman has helped Ontarians tackle problems with their government.

Ombudsman is an Officer of the Ontario Legislative Assembly who is independent of government and political parties. Our office promotes fairness, accountability and transparency in the public sector by resolving and investigating public complaints and systemic issues within the Ombudsman's jurisdiction. The Ombudsman is appointed for a 5-year renewable term and his powers and authorities are in the *Ombudsman Act*.

Elders/Senior's Advocacy North

Madeleine Hebert 705-674-3200 or 1- 800-697-8719, Email: hebertmd@lia.on.ca Offering free and confidential legal advice to low-income Elders and seniors in the following: accessing supportive housing or poor conditions in long- term care homes, problems with accessing community care services and health care, consent and capacity: powers of attorney, decisions about your capacity, physical, emotional or financial abuse, consumer protection issues.

Eviction Prevention Restorative

705-674-1825

Libraries

Azilda Library

120 Ste. Agnes St, Azilda, ON, CANADA, 705-688-3955

Capreol Library

9 Morin St, Capreol, ON, CANADA, 705-688-3958

Chelmsford Library

3502 Errington Ave, Chelmsford, ON, CANADA, 705-688-3963

Coniston Library

30 Second Ave, Coniston, ON, CANADA 705-688-3953

Copper Cliff Library

11 Balsam St, Copper Cliff, ON, CANADA 705-688-3954

Dowling Library

79 Main St, Dowling, ON, CANADA 705-688-3956

Garson Library

214 Orell St, Garson, ON, CANADA 705-688-3957

Levack/Onaping Library

1 Hillside Ave, Onaping, ON, CANADA 705-688-3951

Lively Library

15 Kin Drive, Lively, ON, CANADA 705-688-3959

Main Library

74 Mackenzie St, Sudbury, ON, CANADA 705-673-1155

New Sudbury Library

1346 Lasalle Blvd, Sudbury, ON, CANADA 705-688-3952

South End Library

1991 Regent St South, Sudbury, ON, CANADA 705-688-3950

Valley East Library

4100 Elmview Drive, Hanmer, ON, CANADA 705-688-3961

Library Free Delivery

Free Delivery Service called Homebound

Available to all confined at home, hospital or institution or short-term illness or accident patients who are unable to come into the library. Long, short and seasonal term service is available. Volunteers visit Homebound Residents once a month to drop off or pick up materials. Library staff will select books and other materials according to your preferences. There are audio books, large and regular print books. Paper backs, magazines, VHS, DVD, CD, and cassette in different languages. Call 705-673-1155 X 4768 Please leave name, number and address if voicemail. Volunteers Needed.

Free Clinics

Four Corners Medical Walk-In Clinic

2009 Long Lake Rd., 705-522-3380, Sudbury, ON, CANADA, P3E 6C3, Mon-8am-9pm, Sat-Sun 8am-4pm,

Brady Clinic

359 Riverside Dr #101, 705-688-8833, Mon-Fri 8am-9pm

Lasalle All Day Walk In Clinic

1813 lasalle Blvd, 705-222-9038

Northwood Medical Clinic Downtown

705-522-3380, 80 Elm St, Sudbury, ON, P3C 1T2, Mon 8am-9pm, Tues-Fri 8am-5pm, Sat-Sun 8am-12pm

Northwood Healthcare Medical Walk-In Clinic

1280 Lasalle Blvd, Sudbury, ON, CANADA, P3A 1Y8, Mon- 8am-9pm, Sat-Sun 8am-6pm, 705-560-2227

NEOMO

705-586-36012009 Long Lake Rd, Suite B1

Notre Dame Medical Centre

430 Notre Dame Ave, 705-671-9797, M-Thu 4-8pm

Sudbury & District Health Unit

1300 Paris St, 705-522-9200

Good Doctors Medical

1984 Regent St #126, 705-805-0199

Primary Clinic

1485 Lasalle Blvd, 705-222-7451

New Sudbury Medical Clinic

1122 Lasalle Blvd, 705-566-5151

Garson Walk-In Clinic

3098 Falconbridge Highway, 705-693-2666

Oatc Sudbury Clinic

450 Notre Dame Ave, 705-673-1116

Lively Medical Centre

204 6th Ave, 705-692-4774

Walmart Sudbury South Supercentre

2416 Long Lake Rd, 705-523-1300

New Sudbury Clinic Pharmacy

1122 Lasalle Blvd, 705-560-7788

Superstore Walk-In

Lasalle Blvd 705-222-7451

Shkagamik-Kwe Health Centre (First Nation Indians)

705-675-1596 Website: skhc.ca

Minnow Lake Medical Clinic

705-222-6337, 1975 Bancroft Dr, Mon-Fri 8-5pm

Corner Clinic

705-673-3721 (At The Mission), 344 Elgin St

Re'seau francophone de sante' du nord de l'Ontario

705-674-9381 or 1- 866-489-7484 X 231 The Re'seau in collaboration with it's partners, plans, networks and engages with communities to improve access and equity to French language health services.

Nurse Practitioner Clinics

Sudbury District Nurse Practitioner Downtown Clinic

200 Larch St, Sudbury, ON P3E 1C5 Actively accepting patients. 705-673-3721, Fax: 705-805-3660, Mon-Fri 8am-12pm, 1pm-2pm Nurse and family practitioner, dental hygiene, personal products, help with things like blood work, diet, emotional trauma.

Sudbury District Nurse Practitioner Sudbury Clinic

30 Ste Anne Rd., 3rd Floor, Sudbury, ON P3C 5E1 705-671-1661, Fax: 705-671-0177 Mon-Fri 8:30am-4:30pm Phone lines open between 8:30am - 12pm, 1pm-4:00pm, Late Clinics Last Tue of Every month 8:30-4, 5-8pm - on late clinic days, phone and office hours are the same. Phone lines open

between 8:30am- 4pm, 5pm-8pm, Nurse and family practitioner, dental hygiene, personal products, help with things like blood work, diet, emotional trauma.

Sudbury District Nurse Practitioner Lively Clinic

623 Main St, Lively, ON, P3Y 1M9, CANADA, 705-692-1667, Fax: 705-692-0177, Mon-Fri 8:30am - 12, 1-4:30pm, Phone lines open between 8:30am-12pm, 1pm -4pm, Late Clinics Last Tue of Every month 8:30-4, 5-8pm - on late clinic days, phone and office hours are the same. Phone lines open between 8:30am - 4pm, 5pm- 8pm, Nurse and family practitioner, dental hygiene, personal products, help with things like blood work, diet, emotional trauma.

Capreol Nurse Practitioner Led Clinic

49 Young St, Capreol, ON, 705- 858-8787

Wind Storms Preparation

Strong winds sometimes seemingly come out of nowhere. We must be prepared for such events, especially as they become more prevalent with climate change. Taking the following measures to protect our homes and communities reduces the potential damages caused by these strong wind events.

Remove or report dead trees and branches that may fall onto your home or powerlines during a storm

Clean gutters, drains and downpipes

Ensure your roof is in a good state

Prepare an emergency kit

Visit Outage Safety - GSU | Greater Sudbury Utilities (gsuinc.ca)

You can report hazardous trees near powerlines for both GSU and Hydro One.

Food Resurrecting Sudbury

<https://www.sudbury.com/spotlight/green-living-join-the-effort-to-change-sudburys-food-landscape-10738731>

How To Save Energy

<https://www.sudbury.com/spotlight/green-living-how-to-save-energy-this-summer-10873689>

Sudbury Re-greening Ways

<https://www.sudbury.com/green-living/green-living-sudburys-remarkable-turnaround-is-an-environmental-success-story-worth-sharing-10589342>

Gardening Re-generatively

Regenerative agriculture is the key to sustainable modern farming

<https://www.sudbury.com/spotlight/green-living-regenerative->

agriculture-is-the-key-to-sustainable-modern-farming-10295890

Regenerative agriculture, by contrast, emphasizes farming in harmony with nature and the community. Its practices strengthen the processes that support plant growth and can improve things like soil health, plant health and resistance, water and nutrient retention, and pollination.

Gardening Sovereignty Ability

How food sovereignty helps build resilient communities

<https://www.sudbury.com/spotlight/green-living-how-food-sovereignty-helps-build-resilient-communities-10151094>

Communities always need access to food. Having robust and resilient food systems supports public health, environmental sustainability and economic growth.

Environmental Futures Ideas

Key climate actions from 2024 and goals for 2025

<https://www.sudbury.com/spotlight/green-living-key-climate-actions-from-2024-and-goals-for-2025-10012658>

City and community actions show great collective progress is being made—with more to come

Nature Taught To Children

Building resilience in children through climate change conversations

<https://www.sudbury.com/spotlight/green-living-building-resilience-in-children-through-climate-change-conversations-9767637>

How to balance honesty about the state of the environment with hope and optimism

Lakes You Can Improve Here

How you can help improve lake water quality in Greater Sudbury

<https://www.sudbury.com/spotlight/green-living-how-you-can-help-improve-lake-water-quality-in-greater-sudbury-9294523>

Lake Stewardship Groups play a key role—and are eligible to receive a grant from the City

Indigenous Food To Future

Sustainable eating: How small changes can help the planet in 2024

<https://www.sudbury.com/spotlight/green-living-sustainable-eating-how-small-changes-can-help-the-planet-in-2024-8069678>

These modest alterations can positively impact our most important food systems

Art Using Gardens

ART - ECO ART

Eco art in Sudbury combines art and nature in thoughtful ways

<https://www.sudbury.com/spotlight/eco-art-in-sudbury-combines-art-and-nature-in-thoughtful-ways-10489698>

Farmer's Market Online

Click Fork - North Eastern Ontario

<https://www.clickfork.ca/?>

[utm_source=sudbury.com&utm_campaign=sudbury.com%3A%20outbound&utm_medium=referral](https://www.clickfork.ca/?utm_source=sudbury.com&utm_campaign=sudbury.com%3A%20outbound&utm_medium=referral)

info@clickfork.ca

Call or Text: 705-594-1823

Launched in 2018, Click Fork is an online Farmer's Market purchasing and selling local farms and artisanal products in order to make local food more accessible to you, local "eaters", via several FREE drop-off locations and home delivery services in Sudbury, North Bay, West Nipissing, French River, and surrounding areas. The drop-off dates and locations will be available at checkout or you can view our delivery and pick-up schedule [HERE](#). You will also have the option to choose your location at that point. Deliveries are bi-weekly year-round now!

Mission:

To work together with other local farmers to sell and distribute regionally grown, ecologically produced foods to customers in North Eastern Ontario.

Vision:

To make regionally produced foods convenient and accessible to residents in North Eastern Ontario, while connecting eaters with the stories and relationships to where their food comes from.

Values:

We value that our interaction with the land and its people is a shared responsibility for today and for future generations.

We commit to actions and practices that will either minimize negative long term impacts on the earth, and/ or have regenerative, improving impacts in the long term, whenever possible.

We aim to produce nutrient dense, GMO free and ecologically produced foods.

To provide quality foods through great customer services.

To build lasting long term relationships between the partners.

Food Healing Solutions

Food Policy Council

<https://sudburyfoodpolicy.com/?>

[utm_source=sudbury.com&utm_campaign=sudbury.com%3A%20outbound&utm_medium=](https://sudburyfoodpolicy.com/?utm_source=sudbury.com&utm_campaign=sudbury.com%3A%20outbound&utm_medium=)

m=referral

Who we are

We are a not for profit organization directed by the passion of volunteer members who want to ensure a healthy and sustainable food system across Greater Sudbury.

We connect people from across the food system including areas such as farming, food processing, environment and health.

Why we were formed

In 2004, the City of Greater Sudbury and the Sudbury & District Health Unit, now Public Health Sudbury & Districts, endorsed the City of Greater Sudbury Food Charter, one of the first food charters in North America. In 2013, local community leaders and stakeholders formed the Greater Sudbury Food Policy Council to help move the Charter forward and address the many significant food security needs of our community.

Our Vision for Greater Sudbury

The Greater Sudbury Food Policy Council (GSFPC) envisions a Greater Sudbury where:

All residents have access to adequate, affordable, safe, nutritious and culturally preferred food.

Our food system is financially viable, equitable, and environmentally sustainable.

Citizens are knowledgeable about the food system and its impact on their lives, community, and environment.

Our Mission

The Greater Sudbury Food Policy Council champions an affordable, equitable and sustainable food system.

Our Mandate

The Greater Sudbury Food Policy Council recommends food policies, plans and programs to various constituencies (including municipal, provincial, federal, business, public sector, community and households) and works to enable their implementation. It has set the following objectives:

Supporting the implementation of policies, plans and programs related to the five pillars of the Greater Sudbury Food Strategy :

Healthy Food Access and Literacy

Growing Food (Non-profit)

Forest and Freshwater Foods

Food Retail, Service, and Tourism

Agriculture and Food Processing

Conducting and supporting research, analysis and advocacy to identify food systems issues and solutions.

Facilitating collaboration and knowledge sharing among diverse food system actors.

Encouraging and supporting community-driven food systems initiatives.

Raising awareness on local food issues and opportunities for engagement.

Food Waste Go Away Ideas

Food: Too Good to Waste

Focus on waste reduction first. This can also help you save money! Buying in bulk is fine if you can eat it all. If there's extra, freeze it, can it, donate it, or make soups, smoothies or baked goods. Apps/sites like BigOven, Yummly, Super Cook or My Fridge Food will suggest recipes based on ingredients you want to use up. You'd also be surprised what comes up by just searching the ingredients you want to use + "recipe" in Google.

Never going to eat that can of beans? Donate it to a local food bank. Make a meal plan and stick with it. Apps/websites like Whisk, Mealime or Paprika help with meal planning and generating grocery lists. Best before dates have to do with food quality - freshness, texture, flavour and nutritional value - not safety. They are not expiry dates. First In, First Out. When unpacking groceries, move older products to the front of the fridge/freezer/pantry and new products to the back. Use apps like Flash Food to buy near-expiry foods at discounted prices at local grocery stores.

Garbage Reduction Stores

The Nickel Refillery Inc.

227 Regent Street
Greater Sudbury, Ontario P3C 4C4
(705) 805-9969
info@thenickelrefillery.ca

The Nickel Refillery was started by a motivated group of people who came together over their knowledge and passion about reducing waste. With clear support from the community, The Nickel Refillery opened its doors in Sudbury, Ontario on October 5th, 2019.

Sudbury, Ontario is the hub of Northeastern Ontario and boasts many zero waste initiatives that span across the city! We wanted to support these initiatives with a services and tools that help reduce single use waste. When possible, we also offer local and Canadian-made products that place a focus on people and the planet.

Today, we host regular workshops, offer reusable dish rentals, and continue to expand our household, DIY ingredients and personal care refillable product options. Recently, we've also started supporting other local businesses, Airbnbs, and restaurants to reduce their waste too.

We have a fun, engaged team that is the driving force behind our shop...just look for the green aprons!

We are deeply grateful and want to acknowledge that we are operating on the Robinson-Huron Treaty territory and that the land on which we provide our services is on the traditional territory of the Atikameksheng Anishnaabeg.

HOW IT WORKS

The Nickel Refillery offers a wide range of diverse sustainable and often fully unpackaged products to help reduce waste in many areas of life including fresh and dry foods, cleaning supplies, and housewares. Zero waste shopping might sound intimidating at first, but we promise it's easy! Not only does it save you from accumulating unnecessary waste, it can also save you money!

Environment Carbon Reductions

Reduce Carbon Emmissions Ideas

Community Energy and Emissions Plan (CEEP)

<https://www.greatersudbury.ca/live/environment-and-sustainability1/climate-action/net-zero-2050>

Articles About Carbon Emmission:

Macleans Magazine Online

https://macleans.ca/food-insecurity/flashfood-solves-food-waste/?utm_source=sudbury.com&utm_campaign=sudbury.com%3A%20outbound&utm_medium=referral

The Atlantic Magazine Online

https://www.theatlantic.com/health/archive/2023/10/american-families-have-massive-food-waste-problem/675744/?utm_source=sudbury.com&utm_campaign=sudbury.com%3A+outbound&utm_medium=referral

Tick Bugs Advice Phone Ap

Check A Tick For Danger Ap For Phone

[https://etick.ca/?](https://etick.ca/?utm_source=sudbury.com&utm_campaign=sudbury.com%3A%20outbound&utm_medium=referral)

[utm_source=sudbury.com&utm_campaign=sudbury.com%3A%20outbound&utm_medium=referral](https://etick.ca/?utm_source=sudbury.com&utm_campaign=sudbury.com%3A%20outbound&utm_medium=referral)

How can you tell if it's a blacklegged tick? Submit a photo of the suspect bug to etick.ca.

Fire Smoke Preparations

Protect yourself from wildfire smoke impacts

As we saw last year, wildfires can be raging hundreds of kilometres away and still greatly affect local air quality. This kind of smoke contains a mixture of gases and fine particles and releases contaminants into the air, including fine particulate matter, nitrogen oxides, carbon monoxide and volatile organic compounds.

Different people can have very different reactions to the same amount of smoke.

Caution is especially important for older adults, people who smoke, pregnant people, infants and young children, people who do strenuous

outdoor work or exercise and people with existing health conditions, such as cancer, diabetes, heart or lung conditions. Some of the milder symptoms of smoke exposure include mild cough, headache, and eye, nose and throat irritation. You can usually manage these symptoms without requiring medical intervention.

If, however, you have severe cough, wheezing, difficulty breathing, asthma attacks, dizziness, chest pain or irregular heartbeat, contact your doctor or seek emergency medical attention.

Take precautions to protect your health:

Stop, reduce or reschedule strenuous outdoor activities.

Drink plenty of water to help your body cope.

If the temperature is comfortable, keep windows closed indoors and in vehicles.

Use the recirculation setting on air conditioners and HVAC systems to prevent smoke from entering.

Visit places with cleaner, filtered air, such as libraries or shopping malls.

If needed, follow your health care provider's advice about managing your condition.

When smoke is in the air, should you wear a N95 mask? If you must be outdoors when air quality is poor, a well-fitted respirator-type mask (such as a N95 mask) may help reduce your exposure to fine particles in the smoke. Fine particles generally pose the greatest risk to health. Keep in mind that respirators should not be used by children under 2 years of age, or by individuals who have difficulty removing the respirator. Do not use a respirator if you have trouble breathing while wearing it.

Public Health strongly recommends residents check the local weather forecast to know when to take extra care. Monitor the Air Quality Health Index (AQHI) or sign up for notifications at WeatherCAN: How to set up custom notifications - Canada.ca.

pexels-pixabay-50700_forest_fire-1

When smoke is in the air, caution is especially important for older adults, people who smoke, pregnant people, infants and young children, people who do strenuous outdoor work or exercise, and people with existing health conditions such as cancer or diabetes.

Malls—Shopping Malls

Southridge Mall

Shopping center

1933 Regent St, Greater Sudbury ON P3E 5R2

Open · Closes 8 PM

(705) 522-5480

Regency Mall

Shopping center

203 - 469 Bouchard St, Sudbury ON P3E 2K8

(705) 522-4722

Elm Place

Shopping center
40 Elm St, Sudbury ON P3C 1S8
Closed · Opens tomorrow 10 AM
(705) 675-2287

Rainbow Centre

4.5/5 (30) · Shopping center
40 Elm St, Sudbury ON P3C1S8
Open · Closes 9 PM
(705) 675-2287

Dep de Vie

(1) · Boutique
1984 Regent St, Sudbury ON P3E 5S1
Closed · Opens tomorrow 11 AM
(705) 222-819

Dollarama

Discount store
1933 Regent St., Southridge Mall, Sudbury ON P3E5R2
Open · Closes 9 PM
(888) 365-4266

Giant Tiger

(3) · Department store
1933 Regent Street South Unit 18, Sudbury ON P3E 5R2
Open · Closes 9 PM
(705) 522-4129

True North Cannabis Co-Sudbury Dispensary

Cannabis dispensary
372 Riverside Dr, Sudbury ON P3E1H7
Open · Closes 11 PM
(705) 586-1260

Whizards Gift Shop at Science North

(2) · Gift shop
100 Ramsey Lake Rd, Sudbury ON P3E5S9
Closed · Opens tomorrow 10 AM
(705) 522-3701

Sudbury Computers

Computer store
533 Lorne St, Sudbury ON P3C 4R3
Closed · Opens tomorrow 10 AM
(705) 988-5755

Regent St. Pharmacy

Pharmacy
1650 Regent St, Sudbury ON P3E 3Z6
Open · Closes 7 PM
(705) 523-2828

Canadian Tire

2/5 (5) · Department store

2259 Regent Street, Sudbury ON P3E 5M9

Open · Closes 9 PM

+1 705-523-6000

Your Independent Grocer

4.1/5 (14) · Supermarket

82 Lorne Street, Sudbury ON P3C 4N8

Open · Closes 9 PM

(705) 671-3051

Pharmaright Pharmacy Sudbury

(1) · Pharmacy

1865 Paris St, Sudbury ON P3E 3C5

Open · Closes 7 PM

(705) 522-3333

Smith's Markets

4.7/5 (45) · Farmers market

2040 Algonquin Rd, Greater Sudbury ON P3E 4Z6

Open · Closes 8 PM

(705) 222-3883

Did not find what you are looking for?

Rio Can Mall

Barrydowne And Kingskway

Monerose Mall

Lassalle at East Side Marios

Hardware Stores

Home Hardware

Home improvement store

469 Bouchard Street, Sudbury ON P3E2K8

Open · Closes 6 PM

(705) 522-3780

Home Hardware

Home improvement store

385 Montague Street, Sudbury ON P3C4G4

Open · Closes 6 PM

(705) 673-1054

Canadian Hardware Consultants (Sudbury)

Door sales/service

1055 Kelly Lake Rd, Greater Sudbury ON P3E 5P5

Open · Closes 5 PM

(705) 673-5300

Home Hardware

Home improvement store

366-2nd Avenue, Sudbury ON P3B3Y4

Open · Closes 6 PM

(705) 566-5602

Evans Home Building Centre

Hardware store

172 Pine St, Sudbury ON P3E4R8

Open · Closes 6 PM

(705) 674-1921

NEOS PRODUCTS-Richelieu SUDBURY

Hardware store

1010 Lorne St #12, Sudbury ON

NEOS PRODUCTS - Richelieu SUDBURY

Hardware store

12 - 1010 Lorne Street, Sudbury ON P3C 4R9

Open · Closes 5 PM

(705) 674-6284

Sudbury Computers

Computer store

533 Lorne St, Sudbury ON P3C 4R3

Open · Closes 6 PM

(705) 988-5755

The Home Depot

1.8/5 (16) · Hardware store

1500 Marcus Dr, Sudbury ON P3B 4K5

(705) 525-2960

Tool Town

Hardware store

450 Notre Dame Avenue Unit 102, Sudbury Ontario P3C 5K8

(705) 525-6105

Northern Brick

Building supply store

1297 Kelly Lake Rd, Sudbury ON P3E 5P5

Open · Closes 4:30 PM

(705) 674-3226

City Electric Supply Sudbury

Electrical supply store

2302 Algonquin Rd, Sudbury ON P3E4Z6

Open · Closes 4:30 PM

(705) 585-4940

Northfast Ltd

Hardware store

261 Regent St, Sudbury ON P3C 4C6

Open · Closes 4 PM

(705) 673-1449

EMCO Sudbury

Plumbing

878 Newgate Ave, Greater Sudbury ON P3A 5J9

(705) 566-0505

Maslack Four Corners

Automotive

2112 Regent Street South, Sudbury ON P3E 3Z9

Open · Closes 5 PM

(705) 522-1155

Kelly Lake Building Supplies

Home improvement store

22 Brady St, Greater Sudbury ON P3E 6E1

Open · Closes 5 PM

(705) 674-5283

Rona

Building supply store

1199 Marcus Drive, Sudbury ON P3B 4K6

Open · Closes 5 PM

(705) 521-7229

Home Hardware

Home improvement store

3098 Falconbridge Hwy, Garson ON P3L1P5

Open · Closes 6 PM

(705) 693-2216

Shop General Tools Products | Same-Day

Cooling Stations - Public

Public Health Sudbury & Districts - How to beat the heat (phsd.ca)

[https://www.phsd.ca/health-topics-programs/emergencies-being-prepared/extreme-weather/extreme-heat/beat-heat/?](https://www.phsd.ca/health-topics-programs/emergencies-being-prepared/extreme-weather/extreme-heat/beat-heat/?utm_source=sudbury.com&utm_campaign=sudbury.com%3A%20outbound&utm_medium=referral)

[utm_source=sudbury.com&utm_campaign=sudbury.com%3A%20outbound&utm_medium=referral](https://www.phsd.ca/health-topics-programs/emergencies-being-prepared/extreme-weather/extreme-heat/beat-heat/beat-heat/?utm_source=sudbury.com&utm_campaign=sudbury.com%3A%20outbound&utm_medium=referral)

Public Health Sudbury & Districts - Beat the heat in apartment buildings (phsd.ca)

[https://www.phsd.ca/health-topics-programs/emergencies-being-prepared/extreme-weather/extreme-heat/beat-heat-apartment-buildings/?](https://www.phsd.ca/health-topics-programs/emergencies-being-prepared/extreme-weather/extreme-heat/beat-heat-apartment-buildings/?utm_source=sudbury.com&utm_campaign=sudbury.com%3A%20outbound&utm_medium=referral)

[utm_source=sudbury.com&utm_campaign=sudbury.com%3A%20outbound&utm_medium=referral](https://www.phsd.ca/health-topics-programs/emergencies-being-prepared/extreme-weather/extreme-heat/beat-heat-apartment-buildings/?utm_source=sudbury.com&utm_campaign=sudbury.com%3A%20outbound&utm_medium=referral)

Public Health Sudbury & Districts - Avoid heat-related illness with rising summer heat (phsd.ca)

[https://www.phsd.ca/avoid-heat-related-illness-with-rising-summer-heat-7/?](https://www.phsd.ca/avoid-heat-related-illness-with-rising-summer-heat-7/?utm_source=sudbury.com&utm_campaign=sudbury.com%3A%20outbound&utm_medium=referral)

[utm_source=sudbury.com&utm_campaign=sudbury.com%3A%20outbound&utm_medium=referral](https://www.phsd.ca/avoid-heat-related-illness-with-rising-summer-heat-7/?utm_source=sudbury.com&utm_campaign=sudbury.com%3A%20outbound&utm_medium=referral)

Cooling Stations - Home

Learn how to cope with extreme heat

During a heat warning, check in frequently on friends, neighbours and relatives –especially those who are at higher risk of developing heat-related illness, such as small children, pregnant people, people with chronic illness and older adults. Ensure that everyone stays cool and hydrated.

According to the City of Greater Sudbury's Hot Weather Response Plan, prevention is the best defense against heat-related illness.

Tips to stay cool in hot weather:

Plan activities for earlier in the day when it's cooler.

Go to an air-conditioned public place. When the City of Greater Sudbury activates the Hot Weather Response Plan, certain public locations will have extended hours.

Go to the beach, splash pad or a park where there is shade.

When you are working or exercising in the heat, don't expect your usual performance. Drink lots of water and take ample breaks.

Practise sun safety! Wear a wide-brimmed hat, choose light-coloured, breathable clothing and wear sunscreen labelled SPF 30 or higher.

If it's very hot in your home or apartment:

Draw the blinds during the day and open the windows at night.

Take cool baths or showers until you feel refreshed. Stay hydrated and drink plenty of water.

Watch for symptoms of heat exhaustion such as headaches, nausea or vomiting, dizziness or fainting, rapid breathing or a rapid heartbeat.

In children, symptoms can look different. Look out for changes in behaviour, like sleepiness or temper tantrums. If any of these symptoms arise, move immediately to a cool spot (an air-conditioned place is best), and hydrate. Heat stroke is a medical emergency. If someone has a high body temperature and is either unconscious, confused or has stopped sweating, call 911.

Learn how to beat the heat.

Flood-Proof Your Yard

Prevent flooding around your home

Floods are the most common natural hazard in Canada. They can cause a lot of damage and raise big safety concerns.

Here are some easy adaptations:

Remove debris from the nearest storm drain

Clean out eavestroughs

Extend downspouts to direct water at least 2m from the foundation or

Install a raingarden

Store valuables in watertight containers 12" off the floor

Emergency Storm Kit To Make

Have 72-hour emergency kits ready

Every resident should be able to take care of themselves for a minimum of three days following an emergency. To do this, a portable 72-hour emergency kit is essential. You can purchase one online from the Canadian Red Cross or build one yourself.

What should be in your kit?

Water (at least four litres of water per person per day for drinking, cooking and cleaning)

Non-perishable food

Manual can opener

Sleeping bag/blanket

Change of clothing (seasonally appropriate)

Garbage bags (for disposal of used items)

Toilet paper

Safety gloves

Basic tools (such as a hammer, pliers, wrench and screwdriver)

Dust mask

Activities for children (such as books, cards or toys)

"Adapting to climate change and helping to reduce greenhouse gas emissions is possible. Embracing simple actions not only helps the planet, but contributes to your wellbeing and the community's resiliency," says Mantyla.

Learn more about the City of Greater Sudbury's commitment to reduce greenhouse gases and help the community achieve its climate action goals.

Environment Helping You Do

Suggest Earth Care Projects To City Through This Private Group
Earth Care Website

<https://www.facebook.com/earthcaresudbury>

Solar Power Creating-Home

Harnessing solar power: How the City is generating kilowatts and saving on electricity bills

<https://www.sudbury.com/spotlight/green-living-harnessing-solar-power-how-the-city-is-generating-kilowatts-and-saving-on-electricity-bills-8590771>

As a community, we can also install solar panels—on our homes, commercial buildings, garages and cottages. Everyone can participate and share in the benefits.

Weather Preparing

Be prepared: How to be ready for the next weather-related emergency
The best emergency preparedness strategies for you and your family

<https://www.sudbury.com/spotlight/green-living-be-prepared-how-to-be-ready-for-the-next-weather-related-emergency-9060136>

Alcohol Withdrawal Clubs

Alcoholics Anonymous

705-674-6217

Fall Prevention Help

Stay On Your Feet Sudbury And District

705-674-4330 or 1-855-674- 4330, stayonyourfeet@phsd.ca

Information about risk factors or local falls prevention programs.

Find A Doctor

College of Physicians -Find A New Doctor

1-800-268-7096 www.cpsso.on.ca

Health Care Connect Waiting list for physician

1-800-445-1822

www.health.gov.on.ca/en/ms/healthcareconnect/public/default.aspx

Video Doctors

Ontario Telemedicine Network

416-446-4110, press "0", otn.ca, Mon-Fri 9am-5pm, OTN is now part of Ontario Health, a government agency responsible for ensuring Ontarians continue to receive high-quality health care services where and when they need them. The Ontario Telemedicine Network (OTN) offers all Ontario residents access to telemedicine consultations with a medical specialist while remaining very close to their home or cottage using secure, state of the art videoconferencing equipment.

Your appointment with the physician resembles a regular doctor's appointment but the physician you are consulting with will appear on a television screen. Ontario Telemedicine Network services are free to all Ontario residents and put you in contact with the right health care provider at the right time and at the right place. All four sites of Univi Health Centre in Noelville, St. Charles, Alban and Warren are equipped with telemedicine videoconferencing equipment and medical peripherals. If you reside in Sudbury East and your primary care physician is with the City of Lakes Family Health Team in Sudbury, you may be able to see your family physician at the Univi Health Centre. Contact your primary care provider for more information.

Holidays

Jan 1 New Year's Day

Statutory Holiday

Jan 2 Last day of Hanukkah

Jewish holiday

Jan 6 Epiphany

Observance, Christian

Jan 7 Orthodox Christmas Day

Orthodox

Jan 14 Orthodox New Year

Orthodox

Jan 27 Isra and Mi'raj (Tentative Date)

Muslim

Jan 29 Lunar New Year

Observance

Feb 2 Groundhog Day

Observance

Feb 13 Tu B'Shevat (Arbor Day)

Jewish holiday

Feb 14 Valentine's Day

Observance

Feb 15 National Flag of Canada Day

Observance

Feb 17 Louis Riel Day

Common Local Holiday Manitoba

Feb 17 Nova Scotia Heritage Day

Common Local Holiday Nova Scotia

Feb 17 Islander Day

Common Local Holiday PE

Feb 17 Family Day

Common Local Holiday AB, BC, NB, ON, SK

Feb 21 Yukon Heritage Day

Local de facto holiday Yukon

Mar 1 Ramadan Start (Tentative Date)

Muslim

Mar 1 St David's Day

Observance

Mar 4 Carnival / Shrove Tuesday / Pancake Day

Christian

Mar 5 Ash Wednesday

Christian

Mar 9 Daylight Saving Time starts

Clock Change/Daylight Saving Time

Mar 10 Commonwealth Day

Observance

Mar 14 Purim

Jewish holiday

Mar 17 St. Patrick's Day

Observance

Mar 17 St. Patrick's Day

Local Holiday

Mar 20 March Equinox

Season

Mar 26 Laylatul Qadr (Night of Power)

Muslim

Mar 31 Eid ul Fitr (Tentative Date)

Muslim

Apr 6 Tartan Day

Observance

Apr 9 Vimy Ridge Day
Observance

Apr 13 Palm Sunday
Christian

Apr 13 First day of Passover
Jewish holiday

Apr 17 Maundy Thursday
Christian

Apr 18 Orthodox
Orthodox

Apr 18 Good Friday
Orthodox

Apr 18 Good Friday
Statutory Holiday

Apr 19 Holy Saturday
Christian

Apr 19 Orthodox Holy Saturday
Orthodox

Apr 20 Last day of Passover
Jewish holiday

Apr 20 Orthodox Easter
Orthodox

Apr 20 Easter Sunday
Observance, Christian

Apr 20 Easter Sunday
Designated Retail Closing DayNova Scotia

Apr 20 Easter Sunday
Shops Closing Day NL

Apr 21 Orthodox Easter Monday
Orthodox

Apr 21 Easter Monday
Statutory Holiday New Brunswick

Apr 21 Easter Monday
Statutory Holiday NT, NU, QC

Apr 21 Easter Monday
Optional HolidayAlberta

Apr 21 Easter Monday
Local de facto holiday Yukon

Apr 21 St. George's Day
Local Holiday NL

Apr 23 Yom HaShoah
Jewish commemoration

May 1 Yom HaAtzmaut
Jewish holiday

May 11 Mothers' Day
Observance

May 16 Lag B'Omer

Jewish holiday

May 19 National Patriots' Day

Local Holiday Quebec

May 19 Victoria Day

Statutory Holiday All except NS, PE, QC

May 29 Ascension Day

Christian

Jun 2 Shavuot

Jewish holiday

Jun 7 Eid al-Adha (Tentative Date)

Muslim

Jun 8 Pentecost

Christian

Jun 9 Whit Monday

Christian

Jun 15 Trinity Sunday

Christian

Jun 15 Fathers' Day

Observance

Jun 19 Corpus Christian

Christian

Jun 20 June Solstice

Season

Jun 21 National Indigenous Peoples Day

Observance

Jun 21 National Indigenous Peoples Day

Local Holiday NT, Yukon

Jun 23 June Holiday

Local Holiday NL

Jun 24 St. Jean Baptiste Day

Local Holiday Quebec

Jun 27 Muharram/Islamic New Year (Tentative Date)

Muslim

Jul 1 Memorial Day

Local Holiday NL

Jul 1 Canada Day

Statutory Holiday

Jul 6 Ashura (Tentative Date)

Muslim

Jul 9 Nunavut Day

Local Holiday Nunavut

Jul 14 Orangemen's Day

Local Holiday NL

Aug 3 Tisha B'Av

Jewish holiday

Aug 4 Civic/Provincial Day

Statutory Holiday NT, Nunavut

Aug 4 Civic/Provincial Day
Local Observance Ontario

Aug 4 Saskatchewan Day
Common Local Holiday Saskatchewan

Aug 4 Terry Fox Day
Local Observance Manitoba

Aug 4 New Brunswick Day
Prescribed Day of Rest New Brunswick

Aug 4 British Columbia Day
Common Local Holiday BC

Aug 4 Natal Day
Common Local Holiday Nova Scotia

Aug 4 Heritage Day
Optional Holiday Alberta

Aug 6 The Royal St John's Regatta (Regatta Day)
Local Holiday NL

Aug 15 Assumption of Mary
Christian

Aug 15 Gold Cup Parade
Local Holiday PE

Aug 18 Discovery Day
Local Holiday Yukon

Sep 1 Labour Day
Statutory Holiday

Sep 5 Milad un Nabi (Mawlid) (Tentative Date)
Muslim

Sep 22 September Equinox
Season

Sep 23 Rosh Hashana
Jewish holiday

Sep 30 National Day for Truth and Reconciliation
Statutory Holiday BC, NT, NU, PE, YT

Sep 30 National Day for Truth and Reconciliation
Federal Employees Holiday

Oct 2 Yom Kippur
Jewish holiday

Oct 4 Feast of St Francis of Assisi
Christian

Oct 7 First day of Sukkot
Jewish holiday

Oct 13 Hoshana Rabbah
Jewish holiday

Oct 13 Thanksgiving Day
Statutory Holiday All except NB, NS, PE

Oct 13 Thanksgiving Day
Designated Retail Closing Day Nova Scotia

Oct 13 Thanksgiving Day

Observance PE

Oct 13 Thanksgiving Day

Statutory Holiday New Brunswick

Oct 14 Shemini Atzeret

Jewish holiday

Oct 15 Simchat Torah

Jewish holiday

Oct 18 Healthcare Aide Day

Local Observance BC, Manitoba

Oct 20 Diwali/Deepavali

Observance

Oct 31 Halloween

Observance

Nov 1 All Saints' Day

Observance, Christian

Nov 2 All Souls' Day

Observance, Christian

Nov 2 Daylight Saving Time ends

Clock Change/Daylight Saving Time

Nov 8 National Aboriginal Veterans Day

Observance

Nov 11 Remembrance Day

Observance MB, ON, QC

Nov 11 Remembrance Day

Designated Retail Closing Day Nova Scotia

Nov 11 Remembrance Day

Statutory Holiday All except MB, NS, ON, QC

Nov 30 First Sunday of Advent

Observance

Dec 8 Feast of the Immaculate Conception

Christian

Dec 11 Anniversary of the Statute of Westminster

Observance

Dec 15 First Day of Hanukkah

Jewish holiday

Dec 21 December Solstice

Season

Dec 22 Last day of Hanukkah

Jewish holiday

Dec 24 Christmas Eve

Observance

Dec 24 Christmas Eve

Statutory Half Day New Brunswick

Dec 25 Christmas Day

Statutory Holiday

Dec 26 Kwanzaa (first day)

Observance

Dec 26 Boxing Day

Statutory Holiday NL, NT, NU, ON

Dec 26 Boxing Day

Designated Retail Closing Day Nova Scotia

Dec 26 Boxing Day

Local de facto holiday Yukon

Dec 26 Boxing Day

Provincial Public Sector Holiday New Brunswick

Dec 26 Boxing Day

Optional Holiday Alberta

Dec 31 New Year's Eve

Observance

Hotel For Sick Families

House of Kin Hotel

Low cost accommodation for families of hospitalized patients

705-522-3600, At 4 Corners next to Shopper's Drugmart.

Home Or Palliative Care

Société Alzheimer Society

705-560-0603 Toll Free 1-800-407-6369

Bayshore Sudbury & Espanola

705-523-6668

Canadian Shield Health Care

1-888-840-1188

Community Care Access Centre

705-522-3461 Toll Free 1-800-461-2919

Retire-At-Home Services

705-866-6231

The HAVEN Program, AIDS

705-523-7059

Victorian Order of Nurses/VON

705-671-1575 Need Doctor recommendation

Goshenite Seniors Services Inc.

705-698-5318 www.gosheniteservices.com

We Care

705-523-4008

Maison McCulloch Hospice Palliative Care

705-674-9252

For Seniors Only

705-522-0679, contact@forsenioronly.ca

1894 Lasalle Blvd, Unit B, Sudbury, ON, P3A 2A4, Home care consists of: after surgery care, in home respite, companionship, personal needs assistance community outings, meal preparation, Overnight Care 9 hour and 12 hour flat rates. Aging at home: live in home makers,

compassionate care, housekeeping, medical appointments and errands, allow seniors to remain at home as long as possible.

Housekeeping Services: provides two levels of housekeeping services, light duty and heavy duty. **Foot care:** education on corns and calluses, trimming, cutting or clipping of nails, application of padding and polish upon request or gentle massage and use of creams, diabetic foot treatment. **Set fees:** Call * no referral reqrd, Older adult, English

Home Instead Senior

Care 705-523-1600, 2009 Long Lake Rd, Unit 303, Sudbury, ON, P3E 6C3, lisette.wirta@homeinstead.com www.homeinstead.com 3009 Offers a variety of service and care options to suit individual needs and preferences, such as: companionship home helper, personal support, homemaking, respite care, assistance with activities of daily living, escort to appointments. **Alzheimer's care:** specialized in-home respite care for people with Alzheimer's disease, short-term recovery care, grocery and shopping assistance. **Fees:** Set fee * DVA - Application: Call * no referral required. **Eligibility:** Target Population: Older adults and adults with disabilities. English/French

Nails And Screws Cheap

The Hart Store

They have small packages of nails and the odd time screwnails.

Salvation Army

Call them first to see if any are in.

The Re-Store

They have small boxes of nails.

Salvation Army

Call them first to see if any are in.

Feel free to add a few places if you like.

Sudbury Housing Assessment

Examples Of Income And Verification and/or Documentation Needed It is a good idea to phone for these documents before you receive your yearly Assessment in the mail since the mail is slow and you may be late to hand it in. At which point Housing will raise you to Market Rate Rent. You are only given the month to submit the yearly Assessment.

Tax Statements For Previous Year

T1 General and your notice of assessment for previous year OR your previous year Certified Income Tax Return called an (Option C Print). Call 1-800-959-8281 (Canada Customs and Revenue Agency) press 1 then * and ask for an Option C Print for previous year. For self employed tenants please include your previous year Statement of Business Activities (T2125). For the Hearing Impaired, please call 1-800-665-0354 TTY. If you are obtaining an Option C Print it is a good idea to phone for it before your Assessment comes by mail.

Bank Accounts (Chequings/Savings/Money Master)

Most recent consecutive 3 months (eg. July, August and September) of records or statements for all bank accounts. All deposits must be justified with supporting documentation.

Ontario Works & Ontario Disability Support Program

One (1) "Monthly Statement Of Assistance Letter" OR "Payment List Screenshot" provided by your Ontario Works and/or Ontario Disability Support Program worker.

Tenant Insurance

Insurance Certificate showing policy period & coverage.

Employment

Most recent 8 consecutive weeks of pay stubs.

Employment Insurance

Cheque Stub

OSAP

Loan/Grant documentation

Worker's Compensation Payments

Copy of payment stub

Alimony Payments/Child Support Payments

Copy of domestic agreement, court papers or copy of Schedule A from family Responsibility Office.

Training Allowances/Band Allowances

Copy of stub and letter confirming the amount of allowance.

Inheritances

Copy of legal documents

Old Age Security

O.A.S.

Canada Pension

A letter from the Income Securities Program Office verifying the current gross (before taxes) monthly amount 1-800-277- 9941

Gains Aged

A letter from the Ontario Ministry Of Revenue office verifying the current gross (before taxes) monthly amount 1-866-668- 8297

Private Pension Disability Pension

P.P.D.P.

Other Countries Pensions

O.P.D.P.

War Veteran's Allowance

A letter from the pension provider verifying the current gross (before taxes) monthly amount.

Bonds Mutual Funds

Bonds, Mutual Funds etc..

RRSP/LIRA/RESP Insurance Policies

Insurance

RIF/LIF Stocks

Stocks etc..

Tax Free Savings Account

T.F.S.A.

Term Deposits, Certificates

Complete statement for all investments for previous year.

House/Cottage/Property

Certified Appraisal

Proof of school

(children 16 yrs and over)

Animal Rescue Places

In Sudbury, you can find animal rescues and shelters like the official Greater Sudbury Animal Shelter at 39 Kari Rd, Wahnapiatae, for general stray and abandoned animals, and the private Ontario SPCA Sudbury & District Animal Centre at 21 Lasalle Boulevard for adoption services. Additionally, the non-profit Petsave provides "no kill" rescue for dogs and cats, while SAINTS Dog Rescue focuses on rescuing dogs and Furever Love Animal Rescue & Adoption takes in various orphaned animals.

Government & Large Organizations

Greater Sudbury Animal Shelter

: Provides a temporary home for stray, abandoned, or injured dogs and cats, aiming for owner reunion or adoption.

Location: 39 Kari Rd, Wahnapiatae.

Contact: 705-694-7387.

Ontario SPCA Sudbury & District

: A large animal welfare center offering adoption services and animal care.

Location: 21 Lasalle Boulevard, Sudbury.

Contact: 705-566-9582.

Non-Profit & Private Rescues

Petsave

: A "no kill" rescue focused on saving abandoned, abused, and neglected dogs and cats from across Northern Ontario.

Website: Petsave.

SAINTS Dog Rescue

: A dog-specific rescue organization dedicated to finding homes for dogs in need.

Website: SAINTS Dog Rescue.

Furever Love Animal Rescue & Adoption

: A non-profit that rescues orphaned animals like puppies, kittens, bunnies, and squirrels, raising them to find them good homes.

Website: Facebook.

Animal Shelter - Greater Sudbury

To meet our animals available for adoption, please call the shelter at 705-694-7387 to make an appointment. The Greater Sudbury Animal Shelter provides a tempor...

favicon

Greater Sudbury

Petsave: Home

Aug 15, 2023 — Home - Petsave. FacebookInstagramLinkedIn. HomeDesign de Plume2023-08-15T14:07:53-04:00. Our Mission is to rescue abandoned, abused and neglected dogs and cats ...

favicon

Petsave

Ontario SPCA Sudbury & District Animal Centre

About Us. Ontario SPCA Sudbury & District Animal Centre 21 Lasalle Boulevard Sudbury, ON P3A 6B1.

favicon

Ontario SPCA and Humane Society

Show all

AI responses may include mistakes. Learn more

Animal Shelter

Greater Sudbury

<https://www.greatersudbury.ca> > live > animal-shelter

To meet our animals available for adoption, please call the shelter at 705-694-7387 to make an appointment. The Greater Sudbury Animal Shelter provides a ...

Adopt a Pet

Lost and Found Pets

Animal Shelter Accordion

Petsave: Home

Petsave

<https://petsavesudbury.com>

Aug 15, 2023 — Our Mission is to rescue abandoned, abused and neglected dogs and cats throughout Northern Ontario and ensure that every pet receives "A New Leash on Life".

Sewing Seamstresses

Janet Lewis The Silly Sewer (Private)

705-525-5121 cowbabel01@yahoo.ca Facebook Site and custom orders available as well. Maker of Chicken Saddles and Round To-It's.

Kaarina (private)

705-522-0978

Izabel's Tailoring

1375 Regent St 705-523-1205

Susie's Sewing

705-673-7873

Limitless Sewing (pickup service)

705-561-3245

Uptown Cleaners

1610 Regent St 705-522-0400

Sudbury Steam Cleaners

1769 Regent St 705-522-1415

Sew Local Stitch Lounge

1142 Lasalle Blvd 705-822-9182

Anne's Sewing and Design

1191 Lansing Ave 705-669-4371

Armando Designs Custom Tailor

80 Elm St 705-674-7874

Heels N Soles

1349 Lasalle Blvd 705-560-1876

Helen's Tailoring & Alterations

1612 Lasalle Blvd 705-560-6184

Monteleone Custom Fashions & Tailoring

92 Durham St 705-673-1055

Style Tailoring & Dressmaking

2629 Rockwood Drive 705-522-9264

Sudbury Steam Laundry & Dry Cleaners

210 Walnut St 705-675-6445

Tip Top Tailors

5 100 Donna Drive 705-566-6600

Ella's Tailoring

1749 Main St 705-897-3938

Maggie's Stitches

1232 Kingsway 705-524-8251

Helen's Tailoring & Alterations

1612 Lasalle Blvd 705-560-6184

Esquire Tailors

1168 Av Leon 705-524-9177, 118 Durham St 705-674-0635

Dominion Sewing Centres of Canada

879 Kingsway 705 673-2443

Pelland A & M

66 Jean St 705-674-3160

It's Sew Perfect

200 Eaglestone Crt. 705-525-0706

Superior Sewing and Design

1612 Lasalle Blvd 705-560-6184

Pro Stitch

495 Notre Dame Ave 705-524-6009

Learn Sewing - Mend A Sock

Sew Local

705-822-9182, 1142 Lasalle Blvd, Sudbury, ON P3A 1Y4 Make-Up Class, Coaching, Kids Classes, Private Lessons, Sewing Essentials, Teen Classes, Video Courses, Workshops

Charlotte's Place

641 Camelot Dr., Sudbury, ON, CANADA, 705-566-8954

Joe-Anne's Creations

5428 Deschene Rd. 705-698-3864

Sudbury Women's Centre-Sewing Circle

705-673-1916, 324-F Elm St. W., Sudbury, ON P3C 1V8,
sudburywomenscentre@gmail.com <http://facebook.com/sudburywomenscentre>
Mon-Fri 8:30am-4:30pm

An ongoing program hosted every Mon and Thur, which allows women to partake in small sewing projects to encourage development and strengthening of both skills and relationships. Attendees will have the opportunity to exercise their abilities and creativity with the assistance of a volunteer instructor and with a large assortment of material options. The current project is for Days for Girls, to create sustainable feminine hygiene kits for women and girls in locations around the world who do not have the access to such resources. The kits help promote health and self-worth, enabling those less fortunate a chance to lead more comfortable and fulfilling lives. Provides information, referral and support service to women who have been impacted by difficult life circumstances. The centre offers public education, outreach programs, legal clinics, a resource library, internet access, a clothing depot, and workshops about violence prevention and economic independence.

Independence Resources

Northern Initiative For Social Action (N.I.S.A) (For Disabled)

36 Elgin St Second Floor, Sudbury, ON, P3C 5B4, 705-222-6472

Independent Living (For Disabled)

125 Durham St, Sudbury, ON, P3E 3M9, 705-675-2121

Sudbury Community Service Centre (For Disabled)

705-560-0430

Adult Enrichment Centre (For Disabled)

705-470-7474

ICAN - Independence Ctr & Network (For Disabled)

705-673-0655

Sudbury Action Centre for Youth

705-673-4396, <https://www.theactioncentre.ca>

Northern Youth Services

705-524-335

Ontario March of Dimes (For Disabled)

705-674-3377, 10 Elm St, Suite 303, Sudbury, ON, P3C-5N3,
www.marchofdimes.ca northeastregion@marchofdimes.ca

Public Resources Centres'

Sudbury Employment Options

705-560-1562 Fax: 705-560-5648

1560 Lasalle Blvd, Unit F, Sudbury, ON, P3A 1Z7, CANADA

<https://employmentoptions.ca/contact-us>

Chelmsford

705-855-1562 Fax: 705-855-2719

3183 Errington Avenue Unit 5, Chelmsford ON P0M 1L0, CANADA

Val Caron

705-897-5627 Fax: 705-897-5622

Val Est Mall, 3140 Hwy 69 North, Val Caron ON P3N 1G3, CANADA

N' Swakamok Native Friendship Centre (First Nation)

705-674-3128

Community Living Greater Sudbury (For Disabled)

705-671-7181

Sudbury Developmental Services (For Disabled)

705-674-1451

Develop.Clinical Srvs (HSN) (For Disabled)

705-523-4988 x 4256

Developmental Services Ontario (For Disabled)

705-222-6066

Learning Disabilities Assoc of Sudbury (For Disabled)

705-522-0100 Toll-Free 1-855-522-0100

Sudbury Women's Centre

For abused women with difficult time. 705-673-1916, 324-F Elm St W, Sudbury, ON P3C 1V8, CANADA, sudburywomenscentre@gmail.com

<http://facebook.com/sudburywomenscentre> Mon-Fri 8:30am-4:30pm Services:

Provides information, referral and support service to women who have been impacted by difficult life circumstances. The centre offers public education, outreach programs, legal clinics, a resource library, internet access, a clothing depot, and workshops about violence prevention and economic independence.

Homeless Registration, Support And Prevention

For homeless support, please contact the Homelessness Network:

Housing Support

to connect you with services to return to permanent housing: Viviane or Andre at 705-618-8810

Intake

to register you with services provided by the Homelessness Network: Carole at 705-280-7888 or Grace at 705-673-9576

Ontario Works Case Managers

705-675-2411 Offices 199 Larch St, 9th floor, Sudbury, ON

Homeless Network and Outreach Services

People needing help to obtain or keep housing can be assisted by the Housing First Case File

from these agencies in our community that are part of the Homeless Network.

