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SPRING 2019 • Volume 9 Issue 1

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FROM THE PUBLISHER

Bring on spring!

I'm going to be honest, I'm a fair-weather type of girl. While I want to love winter – and each year I make big plans to go skiing, snowshoeing, and skating in order to fully embrace our own Great White North of Grey and Bruce counties – if I really stop to think about it, the idea of partaking in winter is much more appealing than actually leaving my house. Give me a good book, a great movie, some board games and my family safe at home, and I'm happy to “embrace” winter from inside. I have come to realize that this is OK, and I hope you had a chance to take advantage of winter in whatever way makes you the happiest.

We have some great articles in the Spring issue of Grey-Bruce Kids. For a long time I have wanted to cover a topic that seems to come up a lot when I'm out with my friends who have kids. It can be a sensitive topic, though my friends seem to have no shame when sharing their stories! More common than you think and nothing to be embarrassed about, as most Moms can relate, is the topic of pelvic floor health. Thank you to Janice Taylor for sharing her expertise about this important women's health issue, and be sure to read her article on Page 19.

We were also honoured to interview Bobbi-Jo Moran about her passion project, 'GROW rooted in love Maternity Home' in Walkerton (Page 10). Young mothers are so lucky to have this new resource in our community. Andrew Kirkland, of Justwealth, shares tips and tricks to make the most of your family's RESPs when planning for your child's education (Page 6), and Andrea Clarke, of the Law Offices of Andrea Clarke, in Kincardine, contributed a practical and informative story on child custody and access in the case of parental separation and divorce (Page 16).

Finally, be sure to get a copy of 'Meet Will and Jake: Best Buds Forever' produced by Community Living Kincardine and District, which tells the story of two best friends, one of whom happens to have Down syndrome. This book was written by the 'Homies with Extra Chromies,' a group of parents who promote inclusion and acceptance while dispelling the many misconceptions of people who have disabilities. See their story on Page 22.

As always, thank you to our advertisers, contributors and readers. It takes a village to support small businesses, and we appreciate your continued support and belief in Grey-Bruce Kids magazine.

Happy spring!

Amy Irwin, Publisher

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SPRING 2019

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TALES from TOTS

YOU NEVER KNOW WHAT THEY'LL SAY NEXT

We asked Ms. Filsinger's Grade 1 class at Walkerton District Community School some questions – just for fun!

What do you think your parents do when you aren't around?

Carter – My Mom is probably at work because she has important work, and Dad is likely at work but maybe not.
Karma – My Dad tells me he usually spends time on his phone or calling people or doing his bills.
Jessica – Go to work.
Jenna – They always take care of my baby brother and my Dad goes to work.
Aliyah – They make supper.
Ryan – They clean.
Colson – I'm not sure.
Lucas – Wash the dishes or watch TV.
Hanna – I think they work.
Lochlan – Watch TV.
Chloe – Have a little rest.
Ephraim – Don't know.
Imogen – They go to work.
Fynn – Work.
Charley – Go to work and go to parties.
Dane – They are usually never there all by themselves. We are always there.
Gracie – Sometimes they have friends over.
Devin – Play with my sister.

What would you do with \$1 million?

Carter – Save it.
Karma – Buy a pet dinosaur. They cost \$2,999 probably. But my Dad would never let me buy one if they were real.
Jessica – Buy a house and a store.
Jenna – I would spend it on Pikmi pops, LOL dolls, Hatchimals and Shopkins.
Aliyah – Buy food and toys.
Ryan – I would give it all to my Mom for gas.
Colson – Buy gumballs.
Lucas – I would buy an RV and would go the maple syrup shanty and sleep there.
Hanna – I would pay for a dress.
Lochlan – I'd buy a million things – everything that's \$1 at the dollar store.
Chloe – I'd buy math questions.
Ephraim – A Nintendo switch.
Imogen – I would save it so that I could get into college or university.



Fynn – Save it for when I'm a grown up and I can buy furniture.

Charley – I would buy a house.

Dane – Spend more time with my family.

Gracie – I'd buy toys.

Devin – Buy a farming simulator.

Why do people get old? How old is old?

Carter – I don't know.

Karma – Just because they age. When people get to be 88 they start to get old and die. I heard that.

Jessica – 100 is really old.

Jenna – Maybe 55. They keep on having birthdays and they keep on eating and drinking.

Aliyah – Because they are probably going to die soon. 49 is old.

Ryan – They still look like their own selves and six is when you start to get old.

Colson – Because they lived a long life. 80 is old.



Lucas – Because they have birthdays. 100 is old.

Hanna – Because they grow. 100 is old.

Lochlan – Their age goes up. 99 is old.

Chloe – Because they grow up. 90 is old.

Ephraim – I don't know but 100 is old.

Imogen – So that the new children would move into the old person's house. 94 is old.

Fynn – Because they grow up. 80 is old.

Charley – Because they grow. 50 is old.

Dane – They have grey hair. In your 60s you are old.

Gracie – You get wrinkles. 92 is old.

Devin – Because they have birthdays. 100 is old.

What does love mean?

Carter – You care about people.

Karma – That someone is special to you. I love my sister even though she's a pain.

Jessica – It means that someone really likes you.

Jenna – It means you really love your baby brother, mommy, daddy, grandpa, grandma, and you hug them.

Aliyah – When you love your family, you get hugs and kisses.

Ryan – When you hug people.

Colson – Hug.

Lucas – When people love you.

Hanna – When we snuggle and kiss people.

Lochlan – You can hug someone.

Chloe – You love your family.

Ephraim – I show love by loving people and hugging and kissing.

Imogen – You are loved by someone. They give you hugs.

Fynn – Kissing.

Charley – By caring about somebody by taking care of them and being nice to them.

Dane – By being respectful to family.

Gracie – When you say I love you.

Devin – Like when someone marries someone else.

What is the most important rule in your house?

Carter – When Mom and Dad aren't home we can't light the house on fire.

Karma – Don't jump out the window.

Jessica – Don't know.

Jenna – Clean up after my baby brother.

Aliyah – No jumping on the couches and no talking back to your parents.

Ryan – Clean and be quiet and eat your supper.

Colson – No jumping off the couches.

Lucas – Do not break glass.

Hanna – No jumping on the chairs.

Lochlan – Not to jump on the couch.

Chloe – No running down the stairs.

Ephraim – No watching TV unless you ask.


Imogen – Don't play with my little sister too rough.

Fynn – To stay safe.

Charley – Not to jump out the window.

Dane – I can't remember the most important ones.

Gracie – Don't climb on the couches.

Devin – No eating in the living room because we just got the carpet cleaned. 

Make your RE\$Ps work

There are ways to maximize the money you've saved for education

By Andrew Kirkland

Saving for your child's education may be one of the most rewarding investments you can make.

In addition to opening doors to career paths and increased earning potential for your child, investments in a Registered Education Savings Plan (RESP) may be eligible for a federal grant worth up to 20 per cent of your annual contribution.

Paying for your child's education may be the second largest expense that you will incur in your lifetime, next to the cost of purchasing a home. While the annual cost of education may vary greatly depending on the program chosen, province or country of the educational institution, and the living expenses required, a reasonable current estimate ranges from \$15,000 to \$25,000 per year for a child living away from home and attending a college or university in Canada.

Some common questions about RESPs include:

What is an RESP?

From a practical perspective, an RESP is a tax-sheltered investment account used to help save for a child's post-secondary education.

How does an RESP work?

A subscriber (for example, a parent or grandparent) will open an RESP account and make contributions to the plan. The subscriber will designate one or more beneficiaries to be the eventual recipient(s) of the proceeds from the plan. All contributions, government grants, and investment income will accumulate on a tax-sheltered basis within the RESP account. Upon enrolment in a qualifying program at a post-secondary educational institution, proceeds from the RESP may begin to be withdrawn for use by the beneficiary or beneficiaries.

What if I have more than one child?

Subscribers have the option to open Individual or Family RESP accounts. Family plans allow subscribers to name more than one beneficiary, but each must be connected by a blood relationship or adoption. One of the main benefits of a family plan is the proceeds can be allocated to the beneficiaries in any proportion that you wish, and do not have to be split equally.

How can I qualify for a Canada Education Savings Grant (CESG)?

All eligible RESP beneficiaries up to age 15 qualify for a basic 20 per cent government grant on contributions up to \$2,500 per year, which equates to \$500. If there is unused grant room from a previous year, that amount can be doubled up to \$1,000. Beneficiaries aged 16 or 17 may only qualify for the CESG if contributions made in the year before turning 16 were at least \$2,000, or if there have been at least four annual contributions



of at least \$100 per year before age 16. The lifetime limit of grant money paid to beneficiaries is \$7,200. Some beneficiaries may qualify for additional annual CESG grant amounts of up to \$100 per year based on the level of net family income for a particular tax year. Please note, any additional grant amounts do not change the lifetime limit of \$7,200. In addition to CESG grants, there are other incentives available from multiple government sources that can be used in conjunction with RESPs or education savings in general.

How much can I contribute to an RESP?

Presently, there is no annual limit for contributions to RESP accounts. However, there is an annual limit for the amount that can be paid for a CESG. The lifetime limit for contributions for any single beneficiary is \$50,000. A penalty of one per cent per month is payable for any excess contribution over the lifetime limit.

How is the money paid out of an RESP?

Payments coming out of an RESP generally fall into one of



three categories – Educational Assistance Payments (EAPs); Accumulated Income Payments (AIPs); or a refund of the original contributions. EAPs consist of any grant money or accumulated investment income that is paid out to beneficiaries. AIPs are any accumulated investment income payments that are paid out to someone other than the beneficiary (usually the subscriber).

What post-secondary institutions qualify for EAPs?

Most Canadian post-secondary institutions qualify for EAPs, including universities, colleges, and private institutions. Many similar institutions outside of Canada also qualify. Employment and Social Development Canada (ESDC) maintains a list of qualifying institutions on its website and also has a toll-free number to call for clarification.

What are the tax implications of RESPs?

Contributions made into an RESP are not tax deductible, and when refunded, the contributions will not be considered taxable income whether they are paid to the beneficiary or back to the subscriber. EAPs are deemed to be taxable income to the beneficiary, which usually has minimal tax consequences.

AIPs are included in the taxable income of the recipient and are also subject to an additional tax of 20 per cent (12 per cent for Quebec residents).

What if my child does not attend a post-secondary institution?

If a beneficiary does not attend a qualifying post-secondary institution, you may be able to designate an alternative beneficiary whether it is an individual or family plan. This option allows you to keep the contributions, investment income, and CESG (up to maximum limits per beneficiary) within the RESP account. If an alternative beneficiary cannot be named, the subscriber's contributions can be refunded tax-free, but the CESG and any other government grants must be returned, and the investment income can be paid out as AIPs once a few conditions are met. It may be possible to transfer the investment income tax-free to a Registered Retirement Savings Plan (RRSP) or a Registered Disability Savings Plan (RDSP) under certain conditions. Alternatively, you may claim a deduction to your RRSP (or other approved registered pension plan) to reduce your taxable income and the amount subject to the additional tax on AIPs.

Investment type	Tax-deductible contribution?	Accumulates tax-free?	Eligible for gov't grant?	Taxed upon withdrawal?
RRSP	YES	YES	NO	YES
TFSA	NO	YES	NO	NO
RESP	NO	YES	20% grant up to \$500 per year	Investment income and grant money taxable to beneficiary

The rules regarding investing in an RESP differ from other popular registered savings plans such as RRSP or Tax-Free Savings Account (TFSA) accounts. The above chart is a summary which outlines how an RESP works relative to other account types.

Here are some helpful tips to consider when opening an RESP account:

- Each beneficiary is required to have a valid Social Insurance Number.
- Use a Family Plan if that option is available.
- Find an investment that emphasizes investment growth in early years and minimizes risk when the beneficiary is close

to enrollment.

- Keep fees as low as possible.
- Contribute at least \$100 in each of four different years to qualify for CESG eligibility for ages 16 and 17. **GBK**

ANDREW KIRKLAND, CFP, CIM, is the President of Justwealth, an online investment company that is committed to providing honest, smart, and cost-effective wealth management solutions. Andrew is frequently spotted at his family cottage on the shore of Point Clark during the summer months. Learn more at www.justwealth.com.

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A place to GROW

New Walkerton maternity home provides young moms with life skills they need to thrive

BY DWIGHT IRWIN

It was the summer of 2009, and the day started much like any other for Ashley Mitchell. The soon-to-be 15-year-old was planning to attend the Teeswater Old Boys Reunion without her parents finding out.

Her parents, Sean and Bobbi-Jo Moran, were quite strict about underage drinking, and knew those things happened at such events.

Yet it wasn't the drinking her mom was concerned about, to Ashley's surprise. Bobbi-Jo had noticed something with her daughter that only a mother could.

"She made me take a pregnancy test," the now 24-year-old said.

"I had no idea, but I guess our cycles were the same and she figured it out. It was my mom who told me I was pregnant."

Old Boys suddenly seemed unimportant.

"People may judge the parents of a teen who gets pregnant, but there's really nothing we can do – it's their body and they'll do with it what they choose," Bobbi-Jo said.

Ashley admits that, once her son was born, she wasn't ready to settle down. Her mom and dad set boundaries for her to follow if she was going to live under their roof, but she couldn't resist the pitfalls of being a teenager. She left home at 16, while her mom and dad continued to help her raise the baby.

"I hit a rough patch before I met my husband," Ashley said. "I understand addictions and abusive boyfriends, and I know how hard it is to break that cycle. I understand what many girls today are going through."

Bobbi-Jo remembers that Ashley soon leaned on her solid upbringing and realized what was important.

"She grew up quickly," Bobbi-Jo said. "It was like she had an 'aha' moment and realized she wanted to be on a different path. She was night and day after that. She stood her ground, went to college, and bought her own house at 20. She just embraced her life differently."

With her daughter now on a solid foundation, Bobbi-Jo realized her family's experience could be passed onto other young mothers. She was operating a home daycare, in which many single mothers enrolled their children while they went to



• Sean and Bobbi-Jo Moran have opened 'GROW rooted in love Maternity Home' in Walkerton. The not-for-profit has two beds for young or expectant mothers.

Photo by Joanna Domm, Joanna Lynn Photography

high school. As she got to know these moms – and saw their daily struggles – she realized they needed more than a daycare provider; they needed guidance. They needed someone to point them in the proper direction for government support or teach them the fundamentals of being an adult who is responsible for another human life, often before they were emotionally ready.

This could be grocery shopping on a limited budget or wielding their way through the courts and government bureaucracy that may faced due to their tenuous situations. Many were in abusive relationships, suffered from mental health and addictions issues, or had to interact with Children's Services.



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• Ashley (Mitchell) Hopkins, her husband Mark and boys Kyle Moran, 8, and Braxton Hopkins, 4, have been joined by little brother Liam (at right), since this photo was taken.
Photo by Joanna Domm, Joanna Lynn Photography



Little did the mother-daughter duo know, on that 2009 morning that changed everything, this would lead to a new calling for Bobbi-Jo. She was meant to help new mothers navigate pregnancy and the first years of being a parent, and especially so for those who had little or no support from their family or the baby's father.

Sean and Bobbi-Jo were foster parents from 2008-15. This helped them see both sides of the situation.

"With CAS having valid reasons to be involved, many of these girls had nowhere to go – no support system," Bobbi-Jo said.

Many don't know the process to get their driver's licence, don't how to apply to, or interview for, a job, and some struggle to stay off drugs. Bobbi-Jo and Sean's goal was to build them up instead of making them meet their expectations.

Soon Bobbi-Jo realized she was becoming a defacto mother to many of these girls. She was their safe place, a haven where they could be themselves, discuss their struggles and successes, and put their new life as a mother on the right track.

"Sometimes family is more than blood," Bobbi-Jo said. "Some of these girls come from extreme trauma, and struggle with mental

health issues. I talk to them, listen to them, and try to unbury them from the mountain of life they're under. We work on getting in front of their past, and don't let it define them today.

"We provide tools and resources to make that mountain a firm foundation for their future."

To do that, Bobbi-Jo walks the girls through a healing process, through a manageable daily life. Many are on government support, so she teaches them how to put away a portion of their money for first and last month's rent for their own apartment.