Corner Clinic/Centre de Sante

344 Elgin St, Samaritan Centre, Sudbury, ON, 705-673-3721, Intake and assessment, Housing First case manager

John Howard Society

204 Pine St, Sudbury, ON, P3C 1X5, 705-673-9576 Intake and assessment, Housing First case manager

Association des jeunes de la rue

307 Cedar St, Sudbury, ON, P3B 1M8, 705-675-6422, Street Outreach

Elizabeth Fry Society

705-673-1364, 204 Elm St, Sudbury, ON, P3C 1VC, CANADA, Housing First case manager

N'Swakamok Native Friendship Center

110 Elm St, Sudbury, ON, P3C 1T3, 705-674-2128, Housing First case manager

Sudbury Action Center For Youth

705-673-4396, 105 Elm St, Sudbury, ON, P3C 1T3, CANADA

<https://www.theactioncentre.ca> Housing First case manager

Centre de Sante Communautaire Du Grand Sudbury

Housing Support Program, 705-618-8810, 19 Frood Rd, Sudbury, ON, P3C 4Y9, CANADA

Feedback To Sudbury Housing

To give Sudbury Housing Suggestions email Kim Mackinnon at kmackinnon@sudburyhousing.org with the word feedback in the subject line or you can call her at 705-675-5175 X 6223 or you can send Housing a letter at the following address: Greater Sudbury Housing Corporation, 10 Elm St, 4th Floor, P.O. Box 430, Sudbury, ON, P3E 4P6, CANADA, or email info@sudburyhousing.org if no reply and their website is at: <https://www.greatersudbury.ca/live/community-housing/housing-operations>

Greater Sudbury Housing's Tenant Complaint Process

Service Delivery Issues

1) Tenant informs G.S.H.C. staff of the specific complaint. All complaints will only be initiated for a review and investigation once the complaint is received in writing.

2) G.S.H.C. staff upon receiving a written complaint will begin investigating the complaint within one day.

In the event a complaint cannot be satisfactorily resolved, the tenant will have the ability to address the matter to Senior Management or Department head of GSHC. GSHC staff responsible for responding to the complaint will respond within 10 working days of receipt in writing. In

the event that the complaint cannot be resolved GSHC staff will inform the tenant of the anticipated time it will take to resolve the complaint. In all cases, the tenant will be informed of the outcome within 10 working days of the decision being made.

Human Rights or Harassment Complaints that Involve GSHC Staff.

Where a tenant has a complaint related to human rights or harassment that involves a GSHC staff person, this complaint can be made in writing directly to the Chair of the Board.

The GSHC Board Chair will respond to the tenant complaint within ten working days of receiving the complaint. Staff should have the opportunity to address a complaint about a service or decision they have applied. Tenants have the right to appeal a decision made by GSHC staff. Tenants have the right to timely resolution of their complaint. Tenants and staff will be informed of the process and the outcome of the complaint. Complaints and complaint resolution will be tracked and made available to the tenant community when such complaint involves a policy, procedure, or practice which affects the entire tenant community. A communication and education program will be implemented to ensure that all tenants and all staff are informed of their rights and responsibilities under this process.

Family Support/Finance Help

Family Support

A family support worker (FSW) is available to assist you with getting child, spousal, parental and sponsorship support. Pursuing child support is voluntary and is not a condition to qualify for Ontario Works assistance, however because child support income is not deducted off of your Ontario Works assistance, it is recommended that you pursue it. This extra income can greatly help improve your finances and quality of life. If you are pursuing child or spousal support, a Family Support Worker can provide advice and guidance to help determine which legal option is right for you. For example, the FSW will explain how a support order or agreement works and which would be best in your situation. The FSW will work with you to ensure you are receiving the proper support amount you are entitled to according to federal guidelines. In cases involving custody, access, property, or if your matter needs to be heard in a higher court, you may be referred to Legal Aid. The FSW also works with Family Responsibility Office to collect/enforce support payments.

Employment Training To Work

Ontario Works Employment assistance

Ontario Works can give you practical help to prepare for and find a job by: working with you to determine what you need to become employed, and helping you develop a plan based on your skills,

experience and circumstances. Here are some examples of the kinds of services we provide to help you find a job: workshops on looking for work, résumé writing, and preparing for an interview, referrals to job counselling or training programs, information on who's hiring, access to basic education, access to telephones, faxes, computers and job banks. To be eligible for Ontario Works, you must take part in activities that will help you find a job. These are to called employment assistance activities. To receive Ontario Works, you have to sign a Participation Agreement. This agreement sets out the employment assistance activities that you will do to find work and/or improve your skills. The Agreement is updated regularly when you complete activities or begin new ones.

How Ontario Works can help you

Employment activities If you qualify for Ontario Works, you will have access to a range of employment activities:

Education Programs

Education programs are available to help you finish high school, improve your language skills, and upgrade your reading, writing or math.

Job-Specific Skills Training

If you need special training or skills to do a job, we can get you the help you need to develop your skills.

Literacy Screening and Training

If it's hard for you to get or keep a job because you have trouble with reading, writing or math, we can help you get the education you need.

Learning, Earning and Parenting (LEAP)

If you're a young parent between the ages of 16 and 25, the LEAP program can give you the supports you need to: finish high school, improve your parenting skills, and prepare for and find work so you can support your family.

Employment Placements

When you're ready for a job, we can connect you with employers who are hiring, help you prepare for the interview and help with training for the job, if required.

Community Placements

A placement in a community agency can help you gain valuable experience. You can practice your skills, improve your confidence and get up-to-date job references and contacts.

You can still get help after you've found a job

Once you get a job and you are no longer eligible to receive financial help from Ontario Works, you may still be able to get other kinds of help, such as: extended health coverage, prescription drug coverage, and job-related expenses, such as safety boots. For more information, please contact your local Ontario Works office.

Greater Sudbury City Hall

Our office can steer you in the right direction if you want to upgrade

to complete a grade 12 diploma/equivalency or GED. Call 311 for more information.

L.E.A.P. Program

Parents aged 16 to 25 who have not completed high school and eligible for the Learning, Earnings and Parenting (L.E.A.P) Program. This program provides client centered supports for young parents to help get a grade 12 Diploma or equivalency. Financial support is available for school related expenses along with some other incentives. Call 311 for more information.

O.S.A.P.

Ontario Student Assistance Program is a loan available to you to go to post secondary education. It must be paid back soon after you graduate. Obtained at an office in your local Post Secondary School.

Learning Disabilities Assoc of Sudbury

705-522-0100 Toll-Free 1-855- 5220100, Call and see how they can direct you to any type of education.

Employment Training

Academic upgrading

High school equivalency and academic upgrading programs to help adults gain entry into post-secondary or apprenticeship programs, or to find employment.

Employment Training Adult literacy

Basic instruction in writing, reading and mathematics. Includes first language literacy programs for those whose first language is not English or French.

Employment Training

Apprenticeship

Apprenticeship preparation and training programs. May include information, counselling, registration and application assistance, and skills and aptitude assessment.

Employment Training Career

counselling

Assessment of aptitude and skills, labour market information, counselling and referral for persons choosing a career direction.

Employment Training

Disabilities employment programs

Employment, education and training services focusing on the needs of adults with developmental and physical disabilities.

Employment Training

Employer staffing assistance

Support for employers seeking to increase or develop their staff, including financial incentives and retraining programs.

Employment Training

International credentials

Services that assist in having foreign educational or occupational credentials assessed to determine Canadian equivalency for employment or other purposes. Includes organizations that provide credential assessment for a fee.

Employment Training

Internationally trained professionals

Services for professionals trained in foreign countries to find work in their occupation or a related field. May include work experience,

placement, mentoring, language testing and volunteer opportunities.

Employment Training Job search support/training

Advice and training in areas such as resume writing, research, interviewing and workplace expectations.

Employment Training Newcomer employment programs

Services that focus on assisting immigrants and refugees to prepare for and obtain employment.

Employment Training Occupational health and safety

Programs that promote safe and healthy work environments, including rights and responsibilities at work and Ontario's health and safety awareness training.

Employment Training Self- employment/ Entrepreneurship

Programs for people who operate or want to start their own businesses.

Employment Training Summer

employment

Seasonal programs assisting individuals in finding summer jobs, including students and youth.

Employment Training Work experience

Programs that provide practical work experience and the opportunity to develop skills, on a short-term/temporary basis. Employment Training Youth Employment Programs and resources for youth and young adults seeking employment.

Friendship Centre's

N'Swakamok Native Friendship Centre (First Nations Indians)

www.nfcsudbury.org

110 Elm St, Sudbury, ON, P3C 1T5, 705-674-2128

Housing, Translation Program, Healing and Wellness Program, Addictions, school, life skills, various support programs, Sudbury-Life Long Care Program-Transportation, Sudbury/Drug Centennial Com. Centre and Arena, Native Court Outreach 705-688-3924,

Independent Living Sudbury Manitoulin

Senior's Friendship Circle Drop In Centre

Office: 705-675-2121

125 Durham St, Greater Sudbury, ON, P3E 3M9 (1km)

National Association of Friendship Centres

1-877-563-4844, Office: 613-563-4844

List Of Schools

Barrydowne College

705-566-2302

Cambrian College Upgrading

705-566-8101 x 7712

College Boreal

705-560-6673 x 3085

Carrefour francophone de Sudbury

705-675-6493

Carrefour Options+

705-525-0110

Centre de formation et de perfectionnement du grand Sudbury

705-688- 0005

Collège Boréal

705-560-6673 x 3085

Education & Workplace Training

705-677-0432 x 244

Glenn Crombie Ctr, disability

705-566-8101 x 7420

N'Swakamok Native Friendship Ctr

705-674-2128

St. Albert Adult Learning Centre

705-673-3031

Sudbury Secondary School Continuing Education

705-675-5481

Parkside Older Adult Centre Activity Classes

Number add here

Online Training Library

www.lynda.com (Sudbury Public Library) This is an online library of high quality instructional videos on the latest software tools and skills. Minimal charge.

Bus Or Car Money Help

Sudbury City Hall Services

Assistance with bus fare, monthly bus pass or fuel costs for a vehicle may be provided to eligible persons in an approved activity such as basic education, community placement, employment placement, LEAP and this is supported by the caseworker. Transportation costs may be provided if you are in school, training, looking for work or volunteering. Assistance may also be provided for medical appointments. Call 311 and ask them how.

Transportation

Gova Sudbury Transit

705-675-3333, 9 Elm St, Sudbury, ON, P3C 1S9, CANADA

Gova Plus Greater Sudbury Handi Transit

1299 Lorne St, Sudbury, ON, P3C 5M9, CANADA, Apply: 705-675-3333 or use the application online Booking & Cancellations: 705-670-2300 or email booking@govaplus.ca

Aaron Taxi

705-670-0000 (Pay service) Wheelchair accessible if booked. Can hold 1 wheelchair only. Waits could be lengthy during peak times.

Lockerby Taxi

705-522-2222 (Pay Service) Wheelchair accessible if booked. Can hold 1 wheelchair only. Only 3 persons per vehicle. Waits could be lengthy during peak times. Orders for delivery are possible but they must be paid.

Metis Nation of Ontario (MNO)-Sudbury-Community Support Services-Medical Transportation Program

260 Alder St, Upstairs, Sudbury, ON, P3C 5P4, 705-671-9855

Platinum Patient Transfers

119 Nova Dr, Sudbury, ON, P3E 0B3, 705-222- 2512

Sudbury Shrine Club (disabled)

259 Elm St, Sudbury, ON, P3C 1V5, 705-524- 0335

Goshenite Seniors Services Inc. Seniors' Transportation Program/Grocery Shopping and Delivery (18km)

Office: 705-698-5318, 4708 Gabrielle St, Greater Sudbury, ON, P3P- 1K3, CANADA

For Seniors Only

705-522- 0679, 1894 Lasalle Blvd , Unit B, Sudbury, ON, P3A 2A4, CANADA

Adapt Of Ontario

<https://www.adaptofontario.com>

Accessible transportation for seniors, veterans using mobility aids and people with physical or mental disabilities

vans can accommodate up to 3 wheelchairs or other mobility vehicles, such as scooters, and 3 walk-ons

all wheelchair clients must be accompanied by caregiver transportation to and from appointments, school or work

counselling, advocacy, social activities for clients

Eligibility: People with physical or mental disabilities and their caregivers, seniors and veterans using mobility devices

Apply: Email office or use contact form on website for information or to arrange transportation

Office: kimjalbert@adaptofontario.com

Mailing Address: 83 Mosaics Ave, Aurora, ON, L4G 7L5, Canada

Languages: English

Fees: Service - \$15 one way or \$30 return trip within Town of Newmarket; \$2.75 per kilo-meter for pick-up and drop-off locations outside Town of Newmarket; caregivers accompanying clients travel free.

Documents Required: May vary; contact for information

Accessibility: Not Applicable - administrative location.

Home Instead Senior Care Home Care Services Office

Home Care Services

705-523-1600

2009 Long Lake Rd, Suite 303

Greater Sudbury, Ontario, P3E 6C3, CANADA (6km)

Canadian Red Cross Society-Northern Ontario Transportation Program Office

Transportation Program (6km)

705-674-0737, 1460 Fairburn St, Greater Sudbury, Ontario, P3A 1N7, CANADA

Red Cross

705-525-1244 \$15/3hrs- email: sudbury@redcross.ca must be

60 or over and mobile with or without an escort and unable to access other transportation options.

Hammon Bus

HammondBus.com, Bracebridge, 1-800-563-1885, 705-645-5431, 450

Ecclestone Dr, Bracebridge, Ontario, P1L-1T7, CANADA

HomeWell Care Services

1-877-509-8469, 905-509-8469

Services Inc. Driving Seniors Companionship program

Helps seniors with transportation to and from appointments across the Greater City of Sudbury. If you are a senior living independently in your own home within the Greater City of Sudbury area including (Val Caron, Val Therese, Hanmer, Skead, Garson, Coniston, Wahnapeitea, Azilda, Chelmsford and Onaping, we will provide personalized door-to-door transportation. We offer accessible transportation to meet individuals needs for those who no longer drive to enable them to get easy access to medical appointments and services, recreation centres, shopping and or community and family events. Enabling the Greater City of Sudbury as an age friendly city where physically active, leisure and social activities can be ventured into with confidence makes the whole community work better. Description Of Services: A Driving Seniors Companion will meet you at your home, assist you to and from the vehicle, bring you into the appointment office, and may also accompany you into your appointment or run errands for you. We will return you to your home after your appointment. We provide assistance in attending home support interviews, medical appointments, grocery shopping, dental appointments, and many others. To book an appointment, call our office from Mon-Sat 8:30am-5:30pm. Driving Operations hours are Mon- Sun 8:30 am-9pm. Reserve your Driving Seniors Companion today. To secure a driving reservation, call us within 48 hours of your appointment. Or take a chance, we may already be in your area, an appointment is not always necessary. To book, call 705-698-5318 or info@gosheniteservices.com For new clients, we will run a quick 5-minute assessment over the phone. Ride service confirmation provided 24 hours prior to pick-up. Client's cancellation notice must be given 24hrs prior to the reserved time or a 50% surcharge of the cost of the reserved time will apply. We can accommodate seniors with cognitive impairments, canes, walkers and collapsible wheelchairs. Our companionship drivers offer safe and courteous transportation.

Overall Independence

<https://overallindependence.net>

Offers private transportation to support seniors and other home-bound persons to live as independently as possible

Transportation services:

for appointments and outings, including shopping assistance, errands, prescription pick up and delivery service

vehicle is wheelchair accessible with ramped entry on one side

Eligibility

No restrictions

Application Process

Call or email

Office
705-331-5581
Web Site
Visit Website
Email
hello@overallindependence.net

Mailing Address
Overall Independence
120 Letitia St
Barrie, ON, L4N 1P5
Canada

Languages
English

Contact
Krista Brodeur, Office Administrator
Email: info@overallindependence.net
Owner/Operator
Sharon
Email: sharon@overallindependence.net

Fees
Service
Documents Required
No documents required
Accessibility
Fully Accessible - Wheelchair accessible vehicle available

<https://www.adaptofontario.com>

Accessible transportation for seniors, veterans using mobility aids and people with physical or mental disabilities
vans can accommodate up to 3 wheelchairs or other mobility vehicles, such as scooters, and 3 walk-ons
all wheelchair clients must be accompanied by caregiver
transportation to and from appointments, school or work
counselling, advocacy, social activities for clients

Eligibility
People with physical or mental disabilities and their caregivers, seniors and veterans using mobility devices

Application Process
Email office or use contact form on website for information or to arrange transportation

Office
No public phone number
Web Site

Visit Website

Email

kimjalbert@adaptofontario.com

Mailing Address

83 Mosaics Ave

Aurora, ON, L4G 7L5

Canada

Languages

English

Fees

Service - \$15 one way or \$30 return trip within Town of Newmarket;
\$2.75 per kilometre for pick-up and dropoff locations outside Town of
Newmarket ; caregivers accompanying clients travel free

Documents Required

May vary; contact for information

Accessibility

Not Applicable - administrative location

Transportation

Nonaccessible And Volunteer For Elderly Or People With Special Needs Who Are Mobile (ambulatory)

Most provided by volunteer services. A nominal fee may apply. Some providers may accompany to health-related appointments.

These services serve all or part of North EastAtikameksheng Anishnawbek -First Nation-Naughton Shawenekezhik Health Centre-Home and Community Care-Transportation Program

705-692-3674, 25 Reserve Rd, Naughton, ON, P0M-2M0, CANADA

Atikameksheng Anishnawbek-First Nation-Naughton-

Shawenekezhik Health Centre-Medical Transportation Program

25 Reserve Rd, Naughton, ON, P0M 2M0, 705-692-3674

Canadian Cancer Society-Sudbury and area - Transportation

1764 Regent St S, Sudbury, ON, P3E 3Z8, 1-800-263-6750

**Canadian Cancer Society-Sudbury and area-Wheels of Hope
Transportation Service**

705-264- 7434, 1764 Regent St S, Sudbury, ON, P3E 3Z8, CANADA

Canadian Red Cross-Sudbury Branch-Community Health and Wellness-

Seniors' Transportation

705-674- 0737, 1460 Fairburn St, Sudbury, ON P3A 1N7, CANADA

Caring for Loved Ones

705-522- 0771, 7 Trailview Dr, Sudbury, ON, P3E 6M3, CANADA

**The Dr H S Trefry Memorial Centre-Richards Landing-
Transportation**

1601 C Line, Richards Landing, ON, P0R 1J0, 705-246-0036

For Seniors Only

705-522- 0679, 1894 Lasalle Blvd , Unit B, Sudbury, ON, P3A 2A4,
CANADA

**N'Swakamok Native Friendship Centre-Sudbury-Life Long Care Program-
Transportation**

110 Elm St, Sudbury, ON, P3C 1T5, 705-674-2128

**N'Swakamok Native Friendship Centre-Sudbury-Translation Program
Healing and Wellness Program**

110 Elm St, Sudbury, ON, P3C 1T5, 705-674- 2128

**Transitional Home Health- Transitional Stay Accommodations Sudbury
705-677-5070****United Way Centraide North East Ontario/Nord-est de l'Ontario-
Sudbury**

957 Cambrian Heights Dr, unit 201, Sudbury, ON, P3C 5S5, 705-560-3330

**Wahnapiatae First Nation-Norman Recollet Health Centre-Community
Support Services-Senior Transportation**

259 Taighwenini Trail Rd, Capreol, ON, P0M 1H0, 705-858-7700 X 219

**Wahnapiatae First Nation-Norman Recollet Health Centre-Home and
Community Care-Medical Transportation Coordination**

259 Taighwenii Trail Rd, Capreol, ON, P0M 1H0,
CANADA, 705-858-0610 X 219 or 222

Transportation For Seniors

Home Instead Senior Care

Home Care Services

705-523-1600

2009 Long Lake Rd, Suite 303

Greater Sudbury, ON, P3E 6C3 (6km)

Canadian Red Cross Society - Northern Ontario

Transportation Program

705-674-0737

1460 Fairburn St

Greater Sudbury, ON, P3A 1N7 (6km)

Goshenite Seniors Services Inc.

Seniors' Transportation Program/Grocery Shopping and Delivery

705-698-5318

4708 Gabrielle St

Greater Sudbury, ON, P3P 1K3 (18km)

For Seniors Only

705-522- 0679, 1894 Lasalle Blvd , Unit B, Sudbury, ON, P3A 2A4,
CANADA

Home Instead Senior Care

Home Care Services

Office: 705-523-1600

Visit Website 2009 Long Lake Rd, Suite 303

Greater Sudbury, ON, P3E 6C3 (6km)

Clipboard

Show More

Canadian Red Cross Society - Northern Ontario

Transportation Program

Office: 705-674-0737

Visit Website 1460 Fairburn St

Greater Sudbury, ON, P3A 1N7 (6km)

Clipboard

Show More

Goshenite Seniors Services Inc.

Seniors' Transportation Program / Grocery Shopping and Delivery

Office: 705-698-5318

Visit Website 4708 Gabrielle St

Greater Sudbury, ON, P3P 1K3 (18km)

Clipboard

Show More

HammondBus.com

HammondBus.com, Bracebridge

1-800-563-1885

Office: 705-645-5431

Visit Website 450 Ecclestone Dr

Bracebridge, ON, P1L 1T7 (211km)

Clipboard

Show More

Overall Independence

Office: 705-331-5581

Visit Website

Clipboard

Show More

ADAPT of Ontario

Office: No public phone number

Visit Website 83 Mosaics Ave

Aurora, ON, L4G 7L5 (304km)

Clipboard

Show More

HomeWell Care Services

1-877-509-8469

Office: 905-509-8469

Visit Website

Busses Out Of Town

Ontario Northland / Greyhound's "The Station", 100 Station Rd.:

705-495-0011 705-495-0031 705-495-0047

705-495-0049 705-495-0089

Financial Assistance

Sudbury City Hall Services

Extra money is available to cover costs on top of your basic food and shelter costs. Some examples include: Child care, special diet allowance, and medical transportation. If you are starting full time or part time employment, upgrading towards a grade 12 diploma or equivalency, or in a training program, you may be eligible for costs to help with your education, training or employment. The amount of assistance will vary, is subject to maximum amount and you will be required to meet eligibility criteria to qualify. For more information please contact your caseworker or call 311.

How Ontario Works can help you: Financial assistance

If you qualify, Ontario Works can provide you with money to help you cover the costs of your basic needs (e.g. food) and housing costs. This is called financial assistance. The amount of money you may receive from Ontario Works will depend on your: family size, income, assets, and housing costs. Other help you may receive: If you qualify for Ontario Works, you may also be eligible to receive a variety of other benefits such as: prescription drug and dental coverage, eyeglasses, diabetic supplies moving or eviction costs, employment-related costs. A child or spouse who is 17yrs of age or younger will receive dental coverage through Healthy Smiles Ontario.

Eviction Prevention Restorative

705-674-1825

Centre de sante'communautaire du Grand Sudbury Housing Support Program

City Government Programs-(CHPI,LEAP,OESP)

Financial assistance for rent and utilities, 705-670-2274

Money For Disabled Needs Passport Program

This program offers you money for various things you might need it for like bus far, taxi fare, entertainment out, lifestyle changes, education, sports, cooking, managing your money and other things to improve your life. Social Services organization in Sudbury, Ontario: Sudbury Community Service Centre, 1166 Roy Ave, Sudbury, ON, CANADA, P3A-3M6, 705-560-0430 X 241, 1-800-685-1521, Fax:705-560-0440,scsc@vianet.on.ca

<https://sudburycommunityservicecentre.ca/developmental-support-services> List Of what can I use the funding for? These tips suggest how

Passport funding can help adults with a developmental disability participate more fully in the community. For a complete list of supports and expenses covered under Passport, please see the Passport Guidelines at ontario.ca/bxj7

COMMUNITY PARTICIPATION AND ACTIVITIES OF DAILY LIVING

- Programs, classes and supports that help develop independence, social and life skills (e.g., literacy, cooking, managing money, computer skills, assistance with personal care needs). This includes fees and supplies.
- Participation in community activities and events (e.g., recreation, club memberships, admission to festivals and museums, sports).
- Pre-employment and employment supports (e.g., skills training, resume development and job coaching).
- Transportation for activities (e.g., transit, mileage, taxis).
- Paying a support worker to help with community participation and daily living activities. This includes a support worker's expenses while providing support (e.g., meals, transportation and activity fees, expenses for accompanying the individual during trips).

CAREGIVER RESPITE

Caregiver respite is temporary help to provide a break to primary caregivers. This can be during the day, evening or weekend, and can be in-home or out-of-home. Respite includes supervising or providing supports for individuals with daily living activities such as personal care, while caregivers get a temporary break.

PERSON-DIRECTED PLANNING

Passport funding (up to \$2,500) can be used to develop a person-directed plan that builds on the individual's strengths and interests and identifies supports to help them achieve their goals. These supports can be purchased from independent planners, facilitators or developmental services agencies.

ADMINISTRATION

Passport funding can cover some employer costs (e.g., Canada Pension Plan contributions, Employment Insurance and Workplace Safety and Insurance Board premiums, vacation pay). Passport recipients can also use up to ten per cent of Passport funding for administrative supports such as bookkeeping, bank fees, pay-roll and scheduling support workers.

Expenses NOT covered by Passport

Housing and home maintenance (e.g., rent, home renovations or modifications, housekeeping)

- Household items and electronics (e.g., furniture, appliances, computers)
- Indirect respite services and supports (e.g., cleaning, meal preparation, snow removal, care of other family members)
- Holiday travel (e.g., personal or family vacations)
- Telephone/telecommunications (e.g., home phone and internet service, cell phone services)
- Groceries, food, and restaurant meals
- Clothing and personal goods and services (e.g., toiletries, spa treatments, aesthetic and cosmetic services)
- Dental care and services
- Fees for therapies/specialized services (e.g. speech and language therapy, physiotherapy, occupational therapy, nursing, massage therapy)
- Assistive devices and specialized equipment
- Services already received through the Ontario Disability Support Program (e.g., drug

benefits, medical aids) • Tuition for post-secondary programs which can be paid for by government assistance programs (e.g. the Ontario Student Assistance Program), or supports available through an on-campus accessibility office • Vehicle purchases and/or modifications, leases and rentals Note: In exceptional cases, the Passport agency may allow expenses that are not normally covered under the program.

Additional Information

You no longer have to look for workers. We offer peace of mind by providing trained and supervised workers who are committed to meeting individual's goals. We also manage individual contracts and complete all required invoicing. Why chose Sudbury Community Service Centre as a service provider? Our Agency strives to build independence, recognize client choice and improve quality of life. Our workers are highly trained individuals with experience working with adults with developmental disabilities. We are a fully insured agency and ensure clear police checks to work with vulnerable individuals. What can I do with my Passport funds? You can use your Passport funds to pay for:

Education: This includes supports to participate, and fees for registering, in programs (i.e. camp fees, swimming lessons, literacy, computer or cooking classes, etc.), Life-skills: Passport funds can pay for workers to assist with activities of daily living that enhance independent living such as cooking, cleaning, menu planning, grocery shopping, and apartment maintenance., Social activities and recreational programs: Participate in community events and organized activities throughout the community such as concerts, paint socials, gym memberships, attend plays, and special Olympics, etc., Volunteer Activities: This means any support needed to participate in community activities and events, like transportation costs and having a worker to help your volunteerism. Socialization: Building friendships & relationships with others in the community.

Debt Help

Sudbury Community Service Centre-Credit Counseling Sudbury

Social services organization in Sudbury, ON

1166 Roy Ave, Sudbury, ON, P3A 3M6, CANADA, 705-560-430

www.sudburycommunityservicecentre.ca Money Management Help: Are you...

Struggling to make ends meet?, Unable to save for an emergency?, Worried about making payments on time?, Then ask us about... Free money management: Free credit counseling service, free budget and money management advice, Free Income Tax Filing Support, Debt payment programs, RESP And Free \$2000 for each child

Credit Card Consolidation Place

(Credit cards to one payment for help)

705-560-HELP or 705-560-3328

Help To Get A Job

Sudbury Vocational Resource Centre 705-671-2544, 24 Cedar St, 3rd Floor, <http://www.svrc.on.ca/en> Job search, work-shops, e-learning, second career, youth job link

Y.M.C.A of Northern Ontario Employment Center

705-674-2324, 110 Elm St, Rainbow Center, Suite 132 Job search, employment and training programs for youth and adults
<http://www.sudbury.ymca.ca/employment>

Regional Business Centre

705-688-7582, 200 Brady St, Sudbury, ON, P3A 5P3, CANADA

Invest Sudbury

200 Brady St, Station A, PO Box 5000, Sudbury, ON, P3A 5P3, CANADA, GSDC@GreaterSudbury.ca 705-673-4161, 1-800-708-2505, Fax: 705-671-6767

Employment Ontario/Second Career

<https://www.ontario.ca/page/second-career>

Education & Workplace Training

705-677-0432 x244

Sudbury Action Center For Youth (S.A.C.Y.)

705-673-4396, 95 Pine St, <https://www.theactioncentre.ca>

Gezhtoojig Employment & Training

Aboriginal employment programs.

705-524-6772, 111 Elm St, <http://gezhtoojig.ca>

Ontario March Of Dimes

705-671-3188, 96 Larch St, Unit 405

<http://www.marchofdimes.ca/EN/programs/employment/Pages/ContactUsEmp.asp> x For individuals with disabilities 2) 705-674-3377, 10 Elm St, Suite 303, Sudbury, ON P3C 5N3 www.marchofdimes.ca
northeastregion@marchofdimes.ca

Northern Vocational Services, ODSP

705-674-4141, 117 Elm St, www.northernvocationalservices.com

Employment Options Emploi Sudbury

705-560-1562, 1560 Lasalle Blvd, Chelmsford 705-855-1562, 3183 Errington, Unit 5, Val Caron, ON, CANADA 705-897-5627, 3140, Hwy 69 N., Val East Mall, Espanola 705-869-4113, Manitoulin 705-368-3194

Volunteer Sudbury

705-560-6661, 9am-5pm, Thur-7, <http://employmentoptions.ca>

Ontario Works Employm't Sup

705-674-4455 x 4181

N' Swakamok Native Friendship Ctr

705-674-2128

Spark Employment Services

www.sudburyemployment.ca 705-671-2544 www.sudburyemployment.ca To apply find out about availability and the registration process local programs aimed at upgrading skills, creating opportunities for work. Spark

Employment Services offers a range of training courses in technology, retail, communications and employment readiness. For over 30 years, Spark Employment Services has been helping clients in the Sudbury area secure employment. Those looking to enhance their employability skills or upgrade their skill set will want to explore Spark's Training and Skills Development program.

To help clients acquire the necessary skills needed for gainful employment, Spark's Educational Training courses include:

GED Preparation

The General Educational Development (GED) is an Ontario High School Equivalency Certificate for adults who were unable to complete their high school program. Most jobs require a minimum of a high school diploma. Spark works to prepare clients who wish to write the GED test and helps them to develop good study habits. Passing the GED test provides many benefits including:

Receiving a high school equivalency certificate;

Qualifying for employment;

Qualifying for a promotion;

Registering for an apprenticeship;

Applying for admission to college or other training institute program; and

Achieving personal satisfaction.

The GED consists of five separate exams in Science, Social Studies, Reading, Math and Writing.

Digital Technology Training

The Microsoft Office Workplace Essentials class helps learners develop their essential digital workplace skills. The course explores the world of Microsoft Word and Excel, as well as PDF files, file management, and email.

The Resume and Cover Letters Done Right program gives clients tips on resume formatting and how to write crisp and clean cover letters. It also touches on the dos and don'ts of creating the all-important resume and cover letter package.

Customer Service and Retail Courses

The Customer Service and the Retail courses provide clients with a certificate upon completion, which definitely adds value to ones resume when applying for jobs in these fields. The program is made up of activities, exercises and discussions relevant to helping the public and working with people. Conversations about public interaction, customer service etiquette and communication will also be covered.

The Retail Program infuses these criteria but with a retail aspect. It covers money math, working in different types of retail environments, money handling, store procedures and what it means to be a retail associate in an ever-changing retail environment.

The Soft Skills Solutions© course is an interactive group workshop designed to improve the skills that are in demand by employers.

This includes communication in the workplace, motivation, personal management, teamwork, problem solving and professional and skills advancement. The facilitator will focus on the importance of soft skills and demonstrate why they are so important today. This is achieved through discussions, videos and activities. Upon completion, participants will receive a certificate - an added bonus to any resume!

General Workplace Essential Skills Training

Spark also offers individualized training around workplace communications, math and preparing for certification tests, which also helps with reading and understanding manuals.

Employment Readiness Workshops

Spark Employment Services' Training and Skills Development program also offers a variety of employment readiness workshops, short courses and elearning opportunities. Due to the pandemic, Spark has shifted to remote learning. All courses are being offered online via facilitator-led Zoom sessions. While everyone is encouraged to take advantage of the online features, some courses, the GED, Customer Service, Retail and General Workplace Essential Skills Training can be taken by phone or email. The organization is committed to providing the same great course with the ability to reach more people. Those without access to a computer and/or the Internet can contact Spark to discuss options.

Job Listings

Monster www.monster.ca

Workopolis www.workopolis.com

Kijiji www.kijiji.ca

Government Job Bank <https://www.jobbank.gc.ca/jobsearch>

Wow Jobs www.wowjobs.ca

Linked In <https://ca.linkedin.com/jobs>

Simply Hired www.simplyhired.ca

Job <https://jobs.sudburychamber.ca/find-jobs>

CanadaJobBank <https://canadajobbank.org/sudbury-jobs>

Facebook Jobs www.facebook.com/groups/1394125040825297

Eluta www.eluta.ca/jobs

Glass Door <https://www.glassdoor.ca/Job>

Jooble <https://ca.jooble.org>

YMCA Job Board www.ymcaneoc.ca/jobs

Disabled March Of Dimes www.marchofdimes.ca/en-ca

Indeed www.indeed.ca

Classified Items For Sale

Kijiji Subbury

www.kijiji.ca/h-sudbury/1700245

Facebook Classified Marketplace

www.facebook.com/marketplace/101877776521079/classifieds

FaceBook BizNetwork

<http://biznetwork.ca>

Sudbury.com Newspaper

www.sudbury.com/classifieds

Sudbury Star Newspaper Classified

<https://classifieds.thesudburystar.com>

Locanto Classified

<https://sudbury.locanto.ca>

Ohmy Classified

<https://ohmy.ca/sudbury>

Free Ads Time

<https://sudbury.freeadstime.org>

eClassifieds4U

www.eclassifieds4u.com/sudbury

wwClassifiedAds

<https://wwclassifiedads.com/greater-sudbury>

AdPost Classified

www.adpost.com/ca/ontario/sudbury

BuySellCommunity

<https://buysellcommunity.com/city/sudbury-on>

Universal Listing <http://sudbury.universelisting.com>

The Bargain Hunter

www.thebargainhunter.ca

Craigslist

<https://sudbury.craigslist.org>

Sudbury Events

<https://sudburyevents.com/calendar/h-6>

Citizen Service Centres

Main floor of Tom Davies Square purchase: Greater Sudbury Transit Passes, Dog and Cat Licences, Residential Garbage Bag Tags, Kitchen Collectors for organic waste

Register: Sports and Leisure Programs

Inquire about: Cemetery Plots, Business Licences, Lottery Licences, Marriage Licences

Reserve: Arena Ice, Gazebos, Halls and Meeting Rooms

Pay: Parking Tickets, Property Taxes, Water Bills

Capreol Library and Citizen Service Centre

Frank R. Mazzuca Branch

9 Morin Street

Capreol, ON P0M 1H0

Phone: 705-688-3958

Chelmsford Library and Citizen Service Centre

Normand Huneault Branch

3502 Errington Street

Chelmsford, ON P0M 1L0

Phone: 705-688-3963

Dowling Library and Citizen Service Centre

Lionel Rheume Branch

79 Main Street West

Dowling, ON P0M 1R0

Phone: 705-688-3956

Garson Library and Citizen Service Centre

214 Orell Street

Garson, ON P3L 1V2

Phone: 705-688-3957

Lively Library and Citizen Service Centre

Earl Mumford Branch

15 Kin Drive, Unit A

Lively, ON P3Y 1M9

Phone: 705-688-3959

Valley East Library and Citizen Service Centre

4100 Elmview Drive

Hanmer, ON P3P 1J7

Phone: 705-688-3961

Tom Davies Square- One Stop Services

200 Brady Street, Sudbury, ON

Open 8:30 a.m. to 4:30 p.m., Mondays to Fridays

Counseling (Low-Income)

Inner City Home Of Sudbury

Counseling (limited income), 705-675-7550

Sudbury Counseling Centre

705-524-9629 X 0, 260 Cedar St, Individual and Group Counseling, Mon-Fri 8:30-4:30 <http://counsellingscs.com>,

The Mission (Warming Centre)

344 Elgin St, Sudbury, ON, CANADA, P3E 3N9, 705-673-2163

Canadian Mental Health Association Of Sudbury And Manitoulin

705-675-7552, 111 Elm St, Suite 100, <http://www.cmha.ca>, Provides a wide range of interactive services and supports to people and their families who are experiencing mental illness.

Voices For Women-Sudbury Sexual Assault Centre

705-671-5495, 96 Larch St, <http://www.voicesforwomen.ca/Counsel> and support women

John Howard Society Of Sudbury

705-673-9576, 204 Pine St <http://johnhoward.on.ca/sudbury>

Individuals in conflict with the law.

Elizabeth Fry Society

705-673-1364, 204 Elm St, <http://efrysudbury.com>, Individuals in conflict with the law

Centre Victoria pour femmes

705-670-2517, 584 Clinton Ave, Suite 103, (Perrault St Entrance) For Francophone women experiencing violence.

Sudbury Women's Center

705-673-1916, 324 Elm St

N'Swakamok Native Friendship Center

705-674-2128, 110 Elm St www.nfcsudbury.org Housing, Addictions, school, life skills, various support programs

Northern Initiative For Social Action (N.I.S.A.)

705-222-6472, 36 Elgin St, 2nd Floor, <http://nisa.on.ca> Peer support, creative expression programs, wellness and recovery groups

Sudbury Action Center For Youth (S.A.C.Y.)

705-673-4396, 95 Pine St, ON, CANADA

<https://www.theactioncentre.ca>

Provides services and programs to youth

Baby's Breath Under 18 pregnancy supports 705-671-1941 X 229, 450 Morin Ave. <http://beterbeginningssudbury.ca>

Home And Community Care, North East (LHIN)

formerly named Community Care Access Centre 1-800-461-2919, Rainbow Centre, Suite 41-C, Health Care Support & In-home support.

<http://healthcareathome.ca/northeast/en>

Child And Family Centre

705-525-1008 62 Froad Rd, <http://cfcnorth.ca> Counselling, parenting support, case management, Mon-Fri 8:30am-8pm

Drug/Health Plans

Blue Cross

<https://on.bluecross.ca>, 1-800-873-2583

Trillium Drug Program

1-800-575-5386 The Trillium Drug Program is a provincial government-run program that helps these citizens afford their prescriptions.

The program offers benefits for certain prescriptions when the cost of the meds exceeds approximately four percent of the person's household income.

Sure Health

www.surehealth.ca, 1-844-855-7873

Manulife

<https://www.coverme.com>, 1-800-268-3763

Old Age Income

Canada Pension Plan (C.P.P.)

The *Canada Pension Plan (C.P.P) retirement pension* is a monthly, taxable benefit that replaces part of your income when you retire. If you qualify, you'll receive the *CPP retirement pension* for the rest of your life. ... have made at least one valid contribution to the

C.P.P.

Old Age Security (O.A.S.)

The Old Age Security (O.A.S.) program is the Government of Canada's largest *pension* program. It is funded out of the general tax revenues of the Government of Canada. ... The OAS *pension* is a monthly payment available to seniors *aged* 65 and *older* who meet the Canadian legal status and residence requirements.

Guaranteed Income Supplement (G.I.S.)

The Guaranteed Income Supplement (GIS) provides a monthly non-taxable benefit to Old Age Security (OAS) pension recipients who have a low *income* and are living in Canada.

Guaranteed Annual Income System (G.A.I.N.S)

The Guaranteed Annual Income System (GAINS) payment is a monthly amount that comes from the Ontario government. The government gives it to some people who: have a low income, and. get the Old Age Security (OAS) pension and the Guaranteed Income Supplement (G.I.S.)

Accounts To Save

Registered Retirement Savings Plan (R.R.S.P)

A Registered Retirement Savings Plan (RRSP) was introduced by the government to help Canadians save for retirement. The main benefit of RRSPs is that tax on RRSP contributions is deferred until retirement. It helps your savings grow tax-free until you are ready to retire, and offers other tax advantages.

Registered Retirement Income Fund (R.R.I.F)

A Registered Retirement

Income Fund (RRIF)

is an account registered with the federal government that gives you a steady income in retirement. Before, you were putting money into your RRSP to accumulate savings for retirement. Now, you withdraw that money from your RRIF as retirement income.

Deferred Profit Sharing Plans (D.P.S.P)

A DPSP is tax sheltered plan set up by your employer to help you save for retirement. You don't make contributions - the company does, from a portion of its profits.

Tax Free Savings Account (T.F.S.A)

TFSA's are designed to make funds available throughout a person's life, offer tax-free growth, and since the CRA won't assess penalties for withdrawal from TFSA's, are especially great for big purchases like cars, real estate or weddings. Unlike RRSPs, which you'll need to convert to another account type or annuity by the last day of the year you turn 71, you can keep a TFSA for life. With a TFSA, you don't pay any tax on the money you make while it's in the plan - or when you take it out.

Exchange-Traded Fund (E.T.F)

An exchange-traded fund (ETF) is an investment fund that holds a

collection of investments, such as stocks or bonds owned by a group of investors and managed by a professional money manager. ETFs trade on a stock exchange and can be sold short or margined. You can also trade in futures and options on ETFs. ETFs and mutual funds both offer similar options to spread out risk using diversification - but they're built, bought and sold differently. Some ETFs pay out the money the ETF makes to investors. These payments are called distributions. Example-you may receive: interest distributions if the ETF invests in bonds, dividend distributions if the ETF invests in stocks that pay dividends, or capital gains distributions if the ETF sells an investment for more than it paid. Unlike many mutual funds, ETFs do not reinvest your cash distributions in more units or shares. Here's what happens with your distributions instead: The cash stays in your account until you tell your investment firm how you want to invest it. You may have to pay a sales commission on what you buy. Your investment firm may offer a program to automatically buy more ETF units or shares for you. You likely won't pay a sales commission on these automatic purchases. You'll pay tax on: any capital gains you make from an ETF when you sell it, and any distributions you receive from the ETF. If you hold an ETF inside a tax-sheltered account such as an RRSP or a RRIF, you won't pay tax on what you make investing until you take the money out. With a TFSA, you won't pay any tax on the money you make while it's in plan or when you take it out. Learn more about how investments are taxed.

Segregated Fund (Seg)

Segregated (or seg) funds are an investment product sold by life insurance companies. They are individual insurance contracts that invest in one or more underlying assets, such as a mutual fund. Unlike mutual funds, segregated funds provide a guarantee to protect part of the money you invest (75% to 100%). Even if the underlying fund loses money, you are guaranteed to get back some or all of your principal investment. But you have to hold your investment for a certain length of time (usually 10 years) to benefit from the guarantee. And you pay an additional fee for this insurance protection. **WARNING** If you cash out before the maturity date, the guarantee won't apply. You'll get the current market value of your investment, less any fees. This may be more or less than what you originally invested. Segregated funds combine the growth potential of investment funds with insurance protection. You will pay higher fees for a retail segregated fund because of the insurance protection it provides. Carefully consider your need for these features before you buy.

Mutual Funds

A mutual fund is a collection of investments, such as stocks, bonds and other funds owned by a group of investors and managed by a professional money manager. The investment objective of the mutual fund determines what types of securities it buys. A mutual fund can

focus on specific types of investments. For example, a fund may invest mainly in government bonds, stocks from large companies, or stocks from certain countries. Or, it may invest in a variety of investments. When you buy a mutual fund, you're pooling your money along with other investors. You put money into a mutual fund by buying units or shares of the fund. As more people invest, the fund issues new units or shares. The investments in a mutual fund are managed by a portfolio manager. They manage the fund on a day-to-day basis, deciding when to buy and sell investments according to the investment objectives of the fund.

If you hold your mutual funds in a non-registered account, any money you make on them is subject to tax. Distributions are taxable in the year you receive them, whether you get them in cash or they are reinvested for you. Interest, dividends and capital gains are all treated differently for tax purposes, and that will affect your return from an investment. If you hold your mutual funds in a registered plan, like an RRSP, a RRIF or an RESP, you won't pay tax on the money you make as long as that money stays in the plan. When money is withdrawn from the plan, it will be taxed as income.

Stocks And Bonds

Stocks are Ownership Stakes; **Bonds** are Debt When a company issues stock, it is selling a piece of itself in exchange for cash. When an entity issues a bond, it is issuing debt with the agreement to pay interest for the use of the money. Stocks are simply shares of individual companies.

Savings Account

A savings account is a kind of bank account used to save money over a long period of time. ... There are a number of savings accounts in Canada that offer high interest rates without charging monthly fees or transaction fees. Consider interest rates, transaction fees, and ease of use when comparing savings accounts.

Chequing Account

A chequing account is the most standard type of bank account. It is offered by most Canadian banks and credit unions. Chequing accounts allow millions of Canadians to make daily financial transactions, such as sending and receiving money, depositing cheques, paying bills, and making purchases.

Places To Hang Out

Corner Clinic

344 Elgin St, 705-673-3721, Mon-Fri 8-2:30, Closed 12- 1pm, Drop-in, Coffee, Occasional Activities/Pastimes

Elizabeth Fry Society

204 Elm St, 705-673-1364, Wed 1:30-3:30pm, Open Arts Women Only

Northern Initiative For Social Action (N.I.S.A.)

705-222-6472, 36 Elgin St, second floor, M-F 8:30-4pm, with some

evening support groups, membership required but free to access.

Sudbury Action Center For Youth (S.A.C.Y.)

1W9-95 Pine St, 705-673- 4396, <https://www.theactioncentre.ca>

NOAH'S Community Hub-APANO

154 Durham St, 705-675-3894 x213, Tue 2- 4:30pm

N'Swakamok Native Friendship Centre (First Nations Indians)

110 Elm St, 705-674-2128, <http://www.nfcsudbury.org>

Free Phone Use

Samaritan Centre For Emergencies ONLY (The Mission Area)

Phone and Internet 9A.M.-11A.M. & 1P.M.-5P.M.

John Howard Society Of Sudbury

204 Pine St, 705-673-9576, <http://johnhoward.on.ca/sudbury>

Elizabeth Fry Society

204 Elm St, 705-673-1364, <http://efrysudbury.com>

N'Swakamok Native Friendship Centre

110 Elm St, 705-674-2128, <http://www.nfcsudbury.org>

Sudbury Action Center For Youth (S.A.C.Y.)

95 Pine St, 705-673-4396, <https://www.theactioncentre.ca>

YMCA Of Northern Ontario

10 Elm St, Suite 132, Rainbow Center

<http://www.sudbury.ymca.ca/employment/>

Reseau ACCESS Network

111 Larch St, 4th Floor, Suite 400, 705-688- 0500,

<http://www.reseauaccessnetwork.com>

Corner Drop-In Clinic

344 Elgin St, 2nd Floor, 705-673-3721

Free Internet Use

Samaritan Centre For Emergencies ONLY (The Mission Area)

Phone and Internet 9A.M.-11A.M. & 1P.M.-5P.M.

Azilda Library

120 Ste. Agnes St, Azilda, 705-688-3955

Capreol Library

9 Morin St, Capreol, 705-688-3958

Chelmsford Library

3502 Errington Ave, Chelmsford 705-688-3963

Coniston Library

30 Second Ave, Coniston 705-688-3953

Copper Cliff Library

11 Balsam St, Copper Cliff 705-688-3954

Dowling Library

79 Main St, Dowling 705-688-3956

Garson Library

214 Orell St, Garson 705-688-3957

Levack/Onaping Library

1 Hillside Ave, Onaping, 705-688-3951

Lively Library

15 Kin Drive, Lively 705-688-3959

Main Library

74 Mackenzie St, Sudbury, 705-673-1155

New Sudbury Library

1346 Lasalle Blvd, Sudbury, 705-688-3952

South End Library

1991 Regent St South, Sudbury, 705-688-3950

Valley East Library

4100 Elmview Drive, Hanmer, 705-688-3961

Sudbury Vocational Resource Centre (S.V.R.C.)

124 Cedar St, 3rd Floor, 705-671-2544, <http://www.svrc.on.ca/en>

YMCA of Northern Ontario

10 Elm St, Rainbow Centre, Suite 132, 705-674-2324, need register <http://www.sudbury.ymca.ca/employment>

Independent Living 125 Durham St, 705-675-

2121 (register) <http://www.ilsn.ca>

Sudbury Action Center For Youth (S.A.C.Y.)

95 Pine St, 705-673-4396, <https://www.theactioncentre.ca>

Reseau ACCESS Network

111 Larch St, 4th Floor, Suite 400, 705-688-0500,
<http://www.reseauaccessnetwork.com>

Sudbury Women's Centre

324-F Elm St West Sudbury, ON P3C 1V8 705-673-1916

sudburywomenscentre@gmail.com Provides information, referral and support service to women who have been impacted by difficult life circumstances. The centre offers public education, outreach programs, legal clinics, resource library, internet use, clothing depot, and workshops about violence prevention and economic independence.

The Mission - Temporary Warming Shelter

344 Elgin St, Sudbury, ON, P3E-3N9, 705-673-2163 FAX: 705-673-0560
<http://themission.ca>, Email: administrator@themission.ca

Meals And Services: Healthy home cooked daily meals-Days/breakfast from 8:30-9:30am, Sat/Sun brunch 10am-12pm Daily supper 6-7:30 pm 24hr Warm station in Extreme Cold Weather Alerts

Laundry facilities available during open hours Shower facilities with towels and toiletries Clothing/footwear/coats/blankets/necessities

Haircuts with weekly schedule

Phone/fax services for special needs with staff supervision

Access to furniture/appliances (as available) through agency partners

Advocacy for patrons

Drop-in services to lift up and encourage Referral services to community agencies

Special Holiday functions with meals, gifts, music Pastoral and Chaplaincy services, Counseling available.

Maid Service

Website maids can be as low as \$15 an hour.

Housekeeper Website

<https://housekeeper.com/housekeepers/sudbury,ontario>

Care Website

<https://www.care.com/en-ca/profiles/housekeepers/sudbury>

Merry Maids of Sudbury

2141 Lasalle Ave, Sudbury, ON, 705-566-6243

Goshenite Seniors Services Inc.

705-698-5318 www.gosheniteservices.com

Red Cross

705-674-0737

Molly Maid Sudbury

705-805-3307

Tiffany's Maid Service

705-675-7772

Merry Maids of Sudbury

705-566-6243

Taylor Maid Cleaning

705-476-6821

True Canadian Home Health & Cleaning Services

705-566-6335

Sherry's Cleaning Service

226-387-4955

Mary's Cleaning Service

705-648-4393, 705-625-4395

maryscleaningservice@gmail.com

Victorian Order Of Nurses (V.O.N.)

705-671-1575 (with doctor recommending it)

Organizing Ideas Website

Get Organized Now

<https://www.getorganizednow.com/index.html>

Home Organizers Help Moving

Goshenite Seniors Services Inc.

705-698-5318 www.gosheniteservices.com

Goshenite Seniors Services Inc. Move Management

705-698-5318 www.gosheniteservices.com Our Home Management Team will manage every detail of the move with patience, guidance and gentleness. Your move will be seamless as every step of the way will be well organized and uniquely thought of to meet your needs and requirements. Like any major lifestyle decision, planning is the key

to success. Plan first, and then move. Complimentary Consultation: Goshenite Seniors Services Inc. offers a one hour initial consultation for free. This allows us to start developing a relationship with our clients, and discuss their needs in order to develop a plan that meets schedule and budget.

Create Floor Plan: We will plan, measure, and discuss the floor plan according to the space. Clients are encouraged to assist with the design of their new space by selecting some of their most treasured pieces of furniture, wall art or heirlooms. Sort and Organize: We will organize everything in your home systematically and sort items by categories pertinent to the move, selling, shipping, recycle, donation or disposal. Pack, Label and Inventory: All packing supplies will be brought to the home. Everything will be labelled for storage or new location.

Co-ordinate Movers: Coordination and Management of movers. Stage your home for re- sale. Transfer of Utilities: All of your current utility companies will be contacted and notified to advise of your new home address or close your account. Unpack and Setup New Residence: We just don't pack and unpack. Your new home will be completely set up, with beds made, by the end of move day.