"We grocery shop, learn about healthier eating, and how to pay bills, all while on a budget," Bobbi-Jo said. "We attend playgroups to become more involved in the community instead of staying in the house all day. There's also employment coaching, where they work their way through a script that will aid them during an interview, and when someone gets their G2 driver's licence and can drive on their own, we throw a party because that's success!"

Bobbi-Jo said many of the girls have social anxiety and little confidence when they first meet, so they also work on ways for the girls to learn how to work for themselves.

TOUGH LOVE AND LIFE LESSONS

Over the years, pregnant teens and young moms kept showing up on her door step. Bobbi-Jo, obviously no pushover, interviewed the girls to see if they were truly ready for the tough love and life lessons they would receive.

"I tell them it is going to be scary, but we will do it together. Most are serious about making a dramatic change in their lives, and the ones who want it, receive it like a sponge. This is a healing process for many, and our goal is to help them be their best selves possible and become a good mom, friend, and sister – we're women empowering women."

One such mom was Sarah Fox, who met Bobbi-Jo on Christmas Eve, 2013. She was staying at a maternity home in Mount Forest, which shut down for the holidays, and she didn't have a safe place to go, so she spent the holidays with Bobbi-Jo and her family.

Unfortunately, Sarah lacked the outside support system and resources to keep her son, and he was placed in the foster care system in February 2014. She moved in with Bobbi-Jo and her family at the same time and they started on the healing process,

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● ‘GROW rooted in love Maternity Home’ is located in Walkerton.

“I just wanted to hide and push away the world, but Bobbi-Jo wouldn’t let me.”

While Sarah and her son are now living a good life, she still keeps in contact with Bobbi-Jo. When once she depended on her for the strength to go on, Sarah now considers her a friend.

“She cares,” Sarah said. “She can sense when something isn’t right when she checks in. She’s so reassuring.”

Over nearly a decade, Bobbi-Jo’s place has become one of the few maternity homes in Ontario. There are currently 15, with next to no available spaces, and that’s why she has recently formalized her non-for-profit under the name ‘GROW (Growth, Resources, Opportunities for Women) rooted in love Maternity Home,’ in Walkerton.

She has fostered relationships with the professionals in the community and has space for

two moms and their babies in her century home that is ready to be filled by smiles, tears and baby giggles.

“I was full before I even opened, the need is that great,” said Bobbi-Jo, who calls herself the ‘Chief Executive Mother.’

GROW officially opened its doors in December with a mission to create a healthy family atmosphere for young women in need of a safe and nurturing environment, both during their pregnancy and in preparation for parenting, and readiness to transition into independent living. It promotes the dignity and self-worth of its residences and strives to improve their quality of life, promote healing, restoration, and independence, all while further developing life skills.

GROW envisions a community where women are healed, empowered and inspired, the website states. Where they are empowered to live life to their full potential and to boldly and confidently achieve their goals. A community where encouragement is spoken, restoration is promoted, and grace is given in order for their lives to be transformed.

“We provide a hand up, not a hand out. I don’t allow people to take advantage of me or the system. I love them enough not to leave them where they are, and provide tools and resources that will enable them to succeed on their own.”


Ashley and Sarah are both living proof that, with the proper supports, will and determination, you can overcome whatever life throws at you.

“We believed in them when they weren’t even sure they believed in themselves,” Bobbi-Jo said. “I’m so extremely proud of them both. They both have set the bar pretty high for our future moms. Every day they take their tools and resources and put them to good use, and, if they need advice, they call, which makes my heart sing.”

Both Sarah and Ashley shifted their lives that ‘one degree,’ Bobbi-Jo added.

“All we did was give them the roadmap to follow and walked the journey alongside them. They made the decision to follow through. Each and every day they strive to be a better version of themselves than they were yesterday, and they’re both rocking it!”

Bobbi-Jo, who has a personal relationship with God, said GROW is a faith-based, non-profit organization which does not receive government funding. Women must be between the ages of 16 and 25 (but not limited to under special circumstances), and unmarried. Woman may come at any stage of their pregnancy, and stay until their child is one year old.

GROW will hold an open house and various fundraising events to support the organization this year, though nothing has been planned as of press time, Learn more about GROW at www.growmh.com or contact Bobbi-Jo at 519-901-2746 or bjmoran@growrootedinlove.com. 



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lifting Sarah up so she could get her son back.

“Bobbi-Jo didn’t let me spiral into depression when I lost my son,” said Sarah, who was 20 at the time. “She helped me obtain a lawyer before anything happened. The lawyer then helped me understand my legal rights when it came to my son. We also found a therapist who helped me emotionally, and I worked hard on building my ‘community family’ with Bobbi-Jo by my side.”

By August 2014, her son was back in her arms, and by that November they had their own apartment. She now lives in Red Bay, near Wiarton, has a solid seasonal job, suffers from less anxiety, and her son has all he needs.

“I just wanted to hide and push away the world, but Bobbi-Jo wouldn’t let me.”

Sarah Fox

“If it wasn’t for Bobbi-Jo, I would have likely be somewhere I probably shouldn’t be, but I don’t dwell on that too much.”


Sarah implores other young moms to reach out to people. To look for resources, and attend playgroups, and talk to people who can relate to your situation.

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FAMILY

A NEW REALITY

WHEN KIDS ARE INVOLVED, SPLITTING UP IS EVEN HARDER TO DO. IT CAN BE DONE THOUGH.

By Andrea Clarke

You find yourself waking up to an unimaginable nightmare.

After years of trying to make the relationship work, there is nothing else left in you to give; not a single ounce of effort remains. The difficulty is that you have two young children, and the reality, had it not been for your children, is that you would have left years ago. A stay-at-home parent for the last few years, you are facing a new daunting reality of life on your own with small children, and the intimidating task of ensuring they are sufficiently provided for.

There is certainly no shame in having put your best foot forward and endeavouring to save a relationship that you have emotionally invested in for so many years, and it is understandable that you feel confused and alone at this juncture, but the question really is, how do you move forward?

You need to realize that you are not alone and there are several professionals who can assist in helping you take the necessary steps. The first step may be looking towards a separation agreement. A separation agreement is a legally binding contract detailing how the issues surrounding your separation should be dealt with. Who will have custody of the children? How

will assets from the relationship be divided? Who will take care of your beloved pets? What will happen in relation to spousal support and child support? Have you inherited property during the course of the marriage or received income from a trust?

A separation agreement sets the parameters of your family's future, including:

Custody and access. A common misunderstanding is that custody and access are interchangeable terms, which they are not. Custody looks at who will make some of the major decisions in a child's life, such as education, medical, and religious. Access addresses how time between the parents will be shared.

Dividing assets. Generally, when considering net equalization of property, the accumulation in the value of the property – from the date of marriage to the date of separation – is to be divided between parties. Parties will be required to provide full and frank disclosure of assets during the course of mediation or negotiations.

Child support. Child support is based on the child support guidelines and is for day-to-day expenditures and costs of living of the child. The primary caregiver of the child will usually be entitled to receive a monthly amount in line with the guideline amount.

Spousal support. Whether you are entitled to spousal support will be dependent on some factors, along with the length of time you are entitled to receive support. The factors which the court



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will look to in deciding on spousal support are:

Compensatory – To compensate a spouse for hardship as a result of the breakdown of the relationship.

Contractual – Fulfilling a contractual obligation.

Non-compensatory – Based on the need of the spouse absent any contractual or compensatory agreement, and there is the capacity to pay.

It is important for the separation agreement to be detailed and look at several issues, even if those issues are not currently in dispute. The reality is that, as a legally binding contractual agreement, it is likely that the separation agreement will be guiding your co-parenting arrangements for years to come. It is important and highly recommended that those involved in such a task seek professional advice and assistance. While some matters may arise in the future, others may not be so predictable.

Separation agreements will often have a dispute resolution section dealing with the mechanism of how disputes are to be

handled as they arise in years to come. This may include the use of a mediator or parent coordinator.

A separation agreement may be the best way to move forward. Even in the dark days, there is hope. Having a firm separation agreement in place helps with establishing the framework for you to move forward in your new life. **GBK**

ANDREA CLARKE, lawyer, operates the Law Offices of Andrea Clarke, a boutique firm offering legal services in family, criminal and estate law in downtown Kincardine. Having recently relocated to Ontario from the United Kingdom, Andrea looks forward to putting down roots and raising her young family in Bruce County. www.clarke-law.ca.



Pelvic health for Moms

This growing branch of physio can help people of all ages reduce symptoms of pelvic pain

By Janice Taylor

Do you cross your legs when you sneeze? Do you live your life finding the nearest bathroom every time you go out? Do you avoid certain activities because of pelvic pain or pressure?

Many people – mothers especially – suffer from these symptoms

and more, and they may benefit from seeing a pelvic health physiotherapist. Pelvic health physiotherapy is a small but growing branch of physiotherapy, which addresses many issues related to pelvic floor muscle dysfunction, including:

- incontinence of bladder
- urinary frequency
- urinary urgency
- bowel issues, including constipation, straining, and leakage of stool



- pelvic organ prolapse
- interstitial cystitis and prostatitis (overactive bladder)
- painful intercourse
- pregnancy issues, including labour and delivery preparation
- recovery from c-section/vaginal birth
- surgical recovery, including post-gynecological surgery/post-prostatectomy

Many Moms suffer with pelvic issues, yet, because of embarrassment or a belief that it is simply part of the aging process, they do not seek help. It is estimated that over half of women and 20 per cent of men experience some form of urinary incontinence in their lifetime. The good news is that it is not simply a part of the aging process, and indeed, it is highly treatable.

WHAT IS THE PELVIC FLOOR?

Our pelvic floor muscles silently do their job day in and day out. Many of us are unaware these muscles exist, and, in turn, do very little to keep them healthy. They are skeletal muscles like our biceps or abdominal muscles, but they are located inside our pelvis. They wind around our urethra, vagina and rectum, and

attach from our pubic bone to our tailbone. They help control our bladder, bowels, aid in sexual function, and act as sump pump for all the blood flow returning from our legs into the core of our body. Not only that, they play an important role in keeping our core strong and our back healthy.

PELVIC FLOOR MUSCLE DYSFUNCTION

Pelvic floor muscles function best when the tone is normal, and the muscles are compliant. However, many people suffer from either hypotonic (low tone/elongated pelvic floor muscles) or hypertonic (high tone/tight pelvic floor muscles). When the muscles are too tight, someone might experience pelvic pain, bladder urgency/frequency, incomplete emptying, incontinence, unexplained pain in the low back, pelvis, hips or genital area, and pain with intercourse.

If someone's pelvic floor is too tight, they should not do kegels. Instead they should focus on stretching, breathing and relaxing the pelvic floor. If someone has a lower tone or hypotonic pelvic floor they may experience incontinence or bowel, bladder or pelvic organ prolapse. Kegels may be appropriate for this group.

If you are experiencing any pelvic symptoms, seeing a pelvic health physiotherapist can help you figure out how to effectively treat your issues. They are physiotherapists specially trained to do a vaginal and rectal examination. They take a detailed


history and establish client goals. The exam involves a breath and posture assessment, as well as a pelvic exam that assesses tone, strength, endurance, and coordination of the pelvic floor and core muscles. Pelvic health physiotherapy can assist in helping localize these muscles and teaching the individual how to effectively strengthen or relax them in order to reduce their symptoms.

Pelvic health physiotherapy is also important to assess the function of the pelvic floor muscles in pregnant women prior to delivery. It can help address and treat any issues and prepare the woman for breath and positioning techniques to aid in the delivery process.

PERSISTENT PAIN

Did you know the pelvic floor muscles are an area where we can hold tension and stress? Like our necks, shoulders and back, our pelvic muscles can get tight when we are under stress, anxious, or not getting proper sleep. This can lead to pain syndromes like overactive bladder or other pelvic pain issues. Many pelvic health therapists have taken training in addressing and treating persistent pain and can help educate and provide techniques to help manage and reduce your pelvic pain using a holistic approach.

FIND A PELVIC PHYSIOTHERAPIST

The best way to find a pelvic health physiotherapist in your area is to go to www.pelvichealthsolutions.ca and click 'Find a Physiotherapist.' You can locate the city or town you are in and see a listing or pelvic health physiotherapists in your area. 

JANICE TAYLOR is a registered physiotherapist with over 18 years of experience. She has worked in orthopaedic clinics, school health settings, and, for the last eight years, has operated her own pelvic health practice in Port Elgin. Janice is passionate about women's health and empowering others using a holistic approach. She has co-created several courses including a prenatal class for expecting women and their support partners, as well as aromatherapy courses for health professionals. Learn more at www.pelvichealthsolutions.ca.



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• The 'Homies with Extra Chromies' started as a support group at Community Living Kincardine and District, but soon became writing partners.



A story of inclusion

'Meet Will and Jake: Best Buds Forever' tells story of two friends, one of whom has Down syndrome

By Ron Laroche

A small but mighty group of parents, who have made it their mission to promote inclusion and acceptance while dispelling the many misconceptions of people who have disabilities, has

created a new children's book to help them in their efforts.

The parents are part of a support group affectionately called 'Homies with Extra Chromies,' which was started by Community Living Kincardine and District in 2015, as a way for young families to get together and share experiences.

Wanting more than a meet and greet, the parents and their young children have been actively engaging in conversations about inclusion and awareness in their town and surrounding area.



"What a lot of the parents (from the group) shared was the fear of the future," said Jenny Raspberry, Community Living Kincardine and District's Infant and Child Development Coordinator, who assists infants and toddlers supported by the organization, along with their families.

"Is their child going to be accepted? Are they going to have friends? So, we really feel the way to help with that is to reach out to young children who are going to be growing up in the same community (as these young children who have Down syndrome)."

The parents and toddlers have visited many local schools to talk about Down syndrome, inclusion, anti-bullying, treating others the way you would like to be treated, and seeing beyond labels and limitations.

The group also sought out children's books to assist them with their discussions. When they couldn't find any that had a message they wanted to convey, they decided to write their own story book.

"We know that children learn a lot from reading books and

stories, and looking at the pictures," Jenny said.

'Meet Will and Jake: Best Buds Forever' tells the story of two young boys who enjoy many of the same activities and encourage one another when they need a little help. The book also talks about Down syndrome, and it also highlights the importance of inclusion.

Miranda Graham, whose three-year-old son Logan is a member of the group, described the two-year process for writing the book as a labour of love.

"The big message is that even though there are some things that are different, children with Down syndrome are more alike than different, and that everyone benefits when children are included together in things like swimming lessons, in the classroom, or that you can be friends with someone who is different than you," Miranda said.

Families collaborated with Jenny on ideas and messaging for the book. The group decided to include an explanation about Down syndrome and illustrations about chromosomes as part of the story, because students would often ask about them during the families' presentations.

There has been a lot of excitement for the book, which was published by Tellwell Publishing in B.C., Miranda said.

"We're so thankful for people supporting us and wanting to share this book with their children, with the people that they teach, in order to help spread our message of acceptance, awareness, and inclusion, and that children with Down syndrome have valuable lives and are worthy of friendship in the same way that a typical child would be."

Meet Will and Jake: Best Buds Forever is available at Community Living Kincardine and District and on amazon.ca, Chapters Indigo, and other online retailers. All proceeds from book sales will support the organization's initiatives. The families also hope to make the book available through Scholastic Canada.