Estate/Liquidation Setup and Sale: Arrange, manage and coordinate unwanted items to be sold in an Estate or Liquidation sale. Donate, Recycle and Dispose: We will take care of all items that need to be disposed of or donated. Arrange For Repairs: GSS will coordinate and manage any repairs that need to be addressed. Cleaning of The Home: Will ensure that the home is spic and span clean.

Shopping Help

The Grocery Guy Delivery

www.thegroceryguydelivery.com 705-586-0848 Email:
orders@thegroceryguydelivery.com

Mrs. Grocery

www.mrsgrocery.com 705-419-1068

Rockies Personal Shopping

Call/Text-1-705-662-3069, shellroc@gmail.com

Costco Online Instacart Delivery (members or non-members)

www.costco.ca Instacart Support at 1-888-246-7822 or email to help@instacart.com Minimum order \$35. Members pay less for groceries. Service Fee and Tip each time unless you pay one time amount not to or if you are an Express Member then you only pay \$1 fee and a tip. You can purchase Alcohol, Pharmacy prescription, OTC drugs / products where ID is required, Catering, Food court items, Special order products (e.g. custom cakes), Costco Shop Cards, Gifts of membership, Postage Stamps

Doyles Marketplace Rainbow Centre

705-671-3112, Fax: 705-671-9524 catering@doylesmarketplace.com 40

Elm St, Unit 8, Sudbury, ON, P3C 1S8, CANADA

For Seniors Only

705-522-0679, Toll-Free: 1-877-530-7891 Fax: 705-522-0671,
contact@forseniorsonly.ca, 1894 Lasalle Blvd, Unit B, Sudbury, ON, P3A
2A4 Personal care, housekeeping, grocery and pharmacy delivery.

Ontario Community Support Program

Call 211 or website: www.ontariocommunitysupport.ca deliver groceries,
medication or other necessities to low-income seniors and those living
with disabilities without family or neighbor support.

Comfort Keepers

705-969-1777 Personal Care, grocery and pharmacy delivery in Valley
East and Capreol area.

Takeout Taxi Deliveries

705-988-4666 Email: takeouttaxisudbury.ca Deliver grocery,
convenience store, alcohol, perscription, fast food and restaurants.

Goshenite Driving Seniors Companionship Program

[French language services or programs offered to customers/clients on a
consistent basis.] Organization: Goshenite Seniors Services-Hanmer,
705-698-5318, nicole@gosheniteservices.com www.gosheniteservices.com
c/o Nicole Blais, 4708 Gabrielle St, Hanmer, ON, P3P 1K3, Goshenite
Seniors Services Inc. Driving Seniors Companionship program helps
seniors with transportation to and from appointments across the Greater
City of Sudbury. If you are a senior living independently in your own
home within the Greater City of Sudbury area including (Val Caron, Val
Therese, Hanmer, Skead, Garson, Coniston, Wahnapiatea, Azilda,
Chelmsford and Onaping, we will provide personalized door-to-door
transportation. We offer accessible transportation to meet individuals
needs for those who no longer drive to enable them to get easy access
to medical appointments and services, recreation centres, shopping and
or community and family events. Enabling the Greater City of Sudbury
as an agefriendly city where physically active, leisure and social
activities can be ventured into with confidence makes the whole
community work better. Description Of Services: A Driving Seniors
Companion will meet you at your home, assist you to and from the
vehicle, bring you into the appointment office, and may also accompany
you into your appointment or run errands for you. We will return you to
your home after your appointment. We provide assistance in attending
home support interviews, medical appointments, grocery shopping, dental
appointments, and many others. To book an appointment, call our office
from Mon-Sat 8:30am-

5:30pm. Driving Operations hours are Mon-Sun 8:30 am-9pm. Reserve your
Driving Seniors Companion today. To secure a driving reservation, call
us within 48 hours of your appointment. Or take a chance, we may
already be in your area, an appointment is not always necessary. To
book, call 705-698-5318 or info@gosheniteservices.com For new clients,
we will run a quick 5 -minute assessment over the phone. Ride service
confirmation provided 24 hours prior to pick-up. Client's cancellation

notice must be given 24 hours prior to the reserved time or a 50% surcharge of the cost of the reserved time will apply. We can accommodate seniors with cognitive impairments, canes, walkers and collapsible wheelchairs. Our companionship drivers offer safe and courteous transportation.

Home Instead Senior Care

[French language services or programs offered to customers/clients on a consistent basis.] 705-523-1600, Toll-Free: 1877-663-2111
www.homeinstead.com/3009 Fax: 705-523-1610, 2009 Long Lake Rd,
Unit 303, Sudbury, ON, P3E 6C3 lisette.wirta@homeinstead.com

Instacart

1-888-508-1922, help@instacart.com www.instacart.ca Available until stores are closed. Provides home delivery through online ordering for groceries at Real Canadian Superstore, Your Independent Grocer and Valu-Mart.

Home Help March of Dimes Canada

705-669-4327, Toll-Free:1-888-260- 5269 TTY:705-674-3750,Fax: 705-671-6240, lljones@marchofdimes.ca, www.marchofdimes.ca, 96 Larch St, Unit 400, Sudbury, ON, P3E 1C1

Our Children, Our Future-Sudbury-Collective Kitchen

201 Jogues St, Sudbury, ON, P3C 5L7,705-677-0440,Toll-Free:1-888-677-0440, Fax: 705-673-3354, mail@ocof.net, ocof.net

Smith's Market

705-222-3883, Fax: 705-222-5259, 2040 Algonquin Rd, Sudbury, ON, P3E 4Z6, contact@smithsgroup.ca, www.smithsmarkets.ca

Smith's Markets Inc.

971 Lasalle Blvd Sudbury, ON, P3A 1X7
705-560-3663, Fax: 705-560-5259, www.smithsmarkets.ca
contact@smithsgroup.ca Call in order a day ahead. \$9 charge for local (New Sudbury) delivery; other areas differ in price.

Shopping and Grocery Assistance

French language services or programs offered to customers/clients on a consistent basis. Universal Medical Centre-Greater Sudbury Home Care Non Medical Services 705-523-9100, Fax:705-523-9165,uhsudbury@gmail.com,2153 Armstrong St, Sudbury, ON, P3E 4W2

Homemaking VON Victorian Order of Nurses-North East District Greater Sudbury

(get doctor's referral) 705-671-1575, Fax: 705-670-8832,
www.von.ca, 2140 Regent St S, Unit 13, Sudbury, ON, P3E 5S8

Chartrand's Your Independent Grocer Place Bonaventure Mall

4764-17 Regional Rd 15 Chelmsford, ON P0M 1L0, 705-855-4588 Fax 705-855-3641 \$3.50 for delivery within the Chelmsford area.

Your Independent Grocer

5200 Highway 69 North Hanmer, ON P3P 1Z3 705-969-4474 Fax:
705.969.5523 Call in or fax order the day before delivery. Minimum \$100 order. Free delivery for local customers (Hanmer, Val Caron, and Capreol); \$10 delivery fee to McCrea Heights.

Downsizing

Goshenite Seniors Services Inc.

705-698-5318, www.gosheniteservices.com Moving is among life's five most stressful ordeals. This stress is far greater for seniors who are often dealing with other challenges at the same time: a major health setback, the loss of a friend or family member, a feeling of vulnerability in their home and the heartache of having to leave it. For seniors, moving is just ... harder. They can't do it alone. Lifestyles change over time, and part of that is Downsizing or Right-Sizing for your new Condo, Apartment, Retirement Residence or Long Term Care facility. Planning and organizing is the key to success. Goshenite Transition and Relocation Team will manage, provide guidance, and coordinate services, for you and your loved ones to ensure a smooth transition. We will listen attentively as clients share their stories and memories in order to make the move as comforting as possible. Initial Consultation Free: Goshenite Seniors Services Inc. offers a one hour initial consultation for free. This allows us to start developing a relationship with our clients, and discuss their needs in order to develop a plan that meets schedule and budget. Create Floor Plan: We will plan, measure, and discuss the floor plan according to the space.

Clients are encouraged to assist with the design of their new space by selecting some of their most treasured pieces of furniture, wall art or heirlooms. Pack, Label and Inventory: All packing supplies will be brought to the home. Everything will be labelled for storage or new location. Sorting & Organizing: We will organize everything in your home systematically and sort items by categories pertinent to the move, selling, shipping, recycle, donation or disposal. Arrange Movers and Home Sale: Coordination and Management of movers. Stage your home for sale. Pack and Unpack New Residence: We just don't pack and unpack. Your new home will be completely set up, with beds made, by the end of move day. Estate - Liquidation Sales: Arrange, manage and coordinate unwanted items to be sold in an Estate or Liquidation sale. Donate, Recycle and Discard of items. We will take care of all items that need to be disposed of or donated.

Estate Liquidation

Goshenite Seniors Services Inc. Estate & Content Sales

705-698-5318 www.gosheniteservices.com People find it stressful to consider all the aspects of sorting, organizing and de-cluttering. Our Estate Sale Management Team is a compassionate and caring team that will assist families in their decisions when liquidating the contents of their home. Our team will help manage the tedious, often emotional tasks of conducting the Estate Sale/Liquidation in a thoughtful and stress free environment to ensure our clients are comfortable and at

ease with the liquidation process. We understand that any downsizing or de-cluttering project can be overwhelming. Goshenite Seniors Services Inc. provides a total solution for sorting, organizing, donations, shipments, packing, Estate/Liquidation Sales. Sort and Organize: We will organize everything in your home systematically and sort items by designated categories. Cataloging: Create a catalog of all the objects to be sold including details about category, size, age, functionality, etc. Document Organization: Documentation will be sorted and filed accordingly. Any documents that need to be destroyed will be shredded. Shipping Items to Family Members. We understand the importance of family heirlooms. We will pack and ship any items that are required to be sent to family members safely and securely to ensure it will arrive safely and secure to its destination. Estate/Liquidation Setup and Sale Goshenite Seniors Services Inc. will coordinate and facilitate Estate/Liquidation sales where the property and goods of a house are sold to the general public. Property will be divided into categories and the quality will be assessed. Pictures of all your objects, either individually or in groups will be taken to serve as references for merchants and for use in advertisements. Donate, Recycle and Discard of items. We will take care of all items that need to be disposed of or donated. Cleaning of The Home. Will ensure home is spic and span clean.

Home Support Services

Goshenite Seniors Services Inc.

705-698-5318 www.gosheniteservices.com

Lockerby Legion Branch 564 Veterans Services

Call Mary Michasiw 705- 5226060 Email: rclbranch564@gmail.com, 2200 Long Lake Rd. -Assistance with emergency services, shelter, food, medical issues, assistance of any kind for veterans and their families.

Veterans Independence Program

1-866-522-2122 (TTY: 1-833-921-0071) Website: veterans.gc.ca, The Veterans Independence Program provides funding for services such as ground maintenance, housekeeping, meal preparation, personal care, and professional health and support services. This program does not replace other federal, provincial or municipal programs. Instead, it is intended to work with those programs to help meet your needs.

Errand Service

Ontario Community Support Program

www.ontariocommunitysupport.ca or call 211, deliver groceries, medication or other necessities to low- income seniors and those living with disabilities without family or neighbor support.

Comfort Keepers

705-969-1777 Personal Care, grocery and pharmacy delivery in Valley East and Capreol area.

For Seniors Only

705-522-0679, Toll-Free:1-877-530-7891 Fax: 705-522- 0671, contact@forseniorsonly.ca, 1894 Lasalle Blvd, Unit B, Sudbury ON, P3A-2A4 Personal care, housekeep, grocery and pharmacy delivery.

Goshenite Seniors Services Inc.

www.gosheniteservices.com 705-698- 5318 Personal care, housekeeping, grocery and pharmacy delivery.

Takeout Taxi Deliveries 705-988-4666 Email: takeouttaxisudbury.ca Deliver grocery, convenience store, alcohol, prescription, fast food and restaurants.

Thrift Stores

Value Village

799 Notre Dame Ave, Sudbury, ON, 705-525-2339

ReStore

799 Notre Dame Ave, 705-669-0624 furniture, building supplies

Liquidators Depot Sudbury (LDS)

854 Notre Dame Ave unit 2, Sudbury, ON P3A 2T4, 249-979-0008

Pet Save Retail Thrift

685 Notre Dame Ave, Greater Sudbury, ON P3C 5K8, 705-674-1426

Bargain Annie's

461 Notre Dame Ave, Sudbury, ON, 705-673-8601 clothing.

St. Vincent De Paul Society

553 Lavoie St, Sudbury, ON, 705-521-4627

Fri & Sat 10am-3pm, 2506 Hwy 69 N, Val Caron, ON, 705-897-1212

ARD's Second Hand Store

188 Elgin St, Sudbury, ON, 705-675-3217

Kid's Closet L-900

Lasalle Blvd, Sudbury, ON, 705-560-6470

New 2 You Thrift Store And More

5931 Hwy 69 N, Hanmer, ON, 705-593-2767

Second Chance Clothing

3536 Errington Ave, Chelmsford, ON, 705-590-4545

Sweet Cheeks New And Used Children's Store

3481 Falconbridge Hwy., Garson, ON, 705-693-3993

Sudbury Women's Center

324 Elm St, 705-673-1916, M-Fri: 8:30am-4:30pm

Pawn Shops

Canadian Hock Exchange

1560 Lasalle Blvd, Sudbury, ON, 705-560-2274

TNT Pawn Shop

455 Notre Dame Ave., Sudbury, ON, 705-675-3000

Donovan's Bargain Corner

400 Montague Ave, Sudbury, ON, P3C 4G5, 705- 671-1957, Mon-Fri
10am-6pm, Sat 10am-5pm, Sun Closed

Handymen

Handyman Connection

<https://handymanconnection.com/sudbury> 705-566- 2909

Handyman Service

705-822-4355

Sudbury Handyman Services

587 Elm St, Sudbury, ON P3C 1W7, 705-919- 8095
sudburyhandymanservice@hotmail.com

Handyman Services

CALL/TXT ONLY 705-691-5512

Ron's Handyman Services

705-618-1114

Bed Stores

Ontario Works

can be asked for a coupon to buy a bed if you are in need. They must be contacted before you buy the bed or they will not pay for it. Call 705-675-2411 X 3843 for Lisa at Ontario Works.

They will only buy you a bed every 10 years and they include a mattress cover.

North Star Bedding Ltd.

135 Walnut St, 705-671-0971

This is the only store that sells flip-able mattresses so that you can double the life of them. They are well built and available without memory foam for a firmer surface. Free delivery and they will make custom beds if you like.

Surplus Furniture & Mattress Warehouse

705-524-0354

Notre Dame

Boys The 705-673-4292

Leon's Furniture

705-524-5366 Sleep Country Canada 705-524-8687

Ashley HomeStore

705-566-3511

The Brick

705-560-9911, 747 Notre Dame Ave.

Roy's Furniture

705-674-5241

Urban Barn Sudbury

1599 Marcus Dr, 705-525-0452

Diggs & Dwellings

705-470-7666

Costco Wholesale

705-524-8255

Chelmsford Canadian Tire

705-855-9011, Hanmer, 705-969-4242, 705-566-9700, 705-523-6000

www.mattressomni.ca

+1 877-910-6664 Guaranteed Instant Approval No Credit Needed. Starting @ \$9.99/wk Free Delivery, Liquidation Centre

Compare/Buy Top Rated Beds

Bianco's

www.biancos.com/mattresses

Surplus Furniture & Mattress Warehouse

705-524-0354

The Sleep Shop

705-566-8918

Walmart

2416 Long Lake Rd 705-523-1300, 1349 Lasalle Blvd, 705-566-3700

Mattress Slipcover Stores

All have bedbug protection and some are waterproof.

Greater Sudbury Housing

705-675-5175 X 6212 Maintenance If you have bedbugs the Slip covers and leg protectors are free.

If you do not they will cost you the following:

Twin \$26 mattress, \$18 Box Spring

Queen \$32 mattress, \$23 Box Spring

King \$44 mattress, \$36 Box Spring which is two Twin Size ones

Leg Protectors \$2 Each

North Star Bedding Ltd.

705-671-0971, 135 Walnut St

Surplus Furniture & Mattress Warehouse

670 Falconbridge 705-524-0354

The Sleep Shop

705-566-8918

Notre Dame Boys The

705-673-4292

Roy's Furniture

705-674-5241

Giant Tiger

Southridge Mall, 705-522-4129 or Lasalle, 705-566-4802

The Hart Store

Chelmsford, ON, Place Bonaventure, 705-855-1520, Hanmer, ON, Hanmer Valley Shopping Ctr, 705-969-7517, 40 Elm St, Elm Place, 705-671-2933

Winners

705-521-1522

Walmart

2416 Long Lake Rd. 705-523-1300, 1349 Lasalle Blvd, New
Sudbury Centre, 705-566-3700

Rossy

Val Caron, ON, Val Est Shopping Centre, 705-897-4440

Canadian Tire

705-566-9700 Hanmer, 705-969-4242 Chelmsford, 705-855-
9011, 705-523-6000

Orkin Canada Pest Control

780 Notre Dame 705-524-2847

Leon's Furniture

705-524-5366

Sleep Country Canada

705-524-8687

Bed Bath & Beyond

1499 Marcus Dr Unit B2, 705-585-0747

The Brick

747 Notre Dame Ave, 705-560-9911

Ashley HomeStore

705-566-3511

Real Canadian Superstore

1485 Lasalle Blvd, 705-560-4961 waterproof

Wayfair ONLINE

www.wayfair.ca

Amazon ONLIINE

www.amazon.ca

Drapes And Much More

705-673-5390

Pharmasave

Sudbury, ON, 705-566-5551 They have waterproof

Quilts Etc

In New Sudbury Centre, 705-560-3458

Photocopy Machines Around

Public Libraries

Fan Fiction Writing Money

People write stories about popular characters on television and sometimes Hollywood comes knocking to purchase them. Look into it. You could rewrite a popular tv show you liked to be better or different to get the eye of a publisher and you'll have fun. Here's one site to look into for your start to get the idea. There's a few sites now.

Archive Of Our Own

<https://archiveofourown.org/tags/Fanffiction/works>

Donate To The Poor Here

The Go Give Project

<https://thegogiveproject.org>

A street reach group helping see that drug addicts get better living conditions through services. They offer the poor food, clothing and items to help them survive the street as well as guidance to any facilities or departments that will help them in their quest for better lives. A site well worth donating to as they are giving out items essential to living on the street and getting off of it.

Deluxe Drive-Thru Tabs For Wheelchairs Collection

at Deluxe Restaurant on Regent Street.

Please bring your pop tabs in for them to go to wheelchair accounts.

Street Outreach Sudbury (S.O.S.)

Call Melissa Belanger 705-507-1835 You can donate to help the poor here or you can go to their S.O.S Giveaway Wednesday 5pm-8pm to do it at 33 Elgin St, Sudbury, ON, P3E-3N7 across from the Sudbury Arena in the old Via Train Station Parking Lot. There's a list they need for the poor on their website.

<https://www.facebook.com/StreetOutreachSudbury>

Vies Pantry for the Homeless

Violet Blount is always looking for food donations for the homeless.

[https://www.facebook.com/groups/498756147917069?](https://www.facebook.com/groups/498756147917069?utm_source=sudbury.com&utm_campaign=sudbury.com&utm_medium=referral)

[utm_source=sudbury.com&utm_campaign=sudbury.com&utm_medium=referral](https://www.facebook.com/groups/498756147917069?utm_source=sudbury.com&utm_campaign=sudbury.com&utm_medium=referral)

Sudbury Action Centre For Youth

Taking donations for the poor. They need camping supplies, underwear, food and other essentials for the poor. Please call them first to find out what they need. <https://www.theactioncentre.ca>, Phone: 705-673-4396, Fax: 705-673-0798, sacy@sacy, 95 Pine St, Sudbury ON, P3C 1W9, CANADA

Free Indeed

This site is a place you can ask for what you need and others can reply if they have what you are looking for or you can donate to people on the site when they ask for things they need.

[https://www.facebook.com/groups/295995838458815?](https://www.facebook.com/groups/295995838458815?utm_source=sudbury.com&utm_campaign=sudbury.com&utm_medium=referral)

[utm_source=sudbury.com&utm_campaign=sudbury.com&utm_medium=referral](https://www.facebook.com/groups/295995838458815?utm_source=sudbury.com&utm_campaign=sudbury.com&utm_medium=referral)

Bizzly Bea's

This site needs food and other donations for the homeless and people in need. <https://www.facebook.com/Bizzly-Beas-104703298159463>

Helping Hands Family Mission 705-521-3150 They will take food and other things by contacting them at their Facebook page. You have to be a Facebook member to view the page.

Sudbury Women's Centre-Collective Kitchen

705-673-1916, 324-F Elm StW., Sudbury, ON P3C-1V8,

sudburywomenscentre@gmail.com <http://facebook.com/sudburywomenscentre>

Mon-Fri 8:30am-4:30pm Services: Provides information, referral and support service to women who have been impacted by difficult life

circumstances. The centre offers public education, outreach programs, legal clinics, a resource library, internet access, a clothing depot, and workshops about violence prevention and economic independence.

Bin Near Nephawin Beach

clothing donation box for the Diabetes Society

Bin At Gloria's Restaurant

469 Bouchard St, Clothing donation box for the Diabetes Society.

Value Village

799 Notre Dame Ave., Sudbury, ON, 705-525-2339 takes donations of most things

Pet Save Retail Thrift

450 Notre Dame Ave., Sudbury, ON, 705-674-1426, Donations of most things to save pets lives

Re Store

799 Notre Dame Ave, 705-669-0624 takes donations of building materials and household furniture and amenities to raise money for helping people get homes through Habitat For Humanity

St. Vincent De Paul Society

553 Lavoie St, Sudbury, ON, 705-521-4627 takes donations of most things. Call them to find out what hours they take donations first. They are only open 10am-3pm Fri and Sat.

Better Beginnings Better Futures Community Centre-Community Closet

<https://betterbeginningssudbury.ca/emergency-food>

450 Morin Ave, Sudbury, ON, P3C 5H6, 705-671-1941 X 236

All donations are by appointment only. We have community members in need of drinking glasses, pots and pans, microwaves and furniture. Please call Genevieve at X 236 for further info. We accept Seasonal clothing of all ages and sizes, Small household appliances such as microwaves, toasters, mixers, televisions etc, Seasonal decorations, Seasonal coats and jackets, Linens and towels, Baby equipment such as cribs, strollers, exersaucers, bouncy chairs etc.. We do not accept car seats due to safety reasons. We are not accepting dishes or toys at this time due to space constraints. Unfortunately due to allergies we can not accept donations from smoking households or households with pets.

Keeping Seniors Warm (Yearly Free New Winter Clothing Give-Away) (Apply Before End Of August Deadline)

<https://keepingseniorswarm.ca> offers new free winter clothing once a year if you apply at their website. Likely you have to apply before September 1st to receive the free winter clothes shopping spree around November 1st. Best to apply in August or even earlier. This yearly giveaway is for seniors only.

Note that to participate in this program, you must be referred by a community agency. If you are unsure of who can refer you, use the Apply button on the site to leave us your contact information and whether you've participated within the last 3 years. Someone will

contact you as soon as possible to discuss how you can apply. Seniors age 55 and older are eligible to participate. Participation is determined on a first come, first serve basis and priority will be given to seniors who have not participated in the past.

Cooper Equipment Rental (Free Winter Clothing)

22 Pacific Ave, 705-560-2960 Cooper's Equipment Clothing Drive Has People that collect winter clothes and distribute winter coats, boots and mitts usually at Southridge Mall every November.

<https://www.facebook.com/makewinterwarmer>

Edgar Burton Yearly Christmas Food Drive

You can donate money to them at any time of the year to go towards their Christmas Food Drive each year for foodbanks in Sudbury or you can wait until around November or so when they start the drive and offer up some food for them.

<https://www.facebook.com/EdgarBurtonChristmasFoodDrive>

Pregnancy Care and Infant Food Bank Needs Baby Supplies-Diapers etc.

<https://pccifb.ca>

Garson Closet Share

<https://www.facebook.com/groups/536370594797634/?ref=share>

A place to get free clothing in Garson and donate any if you want.

Jarret Centre Thrift Shop

<https://sudburyds.ca/w-i-s-e-1>

760 Notre Dame Ave.

Sudbury, ON

P3A 2T4

705-525-5100

jarrettchoiceshub.notredame@sudburyds.ca

An excellent Thrift Store to donate to and purchase second hand items.

Community Gardens To Join

A community garden is organized, planted, maintained, and harvested by all interested members in a neighborhood, school, or workplace. You can join one in your neighborhood and grow inexpensive food for yourself.

Alban Community Garden 21 Delamere Rd., Alban, ON,

<https://univi.ca/programs-and-services/community-gardens-2>

<https://www.facebook.com/frenchrivercommunitygarden> **Capreol**

Wahnapiatae First Nation Traditional Garden

<https://sudburycommunitygardens.ca/gardens/wahnapiatae-first-nation-traditional-garden> 259 Taighwenini Trail Rd, Wahnapiatae First

Nation, Capreol, ON, P0M 1H0, Communal garden, Jolene

Recollet, jolene.recollet@wahnapiataefn.com

Chelmsford Community Garden Chelmsford

215 Edward Ave, Chelmsford, ON, P0M1L0, CANADA

<https://sudburycommunitygardens.ca/gardens/jardin-communautaire-chelmsford-community-garden>, charmainedmalette@yahoo.ca

Our garden has 30 raised beds, we have developed a pollinator garden and forest. You can sit and relax by our free little library or enjoy the new commemorative garden. We are always looking for projects to add to our garden. Along Government Road, between Second Ave & Edward Ave

Chelmsford St Alexander's Community Garden 100 Gaudette St, Chelmsford, ON, <https://boitedebonnebouffe.wordpress.com> This will have a mix of garden boxes, ground beds, pollinator area, picnic area, compost bins.

Coniston Community Garden 705-694-4464, www.myconiston.ca
<https://sudburycommunitygardens.ca/gardens/coniston-community-garden>
<https://www.facebook.com/Coniston-Community-Garden-886503571440447>
Kevin Rivard rivardkevinalex@hotmail.com 705-923-0225
Linda Hachez linda.hachez@gmail.com 705-920-3782
[https://www.facebook.com/Coniston-Community-](https://www.facebook.com/Coniston-Community-Gardens-886503571440447)

Gardens-886503571440447 Includes a healing garden as well as vegetable garden boxes. Produce donated to the Coniston Food Bank.

Copper Cliff Vale Greenhouse Community Garden Little Italy

Copper Cliff, 705-682-6621, quentin.smith@vale.com

Flour Mill/Donovan/Downtown: Victory Park Community Garden

Corner of Froot & Shevchenko Lane, 450 Morin Ave. Sudbury, ON P3C 5H6, 705-222-9387, Better Beginnings Better Futures Spirit Garden, , Jim Eshkawkogan, BBBF Manager jime@betterbeginningssudbury.ca, or jimesh201@yahoo.ca

<https://www.facebook.com/DonovanElmWestCommunityActionNetwork>
705-671-1941X222 ste.anneroadcommunitygarden@gmail.com 705-675-3894X
1500 [https://sudburycommunitygardens.ca/gardens/better-beginnings-](https://sudburycommunitygardens.ca/gardens/better-beginnings-betterfutures-spirit-garden)
[betterfutures-spirit-garden https://betterbeginningssudbury.ca](https://betterbeginningssudbury.ca)

Jan Buley, jan.buley@gmail.com (Nos enfants, notre avenir)" The garden is incorporated into children's summer programming activities so that they can learn and experience new things.the harvest goes to programs in the fall season. Well established benevolent garden in a park with many amenities. Géré par le Réseau d'action communautaire de Donovan/Elm West (DEWCAN)

Flour Mill/Donovan/Downtown: Ste. Anne Community Garden

30 Ste Anne Rd, Sudbury, PO Box 1002, Stn B, Sudbury, ON, P3E 4S4
Diana Mounce, Food Charter Animator, 705-222-0406, dmounce@spscudbury.ca

Flour Mill/Donovan/Downtown: Louis Street Community Association Community Gardens

[https://sudburycommunitygardens.ca/gardens/louisstreet-community-](https://sudburycommunitygardens.ca/gardens/louisstreet-community-association-community-gardens)
[association-community-gardens](https://sudburycommunitygardens.ca/gardens/louisstreet-community-association-community-gardens), Elizabeth Davis-
Community Coordinator, 159-161 Louis St, Sudbury, ON, P3B
2H4, louisstreetcommunity@gmail.com, 705-470-5425, cell 705-988-4730
Facebook page: Louis St Community Association lsca@eastlink.ca

Flour Mill/Donovan/Downtown: Ryan Heights Community Garden

Volunteer, 705-207-6098 sean.rhna@gmail.com. mkkeown@postmedia.com

Twitter: @marykkeown 705-674-5271 X 505235, 736 Bruce Ave, Sudbury, ON 705-222-0423, flourmillcommunityfarm@spcsudbury.ca

<https://www.facebook.com/groups/ryanheightsplayground/about>

Flour Mill Community Market is seasonal and is open July-October, Wednesday 2-7pm" <https://www.facebook.com/FlourMillCommunityFarm>

Garson-Falconbridge Community Gardens

705-830-9901, www.sudburybaptist.com 2603 Falconbridge Hwy, Garson, ON

<https://sudburycommunitygardens.ca/gardens/garson-community-garden> www.sudburybaptist.com Services available to residents of

Garson and Falconbridge. Seasonal plot rentals \$25.00 each.

Currently none avail.

Garson/Falconbridge: Falconbridge Community Garden

<https://sudburycommunitygardens.ca/gardens/falconbridge-community-garden>

Long year Drive, Falconbridge, ON, P0M 1S0, Joanne McNamara, 705-693-0196, Falconbridge Long year Drive promenade Long year, The

boxes are for rent. \$25 per box per season.

Garson/Falconbridge: Garson Community Garden

<https://sudburycommunitygardens.ca/gardens/garson-community-garden> **First**

Baptist Church

2603 Falconbridge Hwy. Garson, ON, P3l 1K6 Louise Serviss,

louise.555@hotmail.com, 705-690-5013

Laura Mucklow, lmucklow@personainternet.com 705-693-2657

Stuart McCall, stubiemccall@gmail.com, 705-693-9984

Gatchell Delki Dozzi Community Garden

<https://sudburycommunitygardens.ca/gardens/delki-dozzi-community-garden>

Delki Dozzi Park, 3 Mary St, Sudbury, ON Colleen Zilio,

zilio@mac.com, 705-677-7011 Facebook: Delki Dozzi Community Garden

Hanmer Jardin du VILLAGE Garden

4800 avenue Notre-Dame, Hanmer, ON 705-969-4402, esh@cspgno.ca, <http://esh.cspgno.ca>

Offers space to grow your vegetables, fruit and/or flowers, water is available on site, some tools are available. There is also a gazebo rest area if you need a break on those hot summer afternoons.

<http://esh.cspgno.ca> <http://esh.cspgno.ca>

Lively Walden Community Garden

<https://sudburycommunitygardens.ca/gardens/walden-community-garden>

Sheila Prusila, 705-692-9949 prusila@personainternet.com

ANDERSON FARM Museum 550 Regional Rd #24, (Main St) Lively, ON, P3Y

1N2 Leigh Anne Cecchetto, leighannececchetto@outlook.com

leighannececchetto@outlook.com We are an all inclusive garden, and

welcome anyone who wants to help out and reap the rewards!

<https://sudburycommunitygardens.ca/gardens/walden-community-garden/>

Minnow Lake Community Garden-Dog Park

2nd Ave & Scarlett Rd, Sudbury, minnow.lake@yahoo.ca,

John Lindsay, 705-507-6037, johnl@financialdecisions.ca

<http://www.minnowlake.ca/micg.htm>

<https://sudburycommunitygardens.ca/gardens/minnow-lake-community-gardendog-park-site>

<https://www.facebook.com/MinnowLakeCommunityGarden>

<http://www.minnowlake.ca/micg.htm>

The Dog Park off of 2nd Ave North or more precisely turn towards the entrance of the Civic Memorial Cemetery on 2nd Ave and then turn right towards the Dog Park parking lot. From there take a short walk to our garden plots situated between the small dog enclosure and the large dog enclosure areas.

Minnow Lake Community Garden-Minnow Lake Place

1127 Bancroft Drive, Sudbury, ON, minnow.lake@yahoo.ca

<http://www.minnowlake.ca/micg.htm>

<https://www.facebook.com/MinnowLakeCommunityGarden>

Monetville Public School 7099 HWY 64, Monetville, ON 705-857-3767 X 422, sarah.trottier@univi.ca, For students of Monetville Public School
<https://univi.ca/programs-and-services/community-gardens-2>

Noëlville, ON É.s. de la Rivière-des-Français Community Garden 11

Lahaie St., <https://univi.ca/programs-and-services/community-gardens-2>

<https://www.facebook.com/frenchrivercommunitygarden>

Noëlville Community Garden 44 St-Christophe St, Noëlville, ON

<https://univi.ca/programs-and-services/community-gardens-2>

<https://www.facebook.com/frenchrivercommunitygarden>

Noëlville OCOF Community Garden 120 St-Antoine St., Noëlville, ON

<https://univi.ca/programs-and-services/community-gardens-2>

<https://www.facebook.com/frenchrivercommunitygarden>

For students of École St-Charles Borromée <https://univi.ca/programs-and-services/community-gardens-2>

St. Charles École St-Charles Borromée 22 Ste-Anne St, St-Charles, ON 705-857-3767 X 422, sarah.trottier@univi.ca

Sudbury Antwerp Community Garden 459 Antwerp St, Sudbury, ON

<https://sudburycommunitygardens.ca/gardens/antwerp>

A benevolent garden for all residents in the neighborhood where anyone can participate. We are fairly new and a work in progress. All volunteer welcome!

Sudbury Twin Forks Community Gardens 475 Gary St, Sudbury, ON

<https://ward8sudbury.ca/projects/community-garden>

A benevolent garden for all residents in the neighborhood where anyone can participate. Includes raised and ground beds, fruit trees, composting, seating, municipal water, a food forest, herb garden, milkweed and pollinator gardens, art features.

Sudbury Louis Street Community Garden 159 Louis St, Sudbury, ON,

<https://sudburycommunitygardens.ca/gardens/louis-street-community-association-community-gardens> Available to Louis Street residents

Sudbury Westmount 4-H Club Community Garden

109 Kipling Court, Sudbury, ON, 705-524-7980

<https://sudburycommunitygardens.ca/gardens/westmount-4-h-club-communitygarden> Paulette Macdonald <http://ward8sudbury.ca/westmount4hclubgarden@gmail.com>

Facebook: <https://www.facebook.com/groups/235019450194431>

Available to citizens in Ward 8. The 4-H Garden is a youth-driven initiative and is inclusive of all residents; we welcome all people and families who would like to learn to garden. Contact Paulette, Team Lead.

<https://www.facebook.com/groups/235019450194431>

Sudbury Seniors Growing Together Community Garden 960 Notre Dame Ave, Sudbury, ON Garden is open to Residents of Pioneer Manor with assistance from family members and volunteers. 10 raised garden beds accessible for wheelchairs, walkers and ambulatory residents."

<https://sudburycommunitygardens.ca/gardens/seniors-growing-together-community-garden>

Sudbury Glad Tidings Church Garden on the Hill

Glad Tidings Church, 1101 Regent St, Sudbury, ON, CANADA

Sudbury Delki Dozzi Ward 1 Community Garden

3 Mary St, Sudbury, ON, 705-674-2111, 705-929-4284, zilio@mac.com

<https://www.facebook.com/ward1garden#>

[https://en-gb.facebook.com/pg/Ward-1-CAN-Sudbury-](https://en-gb.facebook.com/pg/Ward-1-CAN-Sudbury-266015766812026/posts)

[266015766812026/posts https://www.facebook.com/ward1garden#The](https://www.facebook.com/ward1garden#The)
mission is to engage residents of all ages and abilities in learning about productive and innovative gardening practices.

Sudbury Garden of Eatin' @ All Nations Church

705-626-3183, 414 Raphael St, Sudbury, ON Garth Wunsch (email preferred), garth@garthwunsch.com

<https://www.facebook.com/groups/1713491102240667>

<https://sudburycommunitygardens.ca/gardens/garden-of-eatin-all-nations-church>

Sudbury Kirkwood Co-operative Community Garden

705-675-9193 X 8559, 680 Kirkwood Drive, Sudbury, ON, CANADA

tamara.armstrong@nbrhc.on.ca

Sudbury South End: The Towers Therapeutic Community Gardens

1920 Paris St, Sudbury ON, P3E 4T9, Dee Latourelle, 705-470-5982

<https://sudburycommunitygardens.ca/gardens/the-towers>

<https://sudburycommunitygardens.ca/gardens/paris-street-community-garden> TheTowersOnParis@eastlink.ca, 1920gardens@gmail.com

Available to residents living at 1920 and 1960 Paris St

Sudbury South End: 1960 Paris Street Community Garden

<https://sudburycommunitygardens.ca/gardens/paris-street-community-garden> 1960 Paris St, Sudbury, ON, P3E 4V3,

ParisCommunityGardenSudbury@gmail.com

Sudbury South End: Laurentian Voyageurs Community Garden

Laurentian University 935 Ramsey Lake Rd, Sudbury, ON, P3E 2C6, Charles W. Ramcharan, School of the Environment and Coop. Freshwater Ecology Unit, Laurentian University, 705-675-1151 x 4802

[https://sudburycommunitygardens.ca/gardens/laurentian-](https://sudburycommunitygardens.ca/gardens/laurentian-voyageurscommunity-garden)

<https://laurentienne.ca> 705-698-6405

cramcharan@laurentian.ca Available to Laurentian University students and their families. Bundles available at any student association

office on campus.

Sudbury West End Elm West Community Garden

505 White St, Patricia, 705-918-1811, Ontario Elm West offers a 5 raised beds that grows a combination of food for the neighbourhood to enjoy. We also offer a 1000 square foot Food Forest that grows a variety of plants that are all edible.

<https://sudburycommunitygardens.ca/gardens/elm-west-community-garden>

Sudbury West End St. Albert Street Community Garden Corner of Albert St. & Eyre St, Sudbury, ON, Jennifer Davidson,

jen000davidson@gmail.com, 705-671-3116

<https://www.facebook.com/groups/1179320992108516>

<https://sudburycommunitygardens.ca/gardens/albert-street-west-end-community-garden> Shared Garden: anyone can plant or pick what is grown, unless the box is marked otherwise or it is asparagus. We grow lots of different veggies, and have access to water. To help with planting, weeding and watering,

New Sudbury Library Community Garden 1346 Lasalle Blvd, Sudbury, 705-688-3952, tammy.deamicis@greatersudbury.ca

New Sudbury Data Centre/Revenue Canada Garden Employees only

<https://sudburycommunitygardens.ca/gardens/data-centre-revenue-canadagarden> Data Centre/ Revenue Canada Garden 1050 Notre Dame Ave, Sudbury, ON P3A 5C1, Robert Phillips, 705-671-8219, Cell 705- 626-9578

New Sudbury NORCAT Community Garden

<https://sudburycommunitygardens.ca/gardens/norcat-community-garden> 1545 Maley Drive, Sudbury, ON, Hugh Kruzel, hkruzel@norcat.org, 705-521- 8324 A small effort in three beds. Focus has been on new varieties, uncommon plants, unique opportunities.

<https://sudburycommunitygardens.ca/gardens/norcat-community-garden>

New Sudbury Seniors Growing Together Community Garden

Pioneer Manor, 960 Notre Dame Ave, Sudbury, ON, Lydia Shea Allard, lydia.sheaallard@greatersudbury.ca, 705-566-4282 X 3225

<https://sudburycommunitygardens.ca/gardens/seniors-growing-togethercommunity-garden>

New Sudbury Twin Forks Community Garden

<https://sudburycommunitygardens.ca/gardens/twin-forks-community-garden>

Twin Forks Park, 1475 Gary St, Sudbury, ON, CANADA, Rachele Niemela, info@ward8sudbury.ca, 705-822-1276, ward8sudbury.ca

Horticultural Clubs

Sudbury Horticultural Society

www.sudburyhorticulturalsociety.ca

Email: secretary@sudburyhorticulturalsociety.ca

A club to grow flowers etc..

The Sudbury Horticultural Society is a not-for-profit charitable

organization. We are devoted to the beautification of our community, the preservation of our environment, and sharing horticultural knowledge, information, and expertise. We were founded in 1911! Our society is part of the Ontario Horticultural Association District 13, which includes fourteen societies covering the geographical area from Sault Ste. Marie to French River.

Through your local society, you are a member of the parent organization, the Ontario Horticultural Association, which is comprised of more than 270 local societies. The OHA arranges an annual three day convention, conducts province-wide competitions, and provides scholarships to students at the University of Guelph.

Gardening For Birds

Birds Canada

<https://birdgardens.ca>

Gardening-Plants Database For Northern Ontario

Gardening - Community Groups

<https://www.liveablesudbury.org/groups>

Gardening-Projects

Endorsing

Coalition for a Liveable Sudbury Project Impact

c/o Junction Creek Stewardship Committee

30 Ste Anne Rd, Unit B4

Sudbury ON, P3C 5E1

Email: clsudbury@live.com

<https://www.liveablesudbury.org/plant>

<https://www.liveablesudbury.org/projectimpact>

Community members pitch their ideas, people pitch in donations, the community votes, and the projects with the most votes get funded.

Doing good things together as a community. Thanks to the generosity of the community, all nineteen wonderful little community projects that applied for Project Impact 2024 have been funded! Read the full results [here](#). Thank you to everyone who applied, voted and donated!

Project Impact has now funded 67 community projects all around Greater Sudbury!

Gardening-Alternative

Plants To The Ones You Think Of

Southern Ontario

<https://www.ontarioinvasiveplants.ca/wp-content/uploads/2020/04/Southern-Grow-Me-Instead-1.pdf>

Northern Ontario

https://www.ontarioinvasiveplants.ca/wp-content/uploads/2016/07/NorthernGMI_2014_FINAL.compressed.pdf

French Language

<https://www.ontarioinvasiveplants.ca/wp-content/uploads/2016/07/GMI-FRENCHREvisedsmall.pdf>

Gardening-Commercial Native Plant Growers List

North American Native Plant Society

<https://nanps.org/commercial-growers>

Gardening-Commercial Native Plant Growers Map

Network Of Nature

<https://networkofnature.org/where-to-buy.htm>

Gardening-Plant I.D.'s Available For Your Phone

Sudbury Community Garden Network

<https://sudburycommunitygardens.ca/pollinators/plant-neighbours>

Gardening-Plant Identification For Northern Ontario

Lady Bird Johnson Wildflower Center

<https://www.wildflower.org/plants>

Gardening-Pollinate Sudbury

Sudbury Community Garden Network

<https://sudburycommunitygardens.ca/pollinators>

Gardening -Sudbury Gardens

Sudbury Community Garden Network

<https://sudburycommunitygardens.ca/gardens>

Gardening-Seed Saving

Sudbury Community Garden Network

<https://sudburycommunitygardens.ca/wp-content/uploads/2020/04/Heirloom-Gardener-Seed-Saving.pdf>

Gardening-Invasive Species

Ontario's Invasive Species Plants

<https://www.ontarioinvasiveplants.ca/invasive-plants/species>

Gardening-Planting Calendar

Sudbury Planting Calendar

<https://www.almanac.com/gardening/planting-calendar/postalcode/P3A%204G9#>

Gardening-Planting Seasons

Sudbury Planning Seasons Zone =4b

<https://sudburycommunitygardens.ca/wp-content/uploads/2019/05/Planting-and-Harvesting-Guide.pdf>

Gardening Racist Plants

Needs

One Plant To Another Type Closeness Guide

<https://sudburycommunitygardens.ca/wp-content/uploads/2020/04/Companion-Planting.pdf>

Gardening-Fruit Tree

Sellers

Beautiful Field Farm and Fruit Trees
(formerly Lewis Hardy Fruit Trees)

<https://beautifulfieldfarm.com>

We are located in Naughton, just west of Sudbury at 2500 Regional Road 55/Old Hwy 17 (may need to use 2500 Old Hwy 17 on GPS). You will see a sign at the end of the road. Once you turn off, make a quick right and head up the driveway. Here you'll find our private residence and small orchard/nursery. Please try to respect the posted hours and reach out prior to stopping by.

We provide local services only, we don't offer shipping of orders and you must be able to arrange pick up at our site.

Gardening-Soil Studies

Sudbury

Sudbury Soil Studies

https://sudburycommunitygardens.ca/wp-content/uploads/2018/03/Sudbury-soils-study_May12-08_fb.pdf

Garden Clubs

Northern Ontario Gardening Club

<https://www.facebook.com/groups/northerngardens>

Sudbury Horticultural Club

www.sudburyhorticulturalsociety.ca lhugli@hotmail.com

A club to grow flowers etc...

City Of North Bay - North Bay Horticultural Club

<https://gardenontario.org/society-listing/entry/205>

City Of North Bay - North Bay Heritage Gardeners

<https://northbayheritagegardeners.com>

Garden For Foodbanks

Plant A Row Grow A Row

www.foodshedproject.ca Plant and grow an extra row of your favourite veggies and donate your harvest to your local food bank. Doreen Ojala, The Foodshed Project is coordinating the Grow A Row program for 2012. Local food banks were surveyed and peas, beans, onions, carrots, and salad greens were the top five choices for donations. For more information, visit our website, or to register, Email: growarowgreatersudbury@gmail.com. Visit us on Facebook® and make "Getta Gardener" your friend.

The Foodshed Project

New C-Garden ("along Government Rd, between Second Avenue and Edward Avenue") c/o The Social Planning Council of Sudbury, 30 Ste. Anne Rd, Unit 119, Sudbury,

ON P3C 5E1, Doreen Ojala 705-523-2567, Fax 705-523-0177

ProjectManager@foodshedproject.ca growarowgreatersudbury@gmail.com The Foodshed Project is a member of the Sudbury Food Connections Network

and supports several area community gardens thanks to all the community partners and supporters in the Greater Sudbury area. It is promoting home gardening through a new program called "Grow A Row". The Grow a Row program is to encourage gardeners to plant extra produce and donate it to local food banks.

Pet Insurance You Can Get

Most pet owners allow their dog to get bad eye sight because they say the healthcare is too expensive for dogs. Will this be you?

Trupanion Canada

Best Overall Pet Insurance in Canada Unlimited Up to 90%,
www.trupanion.com/canada, 1-888-615-8318, CustomerCare@Trupanion.com

Petplan Canada

Best for Totally Customized Coverage <https://www.gopetplan.ca>, 1-855-587-2830, info@gopetplan.com

Petsecure Canada

Best for Complete Coverage including Wellness Plans,
<https://www.petsecure.com>, 1-800-268-1169, info@petsecure.com

Pet Plus Us

Best for Accident-Only Coverage <https://www.petsplusus.com>, 1-800-364-8422, info@petsplusus.com

PetFirst

PetFirst is great for pet owners looking for a practical generic policy with no gimmicks or frills. PetFirst offers one accident and illness policy and an optional wellness rider, but both are highly customizable with flexible terms. Injury benefits begin within 24 hours of when you purchase coverage. <https://www.petfirst.com>, 1-855-270-7387, info@petfirst.com

Ways To Save Money

The Dollar Stretcher Website

<https://www.thedollarstretcher.com>

How to save money on everything. Use the search engine to find what you want if you have a hard time. You'll find ways to save on groceries, packaging, finance and all tips.