This story first appeared in the Community Living Ontario newsletter, on Oct. 5, 2018, and has been used with permission. Learn more at www.clkd.ca. GBK



RESOURCES

ABUSE (PHYSICAL/SEXUAL)

Assaulted Women's Helpline

Crisis line: 1-866-863-0511
www.awhl.org

Bruce Grey Child and Family Services

(Bruce and Grey Children's Aid Societies amalgamated April 1, 2012)
1-855-322-4453

Keystone Child, Youth & Family Services

1-800-567-2384; 519-371-4773
kcyfs@bmts.com or keystonebrucegrey.org
Owen Sound

Saugeen First Nation - Kabaeshiwin Respite Women's Shelter

519-797-2521
cgeorge@saugeenfirstnation.ca
www.saugeenfirstnation.ca

Sexual Assault and Partner Abuse Care Centre

Grey Bruce Health Services
1-888-525-0552 or www.gbhs.on.ca
Owen Sound

Victim Services Bruce Grey Perth

Crisis: 1-866-376-9852
Administration: 1-888-577-3111
info@victim-services.com
www.victim-services.com

Victim/Witness Assistance Program

Owen Sound - 1-866-259-4823
Walkerton - 1-866-994-9904
attorneygeneral@ontario.ca
http://bit.ly/ujKyeE

Women's Centre (Grey and Bruce)

Administration: 519-376-0755
Crisis: 1-800-265-3722
womenscentre@bmts.com
www.bmts.com/-womenscentre
Owen Sound

Women's House Serving Bruce and Grey

Sexual assault crisis: 1-866-578-5566
Crisis line: 1-800-265-3026
Administration: (519) 396-9814
crisis@whsbg.on.ca
www.whsbg.on.ca
Kincardine

BREASTFEEDING

Brockton and Area Family Health Team

1-866-507-2021 or 519-881-1920
RN/certified Lactation Consultant available
www.bafht.com
Walkerton

Grey Bruce Health Unit

1-800-263-3456
publichealth@publichealthgreybruce.on.ca
www.publichealthgreybruce.on.ca
Owen Sound

Hanover Family Health Team

RN/Certified Lactation Consultant
519-506-4348
www.hanoverfht.ca

La Leche League Canada

Referral Service: 1-800-665-4324
Hanover/Walkerton - 519-364-3316
Owen Sound - 519-376-5916
www.lllc.ca

Moms Walkerton

New Mom support
320 Durham St., Walkerton; 519-379-6769

Support groups

Southampton, Port Elgin, Paisley, and Tara -
519-797-2010
Kincardine, Ripley, Tiverton, and Lucknow -
519-368-4847
South-Bruce Breastfeeding Buddies -
519-881-1920
Wiarton and Bruce Peninsula - 519-534-0912
Markdale - 519-369-3381
Owen Sound - 519-372-1330

CHILDBIRTH

Empowering Doula Care

Emotional, physical and information support
for women and families
519-955-0515
empoweringdoulacare@gmail.com

Hanover and District Hospital Obstetrics/ Family Centred Care Birthing Centre

519-364-2340
admin@hanoverhospital.on.ca
www.hanoverhospital.on.ca

Midwives Grey Bruce

519-371-2886
www.midwivesgreybruce.com
Owen Sound

Owen Sound Hospital Labour and Delivery

519-376-2121
www.gbhs.on.ca/owensound.php

Walkerton Hospital Family Birthing Centre

519-881-1220
www.sbgchc.on.ca

CHILD CARE

Acorn Montessori

705-606-1642
Thornbury

Amabel-Sauble Child Care Centre

519-422-3611
Sauble Beach

Beaver Valley Outreach

519-599-2577

Bob's Playschool

519-538-5483
Meaford

Brooke Montessori Toddler Program

519-376-3447
Owen Sound

Bruce County Childcare Services

519-881-0431 or www.brucecounty.on.ca
Walkerton

Bruce Peninsula Family Centre

519-793-4100
Lion's Head

Chesley Nursery School

519-363-9544

Durham Nursery School

519-369-6973

Grey County Childcare Services

519-376-7324
www.greycounty.ca/childcare

Hanover Montessori Children's House

1-800-906-7036 or 519-364-6455

Happy Hearts Day Care Centre

519-376-1284
Owen Sound

Inglenook Creche Day Care

519-371-9471; Owen Sound

Kids & Us Community Childcare and Family Education Centres

Ayton - 519-665-2022
Dundalk - 519-923-2182
Durham - 519-369-9911
Holstein - 519-334-3132
Markdale - 519-986-3692
Osprey - 519-922-2333
Paisley - 519-353-7220
www.kidsandus.ca

Kids Street Nursery School - Port Elgin

519-389-9050

Kinhuron Integrated Day Nursery School Co-op

519-396-4532
Kincardine

Le Jardin des decouvertes - Owen Sound

519-371-4411

Military Family Resource Centre - Meaford

519-538-1371 x6753
mfrf.meaford@sympatico.ca
www.mfrfmeaford.com

Meaford Co-operative Nursery School

519-538-3854

Nawash N'Shiime Day Care Centre

519-534-3909
Neyaashiinigmiing (Cape Croker)

OneList - Find and apply for child care

brucecountychildcare.ca
greycountychildcare.ca

Queen of Hearts Nursery School

109 Balmy Beach Rd., Owen Sound
www.queenofheartsnurseryschool.com

Sandbox Daycare - Hanover

519-506-7263

Saugeen First Nation G'Shaw-da-Gawin Day Care Centre

519-797-2419
gshawdagawin@bmts.com
www.saugeenfirstnation.ca

Tobermory Primary Place

519-596-2606

Unity House - Owen Sound

519-371-8686

Viola Jean's Garden Daycare - Owen Sound

519-416-5633 or 519-371-2362

Walkerton Day Care Centre and School Age Program

519-881-3123; wdcc@wightman.ca

Warton Kids Den Day Care/Kids Club School age Program

519-534-4434

Warton Nursery School

519-534-2121

Wooden Hill Child Care Centre (La Colline De Bois) at Notre Dame School

519-376-6952
Owen Sound

YMCA Childcare

Arran Tara - 519-376-0484
Hanover - 519-364-4938
Kincardine - 519-396-9622
Owen Sound - 519-376-0484
Port Elgin - 519-832-6225
Ripley - 519-395-5570
ymcaowensound.on.ca

DIET/NUTRITION

EatRight Ontario

Ministry of Health Promotion and Sport
1-877-510-5102; www.eatrightontario.ca

Foodlink Grey Bruce

Find locally grown meat, fruit and produce
www.foodlinkgreybruce.com

Good Food Box

Grey Bruce Health Unit
519-376-9420 or 1-800-263-3456
publichealth@publichealthgreybruce.on.ca

Grey Bruce Eat and Learn

School nutrition program
bev_gateman@bwdsb.on.ca or www.osnp.ca

Grey Bruce Health Unit

1-800-263-3456
publichealth@publichealthgreybruce.on.ca
www.publichealthgreybruce.on.ca
Owen Sound

Hanover Family Health Team

Registered Dietitian
519-506-4348; www.hanoverfht.ca

Keystone Child, Youth & Family Services

1-800-567-2384, 519-371-4773
kcyfs@bmts.com or keystonebrucegrey.org

EDUCATION

Academy of Learning - Owen Sound

1077 2nd Ave. E., Suite B (2nd floor)
519-371-6188 or www.academytraining.ca

Adult Learning Centres

Collingwood, Port Elgin, Markdale, Owen
Sound, Walkerton, Warton
www.adultlearningcentres.com

Bluewater District School Board

1-800-661-7509 or www.bwdsb.on.ca

Bruce-Grey Catholic District School Board

519-364-5820 or www.bgcdsb.org

Conseil Scolaire Catholique Providence

(French Catholic School Board)
1-888-768-2219; www.cscprovidence.ca

Edgehill Country School, Durham

www.edgehillschool.org

Georgian Tutors

www.georgiantutors.com

EMPLOYMENT SERVICES

LiveGreyBruce

www.livegreybruce.ca

VPI Employment Strategies (Walkerton)

519-881-4900 or 1-855-260-4900
jobswalkerton@vpi-inc.com
www.vpi-inc.com

YMCA Employment Services

1450 1st Ave. W., Suite 4A, Owen Sound
519-371-9222
employmentservices@ymcaowensound.on.ca

FAMILY SUPPORT

211 Ontario

Online database of services in your area
www.211ontario.ca

Big Brothers Big Sisters

Owen Sound - 519-376-4449
www.bigbrothersbigsisters.ca/bbowensound
Kincardine - 519-396-3565
www.bigbrothersbigsisters.ca/kincardine

Bruce Grey Child and Family Services

1-855-322-4453; www.bgcfcs.ca

Bruce Grey Mentorship

504 10th St. Suite 2, Hanover
519-506-5065; www.brucegreymentorship.ca

Chippewas of Nawash Unceded First Nation - Native Child Welfare - Cape Croker

519-534-3818; supervisor.ncw@gbtel.ca
www.nawash.ca

Family Support Initiative

Fosters networking and peer support among
family of those with mental health issues
519-371-4802 or fsi@hopegb.org
www.mhagb.ca

Grandparent Network

For grandparents raising grandchildren
Meets first Monday of month at 9:30 a.m.
Bayview Public School, 615 6th Ave. E.,
Owen Sound
Call Mary Nuckowski at 519-371-2498

Grey Bruce Supervised Access Program

519-371-5991; pc-superacc@bmts.com
www.supervisedaccess.ca
Owen Sound

Kids Help Phone

1-800-668-6868 (24 hours)
www.kidshelpphone.ca

Lesley Holm - Youth and Family Counselling

519-270-8790; holmlesley@gmail.com

Motherisk - Hospital for Sick Children

1-877-327-4636; www.motherisk.org

Multiples in Bruce

For families with or expecting multiples
http://multiplesinbrucecounty.webs.com

Nemesis Group Services

Owen Sound; 519-372-2425
www.nemesisgroupservices.com

Parent Help Line

1-888-603-9100

Penetangore Wellness

Art and family therapy
www.penetangorewellness.com

Salvation Army

Hanover - 519-364-3450
Owen Sound - 519-371-0957
Port Elgin - 519-389-3942
Warton - 519-534-0353

Victim Services Bruce Grey Perth

Crisis: 1-866-376-9852; Admin: 1-888-577-3111
info@victim-services.com;
www.victim-services.com

Victim/Witness Assistance Program

1-866-259-4823 - Owen Sound
1-866-994-9904 - Walkerton
attorneygeneral@ontario.ca
http://bit.ly/ujKyeE

FINANCIAL SUPPORT

Beaver Valley Outreach (Thornbury)

519-599-2577; info@bvo.ca; www.bvo.ca

Bruce Children are Special Foundation

Directs donations to the children programs
provided by Bruce Grey Child and Family
Services (formerly Children's Aid)
1-855-322-4453 ext 4133

Social Services

Grey County - 1-800-265-3119
www.grey.ca/health-social-services/
Owen Sound
Bruce County - 1-800-265-3005
www.brucecounty.on.ca/ontworks.php
Walkerton

United Way of Bruce Grey

519-376-1560 or manager@unitedwaybg.com
www.unitedwayofbrucegrey.com

YMCA of Owen Sound and Grey/Bruce

519-376-0484 or ymcaowensound.on.ca

FOOD BANKS/HOUSING

Beaver Valley Outreach - Thornbury

519-599-2577
info@bvo.ca or www.bvo.ca

Durham District Food Bank

Monday and Friday, 9 a.m.-noon
Call 519-369-6860 and leave message

Flesherton and Area Food Bank

Marian Doyle, 519-599-3576

Kincardine Ministerial Food Bank

519-396-2185 or circlek@bmts.com

Lion's Head and District Food Bank

519-793-3860 or helen.rick@amtelecom.net

RESOURCES

Markdale and District Food Bank
519-986-3094

Meaford Food Bank
519-538-4550

Paisley Food Bank
Immanuel Evangelical Mission Church
307 Balaclava St.; 519-353-5270 (Carol)

Salvation Army
Hanover - 519-364-3450
Owen Sound - 519-371-0957
Port Elgin - 519-389-3942

Tobermory Food Bank
519-596-1501

Walkerton and District Food Bank
519-881-0168

Warton Food Bank
519-534-0353

Habitat for Humanity Grey Bruce
1-866-771-6776 or habitos@bmts.com
www.habitatgreybruce.com

Ontario Tenants Rights
ontariotenants@hotmail.com
www.ontariotenants.ca

Safe ‘n Sound Homelessness Initiative
519-470-7233
www.safensoundgreybruce.com

Subsidized housing
Bruce County - 1-800-265-3022
www.brucecounty.on.ca/socialhousing.php
Grey County - 376-5744
Online: <http://bit.ly/vVG1kO>

HEALTH CARE

Auditory Health Care
202 Cayley St., Walkerton
519-881-4994 or info@auditoryhealthcare.com

Brockton and Area Family Health Team
1-866-507-2021 or www.bafht.com
Walkerton

Canadian Mental Health Association Grey-Bruce Branch
Administration - 519-371-3642
Crisis: 1-877-470-5200
jralph@cmhagb.org; www.cmhagb.org
Owen Sound

Collingwood General and Marine Hospital
705-445-2550 or www.cgmh.on.ca

ConnexOntario Help Lines
Free, confidential, 24-7 helplines via phone, webchat or email
Drug and alcohol - 1-800-565-8603
Gambling - 1-888-230-3505
Mental health - 1-866-531-2600
www.connexontario.ca

Grey Bruce Health Services (hospitals)
Lion’s Head - 519-793-3424
Markdale - 519-986-3040
Meaford - 519-538-1311
Owen Sound - 519-376-2121
Southampton - 797-3230
Warton - 534-1260
www.gbhs.on.ca

Grey Bruce Health Unit - Owen Sound
1-800-263-3456
publichealth@publichealthgreybruce.on.ca
www.publichealthgreybruce.on.ca

Growing Brain Connections
Occupational Therapy Testing and Treatment
625 Goderich St., Port Elgin. 519-832-4700
www.growingbrainconnections.com

Hanover and District Hospital
519-364-2340/info@hdhospital.ca
www.hdhospital.ca

Healthy Babies, Healthy Children
Grey Bruce Health Unit
519-376-9420 or 1-800-263-3456
www.publichealthgreybruce.on.ca

Hanover Family Health Team
519-506-4348 or dford@hanoverfht.ca
www.hanoverfht.ca

Healthy Smiles Ontario
Dental for families making under \$20,000/yr
Register through the health unit
Online: <http://bit.ly/JAqJB Y>

Homefront First Aid and Emergency Training
Janine Donaldson - Red Cross Training Partner
519-444-8164 or homefrontfirstaid@gmail.com

Honouring Life Network
Aboriginal youth suicide prevention
www.honouringlife.ca

HopeGreyBruce - Owen Sound
Mental Health and Addiction Services
519-371-4120 or www.mhagb.ca/gbchc/

Huron Shores Foot Clinic - Kincardine
Orthotics, footcare, podiatrist, chiroprapist
519-396-3500

Keystone Child, Youth & Family Services
1-800-567-2384 or 519-371-4773
kcyfs@bmts.com or keystonebrucegrey.org

Kids Help Phone (24 hours)
1-800-668-6868 or www.kidshelpphone.ca

Kincardine Family Health Team
Kincardine - 519-396-2700
Ripley - 519-395-2601
www.kincardinefht.ca

Lesley Holm - Youth and Family Counselling
519-270-8790; holmlesley@gmail.com

Mino Bimadsawin Health Centre
57 Mason Dr., Saugeen First Nation
519-797-3336

M’Wikwedong Native Cultural Resource Centre - Owen Sound
1-866-202-2068 or admin@mwikwedong.com
www.mwikwedong.com

Owen Sound Crisis Pregnancy Centre
1-888-371-2004 or oscpc@wightman.ca

Pediatric clinics
Hanover - 519-364-2340
Kincardine - 519-396-3331
Markdale - 519-986-3040
Owen Sound - 519-376-2121
Walkerton - 519-881-1220

Penetangore Wellness
Art and family therapy
www.penetangorewellness.com

Physiotherapy III - Pediatric Physiotherapy Healing Waters Clinic
318383 Grey Rd 1,
Owen Sound;
519-370-2333; healingwaters@physio3.com

Poison Control Centre
1-800-268-9017

Postpartum depression
Grey Bruce Health Unit - 1-800-263-3456
Keystone Child, Youth and Family Services - 1-800-567-2384

South Bruce Grey Health Centre (hospitals)
Chesley - 519-363-2340
Kincardine - 519-396-3331
Durham - 519-369-2340
Walkerton - 519-881-1220
www.sbghc.on.ca

South East Grey Community Health Centre
55 Victoria St., Markdale
519-986-2222 or 1-855-519-2220
info@segchc.ca or www.segchc.ca

St. John Ambulance First Aid training
519-364-7004 or grey.bruce@on.sja.ca
Online: <http://bit.ly/t3Ye8g>
Hanover and Owen Sound

TeleHealth Ontario
1-866-797-0007

Thames Valley Children’s Centre
519-396-3360 or 1-866-590-8822
www.tvcc.on.ca

LIBRARIES

Blue Mountains Public Library/ L.E. Shore Memorial Library
Thornbury
519-599-3681 or thebluemountainlibrary.ca