Crime In Sudbury 2018

Total crime (excluding traffic) 5,677

Total violent crime 1,205

Violations causing death and attempted murder 2

Sexual assault and sexual violations against children 1

Assaults 2

Other violent offences 360

Total property crime 3,251

Breaking and entering 638
Theft 3
Fraud 442
Mischief 4
Other property crime offences 46
Total other Criminal Code offences 1,221
Total Criminal Code traffic offences 129
Total alcohol-impaired driving 5
Total drug-impaired driving 6
Alcohol and drug-impaired driving 7
Impaired driving (not specified) 7
Other Criminal Code traffic offences 36
Total drug offences 102
Total other federal statute offences 4
Total all offences 5,912
Total violent crime 1,085
Violations causing death and attempted murder Female 2 Male 1
Homicide Female 0 Male 1
Other violations causing death Female 1 Male 0
Attempted murder Female 2 Male 0
Sexual offences Female 258 Male 48
Sexual assault Female 218 Male 41
Sexual assault - level 3 - aggravated Female 1 Male 0
Sexual assault - level 2 - weapon or bodily harm Female 8 Male 1
Sexual assault - level 1 Female 209 Male 40
Sexual violations against children Female 2 Male 40
Assaults Female 682 Male 678
Physical assault Female 654 Male 574
Assault - level 3 - aggravated Female 4 Male 16
Assault - level 2 - weapon or bodily harm Female 147 Male 190
Assault - level 1 Female 504 Male 368
Assault against a peace officer Female 15 Male 94
Other assaults Female 12 Male 11
Other violent offences Female 143 Male 92
Firearms - use of, discharge, pointing Female 1 Male 7
Robbery Female 24 Male 49
Forcible confinement or kidnapping Female 35 Male 2
Trafficking in persons Female 3 Male 2
Extortion Female 0 Male 1
Criminal harassment Female 31 Male 4
Uttering threats Female 38 Male 22
Indecent or harassing communications Female 0 Male 0
Non-consensual distribution of intimate images Female 7 Male 0
Commodification of sexual activity Female 4 Male 0
Other violent offences Female 5 Male 7
Total traffic offences Female 0 Male 2
Traffic violations causing death Female 0 Male 0

Traffic violations causing bodily harm Female 0 Male 2
Traffic violations - injury unspecified or unknown Female 5 Male 0
Total non-violent crime 7,915
Total property crime 5,466
Breaking and entering 1,072
Possess stolen property 1 56
Theft of motor vehicle 279
Theft over \$5,000 (non-motor vehicle) 66
Theft of \$5,000 or under (non-motor vehicle) 2,544
Fraud 655
Identity theft 13
Identity fraud 75
Mischief 2
Arson 21
Total other offences 2,053 Weapons violations 63
Child pornography 3
Prostitution 4
Terrorism 0 Disturb
the peace 3
Administration of justice offences 1,827
Other offences 103
Total Criminal Code traffic offences 217
Total alcohol-impaired driving 5
Total drug-impaired driving 6
Alcohol and drug-impaired driving 7
Impaired driving (not specified) 7
Other Criminal Code traffic offences 6
Total drug offences 172
Total other federal statute offences 7
Human trafficking 8
Youth Criminal Justice Act 6
Other federal statute offences 1

Recreation Centres

SWC

Support Services

Office: 705-673-1916 ext 100

Visit Website 174 Douglas St, Suite 201

Greater Sudbury, ON, P3C 1V8 (1km)

Provides a safe and welcoming space for all women, girls, trans and non-binary individuals who have been impacted by violence and/or difficult life circumstances

Provides access to supports, resources and services that remove barriers and promote self-esteem

Offers My Sister's Closet, providing used women's and children's clothing

Additional Programs and Services

Peer Support Work
Safety Plans
Self Compassion Program
Healthy Relationships and Boundaries for Women Program
Collective Kitchen Program
Sewing Circle
Library and computers in Centre
Domestic Abuse Workshops
Employment Workshops
Credit Counselling
Groceries and Basic Needs (delivery and gift card pick up -- funding dependent)
Healing and Empowerment Support Group
Supporting Our Sisters (SOS) Northern Ontario Anti-Human Trafficking Alliance
Service Details
Show Less

Sudbury Action Centre for Youth

Drop-In Centre
Office: 705-673-4396
Visit Website 95 Pine St
Greater Sudbury, ON, P3C 1W9 (1km)
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Sudbury Action Centre for Youth

TGIInnerselves
Office: 705-673-4396
Visit Website 95 Pine St
Greater Sudbury, ON, P3C 1W9 (1km)
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Sudbury Action Centre for Youth

Youth Drop-In Centre
Office: 705-673-4396
Visit Website 95 Pine St
Greater Sudbury, ON, P3C 1W9 (1km)
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N'Swakamok Native Friendship Centre

Friendship Centre Administration
Office: 705-674-2128
Visit Website 110 Elm St
Greater Sudbury, ON, P3C 1T5 (1km)
Show More

Coniston Seniors and Golden Age Club

Seniors Centre
Office: 705-694-4520
28 Cedar St
Greater Sudbury, ON, P0M 1N0 (1km)
Show More

Independent Living Sudbury Manitoulin

Senior's Friendship Circle Drop In Centre

Office: 705-675-2121

Visit Website 125 Durham St

Greater Sudbury, ON, P3E 3M9 (1km)

Show More

Parkside Centre (The)

Senior Centre

Office: 705-673-6227

Visit Website 140 Durham St

Greater Sudbury, ON, P3E 3M7 (1km)

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YMCA of Northeastern Ontario

Sudbury Administration - Durham St

Office: 705-674-8315

Visit Website 140 Durham St

Greater Sudbury, ON, P3E 3M7 (1km)

Show More

One-Eleven Senior Citizens Centre

Seniors Centre

Office: 705-675-5303 Ext 202

111 Larch St, Flr 1R

Greater Sudbury, ON, P3E 4T5 (2km)

Show More

Ukrainian Centre Sudbury

Ukrainian Centre

Office: 705-673-7404

Visit Website 30 Notre Dame Ave

Greater Sudbury, ON, P3C 5K2 (2km)

Show More

YWCA Sudbury

YWCA

Office: 705-673-4754

Visit Website 370 St Raphael St

Greater Sudbury, ON, P3B 4K7 (2km)

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Centre Victoria pour femmes (Le)

Confidential Support Services for Women

1-877-336-2433

Office: 705-670-2517

Crisis: 1-877-336-2433

Visit Website 584 Clinton Ave, Suite 103

Greater Sudbury, ON, P3B 2T2 (2km)

Show More

Greater Sudbury (City of)

Levack Onaping Youth Centre

Office: 705-674-4455 Ext 3974

Visit Website 1 Hillside Ave
Greater Sudbury, ON, P0M 2C0 (4km)
Show More

Club Amical du Nouveau Sudbury

Senior Centre
Office: 705-566-2113

Visit Website 553 Lavoie St
Greater Sudbury, ON, P3A 2B4 (4km)
Show More

Cambrian College

Athletics Centre
Office : 705-524-7378

Visit Website 1400 Barrydowne Rd
Greater Sudbury, ON, P3A 3V8 (6km)
Show More

Club Accueil Age d'Or Azilda

Francophone Seniors Club
Office: 705-983-2992

64 Notre Dame St E
Greater Sudbury, ON, P0M 1B0 (10km)
Show More

Walden Senior Citizens and Pensioners

Seniors Centre
Office: 705-692-5591

15 Kin Dr
Greater Sudbury, ON, P0M 1R0 (12km)
Show More

Greater Sudbury (City of)

Walden Youth Centre
Office: 705-692-1777

Visit Website 15 Kin Dr
Greater Sudbury, ON, P3Y 1M9 (12km)
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Rayside Balfour Youth Centre

Youth Centre
Office: 705-855-5230

Visit Website 214 Cote Ave
Greater Sudbury, ON, P0M 1L0 (17km)
Show More

Atikameksheng Anishnawbek

Youth Program
Office: 705-692-0927

Visit Website Community Centre, 37 Reserve Rd
Atikameksheng Anishnawbek/Whitefish Lake First Nation, ON, P0M 2M0
(17km)

Show More

Centre Club d'Âge d'Or de la Vallée

Seniors Club

Office: 705-969-8649

Visit Website 26 Cote Blvd

Greater Sudbury, ON, P3P 1X5 (18km)

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Naughton Senior Citizens and Pensioners

Community Group for Seniors

Office: 705-692-1258

Visit Website Municipal Rd 55

Greater Sudbury, ON, P0M 2M0 (19km)

Show More

Greater Sudbury (City of)

Capreol Youth Centre

Office: 705-858-8888

Visit Website 24 Meehan St

Greater Sudbury, ON, P0M 1H0 (24km)

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Capreol Seniors Club 240

Seniors Club

Office: 705-858-1164

Visit Website 9 Morin St

Greater Sudbury, ON, P0M 1H0 (24km)

Club 50 de Rayside Balfour

Senior Centre

705-855-6839

Office: 705-855-6839

Hall rental: 705-855-4395

25 Main St W

Greater Sudbury, ON, P0M 1L0 (27km)

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Greater Sudbury (City of)

Leisure Centre

Office: 705-674-4455 Ext 4740

Visit Website 79 Main St W

Greater Sudbury, ON, P0M 1R0 (27km)

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Greater Sudbury (City of)

Dowling Youth Centre

Office: 705-674-4455 Ext 4740

Visit Website 79 Main St W

Greater Sudbury, ON, P0M 1R0 (27km)

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Dowling Leisure Centre

Dowling Youth Centre

Office: 705-674-4455 Ext 4740

Visit Website 79 Main St W

Greater Sudbury, ON, P0M 1R0 (27km)

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Dowling Leisure Centre

Fitness and Recreation Centre

Office: 705-674-4455 Ext 4740

Visit Website 79 Main St W

Greater Sudbury, ON, P0M 1R0 (27km)

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Skead Senior Citizen Club

Senior's Club

Office: 705-969-3909

Visit Website 5 Bell Street

Greater Sudbury, ON, P0M 2Y0 (28km)

Show More

Onaping Falls Golden Age Club

Seniors Centre

Office: 705-966-2502

109 Service Rd

Greater Sudbury, ON, P0M 2C0 (33km)

Show More

Espanola Senior Citizen's Club 455

Seniors Centre

Office: 705-862-2663

Visit Website 799 Queensway Ave

Espanola, ON, P5E 1R3 (66km)

Show More

Killarney (Municipality of)

Community Centre

Office: 705-287-2424

Visit Website 58 Charles St

Killarney, ON, P0M 2A0 (69km)

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Whitefish River First Nation

Youth Program

Office: 705-285-1941

Visit Website Family Well-Being Centre, 212 Rainbow Ridge Rd

Whitefish River First Nation, ON, P0P 1A0 (75km)

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Whitefish River First Nation

Youth and Elders Centre

Office: 705-285-1755

Visit Website Seven Fires Youth & Elders Centre, 46 Bay of Islands Rd

Whitefish River First Nation, ON, P0P 1A0 (76km)

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West Nipissing (Municipality of)

Recreation Centre

Office: 705-753-0160

Visit Website 219 O'Hara St

West Nipissing, ON, P2B 1A2 (85km)

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Sables-Spanish Rivers (Township of)

Community Centre

Office: 705-865-2519

Visit Website 455 Government Rd

Sables-Spanish Rivers, ON, P0P 1P0 (88km)

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Nipissing First Nation

Recreation Department

Office: 705-753-2050

Recreation Office: 705-753-6971

Visit Website 56 Semo Rd

Nipissing First Nation, ON, P2B 3K2 (89km)

Show More

Northeastern Manitoulin and The Islands (Town of)

Parks and Recreation

Office: 705-368-3500

Visit Website 14 Water St E

Little Current, ON, P0P 1K0 (91km)

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Northeastern Manitoulin and The Islands (Town of)

Recreation Facility

Office: 705-368-3500

Recreation Centre : 705-368-2825

Visit Website 9001 Hwy 6

Little Current, ON, P0P 1K0 (91km)

Show More

Sagamok Anishnawbek

Fitness Centre

Office: 705-865-3001

Visit Website Sagamok Fitness Centre , 512 Cedar St

Sagamok Anishnawbek , ON, P0P 1P0 (93km)

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Wiikwemkoong Unceded Territory

Community Seniors Centre

Office: 705-859-2260

Visit Website Amikook Seniors' Centre, 11 Amikook St

Wiikwemkoong First Nation, ON, P0P 2J0 (95km)

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Wiikwemkoong Unceded Territory

Youth Centre

Office: 705-859-3597

Health Centre: 705-859-3164

Visit Website Wassa Naabin Youth Centre, 11A Debajehmujig Lane

Wiikwemkoong First Nation, ON, P0P 2J0 (95km)

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Aundeck Omni Kaning First Nation

Elders Program

Office: 705-368-2228

Elder's Coordinator: 705-368-2182

Visit Website 12 Hill St

Aundeck Omni Kaning First Nation, ON, P0P 1K0 (96km)

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Sheguiandah First Nation

Elders Centre

Office: 705-368-0957

11108A Hwy 6

Sheguiandah First Nation, ON, P0P 1W0 (97km)

Show More

M'Chigeeng First Nation

Elders Drop-In Centre

Office: 705-377-5676

Wellness Centre: 705-377-4240

Visit Website Elders Centre, 22 Bebonang St

M'Chigeeng First Nation, ON, P0P 1G0 (116km)

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Billings (Township of)

Fitness Centre

Office: 705-282-2611 Ext 221

Visit Website 91 Main St

Billings, ON, P0P 1J0 (116km)

Show More

Serpent River First Nation

Recreation Services

Office: 705-844-2152

Lifestyle Centre: 705-844-1864

Visit Website Lifestyle Centre, 36 Ball Park Rd

Serpent River First Nation, ON, P0P 1B0 (117km)

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Dorset Recreation Centre

Office: 705-766-9968

Visit Website

North Bay Indigenous Friendship Centre

Indigenous Friendship Centre

Office: 705-472-2811

Visit Website 980 Cassells St

North Bay, ON, P1B 4A8 (121km)

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Compagnons des francs loisirs

Club Les Bons Amis

Office: 705-472-5547

Visit Website 681A Chippewa St W

North Bay, ON, P1B 6G8 (121km)

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YMCA of Northeastern Ontario

North Bay Administration - Chippewa

Office: 705-497-9622

[Visit Website](#) 186 Chippewa St W

North Bay, ON, P1B 6G2 (121km)

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Centre Victoria pour femmes (Le)

Confidential Support Services for Women

1-877-336-2433

Office: 705-461-6120

Crisis: 1-877-336-2433

[Visit Website](#) 31A Manitoba Rd

Elliot Lake, ON, P5A 2A7 (126km)

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Enji-maawinjidiyaang Indigenous Friendship Centre

Friendship Centre Administration

[Visit Website](#) 22 Mary Walk

Elliot Lake, ON, P5A 1Z9 (126km)

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Elliot Lake (City of)

Arena

Office: 705-848-2287

[Visit Website](#) 180 Spruce Ave

Elliot Lake, ON, P5A 2C8 (127km)

[Clipboard](#)

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Renaissance Active Living Centre

Seniors Centre

Office: 705-848-9721

[Visit Website](#) 2 Veterans Way

Elliot Lake, ON, P5A 1Z6 (127km)

[Clipboard](#)

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Elliot Lake (City of)

Collins Hall

Office: 705-848-2287 Ext 2500

[Visit Website](#) 120 Hillside Dr N

Elliot Lake, ON, P5A 1X6 (127km)

[Clipboard](#)

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Elliot Lake (City of)

Ruben Yli-Juuti Centre - Municipal Pool

Office: 705-848-2287 Ext 2500

Visit Website 301 Mississauga Ave

Elliot Lake, ON, P5A 1E8 (127km)

[Clipboard](#)

[Show More](#)

Latchford (Town of)

Community Recreation Centre

Office: 705-676-2416

Visit Website 52 Mitchell St

Latchford, ON, P0J 1N0 (130km)

[Clipboard](#)

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Dunchurch Community Centre

Office: 705-389-2466

Office: 705-389-3665

Visit Website 2199 Hwy 124

Whitestone, ON, P0A 1G0 (130km)

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Mattagami First Nation

Recreation Department

1-888-269-7729

Office: 705-894-2072

Visit Website Administration Office - Community Complex, 75 Helen St

Mattagami First Nation, ON, P0M 1W0 (142km)

[Clipboard](#)

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Cobalt (Town of)

Golden Age Club

Office: 705-679-5525

Visit Website 22 Argentite St

Temiskaming Shores, ON, P0J 1R0 (142km)

[Clipboard](#)

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Hudson (Township of)

Parks and Recreation

Office: 705-647-5439

Visit Website 278011 Milberta Rd

Hudson, ON, P0J 1P0 (144km)

[Clipboard](#)

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South River Friendly Circle Senior's Drop in Centre

Office: 705-386-0322

10 Isabella St

South River, ON, P0A 1X0 (145km)

[Clipboard](#)

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James (Township of)

Parks and Recreation

Office: 705-678-2237

Visit Website 33 Third St

James, ON, P0J 1G0 (146km)

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Meeting Place Tobermory (The)

Office: 519-596-2313

Visit Website 20 Centennial Dr

Northern Bruce Peninsula, ON, N0H 2R0 (148km)

Clipboard

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Parry Sound Friendship Centre

Office: 705-746-5970

Visit Website 70 Isabella St

Parry Sound, ON, P2A 1M6 (148km)

Clipboard

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Parry Sound Seniors Club

Office: 705-746-7186

80 James St

Parry Sound, ON, P2A 1T9 (148km)

Clipboard

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Mississauga First Nation

Youth Program

1-877-356-1621

Office: 705-356-1621

Visit Website 43 Park Rd, In Motion Fitness Centre

Mississauga First Nation, ON, P0R 1B0 (151km)

Clipboard

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Temiskaming Shores (City of)

Pool and Fitness Services

Office: 705-647-5709

Visit Website 77 Wellington St S, Waterfront Pool Fitness Centre

Temiskaming Shores, ON, P0J 1K0 (151km)

Clipboard

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Wasauksing First Nation

Community Recreation Activator

Office: 705-746-8022

Visit Website Wasauksing Health Centre , 1508 Geewadin Rd, Lane G

Wasauksing First Nation, ON, P2A 2X4 (153km)

Clipboard

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Blind River (Town of)

Recreation and Parks

Office: 705-356-2251

Visit Website 11 Hudson St

Blind River, ON, P0R 1B0 (153km)

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Sheshegwaning First Nation

Senior Centre

Office: 705-283-1048

Visit Website Elders Drop-In Centre, 1213 Sheshegwaning Rd

Sheshegwaning First Nation, ON, P0P 1X0 (154km)

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Blind River (Town of)

Community Centre

Office: 705-356-7257

Visit Website

Casey (Township of)

Parks and Recreation

Office: 705-647-5439

Office: 705-647-7257

Visit Website 903303 Hanbury Rd

Temiskaming Shores, ON, P0J 1P0 (159km)

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Matachewan (Township of)

Recreation

Office: 705-565-2274

Visit Website 283 Moyneur Ave

Matachewan, ON, P0K 1M0 (163km)

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Matachewan (Township of)

Multifunctional Complex

Office: 705-565-2274

Visit Website 257 Rye St

Matachewan, ON, P0K 1M0 (163km)

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Youth Unlimited

The Door Youth Centre, Huntsville

Office: 705-789-4748

18 Brunel Rd

Huntsville, ON, P1H 1P1 (190km)

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Huntsville. Municipal Office

Town of Huntsville 55+ Programs

Office: 705-789-6421

Huntsville Active Living Centre, 20 Park Dr

Huntsville, ON, P1H 1P5 (191km)

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Huntsville. Municipal Office

Community Services Department

Office: 705-789-6421

Municipal Office: 1-888-696-4255

Visit Website Canada Summit Centre, 20 Park Dr

Huntsville, ON, P1H 1P5 (191km)

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Muskoka Pride

Office: 1-866-659-5428

Visit Website

Clipboard

Show More

Muskoka Bible Centre

Office: 705-789-0123

Visit Website 8 Pioneer Ave

Huntsville, ON, P1H 2K1 (194km)

Clipboard

Show More

Christian Island. Guiding Lights Seniors Centre

Office: 705-247-2128

Visit Website 2 Jiigbik Miikan

Beausoleil First Nation, ON, L9M 0A9 (195km)

Clipboard

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Kirkland Lake (Town of)

Joe Mavrincac Community Complex

Office: 705-567-5215

Visit Website 55 Allen Ave

Kirkland Lake, ON, P2N 3P4 (198km)

Clipboard

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Milford Bay Community Centre

Office: 705-764-0283

Visit Website 1020 Beaumaris Rd

Muskoka Lakes, ON, P0B 1E0 (199km)

Clipboard

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YMCA Wanakita

1-800-387-5081

Office: 705-457-2132

Visit Website 1883 Koshlong Lake Rd, RR 2

Haliburton, ON, K0M 1S0 (259km)

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[Show More](#)

Social Enterprise for Canada

1-866-243-9925

Office: 905-895-0809

Visit Website 1220 Stellar Drive, Suite 201

Newmarket, ON, L3Y 7B9 (296km)

[Clipboard](#)

[Show More](#)

Whitewater Ontario

Minden Whitewater Preserve

1-888-322-2849

Office: 905-985-4585

Visit Website 411 Carnegie Beach Rd

Minden Hills, ON, L9L 1B6 (306km)

[Clipboard](#)

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Otonabee Region Conservation Authority

Selwyn Beach Conservation Area

Office: 705-745-5791

Visit Website 2251 Birch Island Rd

Selwyn, ON, K0L 2H0 (306km)

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Ontario. Ministry of Natural Resources and Forestry

Ministry of Natural Resources and Forestry Information Centre

1-800-387-7011

Office: 1-800-667-1940

Visit Website

[Clipboard](#)

[Show More](#)

North York Community House

Bathurst-Finch Community Hub

Office: 416-636-2600

Visit Website 540 Finch Ave W

Toronto, ON, M2R 1N7 (327km)

[Clipboard](#)

[Show More](#)

Iranian Women's Organization of Ontario

Office: 416-496-9566

Visit Website 1761 Sheppard Ave E, Ground Floor

Toronto, ON, M2J 0A5 (330km)

[Clipboard](#)

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Centre for Spanish-Speaking Peoples

Office: 416-533-8545

Visit Website 2141 Jane St, 2nd Fl

Toronto, ON, M3M 1A2 (330km)

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Lao Association of Ontario

Office: 416-398-3057

Visit Website 956 Wilson Ave

Toronto, ON, M3K 1E7 (330km)

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For You Telecare Family Service

Counselling, Support and Outreach Programs

1-877-210-8877

Crisis: 416-241-5456

Crisis: 416-938-4673

Crisis: 416-999-1392

Office: 416-447-3535

Visit Website Korean Cultural Centre, 1133 Leslie St, Suite 211 and 212

Toronto, ON, M3C 2J6 (334km)

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FrancoQueer

Office: 647-709-2600

Visit Website 543 Yonge St, 4th Flr

Toronto, ON, M4Y 1Y5 (340km)

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Ontario. Ministry of the Environment, Conservation and Parks

Bronte Creek Provincial Park

Ontario Parks (camping reservations only) 1-888-668-7275

Office 905-827-6911 ; Campground 905-827-3228

Visit Website Bronte Creek Provincial Park Administration Office; 1219

Burloak Dr

Oakville, ON, L6M 4J7 (358km)

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Tungasuvvingat Inuit

Urban Inuit Community Centre

Office: 613-565-5885

Visit Website 1071 Richmond Rd W

Ottawa, ON, K2B 6R2 (423km)

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Canada. Parks Canada

1-888-773-8888

Office: 1-888-773-8888

Campground Reservation Service : 1-877-737-3783

Visit Website

National Association of Friendship Centres

New Journeys

1-877-563-4844

613-563-4844

Visit Website 275 MacLaren St

Ottawa, ON, K2P 0L9 (428km)

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National Association of Friendship Centres

1-877-563-4844

Office: 613-563-4844

Visit Website

How To Deal With Bedbugs

0. Call Housing immediately when you're infested with one and collect it in a container for Housing's proof or they will not have reason to spray they say. Remember that the following things should be done with our without having bedbugs.

1. Check furniture and other household items regularly.

2. Maintain your home and keep up with the cleaning.

3. Keep your home free of clutter and avoid keeping clothing, toys and other household items on the floor.

4. Regularly wash all bedding and clothing in HOT water and/or dry them in a HOT dryer (high heat - 40°C/ 120°F) for a minimum of 20 minutes.

5. Vacuum all mattresses and mattress frames.

6. Consider having a bed bug-proof mattress cover installed.

7. Watch for bed bugs hiding in cracks, creases, folds, seams and tears.

8. Watch for dark red or brown stains on bed sheets, clothing and mattresses/box springs, especially around the edges and round the seams.

9. Look closely at any second-hand furniture, suitcases or clothing before bringing them into your home.

10. Vacuum or shake out suitcases before bringing them into your home

Employment Training

Academic upgrading

High school equivalency and academic upgrading programs to help adults gain entry into post-secondary or apprenticeship programs, or to find employment.

[View Resources](#)

Adult literacy

Basic instruction in writing, reading and mathematics. Includes first language literacy programs for those whose first language is not English or French.

[View Resources](#)

Apprenticeship

Apprenticeship preparation and training programs. May include information, counselling, registration and application assistance, and skills and aptitude assessment.

[View Resources](#)

Career counselling

Assessment of aptitude and skills, labour market information, counselling and referral for persons choosing a career direction.

[View Resources](#)

Disabilities employment programs

Employment, education and training services focusing on the needs of adults with developmental and physical disabilities.

[View Resources](#)

Employer staffing assistance

Support for employers seeking to increase or develop their staff, including financial incentives and retraining programs.

[View Resources](#)

International credentials

Services that assist in having foreign educational or occupational credentials assessed to determine Canadian equivalency for employment or other purposes. Includes organizations that provide credential assessment for a fee.

[View Resources](#)

Internationally trained professionals

Services for professionals trained in foreign countries to find work in their occupation or a related field. May include work experience, placement, mentoring, language testing and volunteer opportunities.

[View Resources](#)

Job search support / training

Advice and training in areas such as resume writing, research, interviewing and workplace expectations.

[View Resources](#)

Newcomer employment programs

Services that focus on assisting immigrants and refugees to prepare for and obtain employment.

[View Resources](#)

Occupational health and safety

Programs that promote safe and healthy work environments, including rights and responsibilities at work and Ontario's health and safety awareness training.

[View Resources](#)

Self-employment / Entrepreneurship

Programs for people who operate or want to start their own businesses.

[View Resources](#)

Summer employment

Seasonal programs assisting individuals in finding summer jobs, including students and youth.

[View Resources](#)

Work experience

Programs that provide practical work experience and the opportunity to develop skills, on a short-term/temporary basis.

[View Resources](#)

Youth employment

Programs and resources for youth and young adults seeking employment.

[View Resources](#)

Bedbug Spraying Preparation

- 1 Remove all bedsheets and bed covers, blankets, pillow covers and place in plastic bags to take to laundry/dry clean
- 2 Empty all dressing and side table drawers, under the bed storage
- 3 Empty all bedroom closets, shoe closets
- 4 Empty all bookcases and place books on a table in centre of room
- 5 Check all small items, toys and shoes for any bedbugs and clean/wash, as per manufacturer's recommendations. Heavily infested items may be discarded
- 6 Remove all wall hangings and place in centre of the room
- 7 All clothes, linen, sofa covers, bedding etc has to be washed in hot water and dried at high temperature setting for 40 minutes or dry cleaned, depending on the material.
- 8 Always use new bags to put the washed and dried clothes and other stuff
- 9 De clutter and vacuum as much as possible

- 10 All pets must be removed from the premises.
- 11 Fish tanks and pumps must be covered
- 12 Remove anything sitting on the windowsills
- 13 Furniture in all rooms should be moved at least 2 (two) feet away from the walls and as close to the center of the room as possible. This will allow access for treatment.
- 14 The premises must be vacant during and minimum 4 hours following treatment.

Anyone who has allergies, asthma, is pregnant, children under the age of 4, or anyone with respiratory problems should leave the premises for 12 to 24 hours or consult physician before the treatment of their unit.

Following precautions should be taken while returning to the treated unit if the unit was sprayed.

- 1 Open windows for some ventilation as it may have a little bit of smell
- 2 Clean all food preparation surfaces like kitchen counter tops, cutting board, refrigerator, and stove tops with soap and water.
- 3 It is suggested to keep the laundered items packed and remove only whatever is needed till the 2nd application after 2 weeks. It will save time and efforts to wash them again.

Give Or Get Things Free

Free Indeed (Website)

This site is a place you can ask for what you need and others can reply if they have what you are looking for or you can donate to people on the site when they ask for things they need.

[https://www.facebook.com/groups/295995838458815?](https://www.facebook.com/groups/295995838458815?utm_source=sudbury.com&utm_campaign=sudbury.com&utm_medium=referral)

[utm_source=sudbury.com&utm_campaign=sudbury.com&utm_medium=referral](https://www.facebook.com/groups/295995838458815?utm_source=sudbury.com&utm_campaign=sudbury.com&utm_medium=referral)

Buy Nothing (Website)

A site to post free stuff and needed stuff (but not food)

<https://m.facebook.com/groups/1248326145723469>

Olio

<https://olioapp.com/en>

Share Items

Olio

<https://olioapp.com/en>

Sudbury Housing Security

Camera Viewing For Tenants

In Sudbury Housing you may be able to obtain a video of any of the cameras providing you ask for the video and you have reasonable cause

for doing so as decided by the security Housing hired. To do so call Housing's security through 311 and ask for extension 4911 and if they see fit to give you the video then they will give you a request number to obtain your video which you give to the municipal police and they will get Housing to release the video under the freedom of information act. That's freedom to ask for the video. Not get.

Knife Sharpeners

Heels N Soles

705-560-1876 <http://www.heelsnsoles.ca> Shoe Repair, Sewing & Alterations, Knife Sharpening 754C Lasalle Boulevard Montrose Mall Sudbury, ON, P3A 4V4, CANADA

Bay Tool Sharpening

705-691-0802, 664 Lasalle Blvd Sudbury, ON, P3A-1X4, CANADA, <http://www.baysharpening.com>

Singer C & W Sewing Centre

705-560-0984, 5-976 Lasalle Blvd, Sudbury, ON, P3A 1X5, CANADA

Bundle Buggy Stores

Cell Phone Store in downtown City Centre

has small and medium size ones

Bagage Store in Southridge Mall

Has small and large

Canadian Tire

Has 1 large and 1 small

Walmart

Has 1 large and 1 small

Home hardware

Has 1 or 2 large and small

Heart Store

Has small

Storage Places For Things

Azilda

Azilda 2Do-Rite Movers & Self Storage 705-805-4710

35Azilda St, Azilda, ON, P0M 1B0, CANADA

Prime Self Storage Solutions

200 Notre Dame W, Azilda, ON, P0M 1B0, CANADA

<https://primeselfstorage.ca>

Sudbury

Access Storage 705-990-1355 <https://www.accessstorage.ca/en>

3105 Kingsway, Greater Sudbury, ON P3B 2G5

Apple Self Storage 705-805-5891

<https://www.applestorage.com/self-storage/on/sudbury/falconbridge-rd>

Cubeit Portable Storage 1-844-551-7733 3105 Kingsway Blvd E

https://www.cubeit.ca/en?utm_source=Google_Maps

Fairburn Mini Storage 705-560-7696 <http://fairburnministorage.com>

1531 Fairburn St, Greater Sudbury, ON P3A 1N6

Brady Storage Solutions 705-222-2220

solutions@bradystorage.ca 20 Brady St, Sudbury, ON P3E 6E1

<http://www.bradystorage.ca>

3Mister Mover 705-419-1192, 1787 Lasalle Blvd, Sudbury, ON

P3A 2A3

5Southside Storage 705-522-319

1375 Regent Street, Sudbury, ON P3E 6K4

<http://totalnursingcare.com>

Phil Jutras & Son Limited

2042 Kingsway, Sudbury, ON P3B 4J8

Simply Storage

2652 Lasalle, Sudbury, ON P3A 4R7

<https://www.simplystorage.ca>

Viktoria Inc

705-522-3322, 1-800-818-5027

31 Dean Ave, Sudbury, ON,

P3C-3B8, CANADA

<https://neeleysvanandstorage.ca>

Dellelce Peter

705-566-7436, 2370 Bancroft Dr,

Sudbury, ON, P3B 1T3, CANADA

Moving On Express

705-674-5497, 1-800-648-6999

90 King St, Sudbury, ON, P3C-2V6

<http://www.movingonexpress.com>

Pro Moving & Delivery

705-586-8122, 364 Morris St, Sudbury, ON P3B 1B6

Harris Movers & Storage/Allied Van Lines Canada

1-800-461-7146 878 Falconbridge Rd, Sudbury, ON P3A 4S4

<https://harrismovers.ca>

705-942-8190

Val Caron

Val Caron-Space Saver Storage

705-805-0296 2700 Bélisle Dr, Val Caron, ON

P3N 1B3 <https://www.spacesaverstorage.ca>

Val Caron Northern Mini Storage

705-897-7878 2737 Belisle Dr, Val Caron, ON

P3N 1B3 <https://www.northernministorage.com>

Copper Cliff

Copper Cliff-Sudbury Storage

705-670-2837, 12 Serpentine St, Copper Cliff, ON P0M 1N0, CANADA

Chelmsford

Chelmsford U-Haul Co Ltd

705-855-4949 2112 Hwy 144, Chelmsford, ON P0M 1L0, CANADA

<https://www.facebook.com/uhaul>

Little Current

Manitoulin Self Storage 705-368-2652

25 Ferguson's Road, Little Current, ON P0P 1K0

Warren

Warren U-Haul Neighborhood Dealer 705-967-1665 X 9154, Hwy 17, Warren, ON, P0H 2N0, CANADA

Verner

Verner-Alex Self Storage 705-594-2724

11 Eugene Road, Verner, ON P0H 2M0

Osprey Farm & Storage 705-626-5424

21 Eugene Road, Millerand, ON P0H 2M0

Noelville

Noelville Self Storage 705-280-6700

192 St David St S, ON, P0M 2N0, CANADA

Moving Companies

Azilda

1Mister Mover

1827 Lasalle Blvd, Sudbury, ON P3A 2A3 705-419-1192

2Do-Rite Movers & Self Storage

35 Azilda St, Azilda, ON P0M 1B0 705-805-4710

Smooth Moves 1 Neptune Ave, Sudbury, ON P3E 5Z4 705-675-3113

200 Notre Dame W, Azilda, ON P0M 1B0 705-983-4888, 67 Azilda St, Azilda, ON P0M 1B0 705-983-5413

Copper Cliff

Sudbury Storage

12 Serpentine St, Copper Cliff, ON P0M 1N0, 705-670-2837

Moving Boys & Office Installations

280 Notre Dame W, Azilda, ON P0M 1B0 705-983-4236

Do-Rite Movers & Self Storage 705-805-4710

35 Azilda St, Azilda, ON P0M 1B0

<https://do-rite-movers-and-self-storage.sudburydirect.ca>

Chelmsford

Theriault Equipment Rentals 4433 Regional Rd 35, Chelmsford, ON P0M 1L0 705-983-2288

Move For Less 4433 Regional 35 Rd, Chelmsford, ON P0M 1L0 705-670-4293

U-Haul Co Ltd 2112 Hwy 144, Chelmsford, ON P0M 1L0 705-855-4949

Two Men And Moving Van Sudbury, ON 705-562-4434

You Load We Move 4433 Regional Road 35, Chelmsford, ON P0M 1L0 705-

670-4293 **You Load We Move** 4433 Regional Rd 35, Chelmsford, ON P0M 1L0 705-670- 4293

You Load We Move-Move For Less 4433 Regional Rd

35, Chelmsford, ON P0M 1L0 705-983-2288

Sudbury

Fairburn Mini Storage 1531 Fairburn Street, Sudbury, ON P3A 1N6 705-560-7696

Action Moving 705-561-5952

Viktoria Inc 31 Dean Ave, Sudbury, ON P3C 3B8 705-522-3322 1-800-818-5027

Moving On Express 90 King St, Sudbury, ON P3C 2V6 705-674-5497 1-800-648-6999

Pro Moving & Delivery 364 Morris St, Sudbury, ON P3B 1B6 705-586-8122

Big Ralph's Moving 425 Frood Rd, Sudbury, ON P3C 4Z9 705-521-0888

Harris Movers & Storage 878 Falconbridge Rd, Sudbury, ON P3A 4S4 1-800-573-2120

The Mceachern Moving & Deliveries 453 Lorne St, Sudbury, ON P3C 4R3 705-561-7342

Double T Earth Moving & Consulting 2635 Southview Drive, Sudbury, ON P3E 4M9 705-522-3774

Tmb Office Installation & Moving Inc 2888 Lasalle, Sudbury, ON, P3A 4R7, CANADA, 705-560-4236

North American Van Lines Canada Agent 878B Falconbridge Rd, Sudbury, ON, P3A 4S4 705-560-5252 1-800-228-3091

Harris Movers & Storage/Allied Van Lines Canada

878 Falconbridge Rd, Sudbury, ON P3A 4S4 1-800-461-7146

Elite Care Movers 2725 White St, Val Caron, ON, P3N 1B2 Open 24 hours 647-205-5603

Elite Care Movers Sudbury, ON 647-205-5603

Allied Van Lines Canada Agent 878 Falconbridge Rd, Sudbury, ON, P3A 4S4 1-800-461-7146

Pro Moving Inc 7-369 Morris St, Sudbury, ON, P3B 1B6 705-618-6683

Allied Van Lines Canada 878 Falconbridge Rd, Sudbury, ON, P3A 4S4 1-800-461-7146

Top Notch Moving & Delivery 695 Horseshoe Lake Rd, Sudbury, ON, P3E 4N1, CANADA, 249-377-7765

Val Caron

Neighbourhood Roofing

1620 Hwy 69 N, Val Caron, ON P3N 1M6 705-207- 8008

Northern Mini Storage

2737 Belisle Dr, Val Caron, ON P3N 1B3 705-897- 7878Drones To Clean Windows

Drone Window Cleaning

<https://dronecleaningcompany.ca>

Info@dronecleaningcompany.ca

Not sure this group is in Sudbury yet but you could inquire at drone clubs.

Walking Walkers To Buy

Wellwise by Shoppers

<https://shop.wellwise.ca/pages/store-8473>

705-560-5190, Fax 705-560-9520

1400 Kingsway Unit 5, Sudbury, ON, P3B-0A3, CANADA

Walking Canes To Buy

Wellwise by Shoppers

<https://shop.wellwise.ca/pages/store-8473>

705-560-5190, Fax 705-560-9520

1400 Kingsway Unit 5, Sudbury, ON, P3B-0A3, CANADA

Pets In Sudbury

Dog, Bird, Guinea Pig, Iguana, Dog, Rat, Hamster, Chinchilla, Turtle, Lizard, Gerbil, Snake, Cat, Fish, Chicken, Ferret, Mouse

Wild Animals In Sudbury

Bears, Wolverines, Badgers, Minx, Bobcats, Lynx, Beavers, Coyotes, Foxes, Skunks, Otters, Lobster (Bell Park Lake - Ramsey Lake Called), Muskrat

Legal Words Definitions

Advice:

Advise:

Agent:

Attorney:

Barrister:

Branch:

Broken:

Civil:

Claims:

Common:

Court:

Discovery:

Division:

Executive:

Judge:

Jury:

Laws:

Legal:

License:

Patent:

Personal:

Practice:

Public:

Poverty Clubs Making Things Like Hats Scarves Mittens

Red Oak Villa knitters For The Poor

Some of the Red Oak Villa knitters and their family members are at it again. This time they've knitted hats, scarves and mittens. Jeannette Rivard, Jackie Lecuyer and Theresa Lecuyer have crafted more than 30 sets of hats, mittens and scarves.

Jeannette and Jackie live and knit at Red Oak Villa, and are part of the Red Oak Villa Knitting Club. The club knits and crochets all year long and donates their work to the Daffodil Lodge, the hospice, and other charities. Theresa Lecuyer is like an honorary member as she is always helping with their handmade donations.

Brother says Saskatchewan stabbing victim was a caring first responder

The ladies, who have become well known for their knitting, receive yarn and wool donations, which they use for their projects. They knit as a fun way to stay busy and to "pay back" the community. "It's very nice. It feels good," said Theresa.

Jeannette said, "It passes the time and I like to do that (donate knitting)."

These knitted hats, mittens and scarves will go to the Samaritan Centre to help keep their clients warm. This donation happens in conjunction with the Coldest Night of the Year Walk.

This is the ninth year that the Samaritan Centre is organizing the walk, which will take place on Feb. 22.

"This year's goal was to raise \$50,000 to support the partner associations that operate out of the Samaritan Centre," said Lisa Long, executive director, "and we've met that goal."

Anyone wanting to participate in the walk can still sign up at cnoy.org. The cost is \$25 to participate in the walk, but those who raise \$150 or more do not have to pay the registration fee.

The walk starts at the Rainbow Centre at 5:15 p.m. Registration is any time after 4 p.m. Walkers can choose to walk either 2 km or 5 km.

After the walk, participants enjoy live music and a chili dinner.

"The Coldest Night of the Year Walk helps the most vulnerable citizens in the city," said Long. "Whether people register for the walk, donate money, or knit warm clothing, every bit helps those who are at-risk."

The Walden Seniors and Pensioners Centre

Knitted knockers-make boob prothesis for boobs been removed in surgery.
705-692-5591

Winter Accessories Items For Poor

None yet

Online Internet Virtual Pod Makers (Groups making things)

<https://www.volunteersudbury.com/covid-virtual-activity-pods>
Our Pods groups worked on many amazing volunteer projects like collecting winter wear for local warming centres, knitting winter wear to donate to local schools, creating thank you cards for frontline workers, writing letters to seniors in isolation, and collecting food donations for local food banks.

Garage Sale Finder Websites

GSALR

<https://gsalr.ca>

Garage Sale Phone Apps

Garage Sale Rover

What's better than telling you exactly where a yard sale is located? Well, it's allowing you to search by the specific items you are looking for. Whether you want toys, clothes or a microwave oven, this app can help you find it. Once you have located the garage sale that you want to visit, the GPS system will automatically direct your paths to help you find it. The garage sale finder app is totally free and very user-friendly. Using GPS satellite positioning, you can find any

yard sale wherever you are.

Yard Sale Treasure Map

<https://yardsaletreasuremap.com>

This app doesn't scour newspapers and other online sites, it goes straight to Craigslist listed garage sales. It has a handy map that allows you to view their location or you have the option to view them in a list format. It sorts the best garage sales in your area based on the preferences you set up. It has a filter so that you can change your location, distance, and even the day of the week you are shopping. Get new pop-up sales that are entered into the system when they are close to you. Plus, this app gives you a map and directions to the sales. No wasted time on being lost.

Garage Sales By Map

This app uses numerous online resources to compile the best yard sales near you. It has more than 60,000 sales to comb through on a weekly basis. Use keyword features to find exactly what you are looking for. The app covers the entire country, so you can see what's going on in another location too. The great thing is you can call a relative and let them know about a huge sale or you can use it when traveling. It combs through Gsalr.com, Oodle.com, Weekendtreasure.com, Craigslist.com, and Estatesales.org.

Garage Sale Wizards

This app offers just a little bit more than others. It includes estate sales, moving sales, auctions, and traditional multi-family style sales. Contributors upload sales here so that the avid shopping won't miss out on a great sale in their neighborhood. This totally free app is compatible with the iPod, iPad, and the iPhone. You can use it on your tablet to keep your phone free.

Garage Sales Tracker

This app provides the best of both worlds. It is designed to help both the host and the buyer. Those who are having yard sales can list them for free with this app. They can let the customers know of an upcoming sale weeks in advance. The buyer can use the zip code area to find sales nearby. Because it uses Google maps to store locations, it is really great at helping to find flea markets, consignment shops, and the ever-popular garage sales.

Yard Sale Watch

You can be alerted when items that peak your interest are being sold in your area. This free app links to other social media sites. Since so many people list their sales on Facebook and Twitter, this app will comb through those listings to help you out.

While it is one of the newer apps on the market, the reviews so far have been really positive. It is definitely an app to watch and be on the lookout for new and exciting updates. It is estimated that this app will be one of the leaders in the garage sale seeker industry.

Private Garage Sale

If you like eBay, then you will love this app. Sellers can list

their items for sale on here rather than having a yard sale on their lawn. Buyers contact the seller over this free network. There are no commissions or fees to be a part of this community, even if you buy or sell. If you sell on this site, you keep 100 percent of the profits. Use this app with other private garage sales sites for maximum savings potential.

College Garage Sale

If you love supporting your local alma matter, then this may be the app for you. Everything that is bought or sold on this app gives a percentage to the school of the seller's choice. You can locate a garage sale or just buy items on this app. Some items start as low as \$1.00.

Scrounge Around

The best app for all your garage sale needs is Scrounge Around. It is updated daily and has the largest network of users. They comb through social media, online postings, and allow users to make posts too. Integrate this app with a map app and you are set for a day of fun.

Seed Banks

Greater Sudbury Seed Library

The Greater Sudbury Library Seed Library is a free program whose goal is to strengthen our community of gardeners and local eaters by sharing biodiverse, locally-adapted seeds. We aim to protect food biodiversity by: Encouraging gardeners to save and share local seeds connecting local gardeners and seed savers sharing local gardening resources. By joining the Greater Sudbury Seed Library you are joining a community of people dedicated to growing a healthy, sustainable city. Membership forms are available at the Main Public Library to pick up seeds. Seed packets will be available at all 13 local libraries to donate seeds. Contact us now if you are interested and to find out what seeds to save from your garden this year.

Northern Wildflowers-Andy's Wildflowers

<https://northernwildflowers.ca>

The Little Community Seed Library

1415 lac Clair road, Field, ON, POH 1M0, CANADA

restlessravenshomestead@gmail.com

Our mission has been to share & exchange regionally adapted seed & seeds in general into the hands of locals for free to create more gardeners & gardens. Our vision is to encourage people & youth in our community to establish skills in seed saving, gardening & more to achieve food security & establish important skills with much respect for the earth & future creating a resilient community.

Location: G5 Farm, Opened 2023, Photo Link Below:

https://drive.google.com/open?id=1llEMnrYCxDYRVvmw5pAtyqQ9Vhz_6_g_

Garden For Money Ideas

Bake Seeds

Pumpkin Seeds baked on a cookie sheet are good for protein and may have uses to sell for this.

Sell Seeds for art or Halloween theory

Make collages out of seeds or statues and they could be Halloween oriented.

feed birds for therapy of soul

Feed birds in the park to see if they could help the soul see what man needs to be successful and make the soul happier. Ideas come from the birds often.

sell seeds for added to candy at flea market

Make Candy Apples with seeds added to them or another candy idea to be original and sell at Flea Market

donate tomato plants to food bank for concern of one sandwich

Donate a single plant for enough for one sandwich at a Food Bank to say I know better than starve my neighbor.

donate tomato plants to food bank for concern of raffle etc...

Ask if you can raffle off a food plant at a Food Bank for humanitarian relief or food for them.

donate to nurseries to raffle

You could raffle plants as consignment at nurseries if the idea is accepted by them.

donate seeds to Delki Dozi Park garden

Some parks may be able to plant your seeds or plants for better service to you like harvesting at a later dates.

sell seeds as fertilizer

Your own fertilizer could be better than others or unique for a reason not thought of to sell worldwide.

sell seeds as antacid

Could you have the next plant mulch that's the next ant-acid or do you happen to know a better way to coat them to sell a new mulch in liquid form perhaps.

sell seeds as cat litter or absorbants for dog or cat's piss

Can you make a cat litter or an absorbant mash for mechanics with oil on their garage floor for sale?

make hemp matts for poor

Matting can be made of many garden leaves or vines etc to sell or give to improve the economy. Perhaps a welcome matt to say "No Pestilence" to speed up the world events. You could donate them as pillows or mats for the poor as well as long as they are made fire retardant.

make a hemp matt for God

Make God a bed. Perhaps he'll stop by to say thanks.

make dyes for Easter Eggs or clothes

Make dyes for Easter Eggs, clothing or anything you can come up with. Perhaps a non-alergic dye is needed for sailing sheet.

put seeds in beer cans and sell as "Faith For Man" and bill should say I'm in love with the waitress

Sell an abomination gift to people telling them global warming is killing the beer industry with a plant in the can and a funny note. Make real money look unattainable or another way to insult man for stupidity. Probably a few out there. No more pet rocks. LOL

make greeting card and put seed in to promote poppies for Remembrance Day or Tulips for Holland Soldiers

Tell a child his graduation card is for planting a tree seed inside it to say I believe you'll swing from the top of it one day. Etc.

make a disinfectant for sidewalks or household cleaner

Several seeds or plants kill bugs and may even disinfect if the mixture deodorant comes from one or a sidewalk spray for ominous gum. LOL

Make a hemp table top and sell

Sell a table top of hemp and make a good deal of money on one and if it's unique even better.

make beverage from seeds

Some juices or oils in plants may make the next energy drink to sell.

make seed oils

Make a new oil for something like pavement to make it last and sell it to the city to reduce pot holes.

make poh pories to sell for scent or insense

Some like smells. Put your nose to the roses and maybe you smell out a better cologne or perfume that makes you think it's early morning.

make rubber plungers with plants

A mold would be useful for rubber extracts from plants or mex'ture.

make particle wood or pollyfilla or wood filler

Sawdust wood or even a new plywood is achievable with plant matter. You could even make wood filler better to sell.

grow plant for stuffing for winter coat

Who doesn't want fluff to winter. Make me a better reason to sell to a clothing manufacturer.

make a cardboard out of plants

Could you make cardboard? Try. It WILL Sell.

sell plants as mulch you make

Mulch is many things. You could make horses mulch and tell the farmer you sell it to him to remove ticks. Maybe it's smart on a farm.

make pen ink from seeds

Ink is too expensive not to make and sell. Corner the market wise.

make miracle grow formula

Accelerate the crops you can for money with a better mix of fertilizer to make big fruit or vegetables. Perhaps larger mushrooms is good.

make drink cups for containers of all things

Make a potter for plants out of plants or a drinking cup that's of sterile plants.

make bow ties or fabric

Clothe is able to make things like bow ties.

sell sugar plants ground to new sugar

A new sugar that does not rott teeth. Could you do that and not give me cancer? I'd pay ya.

make napkins to sell cheap

Who won't wipe up after a farmer hands him an ale wipe. Dang.

make dice out of hemp

Dice can be pressed with store bought pressers. Use an oat for that.

make preservative fluid for seeds

Can you make a seed preservative or a coating for them?

make wax

A new wax for baking might help. An edible wax for dogs maybe?

make pressed buttons for shirt or badge

I'm on my way badges for others to pass you by are great for making people purchase futures of slogans. Perhaps a button for moccasins. "Walk don't think-I'm understood for toe gaizers. They're bent to see dogs bark at my shoes and defend the laces. Moccasins keep me from them to say "Try Again Mind Reader"

make butter

What person wouldn't enjoy a new butter to slide on for flavor. Eat what you want but come back for more.

make plants to neutralize acids

An acid may need neutralizing but maybe one could turn it into toffee.

Grow Groceries

Grow healthy groceries like green beans, yellow beans, corn, peas, broccoli, squash, turnip and green peppers.

Make Medicines

You could always make a medicine to sell or heal
Sanitize occasionally

Donate Food For Several Purposes

You could donate food for a gold ticket event and a lottery could ensue.

Spirit

Sell a plant to an Indian for prayer or plant it in a sacred spot for the community to get together for a plant festival.

Products

Make a handle for a shopping cart that's cool to the touch.

Resale

Resell the food or seeds for more money.

Auction

Tell your neighbor your beets are bid on NOT did on.

Retool

Come up with a new reason for fertilizer or slurry.

Service

Sell garden time to the neighbors for more money or power to do something like build a raft for Tom Sawyer.

Poverty

Give your food to charity's poor or tell the rich to save it until it

gets too much to be just food and is not an economy event for feeding Africa.

Inexpense

Offer new reasons to bring seed or plant prices down by inventing a new shovel to speed up work by putting a seed dispenser in it for better time saved in transplanting. Perhaps the handle is made of plant for your business whole to family made profit.

Food Banks

Give to Food Banks or shame them with coupons to pick from your garden. That's rude.

Charity

Tell the neighbors you're a charity and ask them what you can plant them for money. Be a Lion and pretend.

Government Ministry Of Citizens

Let others know the price of grapes is six cents and put a sign to say they come from money land. Then ask them to donate for grape juice each time they come across the orchard as a toll for The God Of Wine. That could bring the cost down with your sales not supporting what the extra money raises the price and kills the competition.

Sharing Costs

Tell the neighbor you'll pay half of everything he sells. Start with what he plants and consider your time his.

Global Spread Inventing

Sell an apple to Rome that they don't have to save the fruit flies there.

Repugnants

Make stinc and sell a plant modified to push away bugs or girls. Perhaps a dog so I don't sound sexist. Humor lost. LOL

Attractants Of Wildlife

Make an animal want your turnip more than others. Say the turnip has a sweeter gene you add.

Sauces

Make a sauce no one knows of and even for a strange use.

Craft Parts

Make dried carrots for snowmen kits etc...

Dyes

Tell politicians their hair dye could be natural and ask for a grant.

Collecting

Collect Apples to make Apple Dolls. Collect seeds to save the planet from drout. Collect dehydrated melons or large vegetables for alternatives to sandbagging flooded areas.

Field Markers Of Art

Make a Mona Lisa out of your corn without corniness being invasive.

Fuel

Sell a corn cob oil to an old-school conservationist who drives his care on French Fries.

Clothe Making

Make a cloth of many colors and call it scarecrow stuff.

Oils

Sell oil to Arabs for mustaches that know gold cars have trimmers on the dash for hot days that need refueling for heat in desert.

Bricks

Make a bring from potato leaves and sell it as lego.

Insulation

A beet may make a good insulation to a mud hut overseas or here.

Particle Wood

Press blueberry stems into wooden rulers for kids and corner market with wooden set squares.

Ozone Gas

Create Ozone Gas and release it. This is another fine mess you got me into.

Dog Food

Make a new kibbles and bits that is nature friendly and vaccinates foxes when it falls on the ground.

Grafting

Join trees in marriage for holy buck-romony and that's purple peaches to a nice Hawaiian punch.

Paper or Cardboards

Can you make pulp? YES! A good new paper on the market might be worth having for recycle reasons.

Size

Ask for the Mayor to bless your yard for growing contests to raise money for the biggest pumpkin. Tell the Mayor he's getting soup.

Contests

Make a contest out of watching your garden grow. A sign out front to say how many potatoes are in the garden in 3 month with no bug bites will win you a ticket prize at fifty cents.

Paint

Make a paint that paints only sand for the kids.

Perfume

Sell your excess rubarb for candle in liquid form to make campsites bear resistant.

Laxatives

Offer the Mayor one of your new stodgy laxatives for people sitting too long and say it's a charm thing to be sure he know he can move afterwards and then sell him on business cards at the city desk to promote business cards soaked in tomato ryhynne that kills cromosomes for better bowel regulation when at social events counsellor's travel.

Tea Leaves

Pretend tea comes from leaves and bag it to sell at the fair.

Fertilizer

Get people to believe your plants fertilize ONLY winter gardens and it must be applied in the winter to special vitamin analogies of the sun to make them see you as a God. giggle

Vitamins

Harvest vitamins from some plants for dogs only. That'll corner the market. GARDEN DOG STRENGTH -UNDERDOG STATUS

Ointments

Make a slauvve for your wife's back and tell the neighbors word of mouth makes her fertility rate go up to sell it better.

Bacteria

Make a bacteria in a sludge and water the neighbor's plants for money of special procee.

Anti-oxidents

Sell a tooth rinse that removes excess gas from teeth for poor brushing being a thing.

Transplants

Offer transplant service and wait to buy product for them when asked.

Spices

Ask what works for hot and select pepper understanding in you for a better understanding of ridding wimps at the table. Add that to your honey and create a toast that pickles morning breath from forming tartar.

3D Printer Core INK

Come up with a maleable new 3D-Printer ink.

Drum Making

Make bongos from large fruit or vegetable.

Wallpaper Faunas

Take pictures of your garden for Playboy in faunas chosen by them. Ask to be enlisted in the process. Become a Gee Ehhhh Ohhhhh!

Photography Hunt Contests

Rent your garden out to trolls for photo contest for the best photo of the garden's hunt. Maybe a calendar prize for the \$5 entry fee cost they pay you.

Snacks Only

Sell snacks only from your garden and offer only kids the right to be your advertisers. Create a rucus.

New Packaging

Offer new packaging for berries so the package is a travel mug that you pick a cup of fruit tea in and then you have top that holds a volume of water for the stilizer.

String

Make string from rubarb stem strands and sell them as string toffee in a solution of carmel.

Illustration Art

Offer your garden to Amazon for Photo Edit Machines that mugs need background scenery and update the back drops.

Chezio Patterns To Sprinkle

Offer Aztec training sessions in how to influence birds to return next year based on hay patterns you lay down for mortality rates.

Praying Plants

Raise Indian plants for Saging or just a sacred plant to start a new holiday for the Indian based on his ideals of the creator or God/Entity.

Gums

Make a chewable gum with berry additive to sell.

Science

Make science clubs part of your garden by enlisting elementary school children to outdoor learn as part of the school's regiment for money and get the kids fresh air and exercise as well.

Antifreeze

Can a plant be able to stop heating in car radiators for cheaper?

Wildlife

Roast a vegetable to make a land powder for spreading over deer parks to say the deer will be fed better for supplements they treat their feet to in earnest of rutting.