Bruce County Public Library
Online catalogue - opac.brucecounty.on.ca
Administrative office - 519-832-6935 or libraryinfo@brucecounty.on.ca
Cargill - 519-366-9990
Chesley - 519-363-2239
Kincardine - 519-396-3289
Lion’s Head - 519-793-3844
Lucknow - 519-528-3011
Mildmay - 519-367-2814
Paisley - 519-353-7225
Port Elgin - 519-832-2201
Ripley - 519-395-5919
Sauble Beach - 519-422-1283
Southampton - 519-797-3586
Tara - 519-934-2626
Teeswater - 519-392-6801
Tiverton - 519-368-5655
Tobermory - 519-596-2446
Walkerton - 519-881-3240
Warton - 519-534-2602

Collingwood Public Library
519-445-1571; www.collingwoodpubliclibrary.ca

Dundalk/Southgate Public Library
519-923-3248 or <http://southgate-library.com/>

Grey Highlands Public Library
Flesherton - 519-924-2241
Kimberley - 519-599-6990
Walter Harris Memorial Library (Markdale) - 519-986-3436; greyhighlandspubliclibrary.com

Hanover Public Library
519-364-1420 or www.hanoverlibrary.ca

Meaford Public Library
519-538-1060
www.meaford.ca/meaford-library-home.html

Owen Sound and North Grey Union Public Library
519-376-6623; www.owensound.library.on.ca

West Grey Public Library system
www.westgreylibrary.com
Durham (main) branch - 519-369-2107
Elmwood and area - 519-363-3321
Neustadt - 519-799-5830
Ayton/Normanby - 519-799-3242

MUSEUMS

Billy Bishop Heritage Museum - Owen Sound
519-371-0031 or www.billybishop.org

Bruce County Lighthouse Museums
Seasonal
Cabot (Lion’s) Head - 519-795-7780
Chantry Island (Southampton) - 866-318-8889
Kincardine - 519-396-3468
Point Clark - 519-395-2494

Bruce County Museum, Cultural Centre & Archives - Southampton
519-797-2080 or www.brucemuseum.ca

Bruce Peninsula Visitors Centre
519-596-2233 or <http://bit.ly/rQQFf6>
Tobermory

Bruce Power Visitors’ Centre
519-361-7777; www.brucepower.com

Chesley Heritage & Woodworking Museum
519-363-9837

Craigleith Heritage Depot - Thornbury
519-599-3131
www.thebluemountains.ca/Craigleith-Heritage-Depot.cfm

Grey Roots Museum & Archives
Includes county’s archives
1-877-GREY ROOTS; www.greyroots.com
RR4 Owen Sound

Meaford Museum
519-538-5974
www.visitmeaford.com/meaford-museum.html

Owen Sound Marine and Rail Museum
519-371-3333
www.marinerrail.com

Paddy Walker Heritage Society - Kincardine
519-396-1850
www.walkerhousekincardine.com

South Grey Museum - Flesherton
519-924-2843 or museum@greyhighlands.ca
www.southgreymuseum.ca

St. Edmunds Township Museum - Tobermory
519-596-2479 or online <http://bit.ly/vEdicK>

Tobermory Maritime Association
519-596-2700; www.tobermorymaritime.ca

Treasure Chest Museum - Paisley
519-353-7176 or <http://bit.ly/1PjTS1D>

ONLINE SUPPORT

www.211.ca
www.pathwaysawareness.org
www.mentallyfit.ca
www.shelternet.ca
Directory of women’s shelters across Canada
www.targetyouth.ca
www.thehealthline.ca
www.wesforyouthonline.ca

PLAYGROUPS

Kincardine Toy Library and Playgroup
249 Bruce Ave.; Wednesday, 9:30-11:30 a.m.

Pine River Moms
519-389-7136; jill.ricica@gmail.com.
Thursdays during school year, info on FB

EarlyON Child and Family Centres
Hanover - 519-376-8808
Kincardine - 519-396-3322
Markdale - 519-986-3692
Meaford - 519-538-0545
M’Wikwedong (Owen Sound) - 519-371-1147
Owen Sound (East Ridge) - 519-371-7034
Port Elgin - 519-389-5762
Thornbury - 519-599-2577
Walkerton - 519-881-2739
Warton - 519-534-5550

SPECIAL NEEDS

Autism Ontario Grey Bruce Chapter
226-787-0333 or marti@autismontario.com
<http://bit.ly/tO6kam>; Owen Sound

Autism Parent Support Group
Community Living Kincardine & District
519-396-9434 or www.clkd.ca

Bruce County Childcare Services
1-800-265-3005 or www.brucecounty.on.ca
Walkerton

Bruce Peninsula (Warton) Association for Community Living
519-534-0553

Community Living Kincardine & District
519-396-9434; www.clkd.ca

Community Living Meaford
519-538-4165

Community Living Owen Sound and District
519-371-9251 or communitylivingowensound.ca

Community Living Walkerton & District
519-881-3713 or www.clwalkerton.org

Georgian Riding Association for Challenged Equestrians
519-372-2721; grace@log.on.ca
Wicklen Stables, RR5 Owen Sound

Hope Haven Therapeutic Riding Centre
519-986-1247
www.hopehavencentre.org

Keystone Child, Youth & Family Services
Owen Sound; 1-800-567-2384
kcyfs@bmts.com or keystonebrucegrey.org

PRANCE Therapeutic Riding Centre
519-832-2522 or prance@bmts.com
Miramichi Farms, Hwy. 21 Port Elgin

Reading Rescue Ontario
519-794-4745 or soehner@bmts.com
www.readingrescueontario.ca
Holland Centre

South Grey Bruce Youth Literacy Council
519-364-0008 or info@sgbyouthliteracy.org
www.sgbyouthliteracy.org
Hanover

Special Therapy and Education Program of Saugeen (STEPS)
519-797-1935
info@stepsahead.ca; www.stepsahead.ca
Southampton

Thames Valley Children’s Centre
519-396-3360, 1-866-590-8822
Paula.Holla@tvcc.on.ca or
Clare.Matthews@tvcc.on.ca
www.tvcc.on.ca

United Way of Bruce Grey
519-376-1560; unitedwaybg@bmts.com
www.unitedwayofbrucegrey.com/
Owen Sound

SPEECH/LANGUAGE

Bruce County Childcare Services
1-800-265-3005; www.brucecounty.on.ca
Walkerton

Closing the Gap Healthcare Group Rehab Express Grey Bruce
1-866-990-9901 or www.closingthegap.ca
Owen Sound

Grey Bruce Health Unit - Owen Sound
1-800-263-3456
publichealth@publichealthgreybruce.on.ca
www.publichealthgreybruce.on.ca

South West Community Care Access Centre In-Home Services
Owen Sound - 519-371-2112
Walkerton - 519-881-1181
www.sw.ccac-ont.ca

VOICE for Hearing Impaired Children
Support, speech and language therapy
Grey/Bruce chapter is free to families
www.voicefordeafkids.com

WISH PROGRAMS

Children’s Wish Foundation of Canada
1-800-267-9474
on@childrenswish.ca or www.childrenswish.ca
Ajax, ON

Make-A-Wish - Southwestern Ontario Chapter
519-471-4900 or www.makeawishsw.org
London, ON **GBK**

SPRING EVENTS

MARCH

2

Lego Day
Bruce County Public Library, Southampton
10 a.m.-4 p.m.; 519-797-3586
Saturdays through Dec. 21

6

Saugeen Shores Leisure Fair
The Plex, 600 Tomlinson Dr., Port Elgin
6-8 p.m.
Lisa Billing at 519-832-2008

After School Spanish
Bruce County Public Library, Southampton
4 p.m.
Learn Spanish Wednesdays after school.
519-797-3586
Runs weekly, year-round

MARCH BREAK (11-15)

Bruce Power Visitors' Centre
Robotics, outdoor activities, animals, crafts,
Lego, energy demonstrations, kids' movies,
and more!
Events begin at 9:30 a.m.
No pre-registration required. Free admission.
Kids must be accompanied by an adult.
www.brucepower.com/visitus

March Break Day Camp
Bruce County Museum & Cultural Centre,
Southampton
8:30 a.m.-5 p.m.
www.brucepower.com

March Break Kids Camp
Grey Roots Museum & Archives
8:30 a.m.-5 p.m.; Pre-registration required
www.greyroots.com

Pick Studio March Break Camps
Pick Studio, Kincardine
9 a.m.-3 p.m.
www.pickstudio.ca

March Break Camp
Davidson Centre, Kincardine
Ages 4-12; Pre-register at 519-396-3491

March Break at Blue Mountain Village
Days filled with adventure and fun, on and off
the slopes! Activities, live music, interactive
performances, fireworks and more.
www.bluemountain.ca

March Break Fun Days
Bruce County Museum & Cultural Centre,
Southampton
Monday - Circus workshop with Vita Bowen
(11:45 a.m.-12:45 p.m.)
Tuesday - Cooking class with Little Black Dog
(12:15-1 p.m.)
Wednesday - Drumming Circle with Mary
Jean (12:15-1 p.m.)
Thursday - MacGregor Point Provincial Park
Program (2-3 p.m.)
Friday - Awesome Astronomy with John
Hlynialuk (11 a.m.-noon)
Saturday - Growing Yoga with Melissa (11-
11:45 a.m.)
Call 519-797-2080 to reserve your space.

13

Beauty and the Beast by Dufflebag Theatre
Meaford Hall, 12 Nelson St. E.
https://dufflebag.com/

23

Maple Magic at Regal Point Elk Farm
208621 Conc. 24, Georgian Bluffs
9 a.m.-1 p.m.; www.wiartonrotary.com
Also runs March 24 and March 30-31

Maple Sugar Moon: Honouring the Gift
Grey Roots Museum & Archives
10 a.m.-3 p.m.
www.greyroots.com

APRIL

1

Grey County Kiwanis Festival of Music
www.kiwanismusicfestival.net
Runs through April 12

6

Eco Explorers
Bruce County Museum & Cultural Centre,
Southampton
Ages 7-12; 1:30-3:30 p.m.
Pre-registration required. brucemuseum.ca
Also runs May 4

7

Health and Wellness Fair
Davidson Centre, Kincardine
10 a.m.-3 p.m.
All proceeds donated to Kincardine Commu-
nity Living. Admission is free, with voluntary
donations accepted.
glenis@hurontel.on.ca

12

**Arlene Dickinson Inspires Young
Entrepreneurs**
Hosted by Community Foundation Grey
Bruce
East Ridge Community School, Owen Sound
7 p.m.
communityfoundationgreybruce.com for
tickets

13

A Medieval Day
Bruce County Museum & Cultural Centre,
Southampton
10 a.m.-4 p.m.; www.brucepower.com

**Port Elgin Rotary Home and Recreation
Show/Food and Drink Expo**
The Coliseum, 26 Albert St. S., Southampton
11 a.m.-5 p.m.
www.portelginhomeshow.com
Also runs April 14

Kemble Maple Syrup Tour
8 a.m.-4 p.m.
Tickets necessary for entry.
www.kemblemapletour.com

**25th annual Holstein Maplefest at Love's
Sugar Bush**
392098 Grey Rd. 109, Holstein
Saturday, 9 a.m.-4 p.m.
Sunday, 10 a.m.-3 p.m.
www.holsteinmaplefest.com

Hanover Home and Garden Show
P&H Centre, 269 7th Ave., Hanover
www.hanoverhgs.com
Runs through April 14

20

Ripley Easter Egg Hunt
Lewis Park, Ripley
10 a.m.
Hosted by the Ripley Business Community.
519-524-0101

27

Open Studio Art Show
Southampton Art School, 20 Albert St.
www.southamptonartscentre.com
Also runs April 28

**Kincardine Home and Cottage Expo with
Craft Beer Show**
Davidson Centre, Kincardine
www.kincardinechamber.com
Also runs April 28

MAY

5

19th annual Walk for MS
Davidson Centre, Kincardine
Check in at 9 a.m.
sabrina.poirier@mssociety.ca

17

34th annual Fish Kincardine Derby
Station Beach, Kincardine
www.fishkincardinederby.com
Runs through May 26

23

Grey Bruce One World Festival
1st Ave. W., between 8th and 9th St. W.
Owen Sound
9:30 a.m.-2:30 p.m.
www.greybruceoneworldfestival.org

24

Huron Fringe Birding Festival
MacGregor Point Provincial Park
Join us over two four-day weekends to cel-
ebrate spring.
Norah Toth at 519-375-1889
Runs May 24-25 and June 1-2

26

Walk to Make Cystic Fibrosis History
Nodwell Park, 788 Highland St., Port Elgin
10 a.m.
https://www.cysticfibrosis.ca/walk

GBK



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RECIPES

Sweet syrup!

Recipes courtesy Foodland Ontario

Spring has sprung, and that means the sap is ready to run! Enjoy these delicious maple syrup recipes.

MAPLE CARROT CUPCAKES

INGREDIENTS

- 2 cups all-purpose flour
- 2 tsp baking powder
- 2 tsp ground cinnamon
- 1 tsp baking soda
- ½ tsp nutmeg, ground
- ¼ tsp salt
- 2 eggs
- ¾ cup vegetable oil
- ½ cup maple syrup
- ⅓ cup brown sugar, packed
- 1 tsp vanilla
- 1 ½ cups carrots, grated

Icing

- 4 oz cream cheese, softened
- 3 tbsp maple syrup
- 2 tbsp butter, room temperature
- ½ tsp vanilla
- 2 cups icing sugar

DIRECTIONS

In a large bowl, whisk together flour, baking powder, cinnamon, baking soda, nutmeg and salt. In a medium bowl, whisk together eggs, oil, maple syrup, brown sugar and vanilla until smooth, and pour over flour mixture. Add carrots and stir just until moistened. Spoon into paper-lined or greased muffin cups.

Bake at 350 F for 18 to 20 minutes or until cake tester inserted in centre comes out clean. Transfer to rack and let cool.

Icing – In a medium bowl, using an electric mixer, beat cream cheese, maple syrup, butter and vanilla until smooth. Beat in icing sugar. Spread over cupcakes.



MAPLE GARLIC SPARERIBS, CABBAGE

INGREDIENTS

- 4 lb porkback ribs or country-style spareribs
- ½ cup water
- 2 tbsp vegetable oil
- 2 tbsp garlic (~6 cloves), minced
- 1 can tomato or pizza sauce
- ¼ cup maple syrup
- 1 tbsp Worcestershire sauce
- ½ tsp Tabasco sauce
- 1 small cabbage, coarsely shredded
- 2 onions, thinly sliced
- ½ tsp salt

DIRECTIONS

Cut ribs in half (or to fit pan); arrange in a single layer in large a roasting pan. Add water; cover tightly with foil and bake in 350 F for one hour.

Meanwhile, in a small skillet, heat oil over low heat; cook garlic, without browning and stirring often, for seven to 10 minutes. Stir in tomato sauce, maple syrup, Worcestershire and Tabasco. Remove from heat and set aside.

Remove ribs from pan and drain off all fat. Add cabbage, onions and salt, tossing to combine, and firmly pressing down into pan. Brush both sides of ribs with sauce; nestle into cabbage mixture. Spoon half of the remaining sauce over ribs, letting it run down sides. Bake at 350 F, uncovered, for 15 minutes.

Add remaining sauce to ribs, and bake 15 to 25 more minutes or until cabbage is hot and cooked as desired, stirring cabbage occasionally. Remove ribs to centre of serving platter; stir cabbage mixture and arrange around ribs. **GBK**



The OSCVI Community Auditorium, located in East Ridge Community School hosts a variety of events – including tribute bands, symphonies and illusionists. For more information please visit www.bwdsb.on.ca/CONED/Auditorium/Events

Beginner Driver Educations courses are being offered at a number of secondary schools.

Please visit www.bwdsb.on.ca/CONED/driver_ed for a complete list of locations and course schedules.

If you are wanting to find space for new programs for this school year, gym space may be available. To book classroom space or if you have questions regarding use of any of the Bluewater District School Board locations please contact the permit coordinator at 1-800-661-7509 ext 2007 or email at kris_klages@bwdsb.on.ca.

Visit our website at bwdsb.on.ca/CONED

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director@campcherith.ca
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