Phallic Symbols

Make a phallic symbol that best describes the Mayor and suggest a name book for kids to choose another way to label people by their plant signs. Perhaps the Mayor's a yearn up for this idea. Funds provided.

Acids

Sell only beet whites as acid of the stars to say they are special in small clutch like bags to get them to donate to your garden wing of excellence. Montgomery Burns Paradeth. LOL

Strengthening Classes For Environments Girls Desire

Amazing Me

Y.M.C.A. On Durham Street

Amazing Me is a program designed to empower girls to participate in sport in a healthy and positive way. The curriculum has a focus on confidence, positive self-esteem, healthy participation, coaching and more.

The program will be taught in person with physical distancing. The program begins Oct. 29 and costs \$10 for members, \$25 for public.

Contact Loved Ones By Technology And Exercise Slightly For Improvement Of Mental And Physical Concern

DISCO

Y.M.C.A. on Durham Street

DISCO, with funding support from the Sudbury Community Foundation and in partnership with Canadore College, The Village, focuses on teaching seniors how to use technology safely through educational workshops, providing them a way to connect with their loved ones virtually by lending devices to use and getting active with a short workout session. Advanced registration is required. Physical distancing practices are in place, equipment will be sanitized after each use and hand sanitizer will be available. Masks are required. DISCO begins Nov. 4 at the Sudbury YMCA, and Nov. 6 at the Valley East Public Library.

Solar Power Advice

Sudbury Solar Power

<https://sunly.ca/sudbury-solar-power>

Solar Power Education

Enviro Energy Is A Sales Business Offering Education

4853 Greater Sudbury Regional Road 55, Sudbury, ON P0M 3E0

705-918-1825 Primary, 705-597-2050 Fax

Our solar expertise includes the following services: - Free education, consultation & personalized assessments -Electricity provider contacts, administration & application processes -System design & engineering -Top of the line product selection & procurement -Mechanical & electrical installation -Commissioning, testing & connection Monitoring systems -All required project reporting, end user training, future client follow up including warranties

Solar Power Courses

RaySolar

<https://www.raysolar.ca/raysolar-solar-empowerment-course>

Volunteer For Poor

Volunteer Sudbury

<https://www.volunteersudbury.com>

Poverty Basic Needs

Money, Food, Clothing, Toiletries, Apartment, Job, Transportation, Friendship Enrichment.

Rape Prevention Ideas

Rape can be avoided by supplying hospitals with rape kits. Anyone can supply them. You have to make it choralapsed forever though. They must not be allowed to stop carrying them in other words and expel them to other places or concerns. They do not think of them as a necessity.

Wrong answer for a rape victim.

Martial Arts Classes

Carry Whistle

Hold Car Keys in Hand At Ready To Use To Poke

Carry Rape Alarm

Watch Corners

Yell Right Away If Assaulted

Kick, Bite, Punch And Poke Hard

Carry Cell Phone And Leave Recording

911 Speed Dial Ready

Keep An Assertive Appearance

Keep A Second Voice Recorder In Pocket

Keep A Mini Camera Attached To You

Only Go In Populated Places In Good Environments When Good Lighting

Keep Most Tasks To Safe Areas And Online If Places Seem Dangerous

Survey New Areas Online Before Entering Them

Ask About Areas When You Can

Carry A Rape Kit As Hospitals Won't Often

Find A Way To Donate Rape Kits To Hospitals For Others

Dress Bright To Scare Crime Away

Criminals More Often Poor From Unaffordable Education Statistically

Watch For Poor Behavior As Clothing And Faces Too Fake To Tell

Rich Can And Do Rape As Well And Need As Much Respect As Poor Wear

Tight Shoes For Running

Have No Loose Clothing That Can Be Grabbed To Hold You Down

Hard Shoes Are A Good Weapon

A Tazier Can Shock Them To The Ground

A Bright Pulsed Strobe Flashlight Will Shock Them So Carry One

Tell A friend If You Can Where You Are Going And When Returning

And Let Them Know What To Do In Case You Don't Get Home By Then

Walk Only When You Feel Comfortable To

Stay In Crows If Possible

Take A Friend If Possible

A Loud Air Horn Could Frighten Them

The Least You Can Live With

Food, shelter, clothing, and toiletries will be enough to start.

Establish a good bed and ventilation first. Then Work On hygiene and

keep good housekeeping. The fastest way out of poverty has been

proven to be clean environments. Get the least food you need by going with scratch (Basic) food. Make sure it meets your needs for health.

Use Tupperware not glad bags to hold in fridge and freezer so you don't have to keep buying plastic. Use a stock pot to save on

ingredients in bulk when sales are on. Use a large freezer but not too full to avoid power outage and losing food. Make sure windows and doors are sealed from bugs and have good locks. A coffee pot, Foreman Grill and Electric Soup Heater will do most cooking. Get a good mop and a good broom once to keep for good and not cheap ones. Get a bed slip and pillow slip for no hard cleaning that is water-proof and bug-proof. Rags keep from paper-towel buying. Use large canisters for food to buy sales. Buy cleaning fluids in large containers to save money. Buy washable shower curtains. Long sleeve shirts may not be needed if you have a good warm winter jacket to save money. Metal plates and bowls won't break when they fall. Keep one garbage can if you can to save on debris scatter and faster easier disposal. 3 Jackets is all most need in 3 warmth's. Remember to ask your City Hall for more money if you are smart. Shoes should be expensive to last longer. Today the shoes wear out extremely fast. Get one clock only with an alarm. A watch may be necessary too for a buck for appointments. Most Housing Units now days have bedbugs so I recommend containers for your clothing. Get a good chair that won't break. Most expensive chairs break now days if they have moving parts. Please be sensible. They get thrown out often.

Tent Stores

Walmart

Sport Chek

Canadian Tire

Home Economics Skills

Sudbury Community Svc Ctr Developmental Support Service Social services organization

705-560-0430 1166 Roy Ave, Sudbury, ON P3A-3M6

<https://sudburycommunityservicecentre.ca/developmental-support-services/life-skills-training> Life-skills Training is one to one instruction provided to program participants who need to acquire specific skills in order to successfully live independently in the community. Examples of skills taught include: Community orientation, Budgeting and money management Accessing community programs and services, Activities of daily living Social interaction, Community safety.

Service Ontario Centres

Citizen Service Centres

Purchase:

Greater Sudbury Transit Passes

Dog and Cat Licences
Residential Garbage Bag Tags
Kitchen Collectors for organic waste
Register: Sports and Leisure Programs
Inquire about: Cemetery Plots, Business Licences Lottery Licences
Marriage Licences
Reserve:

Arena Ice
Gazebos, Halls and Meeting Rooms
Pay:

Parking Tickets
Property Taxes
Water Bills
Plus much more!

Seven Locations to Serve You:

Capreol Library and Citizen Service Centre
Frank R. Mazzuca Branch
9 Morin Street
Capreol, ON P0M 1H0
Phone: 705-688-3958

Chelmsford Library and Citizen Service Centre
Normand Huneault Branch
3502 Errington Street
Chelmsford, ON P0M 1L0
Phone: 705-688-3963

Dowling Library and Citizen Service Centre
Lionel Rheaume Branch
79 Main Street West
Dowling, ON P0M 1R0
Phone: 705-688-3956

Garson Library and Citizen Service Centre
214 Orell Street
Garson, ON P3L 1V2
Phone: 705-688-3957

Lively Library and Citizen Service Centre
Earl Mumford Branch
15 Kin Drive, Unit A
Lively, ON P3Y 1M9
Phone: 705-688-3959

Valley East Library and Citizen Service Centre
4100 Elmview Drive
Hanmer, ON P3P 1J7
Phone: 705-688-3961

Tom Davies Square- One Stop Services
200 Brady Street, Sudbury, ON
Open 8:30 a.m. to 4:30 p.m., Mondays to Fridays

Cheap Cigarette Stores

Safe Smoking Stores are the rage if commerce is wondering and the government supplies safe injection sites for unsafe drugs. Addiction to cigarettes is not avoidable by government.

Native Cigarettes

705-698-2169 customersupport@nativecigarettes.ca
\$40, \$45, \$50

Bob's Smoke Shop

705-596-2627 11B Reserve Road, Naughton, ON, Canada
bobssmokeshop@persona.ca

Printing By Sent To Library

Greater Sudbury Public Library Mackenzie Main Branch
[https://prodcan.goprint.cloud/action/InitialAction?
customerID=Sudburycity](https://prodcan.goprint.cloud/action/InitialAction?customerID=Sudburycity)

Printer Clubs Ideas Shared

Greater Sudbury Public Library Mackenzie Branch

<https://www.sudburylibraries.ca/en/index.aspx>

Get together with others in The Makers Space and share ideas on printer creations and programs to make items and the materials you might have in common for use and correlating with others for team efforts of using.

Printers In 3-D To Use

Greater Sudbury Public Library -Downtown Mckenzie

<https://www.sudburylibraries.ca/en/index.aspx>

Plants As Medicine Class

Shkagamik-Kwe Health Centre Of Metis

<https://skhc.ca>

Medicine picking and wild food bank

161 Applegrove Street, Sudbury, ON, P3C-1N2 705-675-1596

Buy Trees To Sell Or Donate

Tree Time

<https://treetime.ca>

540 Spruce for \$700

How To Test Your Water

Public Health And District

This service is only in the urban area; not the rural.

<https://www.phsd.ca/health-topics-programs/water/drinking-water/taking-submitting-water-sampleLarge>

Print Making

Staples

www.staples.ca

Copy Copy Printing

<https://www.copycopyprinting.ca>

Duplicators

<https://www.duplicators.ca>

Walmart

www.walmart.ca

Poster Making Websites

Rasterbator

rasterbator.net

Blockposter

<https://www.blockposters.com>

Picture Enlarger

<https://imageresizer.com/image-enlarger>

Photo Enlarger

<https://www.photoenlarger.com>

PhotoAid

<https://photoaid.com/en/tools/ai-image-enlarger>

Image2Go

<https://www.img2go.com/upscale-image>

A.I. Image Enlarger

<https://imglarger.com>

Online Image Enlarger

<https://www.imageenlarger.com>

Futor

<https://www.fotor.com/image-enlarger>

Pic Wish

<https://picwish.com/image-enlarger>

Pixelied

<https://pixelied.com/features/image-enlarger>

Shutterstock

<https://www.shutterstock.com/image-resizer?>

dclid=CJeU5qjF2_wCFW6eAAAdYpEC2w&gad_source=1&gclid=EAiaIQobChMIuK2D8oP
ZhgMVtEp_AB2SNw9FEAMYASAAEgIgL_D_BwE&gclsrc=aw.ds&kw=

Pixcut

<https://pixcut.wondershare.com/image-enlarger.html>

Upscale Media

<https://www.upscale.media/tools/image-enlarger>

Media.io

<https://www.media.io/image-enlarger.html>

Spyne

<https://www.spyne.ai/tools/image-enlarger>

AVC Labs

<https://www.avclabs.com/photo-enhancer/free-online-photo-enlarger.html>

No Watermark left on it.

Picture Editor

<https://www.pictureeditor.com/tools/online-image-enlarger>

Vance A.I.

<https://vanceai.com/image-enlarger>

Simple Online Converter

<https://www.simpleonlineconverter.com/en/image-enlarger>

Canva

<https://www.canva.com/photo-editor/?>

utm_source=google_sem&utm_medium=cpc&utm_campaign=ca_en_all_payback-
generic_photo-editor_lower_rev_roas_bm&utm_adgroup=ca_en_all_payback-
generic_image-

editor_lower_rev_roas_bm&utm_keyword=editor+image&gad_source=1&gclid=EA
IaIQobChMIr6Of2YTZhgMVKEt_AB2o6A5eEAMYASAAEgIlpPD_BwE&gclsrc=aw.ds

A.I. Ease

<https://www.aiease.ai/image-enlargement>

You Cam

<https://yce.perfectcorp.com/ai-image-extender>

Webtoolsmate

<https://webtoolsmate.com/image-enlarger>

Upscale Pics

<https://upscalepics.com>

BeatSnoop

<https://image-upscaler.beatsnoop.com>

Resize Pixels

<https://www.resizepixel.com/resize-image>

Wix

<https://www.wix.com/tools/image-resizer?>

utm_source=google&utm_medium=cpc&utm_campaign=19392403617^144779797437^
search%20-

%20dsa&experiment_id=^^642983296073^&gad_source=1&gclid=EAIaIQobChMIlbiXvofZhgMV20p_AB3hmASrEAMYASAAEgJqyPD_BwE

I Love IMG

<https://www.iloveimg.com/upscale-image>

PicResize

https://picresize.com/#google_vignette

CutPro

<https://www.cutout.pro/photo-enhancer-sharpener-upscaler>

AnyMP4

<https://www.anymp4.com/image-upscaler>

Befunky

<https://www.befunky.com/features/resize-image>

Soft Orbits

<https://www.softorbits.net/how-to/best-photo-enlarger-software.html>

SoftTecho

<https://www.softtecho.com/tools/image-enlarger>

LunaPic

<https://www3.lunapic.com/editor/?action=resize>

InstaSize

[https://instasize.com/tools/ai-image-extender?](https://instasize.com/tools/ai-image-extender?gad_source=1&gclid=EAIaIQobChMIneO48YfZhgMVNDbUAR1wfARJEAMYASAAEgL2rPD_BwE)

[gad_source=1&gclid=EAIaIQobChMIneO48YfZhgMVNDbUAR1wfARJEAMYASAAEgL2rPD_BwE](https://instasize.com/tools/ai-image-extender?gad_source=1&gclid=EAIaIQobChMIneO48YfZhgMVNDbUAR1wfARJEAMYASAAEgL2rPD_BwE)

Picsart

<https://picsart.com/ai-image-extender>

CapCut

<https://www.capcut.com/tools/ai-image-upscaler>

PrePostseo

<https://prepostseo.org/image-enlarger>

MyRapidTools

<https://www.myrapidtools.com/image-enlarger>

Avaide

<https://www.avaide.com/image-upscaler>

Art Gurru

<https://www.artguru.ai/blogs/image-enlarger>

Seo Studio

<https://seostudio.tools/image-enlarger>

BG Generator

https://bggenerator.com/a-better-choice-to-enlarge-images-free-online-phone.html#google_vignette

Cloud Toolz

<https://cloudtoolz.com/image-enlarger>

AI.nero

[https://ai.nero.com/image-upscaler/?](https://ai.nero.com/image-upscaler/?gad_source=1&gclid=EAIaIQobChMIk9qWuIrZhgMV1DjUAR0N1Aw4EAMYASAAEgI5KPD_BwE)

[gad_source=1&gclid=EAIaIQobChMIk9qWuIrZhgMV1DjUAR0N1Aw4EAMYASAAEgI5KPD_BwE](https://ai.nero.com/image-upscaler/?gad_source=1&gclid=EAIaIQobChMIk9qWuIrZhgMV1DjUAR0N1Aw4EAMYASAAEgI5KPD_BwE)

Shared Food Harvesting

Sudbury Shared Harvest

<https://www.sudburysharedharvest.ca>

A charity to help you learn about healthy food and grow it.

Wild Animals In Sudbury

Bears

Wolverines

Badgers

Minx

Bobcats

Lynx

Beavers

Coyotes

Foxes

Skunks

Otters

Lobster (Bell Park Lake - Ramsey Lake Called)

Muskrat

Legal Words Definitions

Advice

Advise

Agent

Attorney

Barrister

Branch

Broken

Civil

Claims

Common

Court

Discovery

Division

Executive

Judge

Jury

Laws

Legal

License

Patent

Personal

Practice

Public

First Aid Learning

Canadian Red Cross

<https://www.redcross.ca/training-and-certification/course-descriptions/first-aid-at-home-courses>

Emergency & Disaster Assistance First Aid Service Social Service Organizations Volunteer Organizations

Learn about the Canadian Red Cross Society including who we are, where we work, what we do, volunteering and donating.

1460 Fairburn St Sudbury, ON 800-418-1111

Lifesaver 101 First Aid & CPR Training

Lifesaver 101 First Aid & Cpr Training from Sudbury, ON. Company specialized in: First Aid Service. Information 705-677-8258 324 Elm St Sudbury, ON 705-677-8258

St John Ambulance-Sudbury

St John Ambulance-Sudbury Branch from Sudbury, ON. Company specialized in: First Aid Service. Please call us for more information 705-524-7223 400-885 Regent Sudbury, ON 705-524-7223

Soucie-Salo Safety Inc

First Aid Service General Rental Service Safety Consultants Safety Equipment & Clothing

Soucie-Salo Safety Inc from Sudbury, ON. Company specialized in: Information 705-674-8092 1300 Lorne St Sudbury, ON 705-674-8092

Canadian Red Cross

Emergency & Disaster Assistance First Aid Service Social Service Organizations Volunteer Organizations

Learn about the Canadian Red Cross Society including who we are, where we work, what we do, volunteering and donating.

1460 Fairburn St Sudbury, ON 800-418-1111

St John Ambulance-Sudbury Branch

First Aid Equipment & Supplies First Aid Service

St John Ambulance-Sudbury Branch from Sudbury, ON. Company specialized in: First Aid Equipment & Supplies. Information 705-524-722, 400-885 Regent Sudbury, ON 705-524-7223

Soucie-Salo Safety Inc

General Rental Service Safety Consultants Safety Equipment & Clothing

Soucie-Salo Safety Inc from Sudbury, ON. Company specialized in: Information 705-674-8092 1300 Lorne St Sudbury, ON 705-674-8092

Basketball Courts Outside

Delki Dozzi Sports Complex

3 Mary Street, Greater Sudbury 1.4 mi

Copper Park

Copper Street, Greater Sudbury 1.8 mi

Elm West Playground

505 White Street, Greater Sudbury 2.1 mi
Victory Park

496 Frood Road, Greater Sudbury 2.7 mi
York Street

York Street, Greater Sudbury 3 mi
Ryan Heights Playground

736 Bruce Avenue, Greater Sudbury 3.6 mi
Sunrise Ridge Park

Sunrise Ridge Drive, Greater Sudbury 4.3 mi
Centre

245 Loaches Road, Greater Sudbury 4.6 mi
McLean Playground

345 Mclean Street, Greater Sudbury 4.9 mi
Eyre Playground

243 Ferndale Avenue, Greater Sudbury 5.4 mi
Minnow Lake Place

1127 Bancroft Drive, Greater Sudbury 5.7 mi
Cedar Park Playground

47 Normandy Crescent, Greater Sudbury 6.2 mi
Downe Playground/Tot Lot

1309 Gemmell Street, Greater Sudbury 6.6 mi
Kivi Park

4472 Long Lake Road, Greater Sudbury 6.7 mi
Ridgecrest Playground

1431 Roy Street, Greater Sudbury mi 6.9
Rick McDonald Memorial Park

158 St. Agnes Street, Greater Sudbury 7 mi
Morel Family Foundation Park

270 Second Avenue, Greater Sudbury 7.4 mi
Lively Playground

215 Sixth Avenue, Greater Sudbury 8 mi
Bleazard Valley Playground

2732 Langdon Street, Bleazard Valley 8.2 mi
Black Lake Playground

1 Glen Avenue, Greater Sudbury 8.8 mi
Don Lita Playground

1024 Brookfield Avenue, Greater Sudbury 8.8 mi
Carling Tot Lot

1590 Carling Crescent, Greater Sudbury 9.1 mi
East End Playground

2765 Rheal Street, Greater Sudbury 9.1 mi
Ridgemount Playground

3088 Claude Street, Greater Sudbury 9.7 mi
Carol Richard Playground

1719 George Street, Greater Sudbury 9.9 mi
V.L.A. Playground

26 O'Neil Street, Greater Sudbury 10.1 mi

Howard Armstrong Recreation Centre

4040 Elmview Drive, Greater Sudbury 11.1 mi

Valley Acres Playground

1541 East Street, Val Therese 11.2 mi

Chelmsford Valley School

94 ON-144, Sudbury 11.8 mi

Chelmsford Public School

21 Charlotte Ave, Sudbury 11.9

Running Tracks Outside

Northeastern Elementary School

<https://www.rainbowschools.ca/school/northeastern-elementary-school>

45 Spruce St, Garson, ON, CANADA, P3L-1P8, 705-675-0204

MacDonald-Cartier French Public Secondary School

<https://esmc.grandnord.ca/en>

LIVELY DISTRICT Secondary School

<https://www.rainbowschools.ca/school/lively-district-secondary-school>

265 5th Ave, Lively, ON, CANADA, P3Y-1M9, CANADA

#Students: 373

Founded: April 8, 1957, 705-692-3671

Laurentian University track

935 Ramsey Lake Rd, Sudbury, ON, CANADA, P3E-2C6, CANADA

Closes soon · 4:30 p.m. · Opens 9 a.m. Fri

705-675-1151 ext. 1002

Ontario

St Charles College

<https://scc.sudburycatholicschools.ca>

Address: 1940 Hawthorne Dr, Sudbury, ON, CANADA, P3A-1M8, CANADA

Founded: 1951

Colors: Black, Maroon

Mascot: Northern cardinal, Cardinal

Opens 8:25 a.m. Fri, 705-566-9605

Principal: Aaron Barry

Queen Elizabeth II Public School

<https://www.rainbowschools.ca/school/queen-elizabeth-ii-public-school>

32 Dell St, Greater Sudbury, ON, CANADA, P3C-2X8

24 hours, 705-675-6198, Ontario

École Publique Pavillon-De-L'Avenir

<https://eppa.grandnord.ca>

370 Cote Ave, Chelmsford, ON, CANADA, P0M-1L0, 705-855-8733

Confederation Secondary School

<https://www.rainbowschools.ca/school/confederation-secondary-school>

1918 Main St, Val Caron, ON, CANADA, P3N-1R8

#students: 602

Founded: 1967

Thur 7:45 a.m.-3:30 p.m.

Fri 7:45 a.m.-3:30 p.m.
Sat Closed, Sun Closed
Mon 7:45 a.m.-3:30 p.m.
Tues 7:45 a.m.-3:30 p.m.
Wed 7:45 a.m.-3:30 p.m.
705-671-5948, Ontario

St Benedict Catholic Secondary School

<https://st-benedict.sudburycatholicschools.ca>
2993 Algonquin, Sudbury, ON, CANADA, P3E-6K2
705.523.9235
Fax: 705.523.4115
E-mail: schl205@sudburycatholicschools.ca

Lo-Ellen Park Secondary School

275 Loachs Rd, Sudbury, ON, CANADA, P3E-2P8
Number of students: 992
705-522-2320

Colors: White, Grey, Purple

Principal: Pamela Potvin

District: Rainbow District School Board, Ontario

Queen's Athletic Field

<https://www.greatersudbury.ca/play/parks-and-playgrounds1>
Queen's Athletic Field, 30 Cypress St, Sudbury, ON, CANADA, P3C-4G3
Closes 10 p.m., 705-671-2489. Ontario

Exercise Equipment Outside

Nephawin Park

Rowing Machine, Stepper, Swings

Playgrounds

Azilda

Birch Tot Lot, 2450 Birch Street
Gauthier Tot Lot, Raymond Crescent
Rick McDonald Sports Complex, 51 Champlain Street
Shawn Tot Lot, Shawn Street
Spruce Meadows Tot Lot, Fleetwood Drive
Whitewater Lake Park, 535 Laurier Street

Blezard Valley

Blezard Valley Playground, 2732 Langdon Street

Capreol

Capreol Lion's Den Park

Doug Mohns Sports Complex, 100 Field Street
Dunn Park Tot Lot, Pine Street
Ella Lake Park
McNicol Tot Lot, Railway Avenue

Chelmsford

Algoma Tot Lot, Main Street East
Bathurst Playground Tot Lot, 357 Leonard Street
Berthiaume Playground, 1691 Gravelle Avenue Coté
Park, 215 Edward Avenue
David Street Playground, David Street
Irene Tot Lot, Irene Crescent
Marquis Tot Lot
Nickel Basin Tot Lot, Vermillion Lake Road
Rodrigue Avenue Tot Lot, Rodrigue Avenue
Shirley Street Playground, Shirley Street
St. Onge Tot Lot, St. Onge Street Trottier
Playground, Trottier Street Vaillancourt
Tot Lot, 88 Abbe Street

Copper Cliff

Basilio Playground, 3 Basilio Street - no playground equipment
Copper Cliff Playground, Godfrey Drive = no playground equipment
Diorite Playground, 3 Diorite Street
Lion's Club/Spencer Tot Lot, Power Street

Coniston

Coniston Centennial Tot Lot, 70 Government Road
East Street Playground Tot Lot, East Street
Dowling
Douglas Tot Lot, Douglas Crescent
Larchmount Tot Lot, Larchmount Drive
Vermilion Tot Lot, Vermillion Lake
Road

Falconbridge

Falconbridge Community Centre Park, 63 Edison Road
Parkinson Tot Lot, Parkinson Street

Garson

Brighton Tot Lot, Brighton Street
Cedar Green Park

Gordon Street Playground, 170 Gordon Street
Lion's Park/Beech Tot Lot, Birch Street
Matson Playground, 9 Matson Road
Metcalf Park,
Penman Park, Penman Avenue
Pine Street Playground, Pine Street
Ravine Park
Foxborough Tot Lot
Thomas Tot Lot, Thomas Street

Guilleville

Guilleville Tot Lot, Simon Street

Hanmer

Centennial Arena Park, 4333 Centennial Drive
Dominion Drive Park
Elmview Playground, 1045 Tilly Street
Farmdale Playground, 4760 Morrie Court
Howard Armstrong Sports Complex, 4040 Elmview Drive
Katmic Playground
Leger Crescent Playground, Leger Crescent
Lion's Tot Lot, 4611 St. Joseph Street
Nature's Haven Tot Lot
Theresa Playground, 155 Carmen Street

Levack

Fourth at Beech Tot Lot, Fourth Avenue
Levack Tot Lot, High Street

Lively

Anderson Farm
Black Lake Playground, 1 Glen Avenue East
End Tot Lot, 11 Polvi Avenue Fielding
Memorial Park, 345 Fielding Road
Kinsmen Sports Complex Playground, 1 Mikkola Road
Lively Playground, 2015 Sixth Avenue
Meatbird Lake Tot Lot, 785 Municipal Road 24
Penage Road Community Centre
Pineheights Park Tot Lot, 72 Jacob Street
VLA Playground, 26 O'Neil Street

McCrea Heights

McCrea Heights Playground, 1212 Hillside Avenue

Naughton

Naughton Community Centre Park, Municipal Road 55

Oja Sports Complex, 30 Phil Street

Simon Lake Park

Onaping

Gill Loop Tot Lot, Gill Avenue

Pine & Fir Tot Lot, Pine Street

Onaping Community Centre Tot Lot, 2 Hillside Drive

Onaping Tot Lot, Fraser Avenue

Russell Beaudry Playground, 10 Juniper Avenue

Skead

Silver Birch Tot Lot, Silver Birch Crescent

Skead Outdoor Rink Playground, 4092 Skead Road - No Playground
Equipment

Sudbury

Algonquin Playground, 2650 Algonquin Road

Antwerp Playground, 459 Antwerp Avenue

Attlee Adult Exercise Park

Autumnwood Playground Tot Lot, Autumnwood Crescent

Bedford Tot Lot, Bedford Court

Bell Park

Bonaventure Tot Lot, Landreville Drive

Byng Tot Lot, Byng Street

Carling Tot Lot, 1590 Carling Crescent

Carmichael Playground, 1388 Bellevue Avenue

Cedar Park Playground, 47 Normandy Court

Claude Charbonneau Park, 600 Percy Avenue

Cochrane & Kingsway Playground, Cochrane Street

Columbus Playground, Melvin Avenue

Copper Tot Lot, Copper Street

Corsi Hill Tot Lot, Corsi Hill

DJ Hancock Memorial Park

Delki Dozzi Complex, 3 Mary Street

Don Lita Playground, 1024 Brookfield Avenue

Dorsett Tot Lot, Dorsett Drive

Downe Playground, Gemmell Street

Downland Tot Lot, Downland Avenue

East End Playground, 2765 Rheel Street

Elm West Playground, 505 White Street
Eyre Playground, 243 Ferndale Avenue
Fraser Park
Gateway Tot Lot, Eric Court
Gemma Tot Lot, Gemma Street
Goodview Road Playground, Goodview Road
Grace Playground
Grandview Playground, Grandview Boulevard
Grenoble Court Tot Lot
Hillcrest Playground, Hillcrest Crescent
James Jerome Sports Complex
Kivi Park Playground, 4472 Long Lake Road
Korpela Playground
Lakeview Playground, 420 Sunday Street
Lansing Sports Field Playground, 1830 Lamothe Street
Lebel Playground, 1232 Carmelo Avenue
Lion's Club Playground, Lauzon Avenue
Little Britain Tot Lot, 481 Granite Street
Lo-Ellen Park Playground, 275 Loach's Road
Lonsdale Playground, 811 Lonsdale Avenue
Lorraine Street Playground, Lorraine Street -
Louis Street Tot Lot, Louis Street
Mallard's Landing Park
Marcel Tot Lot, Bouchard Street
McFarlane Playground, 1548 Pioneer Road
Memorial Park
McLean Playground, 345 McLean Avenue
Moonlight Beach
Moonlight Ridge Tot Lot, Solstice Street
Morel Family Foundation Playground, 270 Second Avenue
Nepahwin Beach
O'Connor Playground, 140 St. George Street
Oriole Playground, Oriole Drive
Paquette/Trillium Tot Lot, Paquette Street
Participation Tot Lot, Byng Street
Place Hurtubise Playground, 1966 LaSalle Boulevard
Porter Park Tot Lot
Queen's Athletic Field
Quinn and Logan Tot Lot, Logan Avenue
Redfern Tot Lot, Redfern Street Redwood
Playground, 191 Jeanine Street
Ridgecrest Playground, 1431 Roy Avenue
Ridgemount Playground, 3088 Claude Street
Riverdale Playground, 199 York Street
Robinson Playground, 215 Cranbrook Crescent
Rosemarie Playground, 1297 Gary Avenue
Ryan Heights Playground, 736 Bruce Avenue

Hazelton Tot Lot, Shelbourne Street
Selkirk Park
St. Charles Lake Tot Lot, Brenda Drive
St. Joseph Playground, St. Joseph Street
Stewart Playground, Stewart Drive
Summerhill Park
Sunrise Ridge Tot Lot, Sunrise Ridge Drive
Telstar Playground, Telstar Avenue
Terry Fox Sports Complex
Travers Playground
Twin Forks Playground, 1475 Gary Avenue
Valleystream Neighbourhood Park, 2038 Valleystream Drive
Victory Playground, 496 Frood Road
Vintage Green Playground, Tuscany Trail/Napa Valley
Westmount Community Centre Playground, 109 Kipling Court
Worthington Tot Lot, Front Street
York Street Tot Lot, York Street

Val Caron

Carol Richard Playground, 1719 George Street
Confederation Tot Lot, 1919 Helene Street
Daniel Tot Lot, 3173 Daniel Avenue
Flake Tot Lot, 3264 Percy Avenue
Kin Park / Blezard Valley Playground
Laurentian Park
MacMillan tot Lot, MacMillan Drive
Pinecrest Tot Lot, Swanson Court
Rebecca Playground, Rebecca Street
Sunnyside Playground, 820 Cedar Ave.,

Val Therese

Chelsea Tot Lot, Chelsea Avenue Laval Tot Lot, 1575 Laval Street Rose
Court Tot Lot, Rose Court
Valley Acres Playground, 1541 East Street

Wahnapiatae

**Mountainview Playground, Mountainview Street Ray Street Tot Lot, Ray
Street**

Wahnapiatae Community Centre Tot Lot, 161 Glenbower Crescent

Whitefish

Centennial Park Campground

Den Lou Playground

26 Den Lou Road

Panache Road Community Centre Playground

Panache Lake Road

Whitefish Playground

25 Paul Street

Worthington Beaver Lake Playground

45 Club Road

Beaches

Bell Park Main Beach Ramsey Lake

Bell Park Main Beach can be accessed from the Elizabeth Street parking lot. Bell Park has several beaches. Only the main beach is accessible and supervised by a lifeguard. Visitors with disabilities can enjoy the water at our main beach with the use of our floating wheelchair. For more information, or to reserve the floating wheelchair, please call 705-674-9116. Did you know that Bell Park Main Beach is blue flag certified? When you see the blue flag flying, it means our beach meets strict environmental, educational, safety and access criteria.

Capreol Public Beach Marshy Lake

Capreol Public Beach is located off Lakeshore Street in Capreol.

Centennial Park Beach Vermilion River Centennial Park - Beach

Is located off of Graham Road in Whitefish.

Kalmo Beach Whitson Lake

Have your say on the Kalmo Beach 10 year plan. Kalmo Beach is located off Kalmo Beach Road in Val Caron.

Moonlight Beach Ramsey Lake

Moonlight Beach is located off Moonlight Beach Avenue. Did you know that Moonlight Beach is blue flag certified? When you see the blue flag flying, it means our beach meets strict environmental, educational, safety and access criteria.

Nepahwin Beach Nepahwin Lake

Nepahwin Beach is located off Paris Street in Sudbury.

Whitewater Lake Park Whitewater Lake

Whitewater Lake Park is located off Laurier Street West in Azilda.

Pools

Sudbury Gatchel Pool

43 Irving Street Sudbury, ON 705-688-3905

Aquatics@greatersudbury.ca

Copper Cliff R.G. Dow Pool Ad

38 Veterans Road, Copper Cliff, ON, 705- 688-3909

Aquatics@greatersudbury.ca

Onaping Pool

2 Hillside Avenue, Unit 4, Onaping, ON, 705-688-3908

Aquatics@greatersudbury.ca

Nickel District Pool

705-688-3907, 1940 Hawthorne Street Sudbury, ON, CANADA,
Aquatics@greatersudbury.ca

Hanmer Howard Armstrong Recreation Centre Pool

4040 Elmview Dr. Hanmer, ON, CANADA, 705-688-3906
Aquatics@greatersudbury.ca

BMX Bike Parks

BMX Facility at Rotary Park

The BMX track is located at Rotary Park (Adanac Ski Hill):

744 Beatrice Crescent, Sudbury, ON, P3A 5B5, CANADA

Open from May 1 to October 31 (weather and track conditions permitting)

Open daily from dawn to dusk

The track has been built to United Cyclist International (UCI) standards in partnership with the Ontario Cycling Association.

BMX Club: The City of Greater Sudbury is looking for interested participants and volunteers to establish a local BMX club to assist with maintenance of the track, encourage registration and help organize events.

The club will work with the City and the Ontario Cycling Association, who will provide support for volunteer training, coach's clinics, seminars and promotion of the sport.

Interested individuals are asked to contact 705-674-4455, ext. 2472.

Sliding Hills

Antwerp Playground

459 Antwerp Street, Sudbury, ON, CANADA

Elizabeth Street sliding hill

Entrance on Elizabeth Street, Sudbury.

Grace Hartman Amphitheatre sliding hill

Entrance on Paris Street (near intersection of Paris and York Streets).

Capreol Sliding Hill

Location of former ski hill. Entrance on Lakeshore Street, Capreol.

Centennial Arena

4333 Centennial Drive, Hanmer.

Delki Dozzi Playground

3 Mary Street, Sudbury.

Dorsett Sliding Hill

Corner of Bancroft and Nottingham, Sudbury, ON, CANADA

Falconbridge Community Centre

63 Edison Road, Falconbridge, SUDBURY, ON, CANADA

Ridgecrest Playground

1437 Roy Avenue, Sudbury.

Robinson Playground

215 Cranbrook Crescent, Sudbury.

Toe Blake Arena

1 Government Road, Coniston.

Valley Stream Playground

Embassy Street, Sudbury.

Westmount Playground

109 Kipling Court, Sudbury.

Whitewater Lake Park

535 Laurier Street, Azilda.

Bell Park

Regent Street, Sudbury, ON, CANADA, next to Science North

Community Centres

Onaping Falls Community Centre

705-674-4455, extension 4741

2 Hillside Ave, Onaping Falls, ON, CANADA

Closed through July and August, reopens after Labour Day.

Information is subject to change. Foul language and horseplay will not be tolerated. Youth and children under the age of 16 must be accompanied by a parent/guardian over the age of 18.

Family Badminton

Bring the entire family out for a night of badminton! Bring your own equipment or borrow some from our facility. No registration required. Come and go as you please.

Fee: Free of charge

Wednesdays and Sundays: 6 to 8 p.m.

Open Gym Night (Volleyball and Basketball)

Ages 13 and up

Drop in to shoot some hoops or work on your serve. Enjoy our open gym night by playing some basketball or volleyball - or both! We have equipment if you don't have your own. No registration required. Come and go as you please.

Fee: Free of charge

Mondays: 6 p.m. to 9 p.m.

Adult Badminton

Challenge your friends to a badminton match! Bring your own equipment or borrow some from our facility. No registration required. Come and go as you please.

Fee: Free of charge

Wednesdays and Sundays: 8 p.m. to 10:30 p.m.

Indoor Walking

Get your exercise, no matter the weather! Grab a friend and stop by during designated hours for a few indoor laps of the gym. Stay active without worrying about rain, snow, heat or bugs! No registration required. Come and go as you please.

Fee: Free of charge

Mondays, Tuesdays and Wednesdays: 10 a.m. to 1 p.m.

Tai Chi (not instructor-led)

Fee: Free of charge

Mondays: 1:30 to 3 p.m.

Thursdays: 10 a.m. to 12 p.m.

Youth Program - gym

Fee: Free of charge

Tuesdays and Thursdays: 6 to 8 p.m.

Pickleball

Fee: Free of charge

Tuesdays and Wednesdays: 1 to 3 p.m.

Fridays: 10 a.m. to 12 p.m.

Ismalia Community Of Sudbury

5.0

(3) · Community center

Sudbury, ON

Westmount Community Centre

4.5

(40) · Community center

Greater Sudbury, ON

Garson Community Centre/Arena

4.3

(235) · Community center

100 Church St

111 Senior Citizens' Centre

<https://oneelevenseniors.ca>

Community Care Access Centre--North East

Sudbury Community Svc Ctr, and more

Loellen Community Centre

No reviews · Recreation center

Sudbury, ON

ParkSide Older Adult Centre Sudbury

4.5

(47) · Senior citizen center

140 Durham St

Wahnapiatae Community Centre

4.4

(49) · Community center

Wahnapiatae, ON

Falconbridge Community Centre

4.6

(21) · Community center

Falconbridge, ON

Carmichael Community Centre

No reviews

1388 Bellevue Ave

Croatian Center

4.4

(32) · Auditorium

571 Kathleen St

Sudbury Community Svc Ctr

4.4

(24) · Social services organization

Sudbury, ON

Coniston Community Centre

No reviews · Community center

Government Rd

Temporarily closed

Student Recreation Centre

3.5

(15) · Recreation center

Sudbury, ON

Ukrainian Seniors' Centre

4.9

(28) · Entertainment and recreation

30 Notre Dame Ave

Carol Richard Park Community Hall

4.2

(22) · Community center

Val Caron, ON

Tom Davies Community Centre / Arena

4.4

(105) · Arena

Lively, ON

Sudbury Community Arena

4.0

(717) · Arena

Sudbury, ON

McClelland Arena

4.2

(80) · Arena

Copper Cliff, ON

Labo médias

5.0

(1) · Community center

Sudbury, ON

Temporarily closed

Whitefish Lake First Nation Community Centre

4.8

(17) · Community center

Naughton, ON

FamilySearch center

No reviews · Non-profit organization

900 Cambrian Heights Dr

Sudbury Events Centre

4.6
(9) · Event venue
19 Regent St
Community Care Access Centre--North East

3.3
(12) · Social services organization
40 Elm St #41

Skead Community Centre

4.5
(8) · Auditorium
Skead, ON
"Small volunteer run recreation centre in Skead."

Hellenic Center

4.5
(68) · Event venue
486 Ester St

Sudbury Curling Club

4.4
(67) · Club
300 Wessex St

Royal Club (Sukhdev Restaurant)

5.0
(5) · Community center
Copper Cliff, ON

Child And Family Centre

No reviews
319 Lasalle Blvd

Place des Arts du Grand Sudbury

4.5
(42) · Event venue
27 Larch St

Student Life Centre

4.4
(73) · Event venue
Sudbury, ON

Army Community and Family Services (including Food Bank)

4.4
(72) · \$ · Social services organization
450 Notre Dame Ave #109

Better Beginnings Better Futures

4.7
(84) · Social services organization
450 Morin Ave

Home & Community Support Innovation Centre

No reviews · Community health centre
576 Haig St

SteelWorkers' Union Hall & Conference Center

4.6

(101) · Banquet hall

66 Brady St

Cambrian Arena

3.8

(121) · Arena

795 Cambrian Heights Dr

Northern Water Sports Centre

4.6

(90) · Sports complex

206 Ramsey Lake Rd

Carmichael Arena

4.1

(125) · Arena

Sudbury, ON

Sudbury's Centre for Transitional Care

4.0

(4) · Social services organization

519 Notre Dame Ave

Sudbury Community Midwives

4.5

(22) · Pregnancy care center

1571 Paris St

My Center

5.0

(1) · Disability services and support organization

52 Gill St

Polish Combatants

4.7

(20) · Auditorium

291 Albinson St

Sudbury Theatre Centre

4.7

(313) · Performing arts theater

170 Shaughnessy St

Institution for modern & classic theatre

OCOF Minnow Lake Family Resources- EarlyON

No reviews · Family service center

1127 Bancroft Dr

Atikameksheng Anishnawbek Community Centre

4.6

(40) · Community center

Naughton, ON

Wahnapiatae First Nation

4.5

(115) · Community center

Capreol, ON

Capreol Community Centre and Arena

4.0
(144) · Arena
Capreol, ON

Chelmsford Community Centre and Arena

4.3
(88) · Hockey rink
Chelmsford, ON

Ukrainian National Federation

4.3
(41) · Auditorium
130 Froot Rd

YMCA of Northeastern Ontario

3.9
(95) · Fitness center
Sudbury, ON
Nonprofit center for classes & services

Youth Centers

Capreol Millennium Resource Centre/Youth Centre

705-858-8888, 24 Meehan St, Capreol , Ages 10 to 18
<https://www.greatersudbury.ca/play/recreational-facilities/youth-centres>
-9008082.23 5 893777.703

Dowling Leisure Centre/Youth Centre

705-674-4455
<https://www.greatersudbury.ca/play/recreational-facilities/youth-centres>
-9054714.819 5874693.871
10 to 18, 79 Main St, Dowling, ext. 4740, ON, CANADA,
Mon, Wed & Fri 3 p.m. to 8 p.m.

Levac/Onaping Community Centre Youth

705-674-4455 ext. 3974 Ages 10 to 18
Tues & Thur 3 p.m. to 8 p.m.
2 Hillside Avenue, Onaping, ON, CANADA
<https://www.greatersudbury.ca/play/recreational-facilities/youth-centres>
-9063402.278 5880135.342

Sudbury Ryan Heights Playground/Youth Centre (After 4:00pm)

736 Bruce Avenue, Sudbury, ON, CANADA
<https://www.greatersudbury.ca/play/recreational-facilities/youth-centres>
-9016057.963 5862132.528

Cambrian Heights/Ryan Heights/Playground/Youth Centre-After 4pm prog.

705-525-2078, Ages 10 to 18
M-F 3 p.m. to 6 p.m.

Claude Charbonneau Park Youth Centre

Ages 10 to 18

600 Percy Avenue, Claude Charbonneau Park

Sat 10 a.m. to 2 p.m.

Sudbury Action Centre for Youth

95 Pine Street, Sudbury, ON, CANADA

<https://www.greatersudbury.ca/play/recreational-facilities/youth-centre-9016859.705> 5859831.924

705-673-4396, Ages 16 to 24

Lively- Walden Youth for Youth/Youth Centre/Citizen Service Centre

705-692-1777, 15 Kin Drive Lively, Ages 10 to 18

<https://www.greatersudbury.ca/play/recreational-facilities/youth-centres>

-9033059.742 5850790.962

M-F 3 p.m. to 8 p.m.

Sudbury Myth's and Mirrors Community Arts/Youth Centre

705-222-1305, 496 Froot Road

mythsandmirrors@gmail.com

<https://www.greatersudbury.ca/play/recreational-facilities/youth-centres>

-9017612.654 5861569.27

Myths and Mirrors is a non-profit community organization that believes everyone should have meaningful creative opportunities for building new standards of living, defining healthy values and improving quality of life. Collaborative visual art, such as murals, as well as performance, puppetry and circus arts, give the community a chance to explore issues and themes that matter to them. Everyone is welcome.

Chelmsford Rayside-Balfour Youth Action Network Cote Park Youth Centre

Ages 10 to 17, 705-855-5230

www.raysidebalfouryouthcentre.ca

214 Cote Avenue, Chelmsford, ON, CANADA

<https://www.greatersudbury.ca/play/recreational-facilities/youth-centres>

-9038508.165 5873103.674

Rollerblading Park

Gatchell Delki Dozzi Park

3 Mary St. 1 kilometer paved loop. Open daily from dawn until dusk. The loop is reserved for local cycling club on Tuesdays and Thursdays from 6 to 8 p.m.

Outdoor Rinks

Shovel Superheroes Required at Neighborhood Outdoor Rinks

The City of Greater Sudbury is seeking more volunteers to maintain and operate 54 outdoor rinks in every part of the community.

Neighborhood rinks would not be possible without the hundreds of

volunteers who donate their time and energy each winter season. Neighborhood volunteers are responsible for scraping, shoveling and flooding outdoor rinks, ensuring the fieldhouse is open and may also operate the canteen. At some locations, volunteers are involved in special events, such as carnivals and fundraising activities. The City of Greater Sudbury supports local volunteers with funding and equipment to carry out these duties. Please consider supporting a healthier community by giving your time at your local neighborhood outdoor rink! For more information and to volunteer, contact the City of Greater Sudbury Leisure Services at 705-674-4455, ext. 2446 or leisure.services@greatersudbury.ca

Neighborhood Rinks

Due to milder weather, the City of Greater Sudbury has now closed all outdoor rinks for the season. Volunteers support 54 neighborhood rinks throughout the City of Greater Sudbury. Everyone is encouraged to volunteer a few hours of their time this winter to help maintain these outdoor recreational facilities.

Outdoor Rinks Opening Requirements

Outdoor rinks rely on our dedicated group of neighborhood association volunteers, known as our Shovel Superheroes. The City's outdoor rinks are natural skating surfaces (no refrigeration systems) with concrete, asphalt or gravel surfaces. In mid to late December, depending on weather conditions, volunteers begin the process of flooding and building ice for the outdoor rink season. Temperatures must be consistently below freezing to build ice. Ideal temperatures for flooding outdoor rinks are between -7 and -17 degrees Celsius. Flooding continues until there is a minimum of a 2" base of ice and the rink surface is flat and level.

Volunteers continue to build ice throughout the season to maximize the outdoor rink season (the thicker the ice, the longer the ice will last). Residents are asked to remain off of flooded ice surfaces to preserve ice. Outdoor rinks can last until early to mid-March depending on ice thickness, ice quality and weather conditions and close when ice conditions deteriorate and no longer safe for use.

Please note that ice availability is dependent on both weather conditions and volunteer availability. Once ready, ice surfaces are available for use at any time, however, hours of operation for fieldhouses/warming trailers vary. Please see individual rinks below for dates and times.

Azilda

Lionel E. Lalonde Centre - open Monday, Wednesday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Beaver Lake

Club Road - open Wednesday, Thursday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Blezard Valley

Valley East Kin Park on Langdon Street - open Monday, Wednesday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Capreol

Capreol Outdoor Rink

(by ballfield) off Meehan Street-open Wednesday, Thursday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Chelmsford

Coté Park, 215 Edward St. (behind arena) - open Tuesday, Thursday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Coniston

Coniston Outdoor Rink (by arena) on Government Road - Open Monday, Wednesday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Dowling

Dowling Leisure Centre - open Wednesday, Thursday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Falconbridge

Falconbridge Outdoor Rink (behind the community centre) off Edison Street - open Monday, Wednesday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Garson

Central Lane Outdoor Rink on Central Lane - open Monday, Wednesday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Gordon Street Outdoor Rink on Gordon Street - dates and times currently unavailable

Matson subdivision, Central Lane and Old Skead Road CC (Gordon Street) - open Tuesday, Thursday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Penman Outdoor Rink on Penman Avenue - open Tuesday, Thursday, Friday to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Hanmer

Elmview - open Monday, Wednesday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Farmdale - open Monday, Wednesday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Theresa - open Tuesday, Thursday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Valley Acres - open Tuesday, Thursday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Levack

Levack on First Avenue S

Monday, Wed, Fri 5 to 9 p.m. and Sat, Sun 12 to 6 p.m.

Lively

Black Lake Playground on Glen Avenue - open Monday, Wednesday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Sixth Avenue/Lively Outdoor Rink - open Tuesday, Thursday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Kinsmen Sports Complex on Mikkola Road - open Monday, Wednesday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Naughton

Oja Sports Complex on Phil Street - open Monday, Wednesday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

V.L.A. Playground on O'Neil Street - open Tuesday, Thursday, Friday 5 to 9 p.m. and Saturday, Sudbury 12 to 6 p.m.

Onaping

Russel Beaudry on Juniper Avenue - open Tuesday, Thursday, Friday 5 to 9 p.m. and Saturday, Sudbury 12 to 6 p.m.

Skead and area

Poupore East - open Tuesday, Thursday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Sudbury

Queen's Athletic Skating Oval

Queen's Athletic Skating Oval will open February 18, 2023 with extended hours of operation on Monday, February 20, from 12 to 10 p.m.

Queen's Athletic Skating Oval is now open for the season. Hours of

operation are Monday to Friday, from 4 to 10 p.m., and Saturdays and Sundays from 12 to 10 p.m.

Residents are reminded that hockey, ringette and shinny are not permitted on the skating oval.

Due to fluctuations in temperatures, hours of operation may change without notice.

Queens Athletic Skating Oval Opening Requirements

An ice resurfacer (Zamboni) and other equipment is used to build and maintain the Queens Athletic Skating Oval. Depending on temperature and weather conditions, it takes approximately 2 weeks to prepare the skating oval. Preparations include packing and levelling the granular track surface and banking snow to hold water. To begin building ice, outdoor temperatures must be below -5 Celsius for multiple consecutive days. A minimum of 2 inch ice thickness is required for the entire skating surface in order to be safely opened. The skating oval is historically open anywhere from mid-December to early January and closes in March when conditions are no longer safe or favorable.

Location

Regent Street (near Spruce)

Facilities

Schools and community groups are asked to call the City of Greater Sudbury Parks Services at 705-674-4455, ext. 4578 for reservations.

Ramsey Lake Skating Path

The Ramsey Lake Skating Path will open February 17, 2023, with extended hours on Monday, February 20, from 12 to 8 p.m. The extension to Science North will not be available this skating season due to ice conditions in the area.

Hours of operation are Monday to Friday, from 4 to 8 p.m., Saturdays from 12 to 8 p.m. and Sundays from 12 to 6 p.m. The Ramsey Lake Skate Patrol will be available for assistance during hours of operation. The path is for skating only; hockey, ringette and shinny are not permitted. The path is approximately 1.5 km long, from the Sudbury Canoe Club at the corner of Elizabeth Street and McNaughton Terrace to Science North, with an extension to the Northern Water Sports Centre. The Ramsey Lake Skate Patrol will be available to provide assistance during the hours of operation.

Location Elizabeth Street / McNaughton Terrace to Science North

In order for work to begin on the Ramsey Lake Skate Path, ice must be a minimum thickness of 12 to 15 inches depending on the type and weight of equipment being used. Test holes are measured starting in January to determine the thickness of the ice.

Depending on temperature and weather conditions, it takes approximately 2 to 3 weeks to prepare the skate path. Preparations include plowing, sweeping, shaving and flooding the ice surface. Once ice is 18 to 24 inches thick, the skate path is deemed safe for opening. The skate path has historically opened anywhere from mid January to early February, and closes in March when conditions are no

longer safe or favourable. Ramsey Lake Skating Path is a natural ice surface. Report hazards to skate patrol employees or call 311.

Algonquin on Algonquin Road - open Monday, Wednesday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Antwerp on Antwerp Street - open Monday, Wednesday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Carmichael on Bellevue Avenue - open Monday, Wednesday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Cedar Park on Normandy Court - open Monday, Wednesday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Delki Dozzi, end of Mary Street (Gatchell area) - open Monday, Wednesday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Diorite on Diorite Street, Copper Cliff - open Tuesday, Thursday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Don Lita on Brookfield Avenue - open Monday, Wednesday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Downe, Leon XIII School, on Gemmell Street - open Tuesday, Thursday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

East End on Rheal Street - open Monday, Wednesday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Elm West on White Street - open Tuesday, Thursday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Eyre on Ferndale Avenue - open Tuesday, Thursday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Lebel Tot Lot on San Francisco Street - open Tuesday, Thursday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Lo-Ellen, Lo-Ellen Park Secondary School on Loach's Road - open Monday, Wednesday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Long Lake on Long Lake Road - open Tuesday, Thursday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Lonsdale on Lonsdale Avenue - open Tuesday, Thursday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m..

McLean on McLean Street - open Tuesday, Thursday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

McFarlane Lake on Pioneer Road - open Tuesday, Thursday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Morel Playground on Second Avenue (formerly Adamsdale) - open Tuesday, Thursday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

O'Connor on Dell Street (for more information please contact leisure.services@greatersudbury.ca)

Percy on Percy Street - open Monday, Wednesday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Ridgecrest on Roy Street - open Tuesday, Thursday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Riverdale on York Street - open Tuesday, Thursday, Friday 5 to 9 p.m.

and Saturday, Sunday 12 to 6 p.m.

Robinson on Cranbrook Crescent - open Monday, Wednesday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Rosemarie on Montfort Street - open Monday, Wednesday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Ryan Heights on Ryan Heights - open Wednesday, Thursday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Westmount off Kipling Court - open Monday, Wednesday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Val Caron

Carol Richard on George Street - open Tuesday, Thursday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Sunnyside on Maple Street - dates and times currently unavailable

Wahnapitae

Wahnapitae Community Centre

Tues, Thur, Fri 5 to 9 p.m. and Sat, Sun 12 to 6 p.m.

Whitefish

Den-Lou Playground on Den-Lou Road - open Monday, Wednesday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Penage Road Community Centre - open Tuesday, Thursday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Whitefish Playground on Paul Street - open Tuesday, Thursday, Friday 5 to 9 p.m. and Saturday, Sunday 12 to 6 p.m.

Off Leash Dog Parks

Sudbury Morel Family Foundation Park

(formerly Adamsdale Playground), 270 Second Avenue

O'Connor Playground

140 St. George Street Ridgecrest Playground, 1437 Roy Avenue

Twin Forks Playground

1475 Gary Avenue Victory Park

Frood Road/Shevchenko Avenue Westmount Playground

109 Kipling Court

DJ Hancock Memorial Park

Walford Road

Delki Dozzi Splash Pad

Delki Dozzi Park

Mary Street Memorial Park

1 Brady Street

South End Dog Park

235 Countryside Dr. in Sudbury, beside the Gerry McCrory Countryside Sports Complex, 6 a.m. to 11 p.m.

One fenced enclosure for small dogs (less than 25 lbs and less than 15 inches tall from the shoulder)

One fenced enclosure for large dogs (25 plus lbs or over 15 inches tall from the shoulder)

Each enclosure has a double-gated entry/exit for safety Garbage Bins, portable washrooms are currently unavailable due to COVID-19

guidelines, but will be on site at a later date. Splash Pads **Coniston**

Adélie Splash Pad

Centennial Park, Government Road

Capreol Capreol Splash Pad

Doug Mohns Park, Field Street

Chelmsford Côté Park

Côté Avenue/Fitzgerald Street

Garson Garson Splash Pad

Lions Park, Birch Street

Valley East Howard Armstrong Recreation Centre

4040 Elmview Drive

Walden Kinsmen Sports Complex

1 Mikkola Rd.

Onaping Onaping Community Centre

2 Hillside Ave.

Azilda Whitewater Lake

535 Laurier Street, Azilda, ON, CANADA

Minnow Lake Dog Park

The corner of Donna Drive and Second Avenue North. Entrance is on Second Avenue, just north of the cemetery. Open daily from 6 a.m. to 11 p.m. One fenced enclosure for small dogs (less than 25 lbs and less than

15 inches tall from the shoulder)

One fenced enclosure for large dogs (25 plus lbs or over 15 inches tall from the shoulder)

Each enclosure has a double-gated entry/exit for safety

Garbage bins and portable washrooms on location

Azilda Dog Park

3878 Municipal Rd. 15 in Azilda Open daily from 6 a.m. to 11 p.m. One fenced enclosure for small dogs (less than 25 lbs and less than 15 inches tall from the shoulder) One fenced enclosure for large dogs (25 plus lbs or over 15 inches tall from the shoulder) Each enclosure has a double gated entry/exit for safety Garage bins and portable washrooms.

Skateboard Parks Outdoors

All skateboard parks open from May to October (weather permitting)

Open daily from dawn to dusk. No fee for use unless otherwise noted.

Sudbury Outdoor Skate Park

Delki Dozzi Park, 3 Mary St.

5 foot bank

5 foot quarter pipe

Coniston Outdoor Skate Park

Coniston Outdoor Skate Park

Coniston Centennial Park, 70 Government Road

4 foot half pipe

4 foot bank ramp

grindbox

10 foot long grind rail

wedge ramps

Donavan Outdoor Skate Park

Victory Park, Froad Road, Greater Sudbury, On P3C 4G9

4 foot half pipe

2 x 10 foot long aluminum grind benches

Grindbox

8 foot rail

10 foot kinked rail

jump ramp

Azilda Outdoor Skate Park

Rick McDonald Park, 158 Ste. Agnes St.

4 high quarter pipe

4 high bank

fun box with rail and ledge

picnic table and grind rail

Chelmsford Outdoor Skate Parks

Chelmsford Outdoor Skate Park 1

Côté Park located next to the Rayside-Balfour Youth Centre on Côté St.

quarter pipe

fun box including stairs

planter and grind rail

Chelmsford Outdoor Skate Park 2

Berthiaume Park, 1619 Gravelle Ave.

5 quarter pipe

6 steep bank

spine

wedge and fun box

Dowling Skate Park

Dowling Leisure Centre, 79 Main St. West

quarter pipe

bank

pyramid combo and ledge

Garson Outdoor Skate Park

Central Lane, 214 Orell St.

3 foot quarter pipe

10 foot long aluminum grind bench

Hanmer Outdoor Skate Park

Lion's Den, Hanmer, 4611 St. Joseph St.

Skatelite equipment

4 foot quarter pipes

8 foot rail

jump ramp

4 foot half pipe

4 foot bank ramps

Minnow Lake Outdoor Skate Park

Carmichael Arena, 1298 Bancroft Drive

10,000 square foot concrete skate park

bowl with extension and spine

flat rail

handrail

kink rail

quarter pipes and banks

stairset

hubba

grindboxes and ledges

Garbage Collection Clubs

Adopt-a-road -from the City Of Sudbury-call 311

In this program a group of people adopt a 2 kilometer section of Road way. They have the responsibility of picking up litter in that section of the roadway twice a year.

311 Can be dialed to complain if you don't think garbage is being picked up enough.

Cigarette Butt Collectors

Coniston senior collects cigarette butts

Posted by Sudbury Northern Life Harry Welch, an 82-year-old Coniston senior, hates cigarette butts left lying around.

Sudbury.com Staff Jan 9, 2009 8:06 PM

Former marina owner Harry Welch has taken it upon himself to provide an attractive and cheap means of encouraging smokers to butt out in his recycled containers.

Posted by Sudbury Northern Life Harry Welch, an 82-year-old Coniston senior, hates cigarette butts left lying around. The former marina owner has taken it upon himself to provide an attractive and cheap means of encouraging smokers to butt out in his recycled containers.

"Cigarette butts last for years. I am pushing hard this year to get them off the ground," said Welch.

He goes to the local dump and scavenges recycled materials that could be made into containers. Then he sets them up in places where smokers congregate, such as outside the Coniston arena or in front of the

nearby Colonial Inn on Cedar Street.

After about a month and a half, he arrives at the site, retrieves the container, and empties it.

"I collected 1,022 butts in eight weeks from both the arena and the Inn. I also collected 234 butts from my container outside of Imperial Collision on the Kingsway," he proudly noted.

If more people quit smoking, there would be less of a need for his free community service. But Welch is cynical about that.

"If people quit smoking what would the government do for revenues?" Welch admitted to smoking once.

"My brother and I tried to smoke my granddad's corn cob pipe when I was eight. I got so sick I never tried smoking again."

Welch said a highlight of his environmental work was running into top Canadian environmentalist David Suzuki in Coniston.

"I saw him at the Colonial Inn when he was in town for a ceremony at Laurentian University recently.

He was having breakfast so I did not want to bother him. But I did tell him he was crazy, like a fox. He seemed like a nice guy," said Welch. Though he admits his environmental days are numbered at his age, Welch finds hope in the younger generation.

"I admire them. I think the ones coming up next will be even better and do the right thing for the environment."

Welch said he has been trying to get city officials and the mayor interested in getting behind his low cost butt containers.

I have contacted them, but no luck so far."

You could collect cigarettes and recycle them too if you want to find a use for them.

Recycle Beer Cans Here

Beer Store (All Beer Stores)

AIM Recycling Sudbury South

705-673-1313 1273, Kelly Lake Rd, Sudbury, ON, P3E-5P5, CANADA

Recycle Metal Here

AIM Recycling Sudbury South 705-673-1313 1273 Kelly Lake Rd, Sudbury, ON P3E-5P5

Universal Recycling Center 1-888-824-0006

887 Notre Dame Ave unit a, Greater Sudbury, ON, CANADA, P3A-2T2 ,
(Car Parts and metal)

Greater Sudbury Recycling Centre

705-671-2489 1825 Frobisher St, Sudbury, ON, CANADA, P3A-6C8

Val Terese' American Iron and Metal

Val Terese', ON, CANADA

Recycle Electronics Here

Recycle My Electronics

<https://recyclemyelectronics.ca/on/sudbury>

Recycle Batteries Here

South End Library

705-688-3950, 1991 Regent Street, Sudbury, ON, P3E 5V3, CANADA

All Libraries Now Recycle batteries

Call any of the libraries for battery disposal

SHS Sudbury Center For Life (Health Sciences North)

140 Durham Street, Sudbury, ON P3E 3M7, CANADA

Sudbury Fire Department

193 Van Horne, Sudbury, ON P3E 1E6, CANADA

Sudbury MacKenzie Public Library

74 MacKenzie Street, Sudbury, ON, P3C-4X8, CANADA

Sudbury Court House

155 Elm Street, Sudbury, ON P3C-1T9, CANADA

Quality Inn Sudbury

390 Elgin Street, Sudbury, ON P3B-1B1, CANADA

Home Hardware Evans Sudbury

172 Pine Street, Sudbury, ON P3E-4R8, CANADA

Diesel Electric Services

250 Douglas Street, Sudbury, ON P3E-1G1, CANADA

Home Hardware Sudbury 385 Montague (Skakoon)

385 Montague Avenue, Sudbury, ON P3C-4G4, CANADA

SHS Sudbury Out Patient Clinic

865 Regent Street, Sudbury, ON, P3E-3X9, CANADA

Northern Auto Sound Ltd

1100 Kingsway, Sudbury, ON, P3B 2E5, CANADA

SHS Sudbury Mental Health

680 Kirkwood Drive, Sudbury, ON, P3E-1X3, CANADA

ENDM - Willet Green Miller Centre

933 Ramsey Lake Road, Sudbury, ON, P3E-6B5, CANADA

Recycle Pop Cans Here

AIM Recycling Sudbury South

705-673-1313 1273 Kelly Lake Rd, Sudbury, ON P3E 5P5, CANADA

Recycle Pop Tabs Here

Deluxe Hamburgers

705-566-9690, 1137 Regent St, Sudbury, Ontario, Canada, P3E-3Z7

Drop them off here to donate them free for wheelchair charities.

How To Find Berries To Pick

Falling Fruit

<https://fallingfruit.org>

Berry Farms

Sudbury

Sudbury Market

In-store shopping

Cueillette fruits

No info yet.

Flour Mill Community Farm Villam Farm

705-918-1526

Agropur

705-682-2821

Chelmsford

Ruby Berry Farms

Strawberries 705-855-9901 In-store shopping

Lise's Strawberry Farm/Gaston O'Bomsawin

705-855-9386

Strawberry Picking and In-store shopping

Beaulieu Farms

705-897-1301

Valley Orchard

705-897-4320

Haskaps. Like elongated blueberries, but offer way more flavour, antioxidants, vitamins, tang and four times the levels of vitamins A and C as well as fibre and potassium!

Chelmsford Montpellier Farm

705-626-5441

Chelmsford Rifflyn Acres

705-665-3220

Naughton

Bleazard Valley Naughton Plant nursery

705-618-2400 goji berry, aronia viking, grapes, kiwi, and sea

Garson

Freskiw's

705-693-7269

McGrows Farms & Gardens

705-693-9984

Garcon Terry Farms

Markstay

The Ugly Barn Farm

Val Therese

Wagonwheel Ranch

705-969-8601, Great place to let the kids get up close to farm animals

Hanmer

Hanmer Maple Hill Farm - Ferme côte d'érables

No info yet.

Donate Glasses Here

The South End Library and your optometrist or pharmacy or anywhere people collect for all. If that is not good enough then put them in the City Blue Box so that the frames may be recycled as plastic.

Health Nutrition Classes

Nourished by Chanelle Nutritionist

705-332-1056, info@nourishedbychanelle.com

YMCA

<https://www.ymcaneoe.ca>

Sensible Item Suggestions

Metal Chair

A strong chair for bad health is important and make sure it's not a task chair because you spend most time rolling across the floor both to get into it and to get out as well as teething back and forth while you're working. A metal chair will last longer as well. A wooden one is good also provided it is sturdy and made strong to keep from damaging and wear. A metal chair may not be as damaged as easily in a move though.

Metal Dustpan

A plastic dustpan breaks regularly and will make huge amounts of waste at the dump. Please get a metal one and save yourself money over years and stop polluting. Look for one without an incline at the front. It stops dust from getting in the pan and will throw the dust right over the pan in most case with almost all dustpans now days to put dust on the floor. I sweep my floor a second time often after the dustpan does

this.

Metal Dishes

Dishes fall on the floor regularly and break. Ceramic dishes are not recycled because they kill the Earth. Please buy metal ones. They too much abuse not to. I find a dog's metal bowl works well for cereal and vegetables myself.

Belt Wallet

You can buy pants with no pockets this way and save yourself seeing a need to fill them. A belt is worn by most adults anyway and can excel your lifestyle for actions if you have a wallet on your belt and your time is not wasted in pant pockets. A holster is the best analogy to this and it could carry your car keys as well.

Scissor-like Tweezers

These pull the most reliably and thoroughly.

Scissor-like Nail clippers

These are easier and faster to use but the main reason is they'll give you a more accurate cut and they can get places the standard clipper-type don't.

Toilet Paper Rack

Most toilet paper is wrapped in plastic now. Time wasted is unwrapping the plastic as the stack dissipates. Please make or get a stand for your toilet paper to place all of it in so that you don't spend every session on the toilet unraveling the stack.

You're valuable and not like the stores want you to think. Scandinavia 's almost 100% recycling and since they started it the stores decided to increase the amount of packaging by 33% or more.

Filament Broom

Get a non-static broom. Static always clumps dirt and it is lost while sweeping to culmination and dirties the floor.

Round Table

Bring your family together with this and make yourself a shelf for your stomach with it as the rounding out will go closer to your stomach and stop falling food from your fork from falling on the floor so it hits the table instead.

No Box Spring Bed

Why the heck does anyone need a Box spring. That's not a question. You don't need a box spring! Stupid is as stupid does! And YES I'm EXTREMELY bias so think for yourself... PLEASE NOW!

Window Fan This solves all problems. You need circulation. Atmosphere is need indoors as well. If a building gets too large like in a barn it proves just this. All the cows die. The truth is air must get to all walls. If the room is small it can be worse as your humidity levels are not sustained in retrospect.

Refillable Pen

I buy 200 pens a year. I am stupid. I can't find a good pen yet. I will look as soon as I can. If everyone throws their pens out like I am every year on average this is ridiculous. A refill pen is better for

this reason. If you really want to get smarter the pens are not being filled with much ink so look for the largest refill to the pen. Mechanical pencil Why sharpen waste. No one has to make waste. Unless you can sell pencil shavings you don't have a market.

Clipboard To Do List

A pad may do but the idea here is that the clipboard is strong enough to take anywhere as it's durable. A fan can blow a pads pages around easily and a clipboard not as easily as well and to add to that a clipboard facilitates hanging it and passing it more easily amongst others involved in things alongside you. To hand a person the clipboard allows them to add a phone number and make a phone call or even just draw a sketch to their ease.

Round Wall Clock With Alarm

The sun is round and linked to time travel frequently. Please use a round clock so that your children and you understand this aspect of time. It should be on the wall for sighting standing or sitting and should have an alarm so that a second bedroom clock may not be necessary if you want to save on clock purchases as an option to all or just you in case you have guest sleep in your main livable area.

Calendar

This is invaluable and you know why.

Electric Gravity Razor

When I say Gravity Razor I mean one that cuts hairs in one direction. That means hair is not swirled for infectious cause. I also say that a gravity razor should be drawn up only. This will keep hair from falling and forming wrinkles in the skin to prevent aging. Razors include an extremely tiny brush to clean them and a large paint brush should be used instead to clean out the razor instead in just a few sweeps rather than poor results over a long time wasting it. A paintbrush is only one dollar at the Dollar Store and it can save you several minutes each time you shave and are in a hurry to get to work.

Hand Toothbrush

Do not use an electric toothbrush ever. This is a great problem for cavities. It will create cavities like crazy. Use a hand brush as you have more control over your hand's feelings of teeth and the enamel isn't spun off your teeth. That's what protects them.

Industrial Mop

This mop sells for \$700 now and is used by professionals everywhere to mop lobbies of all buildings. Please buy it for your home. I'm not crazy I just know it's too much. Maybe you can find one on sale. It does the best job and with no waste like a Swiffer will do without a permanent head. Some Swiffers have permanent mop attachments and they work well only if you use them often. They are just as good as a professional mop if you are doing that. Buy one of those if you want to mop often but remember a Swiffer is only good for small spills and you really should buy the professional mop if you ever expect large spills are worthy of cleaning more suitably.

Library's Lending With Their Card

Basketball lending

You want to borrow a basketball to play? Visit the Lively or Valley East libraries and sign a waiver to check out a basketball for the week. Basketball is not renewable nor available for delivery or holds, and costs \$20 to replace. Let's break a sweat and play ball!

Bicycle pump lending

Bicycle pumps are now available at every library branch. Enjoy your eco-friendly commute with full tires - and get some air at the library on the way to your destination. Waivers are available to sign on your initial visit and in-library use bicycle pumps are available whenever you need to re-fill your tires.

Explorer kits

Explorer Kits are designed to connect families to nature and meaningful outdoor experiences. Activities in the kit are fun for the whole family, but generally geared towards ages 5-14. Kits are available until September and come with an information sheet for how to get a free family day pass to Kivi Park, a free canoe rental, a trail map, a bookmark, and nature journal prompt pages for fun activities to engage your family in. There is at least 1 explorer kit available per library branch and they are loaned out for a 1-week period.

Ontario Parks Day-Use Vehicle Permits

Ontario Parks has provided free vehicle permits for members of the Greater Sudbury Public Library to enjoy its network of provincial Parks. Use your library card to borrow one of our provincial park passes from May 1 to December 31st.

Outdoor games See our outdoor games:

Texas horseshoe,

Ring toss set,

Backyard bocce,

Barrel bash, and more summer games!

Pickleball equipment

Pickleball is the fastest-growing sport in North America. It is fun, easy to learn, and can be played at all ages. Pickleball can be played in singles or doubles and combines elements of badminton, ping-pong, and tennis.

Tennis equipment

Tennis can be played in singles or doubles and equipment comes in two sizes: Adult and Youth. Tennis equipment is checked out as single racquets, except family packs which contain 2 adult and 2 youth each. Tackle share Fishing is an inexpensive, family-friendly pastime that is easy to learn, practiced almost anywhere, and enjoyed by people of all ages and abilities. The Greater Sudbury area is ripe with fishing opportunities for all! GSPL partner-Ramakko's Source for Adventure donated and maintains fishing equipment for this program.

The Tackle Share kit

Includes 1 fishing rod and 1 tackle box in either children or adult sizing. Items are first come, first served at the Capreol, Chelmsford, Dowling, Levack/Onaping, Main, and New Sudbury libraries, and returned where loaned out.

Volunteer Centres

Northern Vocational Services Inc

Vocational Services Office: 705-674-4141, 117 Elm St, Suite 103, Greater Sudbury, ON, P3C 1T3

Volunteer Sudbury, Volunteer Network Office

705-560-6661

1127 Bancroft Dr, Greater Sudbury, ON, P3B 1R6

Volunteer Network (4km)

Older Adult Centres' Association of Ontario

1-866-835-7693, Office: 905-584-8125, 15955 Airport Rd, Suite 300, Caledon, ON, L7C 1H9 (306km)

ImpactHope

Office: 519-824-9380, 727 Woolwich St, 201B, Guelph, ON, N1H 3Z2

For You Telecare Family Service Counselling, Support and Outreach Programs

1-877-210-8877, Crisis: 416-241-5456, Crisis: 416-938-4673

Crisis: 416-999-1392, Office: 416-447-3535

Korean Cultural Centre

1133 Leslie St, Suite 211 and 212, Toronto, ON, M3C 2J6, CANADA

Catalyste+

1-800-268-9052, Office: 416-961-2376

700 Bay St, Suite 800, Toronto, ON, M5G 1Z6

Volunteer Success

Office: No public telephone number

Crossroads International

1-877-967-1611, Office: 416-967-1611

49 Bathurst St, Suite 201m Toronto, ON, M5V 2P2 (342km)

Volunteer Canada, Ottawa

1-800-670-0401, Office: 613-231-4371

Liveable Sudbury

www.liveablesudbury.org

A club to improve the environment for all.

Northern Vocational Services Inc

Vocational Services

Office: 705-674-4141

Visit Website 117 Elm St, Suite 103

Greater Sudbury, ON, P3C 1T3 (1km)

Volunteering At Library

Volunteers provide a unique and vital role in the delivery of library services in our community. At Greater Sudbury Public Library (GSPL), we are committed to offering a variety of enticing volunteer opportunities for both adults and teens throughout our 13 locations. Becoming a volunteer

To become a volunteer at GSPL, you will need to complete the following steps:

1. Review the Current Volunteer Opportunities for Adults or Teens to determine your area of interest
2. Complete an online application form or print an application and drop it off at your nearest location
3. Complete a brief intake interview determining if volunteering at GSPL is right for you
4. Receive an orientation including tour of the building, volunteer space, introduction to the staff, review of policies, procedures and health and safety basics
5. Receive additional job orientation and training from your in-branch volunteer coordinator related specifically to your volunteer role

Adult volunteer opportunities

Teen volunteer opportunities

Recognizing our volunteers

Recognizing the contributions of our adult and teen volunteers is important to us - for without volunteers we would not be able to achieve all that we do!

VolunTeens will receive an official Letter of Reference upon completion of their placement at the library, and a confirmation of the total amount of time spent at the library if the hours are to count as part of the Community Service Hours requirement for high school graduation.

For more information on our Volunteer Program, please contact Laura Lavigne at 705-673-1155, extension 4767.

Adult volunteer opportunities GSPL's volunteer program strives to connect youth with the library, and offers the opportunity for young adults to connect with other adults and seniors in their own community in a variety of ways.

The VolunTeen Program also provides volunteer roles for students in Grades 9-12 currently attending any high school in the City of Greater Sudbury so that they may fulfill their Community Service Hours requirement before graduation.

By volunteering at the library you can make a difference while using and developing your skills and abilities in any one of the following areas:

Adult volunteer opportunities

Gardener A number of Greater Sudbury Public Library locations rely on volunteers each year to care for small planters and flower beds

alongside or in front of their facilities. Plants, small hand tools and watering supplies are provided by the location, the volunteer is asked to provide ongoing tending between spring and fall. A seasonal commitment is preferred at the following locations: Azilda, Coniston, Chelmsford, Garson, New Sudbury, and South End.

To find out more, please contact one of the branches listed to discuss current gardening needs.

Read the Position Description to see if this role is right for you:

Gardener.

Homebound Delivery If you have a few free hours each month, you may be interested in volunteering for the Homebound Service.

New volunteers are always needed. Delivering library materials to those who are unable to visit the library because of age or health considerations can be very rewarding.

To find out more, please contact Janni Kranz at 705-673-1155, extension 4781.

Read the Position Description to see if this role is right for you:

Homebound Volunteer.

Local History Assist in preserving materials of historic value to the community through the production of preservation-quality scans of publications, microfilm, photographs, slides and negatives. This position is limited to the Main Library due to the specialized equipment required and the unique nature of this collection.

To find out more, please contact Kristen Bertrand at 705-673-1155, extension 4780.

Read the Position Description to see if this role is right for you:

Local History Volunteer.

Program Helper Some of our ongoing in-branch programs could use a helping hand with preparation, set up and take down.

To find out more, please contact Quinn VanEssen at 705-673-1155, extension 4758. Read the Position Description to see if this role is right for you:

Program Helper.

Special Event Helper Assist Library Staff with the preparation, set up and take down of a large scale library event. The help required will be tailored to the needs of each event and directed by Library Programming Staff in charge of the event, or their designate.

To find out more, please contact Quinn VanEssen 705-673-1155 ext 4758
Read the Position Description to see if this role is right for you:

Special Event Helper.

Tech Tutor Tech-savvy volunteers can assist seniors and other adults to navigate new devices and technologies, or work with them in a group or individual setting to enhance basic knowledge of computers, typing or mousing and internet skills.

Please contact the library location of your choice to see what their general need is now.

Read the Position Description to see if this role is right for you:

Tech Tutor.

Workshop Facilitator Greater Sudbury Public Library is looking for individuals who would like to share their skills and knowledge to others in our community by leading a workshop, presenting a talk or teaching a new skill.

To find out more about being a Workshop Facilitator, please contact Quinn VanEssen at 705-673-1155, extension 4758.

Read the Position Description to see if this role is right for you: Workshop Facilitator.

Adult volunteer form

Teen Volunteer Opportunities GSPL's volunteer program strives to connect youth with the library, and offers the opportunity for young adults to connect with other adults and seniors in their own community in a variety of ways.

The VolunTeen Program also provides volunteer roles for students in Grades 9-12 currently attending any high school in the City of Greater Sudbury so that they may fulfill their Community Service Hours requirement before graduation.

By volunteering at the library you can make a difference while using and developing your skills and abilities in any one of the following areas:

Teen volunteer opportunities

General VolunTeen Assist library staff in your local branch in a variety of ways, including but not limited to: preparing the library for programs and events, helping older adults with technology related problems and assisting with local book sales.

Please contact the library location of your choice to see what their general need is at this time.

Read the Position Description to see if this role is right for you:

General VolunTeen.

Local History Assist in preserving materials of historic value to the community through the production of preservation-quality scans of publications, microfilm, photographs, slides and negatives. Due to the specialized equipment required and the unique nature of this collection, this position is limited to the Main Library for applicants of 16 years of age or older.

To find out more, please contact Kristen Bertrand at 705-673-1155, extension 4780.

Read the Position Description to see if this role is right for you:

Local History Volunteer.

Special Event Helper Assist Library Staff with the preparation, set up / take down of a large scale library event. The type of help needed will be tailored to the needs of each event and directed by Library Programming Staff in charge of the event, or a designate.

To find out more, please contact Quinn VanEssen at 705-673-1155, extension 4758.

Read the Position Description to see if this role is right for you:

Special Event Helper.

Technology Tutor Tech-savvy volunteers can assist seniors and other adults navigate new devices and technologies in an individual setting to enhance basic knowledge of computers, email and internet skills or to help with eReader set up.

Please contact the library location of your choice to see what their general need is now.

Read the Position Description to see if this role is right for you:
Tech Tutor.

Spas For Health

Healthy Vibes Spa Sudbury Holistic And Wellness Center Sudbury

5.0(6) · Spa

3+ years in business · 2924 Old Hwy 69 Unit 10B

Open · Closes 4p.m. · (705) 923-8135

"Staff is very informative and spa is so soothing and relaxing."

WEBSITE

DIRECTIONS

Wellness Studio Sudbury

4.8(44) · Health spa

1021 Kingsway

Open · Closes 3p.m. · (705) 586-9355

"Went in for a 45 min massage - Daneen exceeded my expectations!"

SCHEDULE

WEBSITE

DIRECTIONS

Ezentials ... A Wellness Escape and Eco-Luxury Spa

4.5(81) · Spa

20+ years in business · 863 Barry Downe Rd

Open · Closes 5:30p.m. · (705) 222-0043

"You can select massages, special facials, meditation, yoga."

WEBSITE

DIRECTIONS

Serendipity Day Spa EST.2013

4.4(104) · Medical spa

10+ years in business · 174 Douglas St bureau 200

Open · Closes 4p.m. · (705) 586-2444

"The massage was the best and everyone was lovely and just the best."

WEBSITE

DIRECTIONS

Gold Tan and Sunset Spa Sudbury

4.8(79) · Day spa

1132 Attlee Ave

Open · Closes 6p.m. · (705) 222-6774

"Pedicures, hot stone massages, waxes and more."

WEBSITE

DIRECTIONS

Revive & Glow Wellness

5.0(7) · Beauty salon
128 Pine St Unit 202

Open · Closes 6p.m. · (705) 222-4569

"The quality is exceptional, and the results exceeded my expectations."

WEBSITE

DIRECTIONS

La Renaissance Day Spa

4.6(109) · Day spa
10+ years in business · 283 Cedar St

Open · Closes 4p.m. · (705) 675-2333

"I had a wonderful deep tissue massage and aromatherapy facial."

WEBSITE

DIRECTIONS

The Pink Syringe

5.0(25) · Medical spa
Sandra Blvd

Open · Closes 8p.m. · (705) 919-4343

"My skin feels absolutely amazing—glowy, refreshed, and rejuvenated!"

SCHEDULE

WEBSITE

DIRECTIONS

The Spa at 61 Elm

4.4(54) · Day spa
10+ years in business · Sudbury, ON

Open · Closes 8p.m. · (705) 586-7722

"Andrew is a great massage therapist."

WEBSITE

DIRECTIONS

Northern Essential Salt Cave & Wellness Clinic

4.6(26) · Spa and health club
1191 Lansing Ave #5

(705) 586-4256

Onsite services

WEBSITE

DIRECTIONS

SKIN MediSpa (Partner of Dermapure)

4.6(118) · Medical spa
10+ years in business · 205 Douglas St

Open · Closes 5p.m. · (705) 673-7546

"Always leave feeling amazing had a great deep tissue massage with Kaitlyn!"

WEBSITE

DIRECTIONS

West End Wellness and Medical Aesthetics

5.0(58) · Medical spa

3+ years in business · 256 Elm St

(705) 470-5156

"Fantastic experience, very knowledgeable staff!"

WEBSITE

DIRECTIONS

Essentia Advanced Aesthetics

4.9(50) · Medical spa

3+ years in business · 417 Lasalle Blvd Nuvosante Building

Open · Closes 2p.m. · (705) 929-4854

"Amazing experience receiving the HydraFacial treatment with Melanie."

SCHEDULE

WEBSITE

DIRECTIONS

All About Massage & Laser Services

4.9(200) · Medical spa

25+ years in business · 283 Cedar St

(705) 675-6777

"My Seasonal Glow full body scrub/massage was amazing!"

SCHEDULE

WEBSITE

DIRECTIONS

The Body Sculptors

4.8(37) · Medical spa

1122 Lasalle Blvd

Open · Closes 8:30p.m. · (705) 825-1116

"No pain at all, very comfortable sessions."

WEBSITE

DIRECTIONS

Zenpath Wellness

No reviews · Health spa

1984 Regent St Unit 121

(705) 561-1761

WEBSITE

DIRECTIONS

Ethereal Skin - Sudbury Holistic Facials

5.0(26) · Facial spa

469 Bouchard St Suite 219

Open · Closes 4:30p.m. · (705) 521-5873

"From start to finish, you will be feeling so pampered and rejuvenated."

SCHEDULE

WEBSITE

DIRECTIONS

Krystal Beauty Nails and Day Spa (Sudbury)

4.4(333) · Beauty salon

7+ years in business · 2023 Long Lake Rd

Open · Closes 5p.m. · (705) 525-1888

"... surprisingly included a hot stone massage and a head massage."

SCHEDULE

WEBSITE

DIRECTIONS

Beijing Chinese Massage Centre

4.8(16) · Massage spa

1252 Kingsway

Open · Closes 10p.m. · (705) 618-0658

"Clean place, good prices and the massages are solid"

DIRECTIONS

Forrest Thai Massage

4.9(210) · Health spa

70 Barrington St

Open · Closes 4p.m. · (705) 923-9969

"It was very clean,relaxing atmosphere and the massage was unreal."

Simply The Best Ideal Protein

5.0(50) · Weight loss service

15+ years in business · 432 Westmount Ave Unit H

Open · Closes 1:30p.m. · (705) 566-0303

"The people are great, the facility is clean, modern, and pleasant."

WEBSITE

DIRECTIONS

The Spa

3.0(1) · Spa

5+ years in business · 370 Regent St

DIRECTIONS

Forrest Thai Massage

4.9(210) · Health spa

70 Barrington St

Open · Closes 4p.m. · (705) 923-9969

"It was very clean,relaxing atmosphere and the massage was unreal."

WEBSITE

DIRECTIONS

Talk of the Town Salon & Day Spa

4.6(125) · Beauty salon

30+ years in business · 378 Regent St

Open · Closes 1p.m. · (705) 688-9737

"... range of affordable spa services, including an oncology spa."

WEBSITE

DIRECTIONS

Euro Skin Care Boutique

4.7(11) · Spa

10+ years in business · 442 Bouchard St

Open · Closes 2p.m. · (705) 523-0804

"I am extremely grateful for my first Massage yesterday by Anne Smyth."

WEBSITE

DIRECTIONS

Glamour by Krystal Beauty

4.6(159) · Beauty salon

1332 Kingsway

Open · Closes 5p.m. · (705) 829-5772

"Hot oil scrub, paraffin, and a massage from my hand to my elbow."

SCHEDULE

WEBSITE

DIRECTIONS

ALCEA salon and Spa

5.0(1) · Spa

10+ years in business · 153 Wembley Dr

Open · Closes 5p.m. · (705) 988-4577

DIRECTIONS

Krucker Saunas

5.0(29) · Sauna

Hanmer, ON

Open · Closes 7p.m. · (705) 662-9392

"Sauna looks and works amazing, great service and quick delivery."

WEBSITE

DIRECTIONS

Symmetry Spa

5.0(21) · Waxing hair removal service

5+ years in business · 469 Bouchard St Unit #1

Closed · Opens 12p.m. · (705) 918-0028

"Wide variety of spa treatments for men and women."

SCHEDULE

WEBSITE

DIRECTIONS

Tree Top Bath and Body

5.0(6) · Medical clinic

401 Wembley Dr

(705) 688-6366

"Jen's facial and body line has and will always be effective and luxurious."

WEBSITE

DIRECTIONS

PHASES Skin Clinic

5.0(145) · Skin care clinic

891 Howey Dr

(705) 482-9249

"The treatment rooms are very comfortable and extremely clean."

WEBSITE

DIRECTIONS

Pure Wellness Group

4.3(11) · Naturopathic practitioner

Sudbury, ON

Closed · Opens 9 a.m. Mon · (705) 586-7873

WEBSITE

DIRECTIONS

Chinese acupressure massage

4.7(57) · Massage spa

3+ years in business · 788A Lasalle Blvd

Open · Closes 8p.m. · (705) 586-1175

"I came here when I had neck pain and I felt great the next day."

WEBSITE

DIRECTIONS

Lips N Lines Plus Medical Esthetics

4.9(132) · Medical spa

7+ years in business · At the back of Investment Planning Counsel building, 1527 Paris St

Closed · Opens 12p.m. Mon · (705) 522-2252

"Very knowledgeable staff and a classy and clean facility"

SCHEDULE

WEBSITE

DIRECTIONS

SensAbility Salt Cave and Healing Space

No reviews · Health spa

Hanmer, ON

Closed · Opens 12p.m. · (705) 969-5000

DIRECTIONS

Complete Beauty And Rejuvenation Solutions

5.0(41) · Medical spa

2698 Hummingbird Ct

Closed · Opens 8:30 a.m. Mon · (705) 691-0148

"The treatment was quick, extremely clean, and very professional."

SCHEDULE

WEBSITE

DIRECTIONS

Beauty & Beyond Esthetics Studio

5.0(2) · Day spa

10+ years in business · 428 Froot Rd

(705) 522-4719

DIRECTIONS

Amari Medspa Inc

4.7(12) · Medical spa

5+ years in business · 146 Durham St

Closed · Opens 10 a.m. Mon · (249) 320-0166

"provides a clean, relaxing, quaint and private environment."

SCHEDULE

WEBSITE

DIRECTIONS

Borealis Medical Aesthetics

5.0(1) · Medical spa

3020 Old Hwy 69 #4

Closed · Opens 9 a.m. Wed · (249) 885-5288

"I appreciated her explanation of everything as she went through the process."

WEBSITE

DIRECTIONS

La Renaissance Beauty Studio

4.4(39) · Nail salon

10+ years in business · Sudbury, ON

Open · Closes 4p.m. · (705) 523-4111

"Extremely clean, well maintained, quaint and very professional place."

Sports For Disabled People

Independent Living Sudbury Manitoulin Peer Support

705-675-2121, 125 Durham St, Greater Sudbury, ON, P3E 3M9, CANADA

Special Olympics Ontario-Northern Ontario

Special Olympics

Office: 705-855-1219

Ontario Senior Games Association

Office: 905-232-8581

136 Bayfield St, Suite 103, Barrie, ON, L4M 3B1, CANADA

Easter Seals Canada

1-877-376-6362, 416-932-8382

40 Holly St, Suite 401, Toronto, ON, M4S 3C3, CANADA

Special Olympics Ontario

1-888-333-5515, 416-447-8326

65 Overlea Blvd, Suite 200, Toronto, ON, M4H 1P1, CANADA

Ontario Track3 Adaptive Sports Association

1-877-308-7225, Office: 416-233-3872

61 Advance Rd, Unit 4, Toronto, ON, M8Z 2S6, CANADA

Canadian Adaptive Snowsports-Ontario Division

Office: No public phone number

Little League Baseball Canada

Office: 613-731-3301

2210 Prince of Wales Dr, Unit 500, Ottawa, ON, K2E 6Z9, CANADA

Wheelchair Rugby Canada

1-877-623-0004, Office: 613-523-0004

Get Off Drugs Teen Places

Teen Challenge - Samaritan Centre

Helping people overcome addiction

249-885-4636

Ontario Men's Centre

9340 Sharon Road, London, ON N6P 1P3, CANADA

1.519.652.0777, Toll-Free 1.888.417.7777

Northern Ontario Men's Centre

1446 Great Northern Road, Sault Ste. Marie, ON P6B 0C1, CANADA
1.705.942.7771, Toll-Free 1.800.480.3153

Ontario Women's Centre

15490 Dufferin Street, King City, ON L7B 1K5, CANADA
1.905.727.3913 , Toll-Free 1.877.979.7770, teenchallenge.ca

Get Off Drugs Places

Monarch Recovery Services

Recovery is a journey we can take together

Men's Day Treatment

6 Week intensive treatment program

16 years or older men of community

M-F 10A.M.-3P.M., Lunch Included

Intake Coordinator: 705-674-4193 X 3224

Toll Free-1-877-431-6713 X 3224

Email: JOSEPH.BLAKE@SRMONARCHRS.COM

Cornwall Addiction Services

613-361-6363

850 McConnell Avenue, Cornwall, Ontario, CANADA

<https://drugaddiction.ca/ontario/ontario-directory/#cornwall-hospital>

Toronto Renascent 1-866-232-1212

38 Isabella Street, Toronto, Ontario, M4Y 1N1, CANADA

<https://drugaddiction.ca/ontario/ontario-directory/#renascent>

Ottawa Empathy House of Recovery 1-613-730-7319

Sunnyside Avenue, 360 Sunnyside Ave., Ottawa, Ontario, CANADA

<https://drugaddiction.ca/ontario/ontario-directory/#empathy>

Toronto Jean Tweed Treatment Centre 1-416-255-7359

215 Evans Ave, Toronto, Ontario, CANADA

<https://drugaddiction.ca/ontario/ontario-directory/#jean-tweed>

Guelph Community Health Centre 519-821-6638

176 Wyndham Street North, CANADA

Hamilton Urban Core Community Health Centre 905-522-3233

70 James Street South, CANADA

Kingston Kingston Community Health Centres 613-542-2949

661 Montreal Street, CANADA

Kitchener Region of Waterloo Public Health and Emergency Services,

519-575-4400, 150 Duke Street West, CANADA

London Regional HIV/AIDS Connection and Middlesex London Health Unit

519-434-1601, 446 York Street, CANADA

Ottawa Inner City Health, Inc.

613-562-4500

256 King Edward Avenue

Ottawa Sandy Hill Community Health Centre

613-569-3488

221 Nelson Street

Ottawa Somerset West Community Health Centre

613-238-8210
55 Eccles Street, CANADA
Peterborough Four Counties Addiction Services Team
705-741-5372
220 Simcoe Street, CANADA
St. Catharines Positive Living Niagara
905-984-8684
105 Queenston Street, CANADA
Thunder Bay NorWest Community Health Centres
807-622-8235 or 1-866-357-5454, 525 Simpson Street, CANADA
Toronto Fred Victor Centre 416-364-8228
145 Queen Street East, CANADA
Toronto Parkdale Queen West Community Health Centre
416-703-8480
168 Bathurst Street, CANADA
Toronto Parkdale Queen West Community Health Centre
416-537-2455
1229 Queen Street West, CANADA
Toronto Regent Park Community Health Centre
416-364-2261
465 Dundas Street East, CANADA
Toronto South Riverdale Community Health Centre
416-461-1925
955 Queen Street East, CANADA
Toronto South Riverdale Community Health Centre
416-461-1925
134 Sherbourne Street, CANADA
Toronto Families for Addiction Recovery
1-855-377-6677
Visit Website 100 Consilium Place, Suite 200
Toronto, ON, M1H 3E3 (332km)

Camps To Go To

Francophone Community Centre 1-888-835-7487, Office: 705-675-6493
27 Larch St, Greater Sudbury, ON, P3E 1B7, CANADA
YMCA of Northeastern Ontario Camp Office: 705-674-8315
140 Durham St, Greater Sudbury, ON, P3E 3M7, CANADA
YMCA of Northeastern Ontario Sudbury Administration 705-674-8315
140 Durham St, Greater Sudbury, ON, P3E 3M7, CANADA
Sudbury Manitoulin Children's Foundation Send a Kid to Camp Program
705-673-2227, 471 Ontario St, Greater Sudbury, ON, P3E 4K4, CANADA
Conservation Sudbury Conservation Authority Office: 705-674-5249
199 Larch St, Suite 401, Greater Sudbury, ON, P3E 5P9, CANADA
Laurentian Child and Family Centre Child Care Centre 705-673-6543
935 Ramsey Lake Rd, Greater Sudbury, ON, P3E 2C6, CANADA
Camp Oochigeas 1-888-464-6624 Office: 416-961-6624
4256 Hwy 141, Seguin, ON, P0C 1J0, CANADA

Newport Adventure Camp 1-866-996-2267 Office: 905-722-5751

133 Camp Newport Rd, Huntsville, ON, P0B 1M0, CANADA

OPP Youth Foundation Youth Foundation Office: 705-330-2383

No Physical Address: Orillia, ON, L3V 7V3, CANADA

YMCA Wanakita 1-800-387-5081 Office: 705-457-2132

1883 Koshlong Lake Rd, RR 2, Haliburton, ON, K0M 1S0, CANADA

Ontario Camps Association 1-844-485-0425 Office: 416-485-0425

70 Martin Ross Ave, Toronto, ON, M3J 2L4, CANADA

For You Telecare Family Service Counselling Support and Outreach

Programs 1-877-210-8877 Crisis: 416-241-5456, 416-938-4673, 416-999-1392 Office: 416-447-3535

Korean Cultural Centre

1133 Leslie St, Suite 211 and 212, Toronto, ON, M3C 2J6, CANADA

Outward Bound Canada. Charitable Programs Office: 1-888-688-9273

2200 Yonge St, Suite 910, Toronto, ON, M4S 2C6, CANADA

Jungle Cat World Wildlife Park 905-983-5016

3667 Concession Road 6, Orono, ON, L0B 1M0, CANADA

Project Canoe Office: 416-778-4311

720 Bathurst St, Toronto, ON, M5S 2R4, CANADA

Teresa Group - Child and Family Aid Office: 416-596-7703

355 Church St, 2nd Floor, Toronto, ON, M5B 0B2, CANADA

Laureate College 416-800-8434

1921 Snake Rd, Burlington, ON, L7P 4Y2, CANADA

Bell Homestead National Historic Site Tours and Programs 519-756-6220

94 Tutela Heights Rd, Brantford, ON, N3T 1A1, CANADA

Campfire Circle Rainbow Lake Camp Programs Office: 1-888-999-2267,,
519-443-7408, 433 Thompson Rd W, RR 5, Norfolk, ON, N0E 1Y0, CANADA

Ten Oaks Project Office: 613-889-1537

9004 - 400 Bank St, Ottawa, ON, K2P 2H8, CANADA

Science Quest Office: 613-533-6870

Beamish-Munroe Hall; 45 Union St, Kingston, ON, K7L 3N6, CANADA

Camp Kagama Office: 613-703-9213

Scouts Canada Group Finder To Join 1-888-855-3336

Recreation Centres Ontario

Sudbury Women's Center (S.W.C. Support Services)

705-673-1916 ext 100

174 Douglas St, Suite 201, Greater Sudbury, ON, P3C 1V8 (1km)

Provides a safe and welcoming space for all women, girls, Trans and non-binary individuals who have been impacted by violence and/or difficult life circumstances

Provides access to supports, resources and services that remove barriers and promote self-esteem

Offers My Sister's Closet, providing used women's and children's clothing

Additional Programs and Services

Peer Support Work

Safety Plans
Self Compassion Program
Healthy Relationships and Boundaries for Women Program
Collective Kitchen Program
Sewing Circle
Library and computers in Centre
Domestic Abuse Workshops
Employment Workshops
Credit Counselling
Groceries and Basic Needs (delivery and gift card pick up -- funding dependent)
Healing and Empowerment Support Group
Supporting Our Sisters (SOS) Northern Ontario Anti-Human Trafficking Alliance

Sudbury Action Centre for Youth Drop-In Centre

Office: 705-673-4396

95 Pine St, Greater Sudbury, ON, P3C 1W9 (1km)

Sudbury Action Centre for Youth

TGIInnerselves

Office: 705-673-4396

95 Pine St, Greater Sudbury, ON, P3C 1W9 (1km)

Sudbury Action Centre for Youth Drop-In Centre

Office: 705-673-4396

95 Pine St, Greater Sudbury, ON, P3C 1W9 (1km)

N'Swakamok Native Friendship Centre

Friendship Centre Administration

Office: 705-674-2128

110 Elm St, Greater Sudbury, ON, P3C 1T5 (1km)

Coniston Seniors and Golden Age Club

Seniors Centre Office: 705-694-4520

28 Cedar St, Greater Sudbury, ON, P0M 1N0 (1km)

Independent Living Sudbury Manitoulin

Senior's Friendship Circle Drop In Centre

Office: 705-675-2121

125 Durham St, Greater Sudbury, ON, P3E 3M9 (1km)

Parkside Centre (The) Senior Centre

Office: 705-673-6227

140 Durham St, Greater Sudbury, ON, P3E 3M7 (1km)

YMCA of Northeastern Ontario Sudbury Administration Durham St Office

Office: 705-674-8315

140 Durham St, Greater Sudbury, ON, P3E 3M7 (1km)

One-Eleven Senior Citizens Centre

Seniors Centre Office: 705-675-5303 Ext 202

111 Larch St, Flr 1R, Greater Sudbury, ON, P3E 4T5 (2km)

Ukrainian Centre Sudbury

Office: 705-673-7404

30 Notre Dame Ave, Greater Sudbury, ON, P3C 5K2 (2km)

YWCA Sudbury Office: 705-673-4754

370 St Raphael St, Greater Sudbury, ON, P3B 4K7 (2km)

Centre Victoria pour femmes (Le)

Confidential Support Services for Women

1-877-336-2433

Office: 705-670-2517, Crisis: 1-877-336-2433

584 Clinton Ave, Suite 103, Greater Sudbury, ON, P3B 2T2 (2km)

Greater Sudbury (City of) Levack Onaping Youth Centre

Office: 705-674-4455 Ext 3974

1 Hillside Ave, Greater Sudbury, ON, P0M 2C0 (4km)

Club Amical du Nouveau Sudbury

Senior Centre Office: 705-566-2113

553 Lavoie St, Greater Sudbury, ON, P3A 2B4 (4km)

Cambrian College Athletics Centre

Office: 705-524-7378

1400 Barrydowne Rd, Greater Sudbury, ON, P3A 3V8 (6km)

Club Accueil Age d'Or Azilda Francophone Seniors Club

705-983-2992

64 Notre Dame St E, Greater Sudbury, ON, P0M 1B0 (10km)

Walden Senior Citizens and Pensioners Seniors Centre

705-692-5591

15 Kin Dr, Greater Sudbury, ON, P0M 1R0 (12km)

Greater Sudbury (City of)

Walden Youth Centre

Office: 705-692-1777

15 Kin Dr, Greater Sudbury, ON, P3Y 1M9 (12km)

Rayside Balfour Youth Centre Youth Centre

Office: 705-855-5230

214 Cote Ave, Greater Sudbury, ON, P0M 1L0 (17km)

Atikameksheng Anishnawbek Youth Program

Office: 705-692-0927

Community Centre, 37 Reserve Rd, Atikameksheng Anishnawbek/Whitefish Lake First Nation, ON, P0M 2M0 (17km)

Centre Club d'Âge d'Or de la Vallée Seniors Club

Office: 705-969-8649

26 Cote Blvd, Greater Sudbury, ON, P3P 1X5 (18km)

Naughton Senior Citizens and Pensioners

Community Group for Seniors

Office: 705-692-1258

Rd 55, Greater Sudbury, ON, P0M 2M0 (19km)

Greater Sudbury (City of) Capreol Youth Centre

Office: 705-858-8888

24 Meehan St, Greater Sudbury, ON, P0M 1H0 (24km)

Capreol Seniors Club 240 Seniors Club Office: 705-858-1164

9 Morin St, Greater Sudbury, ON, P0M 1H0 (24km)

Club 50 de Rayside Balfour Senior Centre

705-855-6839

Office: 705-855-6839, Hall rental: 705-855-4395
25 Main St W, Greater Sudbury, ON, P0M 1L0 (27km)

Greater Sudbury (City of) Leisure Centre

Office: 705-674-4455 Ext 4740
79 Main St W, Greater Sudbury, ON, P0M 1R0 (27km)

Greater Sudbury (City of) Dowling Youth Centre

Office: 705-674-4455 Ext 4740
79 Main St W, Greater Sudbury, ON, P0M 1R0 (27km)

Dowling Leisure Centre Dowling Youth Centre

Office: 705-674-4455 Ext 4740
79 Main St W, Greater Sudbury, ON, P0M 1R0 (27km)

Dowling Leisure Centre

Fitness and Recreation Centre

705-674-4455 Ext 4740
79 Main St W, Greater Sudbury, ON, P0M 1R0 (27km)

Skead Senior Citizen Club Senior's Club

Office: 705-969-3909
5 Bell Street, Greater Sudbury, ON, P0M 2Y0 (28km)

Onaping Falls Golden Age Club Seniors Centre

Office: 705-966-2502
109 Service Rd, Greater Sudbury, ON, P0M 2C0 (33km)

Espanola Senior Citizen's Club 455 Seniors Centre

Office: 705-862-2663
799 Queensway Ave, Espanola, ON, P5E 1R3 (66km)

Killarney (Municipality of) Community Centre

Office: 705-287-2424
58 Charles St, Killarney, ON, P0M 2A0 (69km)

Whitefish River First Nation Youth Program

Office: 705-285-1941
Visit Website Family Well-Being Centre, 212 Rainbow Ridge Rd
Whitefish River First Nation, ON, P0P 1A0 (75km)

Whitefish River First Nation Youth and Elders Centre

705-285-1755
Visit Website Seven Fires Youth & Elders Centre, 46 Bay of Islands Rd
Whitefish River First Nation, ON, P0P 1A0 (76km)

West Nipissing (Municipality of) Recreation Centre

Office: 705-753-0160
219 O'Hara St, West Nipissing, ON, P2B 1A2 (85km)

Sables-Spanish Rivers (Township of) Community Centre

705-865-2519
455 Government Rd, Sables-Spanish Rivers, ON, P0P 1P0 (88km)

Nipissing First Nation Recreation Department

Office: 705-753-2050
Recreation Office: 705-753-6971
56 Semo Rd, Nipissing First Nation, ON, P2B 3K2 (89km)

Northeastern Manitoulin and The Islands (Town of)

Parks and Recreation Office: 705-368-3500

Visit Website 14 Water St E, Little Current, ON, P0P 1K0 (91km)

Northeastern Manitoulin and The Islands (Town of)

Recreation Facility Office: 705-368-3500

Recreation Centre: 705-368-2825

9001 Hwy 6, Little Current, ON, P0P 1K0 (91km)

Sagamok Anishnawbek Fitness Centre

Office: 705-865-3001

Sagamok Fitness Centre, 512 Cedar St, Sagamok Anishnawbek, ON, P0P 1P0 (93km)

Wiikwemkoong Unceded Territory Community Seniors Centre

705-859-2260

Amikook Seniors' Centre, 11 Amikook St, Wiikwemkoong First Nation, ON, P0P 2J0 (95km)

Wiikwemkoong Unceded Territory Youth Centre

Office: 705-859-3597

Health Centre: 705-859-3164

Visit Website Wassa Naabin Youth Centre, 11A Debajehmujig Lane
Wiikwemkoong First Nation, ON, P0P 2J0 (95km)

Aundeck Omni Kaning First Nation Elders Program

Office: 705-368-2228

Elder's Coordinator: 705-368-2182

12 Hill St, Aundeck Omni Kaning First Nation, ON, P0P 1K0 (96km)

Sheguiandah First Nation Elders Centre Office: 705-368-0957

11108A Hwy 6, Sheguiandah First Nation, ON, P0P 1W0 (97km)

M'Chigeeng First Nation Elders Drop-In Centre

Office: 705-377-5676

Wellness Centre: 705-377-4240

Visit Website Elders Centre, 22 Bebonang St, M'Chigeeng First Nation, ON, P0P 1G0 (116km)

Billings (Township of) Fitness Centre

Office: 705-282-2611 Ext 221

91 Main St, Billings, ON, P0P 1J0 (116km)

Serpent River First Nation Recreation Services

Office: 705-844-2152

Lifestyle Centre: 705-844-1864

Lifestyle Centre, 36 Ball Park Rd, Serpent River First Nation, ON, P0P 1B0 (117km)

Dorset Recreation Centre

Office: 705-766-9968

North Bay Indigenous Friendship Centre Indigenous Friendship Centre

Office: 705-472-2811

980 Cassells St, North Bay, ON, P1B 4A8 (121km)

Compagnons des francs loisirs Club Les Bons Amis

Office: 705-472-5547

681A Chippewa St W, North Bay, ON, P1B 6G8 (121km)

YMCA of Northeastern Ontario North Bay Administration-Chippewa

Office: 705-497-9622

186 Chippewa St Wwjem all North Bay, ON, P1B 6G2 (121km)
Centre Victoria pour femmes (Le)Confidential Support Services for Women
1-877-336-2433
Office: 705-461-6120
Crisis: 1-877-336-2433
31A Manitoba Rd, Elliot Lake, ON, P5A 2A7 (126km)
Enji-maawinjidiyaang Indigenous Friendship Centre Friendship Centre Administration
22 Mary Walk, Elliot Lake, ON, P5A 1Z9 (126km)
Elliot Lake (City of)Arena
Office: 705-848-2287
Visit Website 180 Spruce Ave, Elliot Lake, ON, P5A 2C8 (127km)
Renaissance Active Living Centre Seniors Centre
Office: 705-848-9721
2 Veterans Way, Elliot Lake, ON, P5A 1Z6 (127km)
Elliot Lake (City of)Collins Hall
Office: 705-848-2287 Ext 2500
120 Hillside Dr N, Elliot Lake, ON, P5A 1X6 (127km)
Elliot Lake (City of)Ruben Yli-Juuti Centre - Municipal Pool
Office: 705-848-2287 Ext 2500
301 Mississauga Ave, Elliot Lake, ON, P5A 1E8 (127km)
Latchford (Town of)Community Recreation Centre
Office: 705-676-2416
52 Mitchell St, Latchford, ON, P0J 1N0 (130km)
Dunchurch Community Centre
Office: 705-389-2466, Office: 705-389-3665
2199 Hwy 124, Whitestone, ON, P0A 1G0 (130km)
Mattagami First Nation Recreation Department
1-888-269-7729
Office: 705-894-2072, Administration Office - Community Complex, 75
Helen St, Mattagami First Nation, ON, P0M 1W0 (142km)
Cobalt (Town of) Golden Age Club
Office: 705-679-5525
22 Argentite St, Temiskaming Shores, ON, P0J 1R0 (142km)
Hudson (Township of)Parks and Recreation
Office: 705-647-5439
278011 Milberta Rd, Hudson, ON, P0J 1P0 (144km)
South River Friendly Circle Senior's Drop in Centre
705-386-0322
10 Isabella St, South River, ON, P0A 1X0 (145km)
James (Township of)Parks and Recreation
Office: 705-678-2237
33 Third St, James, ON, P0J 1G0 (146km)
Meeting Place Tobermory (The)
Office: 519-596-2313
20 Centennial Dr, Northern Bruce Peninsula, ON, N0H 2R0 (148km)
Parry Sound Friendship Centre

Office: 705-746-5970

70 Isabella St, Parry Sound, ON, P2A 1M6 (148km)

Parry Sound Seniors Club

Office: 705-746-7186

80 James St, Parry Sound, ON, P2A 1T9 (148km)

Mississauga First Nation Youth Program

1-877-356-1621 705-356-1621

43 Park Rd, In Motion Fitness Centre, Mississauga First Nation, ON, P0R 1B0 (151km)

Temiskaming Shores (City of) Pool and Fitness Services

705-647-5709

77 Wellington St S, Waterfront Pool Fitness Centre, Temiskaming Shores, ON, P0J 1K0 (151km)

Wasauksing First Nation Community Recreation Activator

705-746-8022

Wasauksing Health Centre , 1508 Geewadin Rd, Lane G, Wasauksing First Nation, ON, P2A 2X4 (153km)

Blind River (Town of) Recreation and Parks

Office: 705-356-2251

11 Hudson St, Blind River, ON, P0R 1B0 (153km)

Sheshegwaning First Nation Senior Centre

Office: 705-283-1048

Elders Drop-In Centre, 1213 Sheshegwaning Rd, Sheshegwaning First Nation, ON, P0P 1X0 (154km)

Blind River (Town of) Community Centre

Office: 705-356-7257

Casey (Township of) Parks and Recreation

Office: 705-647-5439, Office: 705-647-7257

903303 Hanbury Rd, Temiskaming Shores, ON, P0J 1P0 (159km)

Matachewan (Township of) Recreation

Office: 705-565-2274

283 Moyneur Ave, Matachewan, ON, P0K 1M0 (163km)

Matachewan (Township of) Multifunctional Complex

Office: 705-565-2274

257 Rye St, Matachewan, ON, P0K 1M0 (163km)

Youth Unlimited The Door Youth Centre, Huntsville

Office: 705-789-4748, 18 Brunel Rd, Huntsville, ON, P1H 1P1 (190km)

Huntsville. Municipal Office Town of Huntsville 55+ Programs

Office: 705-789-6421, Huntsville Active Living Centre, 20 Park Dr Huntsville, ON, P1H 1P5 (191km)

Huntsville. Municipal Office Community Services Department

Office: 705-789-6421, Municipal Office: 1-888-696-4255

Canada Summit Centre, 20 Park Dr, Huntsville, ON, P1H 1P5 (191km)

Muskoka Pride

Office: 1-866-659-5428

Muskoka Bible Centre

Office: 705-789-0123

8 Pioneer Ave, Huntsville, ON, P1H 2K1 (194km)

Christian Island. Guiding Lights Seniors Centre

Office: 705-247-2128

2 Jiigbik Miikan, Beausoleil First Nation, ON, L9M 0A9 (195km)

Kirkland Lake (Town of) Joe Mavrinac Community Complex

705-567-5215

55 Allen Ave, Kirkland Lake, ON, P2N 3P4 (198km)

Milford Bay Community Centre Office: 705-764-0283

1020 Beaumaris Rd, Muskoka Lakes, ON, P0B 1E0 (199km)

YMCA Wanakita 1-800-387-5081, Office: 705-457-2132

1883 Koshlong Lake Rd, RR 2, Haliburton, ON, K0M 1S0 (259km)

Social Enterprise for Canada 1-866-243-9925, Office: 905-895-0809

1220 Stellar Drive, Suite 201, Newmarket, ON, L3Y 7B9 (296km)

Whitewater Ontario Minden Whitewater Preserve

1-888-322-2849

Office: 905-985-4585

411 Carnegie Beach Rd, Minden Hills, ON, L9L 1B6 (306km)

Otonabee Region Conservation Authority Selwyn Beach Conservation Area

Office: 705-745-5791, 2251 Birch Island Rd, Selwyn, ON, K0L 2H0 (306km)

Ontario. Ministry of Natural Resources and Forestry

Ministry of Natural Resources and Forestry Information Centre

1-800-387-7011, Office: 1-800-667-1940

North York Community House Bathurst-Finch Community Hub

Office: 416-636-2600, 540 Finch Ave W, Toronto, ON, M2R 1N7 (327km)

Iranian Women's Organization of Ontario

Office: 416-496-9566

1761 Sheppard Ave E, Ground Floor, Toronto, ON, M2J 0A5 (330km)

Centre for Spanish-Speaking Peoples Office: 416-533-8545

2141 Jane St, 2nd Fl, Toronto, ON, M3M 1A2 (330km)

Lao Association of Ontario

Office: 416-398-3057

956 Wilson Ave, Toronto, ON, M3K 1E7 (330km)

For You Telecare Family Service Counselling, Support and Outreach Programs

1-877-210-8877, Crisis: 416-241-5456, Crisis: 416-938-4673

Crisis: 416-999-1392, Office: 416-447-3535

Korean Cultural Centre

1133 Leslie St, Suite 211 and 212, Toronto, ON, M3C 2J6, CANADA

FrancoQueer Office: 647-709-2600

543 Yonge St, 4th Flr, Toronto, ON, M4Y 1Y5 (340km)

Ontario. Ministry of the Environment, Conservation and Parks

Bronte Creek Provincial Park

Ontario Parks (camping reservations only) 1-888-668-7275, Office 905-827-6911; Campground 905-827-3228

Bronte Creek Provincial Park Administration Office; 1219 Burloak Dr Oakville, ON, L6M 4J7 (358km)

Tungasuvvingat Inuit Urban Inuit Community Centre

Office: 613-565-5885, 1071 Richmond Rd W, Ottawa, ON, K2B 6R2 (423km)

Canada. Parks Canada

1-888-773-8888, Office: 1-888-773-8888

Campground Reservation Service

1-877-737-3783

National Association of Friendship Centres

New Journeys

1-877-563-4844, 613-563-4844, 275 MacLaren St, Ottawa, ON, K2P 0L9
(428km)

National Association of Friendship Centres

1-877-563-4844, Office: 613-563-4844

Charities (Non Profit)

<https://www.sudbury.com/directory/charity-and-not-for-profit>

Tutoring Places

Math and Reading Centre

New Sudbury, Montrose Mall

770 Lassalle Blvd, P3A 4V4, ON, CANADA

Tel: Rita 249-651-9825

ritabarehgeris@ikumon.com

Book free assessment

Math in French too

Tutor Doctor Sudbury

4.9

(227)

Private tutor

15+ years in business

Closed · Opens 9 a.m. Mon

705-230-0967

Provides: Summer Learning Programs

Tutor Doctor

No ratings or reviews

Tutoring service

Greater Sudbury, ON

705-523-0100

Provides: Special Tutoring Programs

Oxford Learning Sudbury

5.0

(8)

Tutoring service

Closed · Opens 9 a.m. Mon

Greater Sudbury, ON

705-990-2443

Onsite services

Kumon

4.8

(12)

Tutoring service

10+ years in business

Closed · Opens 12:30 p.m. Mon

Greater Sudbury, ON

249-651-9825

Kumon Math and Reading Centre of Sudbury - Cedar Pointe Plaza

5.0

(5)

Learning center

Closed · Opens 11 a.m. Mon

Greater Sudbury, ON

705-805-1500

Canadian Learning Ctr

No ratings or reviews

Tutoring service

10+ years in business

Greater Sudbury, ON

705-523-1200

Scholars of Greater Sudbury

No ratings or reviews

Tutoring service

705-586-0354

Provides: Learning Center

Top Tutors

No ratings or reviews

Tutoring service

7+ years in business

Greater Sudbury, ON

705-523-2366

Nickel City Tutors

5.0

(2)

Tutoring service

5+ years in business

Closes soon · 2 p.m.

705-662-3072

"Will recommend to anyone who needs tutoring services!"

Zen Math

No ratings or reviews

Education center

Closed · Opens 9 a.m. Mon

Provides: Highschool Math Tutoring

Grade Expectations Learning

No ratings or reviews

Tutoring service

10+ years in business
Greater Sudbury, ON
705-524-1158
Provides: Design Programs

Gagnon Tutors

No ratings or reviews
Tutoring service
Open · Closes 5 p.m.
Greater Sudbury, ON
Online classes

Tutors Ontario

No ratings or reviews
Tutoring service
Open · Closes 9 p.m.
705-885-1040
Online classes

Tutors Ontario

No ratings or reviews
Tutoring service

Oxford Learning North Bay

5.0
(13)
Tutoring service
25+ years in business
Closed · Opens 9 a.m. Mon
North Bay, ON
705-995-2631
Provides: French Programs

Greater Sudbury Learning

No ratings or reviews
Tutoring service
7+ years in business
Val Therese, ON
705-969-7215

Tutor Match

5.0
(16)
Tutoring service
Open · Closes 8 p.m.
705-499-6549
Justification icon
Provides: Academic Services

Scholars of Barrie

4.9
(28)
Tutoring service
15+ years in business

Closed · Opens 2 p.m. Mon
Barrie, ON
705-719-2505
Provides: After School Programs
Acct's Tutoring Services Ltd.

5.0
(300)
Education center
7+ years in business

Open · Closes 8 p.m.
Brampton, ON
647-473-8911

Onsite services

Tutor Girl

5.0
(1)
Private tutor

Open · Closes 4 p.m.
705-830-7553
tutoring facilities near me
Loading

Scholars of Brampton East

5.0
(62)
Tutoring service
5+ years in business

Closes soon · 2 p.m.
Brampton, ON
905-792-2220
Provides: After School Programs

HTM Tutoring Services

5.0
(58)
Tutoring service
5+ years in business

Closed · Opens 9 a.m. Mon
Toronto, ON
647-886-0943
Onsite services

Scholars of Vaughan West

4.9
(24)
Tutoring service
10+ years in business

Closes soon · 2 p.m.
Vaughan, ON
905-417-1001

Provides: After School Programs

Scholars of Brampton Southwest

4.9

(39)

Tutoring service

3+ years in business

Open · Closes 3p.m.

Brampton, ON

905-450-3344

Provides: Ged Prep Tutoring Services

Scholars of Brampton North

4.8

(32)

Tutoring service

7+ years in business

Open · Closes 3p.m.

Brampton, ON

905-495-9998

Provides: After School Programs

York Region Tutoring - High School Math, Science (Chemistry, Physics, Biology), English, IB AP

5.0

(98)

Tutoring service

5+ years in business

Open · Closes 11p.m.

Markham, ON

416-779-5369

Provides: Online Tutoring Services

Scholars of Vaughan East

4.8

(45)

Tutoring service

5+ years in business

Closes soon · 2p.m.

Vaughan, ON

289-553-3625

"My daughter began attending the center after struggling with grd."

The Learning Space

4.9

(27)

Tutoring service

10+ years in business

Closed · Opens 10 a.m. Mon

Woodbridge, ON

905-417-2424

Provides: Academic Programs

Tutorax Tutoring

4.9

(184)

Tutoring service

Open · Closes 5 p.m.

Toronto, ON

647-560-7224

Provides: Educational Services

Teachers on Call - Tutoring

5.0

(152)

Tutoring service

35+ years in business

Open · Closes 8 p.m.

Toronto, ON

416-519-8335

Provides: In-Person Tutoring Services

Bright Learning Centre

5.0

(21)

Tutoring service

Closes soon · 2 p.m.

Brampton, ON

647-994-0771

Provides: Online Tutoring Services

Queen Elizabeth Academy

5.0

(62)

Tutoring service

Open · Closes 4 p.m.

Mississauga, ON

905-257-9009

Provides: High School Programs

Brouillet Academy Tutoring (BA Tutoring)

4.9

(21)

Tutoring service

3+ years in business

Closed · Opens 8 a.m. Mon

+1 888-892-1889

Provides: After School Programs

Scholars of Newmarket

5.0

(21)

Tutoring service

5+ years in business

Closes soon · 2 p.m.

Newmarket, ON
905-836-2283
Provides: After School Programs
Scholars of Mississauga West

4.7
(33)

Tutoring service
10+ years in business
Closed · Opens 1p.m. Mon
Mississauga, ON
905-814-0101

Provides: After School Programs
Academy for Mathematics & English, York Mills Gardens

5.0
(23)

Tutoring service
5+ years in business
Open · Closes 4p.m.
North York, ON
437-288-3213
Provides: Tutors Services

Tutor STEM

5.0
(137)

Tutoring service
15+ years in business
Open · Closes 11:30p.m.
Markham, ON
416-795-5000

Provides: Education Programs

WNY Tutor

4.9
(54)

Tutoring service
15+ years in business
Open · Closes 5p.m.
East Amherst, NY, United States
+1 716-983-7975

Provides: Test Preparation Programs

Health Food Stores

Durham Natural Foods

4.5
(21) · Health food store
1191 Montrose Ave
Open · Closes 6p.m. · (705) 566-3820

In-store shopping

Paris Natural Foods

4.2

(70) · Health food store

Sudbury, ON

Open · Closes 9p.m. · (705) 522-8891

Curbside pickup

Barnone by Cassie

No reviews · Health food store

Elm St

Closed · Opens 9a.m. Sat

Healthy eating

Salute Coffee Company, The Durham Social, and more

+ 14

Best coffee

Salute Coffee Company, Da Capo Café & Lounge, and more

+ 14

Coffee and dessert

Salute Coffee Company, Da Capo Café & Lounge, and more

+ 14

Best breakfasts

Salute Coffee Company, McKay's Cafe - Canadian Homestyle cooking, and more

+ 14

Cozy restaurants

Salute Coffee Company, The Durham Social, and more

Popeye's Supplements New Sudbury

4.9

(227) · Health food store

Sudbury, ON

Open · Closes 8p.m. · (705) 586-3278

In-store shopping ·

Curbside pickup ·

Delivery

Miteo's Afro-Caribbean Food Store and Beauty Supply

4.5

(14) · Produce market

450 Notre Dame Ave

Open · Closes 9p.m. · (705) 918-0631

Boss Supplements Sudbury

5.0

(390) · Health food store

1755 Lasalle Blvd

Open · Closes 9p.m. · (705) 586-1788

In-store shopping ·

Curbside pickup ·

Delivery

Food Basics

3.9
(1K) · Discount supermarket
400 Notre Dame Ave
Open · Closes 9p.m. · (705) 675-5845

InMotion Nutrition

4.9
(64) · Sports nutrition store
Sudbury, ON
Open · Closes 5:30p.m. · (705) 524-5164
In-store shopping ·
Curbside pickup ·
Delivery

Chris' Your Independent Grocer Sudbury

4.2
(1.7K) · Grocery store
82 Lorne St
Open · Closes 9p.m. · (705) 671-3051
Curbside pickup ·
Delivery

Bulk Barn

4.7
(87) · Food products supplier
Sudbury, ON
Open · Closes 8:30p.m. · (705) 566-5250
No delivery

Valley Nutrition Centre

4.3
(6) · Health food store
Val Caron, ON
Open · Closes 6p.m. · (705) 897-5114
In-store shopping

Real Canadian Superstore Lasalle Boulevard

3.8
(51) · Grocery store
1485 Lasalle Blvd
Open · Closes 10p.m. · (705) 560-4961
In-store pickup ·
Delivery

Bulk Barn

4.4
(53) · Food products supplier
1984 Regent St
Open · Closes 8p.m. · (705) 523-2153
No delivery

BUCKY'S BBQ BLEND

No reviews · Health food store
149 Lorne St
Open 24 hours · (705) 626-0525
Curbside pickup ·
Delivery

One Stop Naturals

4.6
(72) · Health food store
Val Caron, ON
Open · Closes 9p.m. · (705) 222-6590
In-store shopping ·
In-store pickup

Herbal One Sudbury

No reviews · Vitamin & supplements store
Sudbury, ON
(705) 522-0133

Nourish

4.7
(59) · \$10-20 · Cafe
146 Durham St
Open · Closes 5p.m. · (705) 586-2444
Dine-in ·
Curbside pickup

Messier's Your Independent Grocer Sudbury

4.1
(1.2K) · Grocery store
1836 Regent St
Open · Closes 9p.m. · (705) 522-7111
In-store shopping ·
Curbside pickup

Food Basics

4.1
(964) · Discount supermarket
1800 Lasalle Blvd
Open · Closes 9p.m. · (705) 566-8464

Rexall

3.6
(19) · Drug store
117b Cedar St
Open · Closes 6p.m. · (705) 675-2471
In-store pickup ·
Delivery

Shoppers Drug Mart

3.0
(226) · Pharmacy
86 Elm St
Open · Closes 10p.m. · (705) 671-9230

In-store shopping ·

In-store pickup ·

Delivery

Northern Essential Salt Cave & Cafe

4.6

(25) · Spa and health club

Sudbury, ON

Open · Closes 2p.m. · (705) 586-4256

Food Basics

4.1

(796) · Discount supermarket

1875 Regent St

Open · Closes 9p.m. · (705) 522-4910

Metro

4.2

(721) · Supermarket

Sudbury, ON

Open · Closes 10p.m. · (705) 560-9500

Alpha Dog Raw-North

4.5

(8) · Pet supply store

359 Riverside Dr

(519) 375-7396

In-store pickup ·

Delivery

Food Basics

4.1

(964) · Discount supermarket

1800 Lasalle Blvd

Open · Closes 9p.m. · (705) 566-8464

Freshii

3.9

(30) · \$10-20 · Health Food

2031 Long Lake Rd

Open · Closes 9p.m. · (705) 522-0540

Health-focused chain for salads & more

Cultures

2.7

(27) · \$\$ · Health Food

1349 Lasalle Blvd

Delivery: Now · Ends 9p.m. · (705) 988-3914

Dine-in ·

Takeout ·

Delivery

Freshii

4.1

(58) · \$10-20 · Health Food

1536 Lasalle Blvd

Opens soon · 10:30 a.m. · (705) 419-2419

Health-focused chain for salads & more

Thrive Health Food Essentials

5.0

(4) · Health food store

Sudbury, ON

Permanently closed · (705) 669-0222

Potential Sugar Bush

No reviews · Health food store

Naughton, ON

Temporarily closed

Practical Clothing

Coats

1 Coat with 3 Layers Or 3 Coats

Pants

Durable and not to wear out without pockets

Shirts

All Short Sleeve to save material and categorizing

Socks

One type and in the same color to avoid selection and save time. Should be high not short for year to flow into winter without new length.

Underwear

Grey Briefs without Fly in single color to avoid soiling and keep selection to none while keeping you cooler and less cumbersome

Belt

Slip Belt with wallet holder

Boots

Black for heat in winter

Shoes

White for cooling in summer and Velcro for speed of productive.

Sensible Cleaners

All Purpose Cleaner

Must clean mirrors, counters, walls, windows, toilets, sinks, tubs, dishes and laundry.

Bleach

Sanitize occasionally

Scouring Cream Cleanser

For grimy surfaces. Vim or Comet Crème works.

Face Soaps

Non Cream or non clog plotting Soaps

Sensible Cleaners Tools

Dishclothes

The less gothic the better. Holes collect dust and dirt.

Squeegie

Best not use a rag ever and never have the expense on windows and mirrors. It should be telescopic, long, and very strong to not break.

Scrub Brushes

3 sizes and one for bottles and one for toilets as well as one for going down all sinks and tubs to clear the hair in them and you'll need a scrub brush for your back.

SOS Pads

A box metal and a box plastic

Rags

3 Sizes

Mops

One for mopping and one for scrubbing

Brooms

One without a static charge to fling dirt and not angled in the color white to see dirt for cleaning easy.

One for outside use more rugged and one like in the house

Bucket

White high cylinder to stop sloshing and steep vertical sides to keep from being flowwne for dismersal.

Dustpans

White and with no ramp at the front of it to fling up ramp like Evil Keneival's going over and dirtying the floor. One for outside as well and make sure all are metal to last.

How To Live With Less

How to live with less sounds threatening because it is very hard to do. If you had to live with less you would say you had less. That is not true because you gain time to do more to the extreme and become rich for doing so as well as smart and often wise. To live with less is the following things: 1. Healthy Food 2. Minimal Shelter 3. Minimal Practical Furniture 4. Practical Clothing 5. Minimal Cooking Supplies 6. Minimal Toiletries 7. Constructive Hobbies 8. Acquaintances' 9. Healthy Food Garden 10. Freezer 11. Cleaning Supplies The fact is that if you already have a lot of items in your home you can't throw them out to get down to this for the fear of doing it. It's separation anxiety. I took 40 years to throw out my belongings because I had to reinvent myself for new purposes of living. First off food is most important. You must find healthy food and that is impossible. So find the least dangerous foods. To do this take your time and that took me 40 years and climbing. To say this is separation anxiety too. To eat healthy food you have to cut out one unhealthy food at a time and

replace it with a healthy one otherwise you won't know how to do it for process of living. I changed one food every 6 months to start and got down to every 4 months eventually. Packaging is small now days and greater volume than the products. Because of this use large canisters to store food. Freezers are necessary to save money because sales are 5 weeks apart now and most pay only 4 weeks. To top it off if you are in an area with warm weather you need one because trucks are necessary now days to attain food and stores sell out in 2 days roughly when products come from far. Buy round Tupperware if you are smart. It cleans at 1/3 the speed in the sink. As far as shelter you should be getting down to the smallest space you can achieve to save on land damage. Make sure you have a large enough space for sanity as well. That should include outside land. Go with as little furniture as possible too. Make sure it suits the most needs like your living space. Your clothing should be as little as possible and the most practical. You are surviving only on Earth with a few exceptions for the soul like a bright outfit. Cooking Supplies like appliances, containers, pots, cutlery dishes are meant to be as few as possible and appliances should do as much as possible to minimize on the number of them. White makes dirt appear easier to clean. Toiletries should be kept to less than 1 dozen. Don't use soap. It's meant to clog pores and make you sweat to death literally. Buy a product that will clean your skin without cream in it. You won't need deodorant then if you find one. You won't stink for most jobs but some you will. If that is the case you can find a permanent deodorant that does not clog pores if you try. Tweezers, Tweezer Scissors, tooth brush, facecloths, towels, razor, trimmer, and cleanser not clogging you will do almost all. A hobby is your best friend. Acquaintances are a must and you have to keep the spirit alive. A healthy food harden is for no expenses at the store. An apple tree is 50 bucks and feeds you for life. No more store apples ever bought. Why truck any anymore. All the apple trucks would be off the highway. The fastest way out of poverty is cleanliness they say. Keep clean and buy one all-purpose cleaner for laundry, counters, floors and windows. Then buy bleach. You'll need a granule soap to scrub once in a while until you get rid of grime areas in your house and replace them with no grime surfaces. That will save you on having to buy this granule cleaner in the end.

Scratch Food For Simplicity

Fruit

Buy frozen food. It's 25% of the cost and available in winter zoning

Bread

Buy White Bread that has enough nutrients and void of sugar

Meat

Buy ham, roast beef, chicken with no bones, pork chops with no fat, turkey with no bones and goat meat every 3 months.

Sugar

Buy honey, and maple syrup

Vegetable

Buy green beans, yellow beans, broccoli, corn, peas, butternut squash and turnip called rutabaga

Soup

Make it in stock pot and don't use additive soups

Jams

Crushed berries, honey, maple syrup, peanut butter

Drinks

water, tea from tree leaves, occasional crushed fruity for lowering acid in you

Pasta

Add crushed tomatoes, butter, honey, maple syrup, peanut butter

Rice

Every 4 months to avoid too much starch

Meat

Stop using oven. Use frying pan methods for meat.

Vegetables

Fry Pan, Boil or Steam to add honey, maple syrup, crushed tomatoes, safe spice or minced vegetable slur as well as seed oil or a safe oil.

Snacks

Popcorn in Air Popper that is low in shell covers.

Scratch Food Cooking Ideas

Zero Waste Chef

<https://zerowastechef.com>

Zero Waste ideas and Scratch Cooking Ideas.

Community Fridges

Hubbub

<https://hubbub.org.uk/community-fridge-network>

Places to meet, share and store food in community fridges.

Vegetarian Living Recipes

Vegetarian Living

<https://www.magazine.co.uk/magazines/vegetarian-living-magazine>

Meatless Food Recipes

Meatless Mondays

<https://www.meatlessmondays.com>

Climate Restoration Attempt

Greater Sudbury Downtown Public Library Main Branch

<https://www.sudburylibraries.ca/en/about-us/main-public-library.aspx>

The Climate Justice Corner is a small area in the Main Library

that is a 'go-to place' for you to find books, information, resources and items, whether you are looking to shrink your carbon footprint, get involved in community activities and efforts, or broaden your understanding.

The Climate Justice Corner is for community members of all ages who: wish to be part of a community where we care for each other and the earth; want to take climate action; want to contribute to a healthy, sustainable, low carbon, climate resilient and equitable community; want to connect with community and get involved with community organizations, events and activities; are curious about climate change and climate justice. It aims to:

Be an accessible location where community members can find resources to get informed, act, and get involved.

Connect community members to relevant resources, activities and events by local community organizations.

Broaden the understanding of climate change and climate action. Climate justice recognizes that not everyone is impacted equally by the climate emergency, and supports everyone's rights, safety, health, homes, and livelihoods as we transition to a low carbon society and adapt to climate impacts. Climate justice addresses the root causes of the climate emergency and supports new regenerative, caring, and reciprocal systems. There is no climate justice without Indigenous rights and leadership, and without social and racial justice.

Recipe Websites

Delish

<https://www.delish.com>

All Recipes

<https://www.allrecipes.com>

The Cookie Rookie (not just cookies)

<https://www.thecookierookie.com/category/main-courses>

Damn Delicious

<https://damndelicious.net>

Recipe Tin Eats

<https://www.recipetineats.com>

The Pioneer Woman

<https://www.thepioneerwoman.com>

Easy Family Recipes

<https://easyfamilyrecipes.com>

Epicurious

<https://www.epicurious.com>

Budget Bytes

<https://www.budgetbytes.com>

Shinny Taste

<https://www.skinnytaste.com>

Cooking Habits For Speed

Avoid oven range completely and throw it out. Do you need 350 degrees to burn your meat or a fry pan on medium? Only two items are Needed for most cooking. A Grill and a Fast Cooker Pot. Two or three of each if you like. Power consumption of a stove is so high and heat off scale that NASA uses as much sense to leave us behind and find signs of life. WATER? I pay for it!

Use pans or grills for better heat and draining.

Use pots without lids for less time playing with them and drain always in strainers.

Use a Fast Cooker for meals and avoid stove burners. It's a fast way to feed a guest if he's ill should the machine heat fast.

Bread can be made in a fry pan as well and made to rise too.

Currency Conversion Places

Continental Currency Exchange - Sudbury Branch

<https://www.continentalcurrency.ca> > branches > sudbury...

We're located inside New Sudbury Centre near entrance E, close to Walmart. The Best Foreign Exchange Rates in Barrie Guaranteed!

AI Overview +3

For currency exchange in Greater Sudbury, visit Continental Currency Exchange located at the New Sudbury Centre (1349 Lasalle Blvd). You can contact them at (705) 560-6000 or visit their website for more information on their services, which include buying and selling foreign cash, sending money worldwide, and moving money between US and Canadian bank accounts.

New Sudbury Centre, 1349 Lasalle Blvd, Kiosk Z002, Greater Sudbury, ON P3A 1Z2, CANADA, 705-560-6000

[continentalcurrency.ca](https://www.continentalcurrency.ca)

Monday to Friday: 10:00 am - 7:00 pm, Saturday: 10:00 am - 5:00 pm

Sunday: Closed

Services: Guaranteed competitive exchange rates on over 160 currencies

Buying and selling foreign cash

Sending money worldwide

Moving money between your Canadian and US bank accounts

Other Options

RemitBee: You can use RemitBee Currency Exchange for online currency exchange and money transfers.

Banks and Credit Unions: You can also contact your bank or credit union to inquire about their currency exchange services and check their rates and fees.

Bird Identifier Websites

iNaturalist Phone App Animal Recognizer

https://www.inaturalist.org/pages/seek_app

Animal Identifier websites

iNaturalist Phone App Animal Recognizer

https://www.inaturalist.org/pages/seek_app

Tree Identifier Websites

What Tree Is That

United States Trees Identifier

<https://www.arborday.org/trees/whattree/fullonline.cfm>

iNaturalist Phone App Animal Recognizer

https://www.inaturalist.org/pages/seek_app

Plant Identifier Websites

Plant Identifier

<https://identify.plantnet.org>

Plant ID

<https://www.plant.id>

iNaturalist Phone App Animal Recognizer

https://www.inaturalist.org/pages/seek_app

Plant Snap

<https://www.plantsnap.com>

Kindwise

<https://www.kindwise.com>

Leafsnap

<https://leafsnap.app>

Plant Id Plant Identification

<https://leafsnap.app>

Insect Identifier Website

Kindwise

<https://www.kindwise.com>

Mushroom Identifier Website

Kindwise

<https://www.kindwise.com>

Tick Bugs Ap For Phone

Check A Tick For Danger Ap For Phone

How can you tell if it's a blacklegged tick? Submit a photo of the suspect bug to etick.ca.

<https://etick.ca/?>

[utm_source=sudbury.com&utm_campaign=sudbury.com%3A%20outbound&utm_medium=referral](https://etick.ca/?utm_source=sudbury.com&utm_campaign=sudbury.com%3A%20outbound&utm_medium=referral)

Lumber Yards For Projects

Sudbury Cedar Products

5.0

(4) · Carpenter

Lively, Ontario

Open 24 hours · (705) 692-3327

Cedar Lumber/Sauna Products

sudburycedarproducts.com

Sponsored

The Home Depot

4.0

(1.3K) · \$ · Home improvement store

Greater Sudbury, Ontario

Open · Closes 9p.m. · (705) 525-2960

In-store shopping ·

Curbside pickup ·

No-contact delivery

Warehouse-like home improvement retailer

Indoor lumber yard Greater Sudbury

No reviews · Store

267 Greater Sudbury Regional Road 53

Kelly Lake Building Supplies

4.3

(200) · Home improvement store

22 Brady St

Open · Closes 5p.m. · (705) 674-5283

"Best lumber yard in Sudbury."

Pinehill Lumber

4.6

(85) · Lumber store

Lively, ON

Open · Closes 5:30p.m. · (705) 692-4754

"The young guys in the yard included! Thanks for all you do!"

Evans Home Building Centre

4.3

(280) · Hardware store

172 Pine St

Open · Closes 6p.m. · (705) 674-1921

"Best lumber yard in town."

Can Wel Building Materials Ltd

3.8

(4) · Building materials store

725 Martindale Rd

Open · Closes 5p.m. · (705) 674-6469

Delivery

Portelance Lumber (Capreol) Ltd

4.9

(25) · Lumber store

Capreol, ON

Open · Closes 5p.m. · (705) 969-2121

In-store pickup ·

Delivery

Taiga Building Products

4.0

(2) · Saw mill

Garson, ON

Open now · (705) 525-0777

Skakoon Home Hardware

4.8

(134) · Home improvement store

385 Montague Ave N/A

Open · Closes 6p.m. · (705) 673-1054

"One of my favorite stores!!"

Lacasse Fine Wood Products Inc.

4.3

(23) · Woodworker

Sudbury, ON

Open · Closes 5p.m. · (705) 522-5728

"Best wood products and service is perfection!"

A & J Home Hardware

4.7

(265) · Home improvement store

469 Bouchard St

Open · Closes 6p.m. · (705) 522-3780

"A home hardware that doesn't sell lumber."

Driver's Licence Bureaus

Tom Davies Square Citizen Service Centre

200 Brady Street, Sudbury, ON, CANADA

<https://www.greatersudbury.ca/live/citizen-service-centres>

-9015749.735 5859205.288

Larch and Brady

4.3 km

199 Larch Street

Suite 300

Sudbury, Ontario

Elm and Beech

4.5 km

40 Elm Street

Sudbury, Ontario

Regional Rd 24 and Jacobson

11 km

140 Regional Road 24

Lively, Ontario

Falconbridge and O'Neill

14 km

3060 Falconbridge Road

Unit 4

Garson, Ontario

Highway 69 and Main

18 km

2987 Highway 69 North

Unit 4

Val Caron, Ontario

Place Bonaventure

20 km

4764 Regional Road 15

Unit 6A

Chelmsford, Ontario

King and Highway 535

46 km

2 King Street East

St. Charles, Ontario

Fleming and Centre

62 km

148 Fleming Street

Unit 2

Espanola, Ontario

King and Market

83 km

94 King Street

Unit 8

Sturgeon Falls, Ontario

Manitowaning

101 km

14295 Highway 6

Manitowaning, Ontario

Highway 17

112 km

479A Highway 17 West

Cutler, Ontario

McKeown and Gormanville

117 km

447 McKeown Avenue

Unit 111

North Bay, Ontario

Stockdale and Airport

119 km
955 Stockdale Road
Unit 5
North Bay, Ontario

Highway 542 and Forest

120 km
6025 Highway 542
Mindemoya, Ontario

Hillsdale and Spruce

127 km
50 Hillside Drive North
Elliot Lake, Ontario

Meredith and Eleanor

127 km
35 Meredith Street
Gore Bay, Ontario

Main and King

133 km
520B Main Street
Powassan, Ontario

Highway 17

135 km
4663 Highway 17 West
Spragge, Ontario

Bay

145 km
7A Bay Street
Parry Sound, Ontario

Highway 124 and Albert

145 km
10340 Highway 124
Sundridge, Ontario

Queen and Leacock

152 km
62 Queen Avenue
Blind River, Ontario

Armour Ryerson & Burk's Falls Memorial Arena

154 km
Location: Mobile service centre
220 Centre Street
Burk's Falls, Ontario

Armstrong and Heard

155 km
280 Armstrong Street
New Liskeard, Ontario

Moose Deer Point: Recreation Centre

174 km
Location: Mobile service centre
3720 Twelve Mile Bay Road
MacTier, Ontario

4th and 3rd

175 km
56 4th Avenue
Englehart, ON, CANADA

Health Card Renewal Ontario

Elm and Beech

0.2 km
40 Elm Street
Sudbury, Ontario

Larch and Brady

0.3 km
199 Larch Street
Suite 300
Sudbury, Ontario

Falconbridge and O'Neill

11 km
3060 Falconbridge Road
Unit 4
Garson, Ontario

Highway 69 and Main

13 km
2987 Highway 69 North
Unit 4
Val Caron, Ontario

Regional Rd 24 and Jacobson

14 km
140 Regional Road 24
Lively, Ontario

Place Bonaventure

17 km
4764 Regional Road 15
Unit 6A
Chelmsford, Ontario

King and Highway 535

47 km
2 King Street East
St. Charles, Ontario

Fleming and Centre

65 km
148 Fleming Street
Unit 2
Espanola, Ontario

King and Market

83 km
94 King Street
Unit 8
Sturgeon Falls, Ontario

Manitowaning

105 km
14295 Highway 6
Manitowaning, Ontario

Highway 17

114 km
479A Highway 17 West
Cutler, Ontario

McKeown and Gormanville

117 km
447 McKeown Avenue
Unit 111
North Bay, Ontario

Stockdale and Airport

119 km
955 Stockdale Road
Unit 5
North Bay, Ontario

Highway 542 and Forest

124 km
6025 Highway 542
Mindemoya, Ontario

Hillsdale and Spruce

128 km
50 Hillside Drive North
Elliot Lake, Ontario

Meredith and Eleanor

130 km
35 Meredith Street
Gore Bay, Ontario

Main and King

134 km
520B Main Street
Powassan, Ontario

Highway 17

136 km
4663 Highway 17 West
Spragge, Ontario

Highway 124 and Albert

147 km
10340 Highway 124
Sundridge, Ontario

Bay

148 km
7A Bay Street
Parry Sound, Ontario

Armstrong and Heard

152 km
280 Armstrong Street
New Liskeard, Ontario

Queen and Leacock

154 km
62 Queen Avenue
Blind River, Ontario

Armour Ryerson & Burk's Falls Memorial Arena

156 km
Location: Mobile service centre
220 Centre Street
Burk's Falls, Ontario

4th and 3rd

171 km
56 4th Avenue
Englehart, Ontario

Pine and McConnell

177 km
401 Pine Street
Mattawa, Ontario

Watch Battery Stores

Lucy's Jewelry Store

1865 Paris Street, Greater Sudbury, Ontario, P3E 3C5, CANADA
705-522-5661

Will strange Jewelry Store

1776 Regent Street, Sudbury, Ontario, P3E 3Z8, CANADA
705-522-1115

Wellness News

WellnessNews Website

WellnessNews.ca

Alternatives to the Police

The police force upholds a system of racialized violence, and white supremacy. This list was created as a resource for steps to use before calling the police, in order to keep our community safe from police violence.

If your life or the life of someone you know is in danger, call 9-1-1.

Resources with an asterisk (*) next to them are known to work alongside the Greater Sudbury Police Services - be mindful of this if using those resources. It

is also important to note that OAHAS Sudbury is a safe space that does not welcome police, and NISA is a peer run organization that will go far to resolve issues without involving the police.

Indigenous Community Resources

- N'Swakamok Native Friendship Centre - 705.674.2128
- Aboriginal Peoples' Alliance/APANO - 705.670.9592
- Shkagamik-Kwe Health Centre - 705.675.1596
- Metis Nation of Ontario - 705.671.9855
- First Nations & Inuit Hope for Wellness Hotline - 1.855.242.3310
- Ontario Aboriginal HIV/AIDS Strategy (OAHAS) -- 1.800.743.8851 x.114 or x.124
- *Mindspace - 705.525.1008 / Toll Free 1.800.815.7126
- Kids Helpline - 1.800.668.6868
- Crisis Text Line - text "TALK" to 686868 (en) / "TEXTO" 686868 (fr)

Black Community Resources

- Afro-Heritage Association - 705.920.0402
- Black Lives Matter Sudbury - blacklivesmatter.sudbury@gmail.com
- Helpline for Black Canadian Youth - 1.416.285.9944 / 1.833.294.8650/
info@blackyouth.ca

Mental Health

- NISA/Northern Initiative for Social Action - 705.222.6472 / Toll Free 1.866.856.9276
- The Regional Warm Line - 1.866.856.9276
- Canadian Mental Health Association - 705.675.7252 / Toll Free 1.866.285.2642
- *Crisis Line - 705.675.4760 / Toll Free 1.877.841.1101
- Mental Health Helpline - 1.866.531.2600
- Positive Steps - 705.523.4988 x. 4377
- Sudbury Mental Health & Addictions Centre - 705.523.4988
- Schizophrenia Society of Ontario - 1.800.449.6367
- Mental Health Service Information Line - 1.866.531.2600

Domestic Violence

- Genevra House (YWCA) - 705.674.2210 / Toll Free 1.800.461.0133
- Centre Victoria Pour Femmes - 705.670.2517 / Toll Free 1.877.336.2433
- Assaulted Women's Helpline 1.866.863.0511 / TTY 1.866.863.7868

Sexual Assault

- HSN Violence Intervention and Prevention Program - 705.675.4743
- Centre Victoria Pour Femmes - 705.670.2517 / Toll Free 1.877.336.2433
- Voices for Women - 705.671.5495
- Support Services for Male Survivors - 705.524.9629 / Toll Free 1.866.887.0015
- *HSN Pediatric Abuse Referral & Evaluation (16 y/o and younger) - 705.675.4743
- Ojibway Women's Lodge (North Bay) - 705.472.3321
- Sudbury Counseling Centre - 705.524.9629 x. 218
- She Matters - 705.919.9388 / hello@shematterstribes.com
- Sudbury & Area Victim Services - 705.522.6970 (*Note: this resource is located in the same building as GSPS, as it is an independent nonprofit that works closely with the police -- HOWEVER, was created to deal with the fact that police aren't trained to work with those left behind after violent crimes or sudden death. Staff are able to meet people elsewhere, and can attend calls without police involvement.)

Addiction Services

- Connex Ontario - 1.866.531.2600
- Detox/Withdrawal Management Services - 705.671.7366 x. 1
- Monarch Recovery Services - 705.674.4193
- Northwood Recovery - 705.806.3737 / Toll Free 1.833.805.3737
- Drug & Alcohol Helpline - 1.866.531.2600
- Rapid Access Addiction Medicine/RAAM Clinic - 705.523.7100 x.1875

Youth Resources

- SACY - 705.673.4396
- *Mindspace - 705.525.1008 / Toll Free 1.800.815.7126
- Kids Helpline - 1.800.668.6868
- Crisis Text Line - text "TALK" to 686868 (en) / "TEXTO" 686868 (fr)

Homelessness

- Homelessness Network
 - Association des Jeunes de la Rue - 705.675.6422
 - Corner clinic - 705.280.7888 / 705.673.3721
 - Jeunes de la Rue Community Outreach - 705.669.1502

LGBTQ2S+

- TG Innerselves - 705.673.4396 x. 201
- Reseau Access Network - 705.688.0500 x.216
- LGBT Youthline - 1.800.268.9688 ****NOTE**** currently only accepting texts or online chat 647.694.4275 (text only) or youthline.ca
- Trans Lifeline - 1.877.330.6366
- Ontario Aboriginal HIV/AIDS Strategy (OAHAS) - 1.800.743.8851 x.126 to contact a 2S worker

Suicide

- S.A.F.E. - 630.819.9505 / 1.800.366.8288
- The Regional Warm Line - 1.866.856.9276
- Crisis Services Canada (helpline/Infoline) / 2-1-1

Seniors

- Seniors Outreach (operated by NISA) - 705.222.6472
- Senior Safety Line 1.866.299.1011
- Behavioral Supports Ontario - 1.855.276.6313

Harm Reduction

- Harm Reduction Outreach Program - 705.207.2122
- Harm Reduction Delivery Service - 705.673.4396 x. 205
- Harm Reduction Day Program - 705.675.7572 x. 704 or x. 701 / 1.866.285.2642
- The Point - 705.522.9200 / 1.866.522.9200s
- Ontario Aboriginal HIV/AIDS Strategy (OAHAS) -- 1.800.743.8851 x.114 or x.124

Justice

- Elizabeth Fry Society - 705.673.1364
- *Sudbury District Restorative Justice/SDRJ - 705.674.1825
- Sex Worker Advisory Network (SWANS) - 705.280.8005 / swansudbury@gmail.com

COMMUNITY RESOURCE LIST

Nov/23 SUDBURY-MANITOULIN

- **ABUSE, ASSAULT & DOMESTIC VIOLENCE**
- Action ontarienne contre la violence faite aux femmes Monarch Recovery Services Women's TreatmentOur Children, Our F
.....1-833-632-0838 ●705-674-4193 ext. ● Public Health Sudbury & Districts.....705-522-9200
-613-241-8433 ● 2221 ● Sudbury Counselling Centre
Assaulted Women's Helpline 1-866-863-0511 ● Women's After Care.....705-674-4193 ext. 2245 ●705-524-9629 x 0
- Bullying Canada-877-352-4497 Canadian Human Trafficking Hotline ● Men
● Monarch Recovery Services
● Men's Recovery Home705-674-4193 ext. 3224 Men's Transition Home705-674-4193 ext.3246 Men's Day Treatment.....705-674-4193 ext.3224
- Office:....1-833-993-7867 Crisis:1-833-900-1010 ● **AIDS / HEPATITIS C**
● HSN Haven Program.....705-523-7148 Ont. Aboriginal HIV/AIDS Strategy... 1-647-490-6339 The Point (needle exchange) Public Health Sudbury & Districts.....705-522-9200 x778
- Centre Victoria Pour Fem705-670-2517
- Elder Abuse Prevention Safety Line.....1-866-299-1011
- Fem'aide : Francophone helpline for women affected by violence1-877-336-2433
- Greater Sudbury Police Service705-675-9171 John Howard Society of Sudbury 705-673-9576 Manitoulin Northshore Victim Services 705-370-3378
- Métis Nation of OntarioVictim Services Program Prisoners HIV/AIDS Support Action Network.....Centre
.....1-800-263-4889 ●1-866-224-9978 Office: 705-368-3400 x234
- Ext. 7 ●416-920-9567
- Ligne EM-AIDE Provin.1-877-336-2433 ● Public Health Sudbury & Districts... 705-522-9200 Réseau ACCESS Network.....705-688-0500
- Manitoulin Family Resources705-377-5532
- Ontario Ministry of the Attorney General - Northern Sudbury Action Centre For Youth..... 705-673-4396Jarrett Value
- Region Family Information ● **ANGER MANAGEMENT** ● Salvation Army Thrift Store705-586-2481
- Liaison Unit ● Betty Ann McPherson MA 705-560-1658
- Ontario. Ministry of Children, Community and Social Inner City Home of Sudbury.....705-675-7550 Services. Support Services for Male Survivors of Joanna L Cox Counselling.....705-923-5510
- Sexual Abuse Program1-866-887-0015 ● John Howard Society.....705-673-9576 Northern Ontario Counselling Clinic.....705-222-6622
- Sudbury & Area Victim's Services705-522-6970
- Ontario Network of Sexual Assault / Domestic Violence Shkagamik-Kwe Health Centre.....705-675-1596.....Caufield 705-674-7806
- Treatment Centres.....1-855-628-7238 ● **BEREAVEMENT** ● Centre de counselling de Sudbury 705-524-9629
-416-323-7327 ● Bereavement Foundation of Sudbury.. 705-923-1982 Bereaved Families of Ontario...: 905-848-4337
- Sudbury Counselling Centre705-524-9629 ● ButterflyWingsPerinatal Bereavement. 705-562-4955
- Talk4Healing Online Chat 1-855-554-4325 Violence Counselling.....705-923-5510
- Intervention Prevention 705-675-4743 ● Joanna L Cox Counselling705-923-5510
- Voices for Women Sexual Assault.....Centre
Champaigne Klassen Psychology Pr....705-675-3211 John Howard Society of Sudbury
-705-671-5495 ● Azilda (Lost Child through Death) 705-848-5864 Find Your Wings Therapy - Sudbury...705-207-0539 Glad Tidings Church705-522-4523 Maison McCulloch Hospice... 705-674-9252 ext. 237 Lougheed Funeral Home.....705-673-9591
- YWCA Sudbury.....705-688-1727 ● Inner City Home.....705-675-7550 Northern Ontario Counselling Clinic.....705-222-6622 Manitoulin Family Resources/ Counselling Services Local:.....705-377-5160 Toll-Free:.... 1-800-465-6788 Text: 705-968-0499
- YWCA Genevra House.....705-674-2210 ● **COUNSELLING SERVICES** ● Bassis and Carter705-673-4475 Betty
- **ADDICTION see also MENTAL HEALTH** ● Advanced Solutions Counselling705-410-3810
- Al-Anon Family Groups 1-888-425-2666
- Alcoholics Anonymous - Northeastern Ontario Area 84 Simple Wishes of the North705-470-7070...MARIANI 705-675-8925
- AND ASSOCIATES705-674-6217 ● Widowed We Help Each Other705-566-6138 ● Sudbury Counselling Centre..... 705-524-9629
- Autism Ont- . 1-800-472-7789 ● **2SLGBTQ+** ● SudburyLife CoachCounselling Services705-562-8747
-416-246-9592 ● Benbowopka Centre (Blind River)..705 -356-1681 Can. Cntr for Gender & Sexual Diversity613-400-1875 ● Waters Of Change Counselling Service 705-670-1058
-1-877-356-1681 ● Camillus Centre-Elliot Lake705-848-2129
- CAMH Sudbury.....705-675-1195



DEVELOPMENTAL DISABILITIES

<ul style="list-style-type: none"> Adult Enrichment Centre Canadian Centre on Substance Use and Addiction Youth (CCSA) 1-833-235-4048 ... 613-235-4048 Canada. Health Canada First Nations and Inuit Hope Réseau ACCESS Network for Wellness Help Line 1-855-242-3310 Cocaine Anon... 1-866-622-4636 416-927-7858 Co-Dependents Anon Canada 604-239-1042 ConnexOntario 1-866-531-2600 Detox/Withdrawal Mgmt. (Pine St) 705-671-7366 Dr. Dressler - 310 Larch St. 705-669-1111 Dr. Shapiro - 135 Applegrove St 705-673-3111 Harm Reduction Day Program 705-675-7252 Families for Addiction Recovery 855-377-6677 Gamblers Anon 1-855-222-5542 416-366-7613 Grenfell Ministries Overdose Prevention Line 1-888-853-8542 Crisis: 1-888-688-6677 Manitoulin Community Withdrawal 1 705-368-0058 Manitoulin Family Resources 1-705-377-5532 Métis Nation of Ontario 24HR Mental Health and Addictions Crisis Line: 1-877-767-7572 	<ul style="list-style-type: none"> 705-470-7474 Autism Ontario Sudbury LGBT National Hotline 1-888-843-4564 Northern Ont. Pride Network (NOPN) 705-578-3642 Ontario. Ministry of Health Sexual Health Infoline Ontario 1-800-668-2437 416-392-2437 TG Transgender Support 705-673-4396 ext:210 WomenatthecentrE WE Counsel 1-844-480-2409 BRAIN INJURY / TUMOUR Brain Injury Association 705-670-0200 Toll Free 1-800-263-5404 Brain Tumour Foundation of Canada 519-642-7755 For Seniors /Acquired Brain Injury 705-522-0679 Ont. March of Dimes - Acquired Brain Injury 705-671-3188 CHILDREN / PARENTS / FAMILY Community Family Services of Ontario 416-979-8299 	<ul style="list-style-type: none"> 705-586-3663 1-800-472-7789 ext 346 Canadian Council on Rehabilitation and Work 1-800-664-0925 416-260-3060 Child and Community Resources 1-877-996-1599 705-525-0055 Community Living Greater Sudbury 705-671-7181 Develop. Clinical Srvs (HSN) 705-523-4988 x 4256 Developmental Services Sudbury 705-674-1451 Easter Seals Canada 1-877-376-6362 416-932-8382 Ernest C Drury School for the Deaf/ Ontario Youth Apprenticeship Program 905-878-2851 Geri Fashions Adapted Clothing gerifashions.com 1-800-361-4374 Guardian Angel Foundation of Sudbury Private Foundation 705-525-1015 Independence Centre And Network 705-673-0655 Toll-Free: 1-866-439-4226 Learning Disabilities Assoc of Sudbury 705-522-0100 Toll-Free -1-855-522-0100
<ul style="list-style-type: none"> Minwaashin Lodge - Indigenous Women's Support Compass / Boussole / Akii-Izhinoogan 705-525-1008 Centre 613-741-5590 Crisis 613-789-1141 Monarch Recovery Services 705-674-4193 Narcotics Anonymous 1-888-811-3887 National Overdose Response Service 1-888-688-6677 Needle and Syringe Programming within the City of Gerry McCrory Countryside Sports Complex Greater Sudbury 705-522-9200, ext. 3045 Nipissing Detoxification & Substance Abuse Programs (North Bay) 705-476-6240 ext. 6290 N'Swakamok Native Friendship Centre - Sudbury/Drug Centennial Com. Centre and Arena 705-688-3924 And Alcohol Program 705-674-2128 Northwood Recovery - 80 Elm St 705-806-3737 Sudbury Mental Health and Addictions Centre Cedar Street 705-523-4988 OATC Sudbury Clinic 705-805-8161 or 705-673-1116 Ont. Problem Gambling Helpline 1-888-230-2370 Outpatient addictions and gambling services Manitoulin Site 705-368-0756 Outpatient addictions and gambling services Ramsey Lake Health Centre 705-523-7100 Overeaters Anonymous Sudbury & Chelmsford Julie: 705-897-2979 or Marina 705-586-5384 Sexaholics Anonymous Sudbury 705-693-0021 Smokers' Helpline 1 877 513-5333 Sudbury Mental Health 705-671-7366 Sudbury Mental Health & Addictions Centres 705-523-4988 The Point (needle exchange) 705-522-9200 ext. 778 VitaHeal Medical Clinic Addiction 705-805-6383 Withdrawal Management Service and Safe Bed Program 705-671-7366 	<ul style="list-style-type: none"> Support Compass / Boussole / or 1-800-815-7126 522-0100 Loellen Community Centre Care Network 705-566-3416 Student Recreation Centre 705-675-1151 Unit 787-8529 Carmichael Arena 3923 Supervised Access - Manitoulin 377-6080 705-688-3927 Cambrian Arena 705-688-3921 Capreol Com. Centre and Arena 705-688-3922 Chelmsford Com. Centre and Arena 705-688-3925 Parent Support Group 705-523-4747 Better Beginnings Better Futures 705-671-1941 Centre de santé Communautaire 705-670-2270 705 Outpatient addictions and gambling services in Sudbury 705-525-1008 Child & Community Resources 705-525-0055 Children's Aid Society 705-566-3113 Children's Community Network 705-566-3416 Children's Psychiatric Ctr. 705 675-9192 x 8214 Children's Services, Greater Sudbury Child Care Subsidies/Registry 705 674-4455 x 4279 Early Psychosis Intervention Program (HSN) 705 523-4988 x 4242 Healthy Babies Healthy Child 705 522-9200 x 342 EarlyON 705 674-4455 x 4424 Association - P.L.A.Y Fund for Children's Activities 705-670-8633 Kids Help Phone 1-800-668-6868 Kina Gbezhgomi Child & Family Services 	<ul style="list-style-type: none"> 705 523-1925 Northern Ontario Respite 705-675-1151 Special Investigations 1-800-787-8529 Carmichael Arena 705-688-3923 Supervised Access - Manitoulin 377-6080 Supervised Access Sudbury 705-525-1008 x 2565 Sudbury Community Service Centre 705-560-0430 Sudbury Developmental Services 705-674-1451 Sudbury Developmental Services Jarrett WISE Thrift Shoppe 705-525-5100 705-859-2100 Learning Disabilities Association 705-522-0100 Manitoulin Family Resources Inc. 705-377-5532 N'Swakamok Native Friendship Centre 705-674-2128

- Sudbury Therapeutic Riding Prog
.....705-560-7877
- **Physical**
- Arche Sudbury (L') Services
for People with an
Intellectual Disability705-525-1015
- Canadian Hard of Bob Rumball
Canadian Centre of Excellence
for the Deaf Developmental
Services, Adult
CommunityProgram 416-993-7008
- Hearing Society705-523-5695 Canadian
CNIB.....705-675-2468
- ICAN - Independence Centre
Network .705-673-0655 Christian
Horizons Corporate
Office
.....1-866-362-6810.519-783-
6810
- IndependentLivingSudburyManitou
lin...705-675-2121 March of
Dimes Canada - Sudbury Home
and Vehicle Modification
Program.....1 -877-
369-4867 Neil Squire/ Working
Together Program
.....1-866-939-6345....613-723-
3575
- Spinal Cord Injury Ontario705-671-
- Sudbury's Fibromyalgia Sup Grp
.....705-525-
5121 March of Dimes Canada -
Sudbury Home and Vehicle
Modification Program1 -877-
369-4867 CNIB Deafblind
Community Srvc 1-855-862-6001
-416-486-2500

EDUCATION

- Canadian Hearing Services/ Literacy and Basic Skills 1-866-518-0000 ext 4220
- College Sector Committee for Adult Upgrading Automated Answering Service:.....416-639-1525
- CESBA Continuing Education416-597-1904
- Canadian Council on Rehabilitation and Work1-800-664-0925
- 416-260-3060
- Cambrian CollegeUpgrading.....705 566-8101x7712
- College Boreal.....705 560-6673 x 3085
- Carrefour francophone deSudbury.....705-675-6493
- Carrefour Options+.....705 675-6493
- Centre de formation et de perfectionnement du grand Sudbury.....705- 705-688-0005
- Collège Boréal.....705 560-6673 x 3085
- Coalition for Adult Training in Ontario / Distance Education Program.....1-888-744-2178
- 613-744-2178
- Education & Workplace Train.....705 677-0432x244
- Glenn Crombie Ctr, disability..... 705 566-8101x 420
- Métis Nation of Ontario - Sudbury Métis Council Employment and Training.....705-671-9855
- Native Education and Training College Apprenticeship Training..... 1-800-267-2577
-705-494-4700
- N'Swakamok NativeFriendship Centre.705-674-2128

St. Albert Adult Learning Centre.....705-673-3031

Sud Sec.School Continuing Educ705-675-5481

The learningHUB1-844-470-7877

Centre Life Long Care705-256-1876

TVO ILC (online school) 1-800-387-5512

..... 416-484-2704

Ontario. Ministry of Labour, Immigration, Training and Skills Development/ Pre-Apprenticeship Training Program.....: 1-800-387-5656

EMERGENCY NUMBERS

Crisis Intervention Program & Mobile Crisis Team

.....705-675-4760 Toll Free 1-877-841-1101

Talk Suicide CanadaCrisis 1-833-456-4566

.....Text: 45645

Health Sciences North (Hospital): 705-523-7100

Police, Ambulance, Fire 911

Police,Non-Emergency.. 705-675-9171

Poison Control1-800-268-9017

Victim Services, Police705-522-6970

Toll Free.....1-888-579-2888

EMPLOYMENT

AMI Personnel.....705-525-5954

Canada Emploi Et Immigration..... 705-566-1911

Ontario Works.....705-675-2411

Get Smarter About Money.ca.1-877-785-1555

Resolve Counselling Services Canada Financial Wellness

Counselling Services 1-800-379-5556

.....613-549-7850

Public Guardian and Trustee 705-564-3185 or 1-800-891-0503

Red Cross, Emergency 705-674-0737

WorkplaceSafetyInsurance Board.1-800-387-0750

FIRST NATIONS

Atikameksheng Anishnawbek Diner's Club Program

.....1-800-661-2730.....705-692-3651

Independent Electricity System Operator

First Nations and Inuit Hope for Wellness 24/7 saveONenergy Program.....1-844-770-3148

Indigenous Led Program..... (705) 671- 1941ext. 232

Help Line 1-855-242-3310 Métis Nation of Ontario Housing & Infrastructure

.....613-798-1488

Metis Nation of Ont(MNO) -Sudbury.....705-673-4323

MnaamodzawinHealthServices Inc.....705-368-2182

Minwaashin Lodge - Indigenous Women's Support Centre1-855-789-9433

Office:...613-741-5590 Crisis.....613-789-1141

Ont Aboriginal Housing Services1-866-391-1061

.....705 256-1876 Ext 334

Shkagmik-kwe Health Centre705-675-1596

Wingaash Gamig Indigenous EarlyON at Victory Park

.....705-673-2163

Atikameksheng Anishnawbek Diner's Club Program 1-800-661-2730 ...705-692-3651

Pregnancy Care Centre and Infant Food Bank

Infant Food Bank..... 705-673-5003

Meals On Wheels (Sudbury).....705-525-4554

Good Food Box..705- 671-1941

Manitoulin Family Resources/Emergency Food Assistance.....705 368-3400 x242

Corner clinic 705-673-3721 Elgin Street Mission.....705-673-2163

L'association des jeunes de la rue 705-675-6422

FOOD BANKS

Bread and Roses, Capreol resident 705-222-9664

HOUSING SERVICES/SHELTERS

Ont Aboriginal Housing Service1-866-391-1061

.....705-256-1876 Ext 334

YWCA Genevra House.....705-674-2210

Northern Ontario Families of Children with Cancer Accommodation Support 1-888-993-9227

.....705-586-3229

March of Dimes Canada - Sudbury Home and Vehicle Modification Program....1 -877-369-4867

Habitat for Humanity Ontario Gateway North Affordable Housing Supplies705-669-0624

.....705-692-3651

Independent Electricity System Operator

First Nations and Inuit Hope for Wellness 24/7 saveONenergy Program.....1-844-770-3148

Canada Mortgage and Housing Corporation

.....1-800-668-2642....613-748-2000

Women and Family Shelter Cedar Place.....705-586-3293

Home Instead Senior Care.....705-523-1600

Métis Nation of Ontario Housing & Infrastructure

.....613-798-1488

Manitoulin Family Res/Emergency Shelter & Counselling Service 705 377-5160

or 1-800-465-6788

Off the Street Emergency705-675-7252

Foyer Notre Dame House, youth..... 705-675-6422

Salvation Army sheltering services 705-673-1175

Genevra House.....705-674-2210

Development Corporation Geared to Income

.....705-674-9996

Sud Sec.School Continuing Educ705-675-5481

The learningHUB1-844-470-7877

Centre Life Long Care705-256-1876

TVO ILC (online school) 1-800-387-5512

..... 416-484-2704

Ontario. Ministry of Labour, Immigration, Training and Skills Development/ Pre-Apprenticeship Training Program.....: 1-800-387-5656

FOOD, CLOTHING & MEDICAL AID

N'Swakamok Native Friendship Program.....705-674-2128

St Andrew's United Church - Sudbury Worship Services and Mission Outreach..... 705-674-0721

Blue Door Soup Kitchen705-675-5300

Elgin Street Mission Drop-In Centre705-673-2163

Atikameksheng Anishnawbek Diner's Club Program 1-800-661-2730 ...705-692-3651

Pregnancy Care Centre and Infant Food Bank

Infant Food Bank..... 705-673-5003

Meals On Wheels (Sudbury).....705-525-4554

Good Food Box..705- 671-1941

Manitoulin Family Resources/Emergency Food Assistance.....705 368-3400 x242

Corner clinic 705-673-3721 Elgin Street Mission.....705-673-2163

L'association des jeunes de la rue 705-675-6422

FOOD BANKS

Bread and Roses, Capreol resident 705-222-9664

Ontario Aboriginal Housing Services

N'Swakamok Native Friendship

CMHA -Provides Apartment Listings...705-675-7252

Centre de Santé Communautaire du Grand Sudbury Housing705-670-2274

Community Homelessness Prevention Initiative CHPI.....705 618-8812 or 705-618-8811

Corner Clinic - Housing Outreach.....705-673-3721

Elizabeth Fry Society-Resources.....705-673-1364

Greater Sudbury Housing Corp705-671-2489

AddictionSupportive Housing (ASH).....705-674-0123

ICAN - physical disability705-673-0655

John Howard Society Resources 705-673-9576

Landlord and Tenant Board1-888-332-3234

Ombudsman.....1-800-263-1830

Social Planning Council,emergency 705-675-3894

Retirement Homes

Amberwood Suites.....705-522-5289

Chartwell Southwind705-521-1443

Chartwell Westmount.... 705-566-6221

Lasalle Residence705-560-8787

<ul style="list-style-type: none"> ● Canadian Forces Recruiting Cntr... House (Rayside-Balfour, Onaping, Dowling, Regent Manor..... 705-523-5295 ● Cambrian Search Group 705-524-1722 ● Employment Options Emplo... 705-560-1562 ● Val Caron..... 705-897-5627 Chelmsford.....705-855-1562 ● Espanola..... 705-869-4113 Manitoulin.....705-368-3194 Volunteer Sudbury 705-560-6661 Gezhtoojig Employment & Training 705-524-6772 Helmets to Hardhats Canada1-855-238-9707 ●: 613-238-2300 ● Insight Search Group 705-675-8195 Immigrants Working Centre /Trades Gateway Program ●905-525-9676 ● IVEY Group.....1 866-808-4839 Levert Personnel Resources Inc 1 800-461-5934 Long Glen R Consultant Human Resources ●705-675-3315 ● Manitoulin-Sudbury District Social Services Administration Board.....705-368-0238 ● March of Dimes Canada 705-674-3377 Northern Vocational Services.....705-674-4141 Northern Employment Solutions..... 705-566-9675 N'Swakamok Native Friendship Ctr 705-674-2128 ● Ontario Works Program. 705-377-5891 Ontario. Ministry of Labour, Immigration, Training and Skills Development/ 1-800-387-5656 Professions North/Nord..... 1 866-210-3020 Plan A Sudbury Hiring Health Care Prof & Nursing Students.....705- 587-7526 Service Canada/ Employment Insurance ●1-800-206-7218 or 1-800-808-6352 ● Spark Employment Services705-671-2544 ● Sudbury Counselling Centre705-524-9629 Total Personnel Solutions, Lively 705-682-3362 Workforce Inc.....705- 222-2086 ● YMCA Employment Services705-674-2324 ● FINANCIAL. ● Canada Pension Plan.1-800-277-9914 Canada Revenue - Income Tax..... 1-800-959-8281 Children's Services, Greater Sudbury Child Care Subsidies/Registry.....705 674-4455 x 4279 Credit Counselling Sudbury.....705 560-0430 x 0 EasterSeal Soc, physical disabilities705-566-8858 ● Employment Insurance : 1-800-206-7218 Social Insurance Numbers:.....1-866-274-6627 Min of Community, Family, Children and Youth Srvcs, Children Severe Disabilities 705-564-8153 Old Age Security1-800-277-9914 Ont Disability Support Plan/ODSP..... 705-564-4515 Toll Free.....1-800-461-1167 ● Supervised Access - Sudbury... 705-525-1008 x 2565 ● Caufield Counselling & Consulting 705- 674-7806 	<ul style="list-style-type: none"> ● Levack residents only) 705-855-4848 Good Neighbours Valley East Food Bank ● (Valley East residents only) 705-969-1674 ● Holy Redeemer Food Bank..... 705-566-9409 Infant Food Bank.....705-673-5003 Infant Food Cupboard 705-677-0931 ● Inner City Home of Sudbury.705-675-7550 Grace Family Food Bank 705-673-1512 ● Salvation Army Food Bank705-566-8151 St. Vincent de Paul Society (Val Caron residents only) ●705-674-7551 ext. 6865 Walden Food Bank (Lively, Walden, Whitefish & Naughton residents..... 705-692-4061 ● FRANCOPHONES ● Action ontarienne contre la violence faite aux femmes1-833-632-0838 or 613-241-8433 ● Association canadienne-française de l'Ont. du grand Sudbury Francophone Association 705-674-5896 Centre franco-ontarien de ressources en alphabétisation Literacy and Basic Skills Support Organization1-888-814-4422 or.....705-524-3672 Centre de santé communautaire du Grand Sudbury Sudbury, ON..... 705-670-2166 ● Hanmer, ON..... 705-969-5560 Chelmsford, ON.....705-855-8084 Club Amical du Nouveau Sudbury Senior Centre ●705-566-2113 ● Club 50 de Rayside-Balfour Chelmsford ●705 855-2628 or 705-855-6839 ● Club Joie de Vivre..... 705-560-4216 Collège Boréal Literacy and Basic Skills ●1-800-361-6673 or 705 560-6673 Ext 3085 ● Fem'aide : Francophone helpline for women affected by violence1-877-336-2433 ● French Legal Advice Line 1-877-687-2847 ON y va Chelmsford à l'École Alliance St-Joseph ●705-969-8685 ● ext.540 ON y va Vallée Est à l'École Notre-Dame Hanmer ●705-969-8685 ● ext.560 ON y va Centre-ville at École publique Jeanne Sauvé 705-673-0131 ● ON y va Nouveau Sudbury at l'École Félix Ricard ●705-566-4135 ● Outreach Location: Bibliotheque publique du Nouveau-Sudbury705-523-0586 ● Veterans Independence Pr (VIP) French Helplines.....1-866-531-2600 ● Municipality of Assiginack FHT.....705-859-2170 Rayside-Balfour 	<ul style="list-style-type: none"> ● Red Oak Villa.....705-673-0050 ● Walford.....705-523-2686 ● Long-Term Care Homes ● Extendicare Falconbridge 705-566-7980 Extendicare York 705-674-4221 Finlandia..... 705-524-3137 Pioneer Manor 705-566-4282 St. Joseph's Villa 705-674-4447 ● LEGAL ISSUES/ ASSISTANCE ● Driver and Vehicle Inquiry:1-800-387-3445 Health Card Inquiry:1-888-376-5197 InjuredWorkersComm.LegalClinic 1-833-461-2411 ●416-461-2411 ● CMHA Mental Health Court Outreach..... 705-675-7252 Cecil Facer Youth Centre.....705-522-1250 ● Correctional Service of Canada705-671-0600 ● Crown Attorney, Courthouse705-564-7698 Elizabeth Fry Society..... 705-673-1364 ● Enforcement Office (Sheriff)705-564-7600 Eviction Prevention Restorative.....705-674-1825 ● John Howard Society.....705-673-9576 ● Justice of the Peace.....705-671-5950 ● Kirkwood Patient Rights Advisor.....705-675-5900 Law Society referral service.....1-800-268-8326 Legal Clinic.705-674-3200 Manitoulin Legal Clinic 705-368-3333 Native Court Outreach, Friendship Ctr..... 705-674-2128 ● Northern Youth Services. 705-524-3354 Sudbury Ontario Legal Aid..... 705-673-8182 OPP.....705-564-6900 Police.....705-675-9171 Probation and Parole, Adults..... 705-564-4311 Public Guardian and Trustee 705-564-3185 Toll free.....1-800-891-0503 ● ServiceOntario Provincial Government Services - Special Investigations Unit...1-800-787-8529 Sudbury Office - Elm St Office:.....1-800-267-8097 Supervised Access - Manitoulin.....705-377-6080 ● MENTAL HEALTH, see also ADDICTIONS ● Active Minds Therapy & Consulting, ● Manitoulin..... 705-207-5300 Advanced Solutions Counselling.....705-410-3810 Atlas Stone Psychotherapy..... 705-805-0562 ● Bergersen Sidney Dr.....705-566-3678 Blackwell Psychological Svc..... 705-671-6023 CMHA705-675-7252 Toll Free 1-866-285-2642 ● Centre for Addiction & Mental Health 705-675-1195 ● Centre de counselling de Sudbury 705-524-9629 ● Veterans Independence Pr (VIP) French Helplines.....1-866-531-2600 ● Municipality of Assiginack FHT.....705-859-2170 Rayside-Balfour
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- Dr. Tom Managhan & Associates.....705-523-9147 Elizabeth Fry Society FHT
- Good2Talk.....1-866-925-5454 Jean Tweed Centre for women with substance use, gambling and mental health.....416-255-7359 HeadWay Clinic.....705-670-2000
- Hour Crisis Line 705-675-4760.1-877-841-1101
- HSN Mental Health & Addictions705-523-4988
- Hope for Wellness Helpline 1-855-242-3310 Kids Help Phone1-800-668-6868 Mental Illness Caregivers Association of Canada613-884-6422
- Mental Wellness Team..705-586-3071 Mnaamodzawin Health Services Inc....705-368-2182 Northern Ontario Counselling Clinic... 705-222-6622 Mood and Anxiety Program..... 705-675-5900 Regional Warm Line1-866-856-9276(WARM) Rural Outreach-Community Mental Health: East
- Algoma (Elliot Lake)...705-848-9191
- Espanola.....705-869-1564 x4221
- Manitoulin.....705-368-0756
- Sudbury East.705-867-5233 Sacred Manitoulin.....705-348-1072
- Sudbury Mental Health & Addictions Centres
-705-523-4988
- mindSPACE.....1-800-815-7126
- Mood Disorders Association1-888-486-8236
- Northeast Mental Health Ctr705-675-9192 North. Therapy Practice, Manitoulin705-282-7198 PLEO Parents' Helpline 1-855-775-7005....613-321-3211
- S.A.F.E..... 1-800-366-8288 St. Charles Mental Health Clinic..... 705-867-5233 The Mindful Therapy Place249-878-8802 The Farmer Wellness Initiative 1-866-267-6255 Thrive Program Sudbury 647-978-5040 Talk Suicide Canada1-833-456-4566 Talk 4 Healing...1-888-200-9997
- Waters Of Change Counselling Serv...705-670-1058 Arthritis Society Canada Toll-Free.....: 1-800-321-1433 Canadian Spondyloarthritis Association
- Wellness Together Canada Mental Health Supports Toll Free1-866-585-0445
- **Eating Disorders**
- Eating Disorders Program.....705 523-4988 x 4207
- National Eating Disorder InfoCentre...1-866-633-4220 Overeaters Anonymous.705-207-0877
- **Peer support & Support for Families**
- Family & Friends Education Group... 705-523-4988 x 0 NISA/North. Initiative for Social Action ..705-222-6472 Warm Line (pre-crisis support).....1-866-856-9276
- **Schizophrenia**
- Schizophrenia Society of Ontario1-800-449-6367 SSO Sudbury Chapter705-693-3067
- **MEDICAL**
- Elizabeth Fry Society FHT705-368-1488
- **Drug Plans**
- Ontario Blue Cross.....1-800-873-2583
- Trillium Drug Program 1-800-575-5386
- **Home Care/Palliative Care**
- Société Alzheimer Society705-560-0603
- Bayshore Sudbury & Espanola705-523-6668
- Canadian Shield Health Care.....1-888-840-1188 Sudbury East Seniors Support Inc Seniors Support Community Care Access Centre--(No Area 1-800-265-4802.....705-898-2174
- Code).....310-2222 Ukrainian Seniors' Centre of Sudbury... 705-673-7404 Home Instead Senior Care705-805-1001 Veterans Independence Program (VIP)
- Retire-At-Home Services.....705-866-6231.....1-866-522-2122
- The HAVEN Program, AIDS......705-523-7148 French:.....1-866-522-2022
- Victoria Order of Nurses/VON......705-671-1575 Victorian Order of Nurses (VON) Adult Day Centre We Care705-523-4008705-671-1575 ext. 2012 Maison McCulloch Hospice Palliative Care .705-674-9252 Walden Senior Citizens and Pensioners Inc. Lively705-692-5591
- **Medical Advice or Information**
- College of Physicians1-800-268-7096 West End Seniors' Club 705-522-3783
- Health Care Connect.1-800-445-1822
- Telehealth Ontario.....1-866-797-0000
- House of Kin (low-cost accommodation for families of hospitalized patients)705-522-34900
- **Hospital/ Medical Clinics**
- Centre de santé communautaire du Grand Sudbury705-673-5005
-705-670-2274
- Alzheimer Society Sudbury-Manitoulin Support & Counselling 1-800-407-6369 or 705-560-0603
- Northern Ont.Families of Children with Cancer Parent Led Support Group...1-888 993-9227or 705-586-3229
- Canadian Cancer Society 1-888-939-3333 Wellspring Online-Based Cancer Support
-1-877 499-9904 or 416-480-4440
- **PREGNANCY**
- Baby's Breath 705-671-1941 x 229 or x 219
- Birthright..... -705-673-7200
- 3600 Hotline.....1-800-550-6000
- Our Children, Our Future705-677-0445
- **Public Health Sudbury & District**.....705-522-9200 HSN - Options Clinic-705-671-5265 Perinatal Mental Health Prog...705-523-4988 x 4242
- **SELF-HELP/SUPPORT GROUP INFO**
- Adopt4Life Toll Free1-888-274-6222 Acoustic Neuroma Association of Canada
-1-800-561-2622 or .416-546-6426
- Bereaved Families of Ontario: 905-848-4337
-1-866-989-8787
- Canadian Organization for Rare Disorders
-1-877-302-7273 or 416-969-7464
- Emotions Anonymous International.....519-824-3203
- Dorothy Ley Hospice Office:416-626-0116 Jean Tweed Centre for women with substance use, Maison McCulloch Hospice.... 705-674-9252 ext. 237 gambling and mental health.....416-255-7359
- **OLDER ADULTS**
- Alzheimer Society Sudbury-Manitoulin
-1-800-407-6369 or 705-560-0603
- Arthritis Society.....705-673-4641 Behavioural Support Ontario1-855-276-6313 Canada. Old Age Security Programs
- Office #1:...1-800 277-9914 Office #2: 1-800-277-9915
- Little People of Ontario - LPO..... 647-849-9844 March of Dimes Canada After Stroke.1-888-540-6666 Nar-Anon Family Groups of Ontario ..1-877-239-0096 Helpline.....416-239-0096
- Overeaters Anon...1-866 221-5061 or 416-588-6134
- Cocaine Anon..... 1-866 622-4636 or 416-927-7858
- Women for Sobriety.....215-536-8026

- **Hospitals/Medical Clinics**
- Health Sciences.....North (HSN).....705-523-7100 CareLink Advantage.....1 866-876-7401 Kirkwood.....705-675-5900 Centre Club d'Age d'Or de la Vallée..... 705-969-8649
- Shkagamik-Kwe Health Centre705-675-
- Chapleau Health Services.....705-864-1520 Club Amical du Nouveau Sudbury..... 705-566-2113 Espanola Elder Abuse Prevention Ontario Seniors Safety Line:
- Manitoulin Health Centre Little Current Site.....705-368-2300
- Mindemoya Site..... 705-377-5311 North Bay Psychiatric Hospital.....705-474-8600
- North Bay Regional Health Centre705-474-8600
- Centre de santé Communautaire Sudbury705-670- 2274
- Sudbury Health Unit 705-522-9200 ext. 342
- Marijuana Medical Clinic.....705-805-0092 Club Jolie de Vivre.....705-560-4216
- BodyStream Sudbury.....705-419-1234
- **After-Hours / Walk-In Clinics**
- Brady Clinic.....705-688-8833
- Northwood Medical Clinics705-522-3380 Elm St..... 705-806-7915 South End..... 705-522-3380 Lasalle..... 705-522-3380
- Azilda.....705-522-3380
- Garson Walk-In Clinic...705-693-4200 Superstore Walk-In Lasalle Blvd.....705-222-7451
- Lasalle All Day Walk-In Clinic705-222-9038
- Lively After-Hours Walk-In Clinic.....705-692-4774
- **Nurse Practitioners**
- Sudbury District Nurse Practitioner Clinics
- 359 Riverside Dr. Sudbury705-671-1661
- 623 Main St. Lively....705-692-1667
- Capreol Nurse Practitioner Led Clinic
- 49 Young St., Capreol....705-858-8787
- **Family Health Teams**
- City of Lakes Family Health Team
- Sudbury.....705-560-1018
- Val Caron.....705-897-1018
- Walden.....705- 692-1018
- Espanola & Area FHT.....705-862-7991
- Capreol Seniors Club 240..... 705 -858-1164 Support
- Club Accueil Age d'Or Azilda705-983-2992 Goshenite Seniors Services Inc. Seniors'
- Northern Ontario
- Geriatric Inpatient Consultation Service
- 705-523-7100 ext.1827 Comfort Keepers/Transportation Service Parkinson Canada...1-800-565-3000 or .416-227-9700.....705-969-1777
- Canadian Association of Retired People (CARP
- Canada)705-618-9510 Handi-Transit.....705-670-2300
- Club 50 de Rayside-Balfour Chelmsford
-705-855-2628 or 705-855-6839 Sudbury Transit.....705-675-3333
- Comfert Keepers.....705-969-1777
- Coniston Seniors and Golden Age Club .705-694-4520 Compass Sudbury...705-525-1008 or 1-800-815-7126 Independence Centre And Network 705-673-0655. Compass Espanola 705-869-1564 or 1-800-815-7126
- Toll-Free:1-866-439-4226 For Seniors
- Friendly to Seniors™ Sudbury 705-507-6037 Naughton Seniors and Pensioners.....705-692-1258
- New Horizons for 2S-LGBTQ+ Older Adults,Sudbury.....705-673-9576 ACCESS Network... 705- 688-0500 or 1-800-465-2437 Kids Help Phone.....1-800-668-6868
- Meals on Wheels705-525-4554 Lesbian Gay Bi Trans Youth 1-800-268-9688
- North east local health integration network:
-1-800-461-2919 Neo Kids - Infant and Child Development Services
- Helpline: 24 Hour Personal Medical Alarm
-705-523-7000
- Nickel Centre Seniors..705-589-2126
- Home Instead Senior Care705-523-1600
- HSN Behavioral Support Outreach & Seniors Mental
- Health Outreach705-523-4988 x 4291 Service Canada / for Youth1-800-935-5555 (OAPS) Older Adult Peer Support Program ..705-222-6472 Sudbury Action Centre For Youth.....705-673-4396
- Onaping Falls Golden Age Club705-
- One-Eleven Senior Citizens' Centre Inc. 705-675-5303 Youth Justice Family Worker.....705-524-3354 ext. 202 OR 705-988-1355
- The ParkSide Centre.....705-673-6227 Penage Road Seniors 705-866-2658
- Wellspring. Online-Based Cancer
-1-877-499-9904 or 416-480-4440
- **TRANSPORTATION/DELIVERY**
- Transportation Program / Grocery Shopping and Delivery.....705-698-5318
- Canadian Red Cross Society -
- Transportation Program..705-674-0737
- The Grocery Guy Delivery Service.....705-586-0848
- Red Cross, seniors (60 +)705-674-0737
- **YOUTH**
- Capreol Youth Centre.....705-858-8888
- Compass, Little Current, Manitowaning Road
-705-368-2002 or 1-800-815-7126
- Foyer Notre Dame House, youth705-675-6422 Good2Talk..... 1-866-925-5454
- Réseau John Howard Society of Sudbury.....705-673-9576
- Kids Help Phone.....1-800-668-6868
- mindSPACE.....1-800-815-7126
- Neo Kids - Infant and Child Development Services
- -RLHC main site..... 705-523-7100 Northern Youth Services..... 705-524-3354 Northern Youth Services Youth Attendance Center.....705-673-4879 Rayside Balfour Youth Centre..... 705-855-5230
- Walden Youth for Youth705-692-1777
- Youth Justice Inc. 705-675-5303

Washrooms Downtown Sudbury

Samaritan Centre Drop-in

344 Elgin St.

1 to 4 p.m.

Yes: Washrooms

Yes: Water Access

Elgin Street Mission

344 Elgin St.

Monday to Friday

8 to 11 a.m.

5:30 to 7 p.m.

10 AM to 11:30 AM

5 PM to 7 PM

Saturday and Sunday

Yes: Washrooms

Yes: Water Access

Blue Door Soup Kitchen

344 Elgin St.

Monday to Friday

11 a.m. to 2 p.m.

Yes: Washrooms

Yes: Water Access

Elm Place (Downtown Mall)

40 Elm St.

Monday to Friday

9 a.m. to 6 p.m.

Saturday and Sunday

10 a.m. to 5 p.m.

Yes: Washrooms

No: Water Access

Transit Terminal

123 Cedar St.

Monday to Friday

7:45 a.m. to 7:45 p.m.

Saturday and Sunday

9 a.m. to 4 p.m.

Yes: Washrooms

Yes: Water Access

Mackenzie Library

74 Mackenzie St.

Monday and Thursday

9 a.m. to 8 p.m.

Tuesday, Wednesday, and Friday

9 a.m. to 5 p.m.

Saturday

10 a.m. to 2 p.m.

Yes: Washrooms

Yes: Water Access

Tom Davies Square

200 Brady St.

Monday to Friday

8 a.m. to 5 p.m.

Yes: Washrooms

Yes: Water Access

Centre for Life

5 Brady St. E

Monday to Friday

8 a.m. to 4 p.m.

Yes: Washrooms

Yes: Water Access

Water Access Downtown

Sudbury

Sudbury Arena

240 Elgin St.

24/7

No: Washrooms

Yes: Water Access

Morel Family Foundation Park

270 2nd Ave.

24/7

No: Washrooms

Yes: Water Access

YMCA

140 Durham St.

Monday to Friday

5:30 to 10 a.m.

Saturday and Sunday

8 a.m. to 4 p.m.

No: Washrooms

Yes: Water Access

Claude Charbonneau Park

600 Percy Ave.

24/7

No: Washrooms

Yes: Water Access

Memorial Park

163 Minto St.

24/7

No: Washrooms

Yes: Water Access

Maps Of Area To Purchase

Gas Stations List

Shell Stations Possible At Times

Ministry Of Transport Affiliates On Site

None listed yet

Ministry Of Environment Affiliates On Site

None listed yet

Selecting Better Poverty

To select better poverty here are a few ideas. Should you buy large containers or small to hold your food at home is a good example. I'd like to say that most of Canada has snow and that means no vegetation to buy at any stores. Therefore I suggest most houses have freezers for summer foods to be frozen for winter in import truck routing or local hydroponics. I'll go on with a point form list to explain all.

Containers

Large containers to put in freezers, pantries, craftware, toiletries, clothing accessories and soap containers are necessary to avoid trips to the store regularly.

Clothing

Solid color white shoes to reduce heat and make ease of cleaning with Velcro for speed to put on, solid color black boots for heat and ease to clean with good tread for ice, white socks for all occasion as they are not meant to see and reduce heat unless they ARE exposed and you need them to be a color or shade and see that they are the same length all year round to avoid confusion and allow speed of concern when choosing them. Short Sleeved shirts all year are fine unless you are in extremely cold places to cut down on number of storage sectors. Three solid color grey jackets for the three variances of seasons with ample space for large mitts and hat to allow even if you have to add a pouch on the chest, sling on arm or patch on back to hold the hat. Keep a backpack at the door for lunches, cameras, survival kit and water bottle. Keep a Fanny Pack as well for smaller hikes with ample room for a camera and sandwich at door as well. Solid color pants keep stains more visible to clean and they should last as long as you can get out of price with durability should time and essence of time be optimized. Hats are needed very seldom and cause cancer often for not dying the skin in doses equivalent to making your D vitamin you need to survive through processes in the body from exposing yourself to sunlight. Odor Eaters are fine but find good quality to last as well as buy in bulk to avoid costs. Laces should be white for shoes and black for boots as well as several kept in bulk to replace so that you can buy them on sale. Solid color shorts should be pocket free and no slits, washable material NOT OILY AT ALL and not long if possible to make walking easier without liner to play with and only one means to tighten them with a string or something to say not too

many devices to tighten and waist time. Bathing Suits are best bikini to create streamlining in water for low resistance.

Television

Television should be all entertainment including all audio.

Beds

King Size beds are best for all adults as it is imperative to not extend your arms off beds for postures lost. Comforters or ideally Duvets with AFFIXED SLIPS THAT DON'T SLIDE are good in solid MEDIUM COLOR to avoid stains showing. A medium blanket warmth is preferred in a solid color. Keep an end table at foot of bed for them and medium color sheets.

Food

Bulk Food is best because sales go up to 5 ½ weeks apart and most of Canada has winter making freezer food necessity. Drinking out of Tube Decanters is wise and saves every needing mugs. Drinks stay refrigerated for long enough before going flat or stale and need of washing for regular use and mugs not pile up for clustered countertops. Keep separate mugs for guests if you like. Garden everything if you can. Start with 2 or 3 large freezers and go from there with a generator in case the power goes out. Excess garden food should be picked up by community trucks to disperse to locations of poverty. Remember that food can be used for many things including paint or anticeptics etc. There are several websites to sell food at discount prices for overstocked amounts as well as your ability to have community markets. One guy in a truck can collect it all and deliver it to one location if necessary and that may be two or more. Licensing is always a problem but not for permanent purchase neighborhood wide of sales rebutes. A store has the right to purchase off market overcess of a flea market and for reasonable cause of government not allowing access to proper markets around for excess not being their right City Wide. Ask The Mayor to leave town if you like.

Cookware

Two appliances imperative are a slow cooker that cooks fast as well and a Foreman Grill of types. Meal bowls should be metal and utensils should be kept on counter. Baking bowls should be metal and countersink into each other. Keep Large Metal utensils to a minimum in number of spoons and knives. Usually 5 knives and 5 spoons. Don't use a dish drying tray to save time and fix counter to get it water-proof for it to act as a dish tray all the time. One large food processor is needed, a large food dehydrator, a coffee grinder for all grinding of herbs, a large tea karafe for making ice teas and fruit juices occasional to avoid too much acids. One last note is that you could find a food processor that does the job of coffee grinding, mixing and ice crushing as well as frappe'ing to save space and time.

Toiletries

Tweezers, scissor nail clippers, q-tips, electric razor, electric hair trimmer, nose trimmer, beard trimmer, non-cream soap, toilet bowl cleaner for moles, comet for nose, scrub brush, back scrub brush,

toothbrushes, face cloths, bath towels for all jobs

Calendars

One long calendar for whole year.

Garbage

One large round garbage pail ONLY in apartment. None in bathroom unless you are a woman and need it.

To-Do List

A clipboard full of blank sheets.

Ideas List

This is a list of all the inventions you could make to make millions of dollars if you write in it every night for one hour. At the end of the year you could decide what to choose or go more years. The point is if you rate them out of 100 you can file them that way later for profitable sense of marketing. Remember most ideas don't do well unless it's a product or service to sell for OTHERS needs. Make sure A LOT OF PEOPLE LIKE THE IDEA is the best solution.

Shopping

Shopping for two locations the best solution is the furthest location first then the closest in strategy to save lots of time. You could also use a car fewer times to develop better strategies of getting what you need near you like berry picking or food harvesting in bulk off the land for freezing. Tea is free if you find appropriate leaves to steep or anything you might think useful to your health. A wagon is good for groceries if on foot and never need a cart that locks up it's wheels. I would also suggest a tall recycle cart for \$300 to use as a laundry basket on the way to laudromats.

Cleaners

You only need 5 cleaners. Make sure one is all purpose for laundry, dishes, counters, windows, mirrors, walls and floors. One should be bleach to kill germs. Once should be a crystal cream for scrub factor and one should be a body soap that's not cream astop for clogging pores. One last cleaner most don't know to keep is a Goo-Away for removing stickers constantly from shopping items brought home. You need 5 scrub brushes. One for back, dish rack, bottles, teeth and one on a long pole for floor and wall scrubbing. You need one dishcloth with no perforation that allow dirt in. A shammy that's absorbant does well if suited to wipe. A white mop with a wringer on pole and a white bucket with vertical sides only to keep from slosh activity and no markings on side to keep from cleaning distractions. A non-static broom in white and a white dustpan without a ridge on the front to throw dirt over the pan back on the floor. A white absorbant towel for drying windows, mirrors, and walls. A squeegee that will do all mirrors and windows and be fast to finish for play. SOS Pads and Plastic Pads.

Doctor's Bag

5 bandaids sizes, polysporin, visine, 5 percent alcohol, scissors, surringe, scissor nail clipper, needles and thread, cord, string, Vaseline, Tylenol, iodine, whistle, compass, bone saws, knife, scalpo,

comb, razors, cole cream, hand cream, gouge knife, rags, towels, pencils, pens, mirrors, muscle relaxer, cotton balls, q-tips, eye dropper, beaker, test tubes, flasks, cups, cutlery, bowls, hats, scarf, sunglasses, oils, sandpaper, pumiss, nailfile, emory board, flashlights, can opener, radio, toothpaste, tooth brush, soap, acid, shampoo, water, wart remover, cuticle kit, scope, booze, bottle opener, screwdriver, wrench, hammer, pick, pic, lighter, candle, pliers, forcepts, bug spray, tarp, nails, pegs, glad bags

Outdoor Tools

Rakes: One with a round fan to it and metal and one for a strong one That pulls piles of soil well for a short rake.

Shovels: One 2 foot wide scraper in good metal with straight handle to not Bend back and hurt, one spade and one coal square shovel.

Gabage Pails: One tall full size round one for kitchen and one for outside.

Pruning Sheers: Good for anytime you see a tree needing attention The City says not worthy of upkeep. Sue the buggers after 3 times in jail in an action Law suit you say is theirs for non-upkeep 3 times. Go longer if the years go by for truth and denial of others saying it's fine to ignore.

Computers

Desktop computers make the most sense. Buy a Laptop computer if you can't fix your own software or hardware and have to take it to someone to fix. Use a chair with legs and not wheels to say you never leave the desk to do other things. A task is not leaving a job to roll to another location ever in an office. Printers need large cartridges always in a printer selection if you use it adequately. Keep a battery that you can run the computer when it's down and it should also have a surge protector to keep data from loss. Two Hardrives are always necessary for backup and it should be manual with updates often but not too often that it's cumbersome to time. Lazer Mice are good and stay away from using touch-pad for lack of control. Speakers amplified are very loud now days with quality sound. I suggest large speakers anyway for around the living room and other rooms you use for ambians. A joystick is great for fun games and offline games are rare so you'd have to use software offline should you be luck to find it for most decent prices. Laptops need a WELL PADDED thin case with strap AND handle. Ideally for most enterprising people a card printer is great for multiple business cards and postcards with stacking for solicitations of all kinds. Why spend your time punching out perforated cards. Make sure you have a fast burner to burn CD Programs in case they go extinct from systems operating with old Operating Systems.

Travelling

Think to go to the furthest destinations first to save time in a day. Make a necessity combination first aid and toiletries case. Include a battery for emergencies and survival items a phone could use like a spare wire or attachment to work under no power. Try to include

survival items like matches, knife, scissors, rain poncho, fishing line and hooks, rope, radio, lamp and tarps.

Guests

Guests often drink alcohol. Remember that the limit you set them determines the pain you receive for return visits. It will always increase with booze. Outside forces hearing of their drinking at your place will retburt them back to your curtanstances to the points you sent them rivvel to be your return guests, therefore you cannot assume jealous behavior will not keep other alcohol drinkers from furting your environment to say they will make your life and your guests lives miserable on reflabb to say you WILL HAVE BAD LUCK! Guests are all about deciding how to serve them and many types at that. Some will want a mug while some might deserve a karafe left for them in the fridge so no wash mugging is necessary when they come over often. Some are very seldom over so you have to dust their mugs off. They're likely family ironically. I bet if you were smart you'd see them in a smaller cot as well for sense of getting all together but you can think past that and keep better rooms and products for them to stay better. Ofton a pull-out couch is sized for discomfort and not quality. Party Animals will like to couch surf and may need their own end table for habits.

Filebox

Keep a good large and strong box with a pull off lid for fast access. The best thing I can suggest is a 4 drawer upright filing cabinet so that it can be used for all types of paperwork. If your child brings home a painting from Grade School or a witch gives you a Snickers wrapper you think is nice you can put it in there. It's about saving space and if you are really smart make it a legal size one for governments who give you longer paper.

Ways To Help Poor

Give, Donate, Hire, Recommend, Inspire, Politicize, Canvas, Invest, Work, Grow

Fruits And Vegetables In Store

dark green = available; light green = sometimes / some farms; White or gray = not usually available

Fruit/Veg	Jan	Feb	March	April	May	June	July	August	Sept	Oct	Nov	Dec
apples							x	x	x	x	x	
apricots							x	x	x			
Asian pears								x	x	x	x	
asparagus					x	x	x					
beans							x	x	x	x		
blackberries							x	x	x			
beets						x	x	x	x	x		
blueberries							x	x	x			
broccoli						x	x	x	x	x		
Brussels sprouts									x	x	x	x
cabbage						x	x	x	x	x		
cantaloupes							x	x	x	x		
carrots							x	x	x	x	x	
cauliflower						x	x	x	x	x		
celery							x	x	x			
carrots							x	x	x	x	x	x
cherries						x	x	x				
Christmas trees												x
crabapples									x	x	x	
cucumbers						x	x	x	x	x	x	
currants							x	x	x			
eggplant							x	x	x	x		
garlic							x	x	x	x		
gooseberries							x	x	x			
grapes								x	x	x		
greens						x	x	x	x	x	x	
Fruit/Veg	Jan	Feb	March	April	May	June	July	August	Sept	Oct	Nov	Dec
herbs						x	x	x	x	x	x	
lettuce (aka, greens)						x	x	x	x	x	x	
leeks								x	x	x	x	x
muskmelon (cantaloupe)							x	x	x	x		
nectarines								x	x	x		
onions							x	x	x	x		
parsnips								x	x	x	x	
peaches							x	x	x			
pears								x	x	x	x	
peas						x	x					
peppers							x	x	x	x		
potatoes						x	x	x	x	x	x	
pumpkins									x	x	x	x
raspberries							x	x	x	x		
rhubarb						x	x					
summer squash							x	x	x	x		
winter squash								x	x	x	x	
saskatoons							x	x	x			
squash									x	x	x	x
strawberries (in the field)						x	x	x	x			
strawberries (greenhouse)		x	x	x	x	x	x					
sweet corn								x	x	x		
sweet potatoes										x	x	
tomatoes							x	x	x	x		
watermelons									x	x		
zucchini							x	x	x	x		

The light green indicates light crops at the beginning or end of a season - dark green is when the bulk of the crop ripens and picking is best.

Fruit Times

	JAN	FEB	MAR	APR	MAY	JUN		AUG	SEP	OCT	NOV	DEC
Apples												
Apricots							JUL	AUG				
Blueberries							JUL	AUG	SEP			
Cherries						JUN	JUL					
Crabapples									SEP	OCT	NOV	
Cranberries								SEP	OCT	NOV		
Currants							JUL	AUG				
Gooseberries							JUL	AUG				
Grapes								AUG	SEP	OCT		
Haskap Berries						JUN	JUL					
Muskmelon								AUG	SEP			
Nectarines								AUG	SEP			
Peaches							JUL	AUG	SEP			
Pears								AUG	SEP	OCT	NOV	DEC
Plums							JUL	AUG	SEP	OCT		
Raspberries						JUN	JUL	AUG	SEP	OCT		
Rhubarb	JAN	FEB	MAR	APR	MAY	JUN						
Strawberries (Field)					MAY	JUN	JUL	AUG	SEP	OCT		
Strawberries (Greenhouse)	JAN	FEB	MAR	APR	MAY	JUN				OCT	NOV	DEC
Watermelon							JUL	AUG	SEP			

Vegetables Times

Vegetable	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Artichoke								AUG	SEP	OCT		
Asparagus					MAY	JUN						
Beans (Green/Yellow)						JUN	JUL	AUG	SEP	OCT		
Beets	JAN	FEB	MAR	APR			JUL	AUG	SEP	OCT	NOV	DEC
Bitter Melon/Fuzzy Squash								AUG	SEP	OCT		
Bok Choy						JUN	JUL	AUG	SEP	OCT	NOV	
Broccoli						JUN	JUL	AUG	SEP	OCT		
Brussels Sprouts									SEP	OCT	NOV	
Cabbage	JAN	FEB	MAR	APR		JUN	JUL	AUG	SEP	OCT	NOV	DEC
Carrots	JAN	FEB	MAR	APR	MAY		JUL	AUG	SEP	OCT	NOV	DEC
Cauliflower						JUN	JUL	AUG	SEP	OCT	NOV	
Celery							JUL	AUG	SEP	OCT		
Chinese Broccoli (White Flower)						JUN	JUL	AUG	SEP	OCT	NOV	
Corn							JUL	AUG	SEP	OCT		
Cucumber (Field)						JUN	JUL	AUG	SEP	OCT		
Cucumber (Greenhouse)	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Daikon Radish						JUN	JUL	AUG	SEP	OCT	NOV	
Edible Amaranth (Hinn Choy)						JUN	JUL	AUG	SEP	OCT		
Eggplant								AUG	SEP	OCT		
Garlic	JAN						JUL	AUG	SEP	OCT	NOV	DEC
Garlic Scapes						JUN	JUL					
Kale						JUN	JUL	AUG	SEP	OCT	NOV	
Leeks	JAN	FEB						AUG	SEP	OCT	NOV	DEC
Lettuce (Assorted)						JUN	JUL	AUG	SEP	OCT		
Lettuce (Greenhouse)	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Mushrooms	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Mustard Greens (Gai Choy)						JUN	JUL	AUG	SEP	OCT		
Nappa Cabbage						JUN	JUL	AUG	SEP	OCT	NOV	
Onions (Cooking)	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Onions (Green)						JUN	JUL	AUG	SEP	OCT	NOV	
Onions (Red)	JAN	FEB	MAR	APR				AUG	SEP	OCT	NOV	DEC
Parsnips	JAN	FEB	MAR	APR				AUG	SEP	OCT	NOV	DEC
Peas (Green)						JUN	JUL	AUG	SEP	OCT		
Peas (Snow)						JUN	JUL	AUG	SEP			
Peppers (Field)							JUL	AUG	SEP	OCT		
Peppers (Greenhouse)		FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Potatoes	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Pumpkin									SEP	OCT		
Radicchio						JUN	JUL	AUG				
Radishes					MAY	JUN	JUL	AUG	SEP	OCT	NOV	
Rapini							JUL	AUG	SEP	OCT		
Rutabaga	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Snow Pea Shoots (Dow Miu)					MAY	JUN	JUL	AUG	SEP	OCT		
Spinach					MAY	JUN	JUL	AUG	SEP	OCT		
Sprouts	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Squash	JAN							AUG	SEP	OCT	NOV	DEC
Summer squash						JUN	JUL	AUG	SEP	OCT		
Sweet potatoes	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Tomatoes (Field)							JUL	AUG	SEP	OCT		
Tomatoes (Greenhouse)		FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Water Spinach (Tung Choy)						JUN	JUL	AUG	SEP	OCT	NOV	
Yow Choy (Yellow Flower)						JUN	JUL	AUG	SEP	OCT	NOV	
Zucchini							JUL	AUG	SEP	OCT		