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Three kids and cancer

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FROM THE PUBLISHER

Readers share their stories

We have always considered ourselves fortunate, here at Grey-Bruce Kids, to have an incredibly loyal readership, filled with people from all walks of life who are willing to share their stories.

Some provide professional advice that helps us all get a bit better at the hardest job we'll ever have – parenting – while others have harrowing or inspirational personal stories to tell. In this issue, we were approached by two Moms – one from Kincardine, the other from West Grey – who offered to give our readers an intimate look into their lives.

Julie Courtney was 32 years old and nursing her third child when she noticed lumps in her breast. Believing it was mastitis, she wasn't overly concerned. When she felt a lump in her armpit, she went to the doctor, but still wasn't prepared for a breast cancer diagnosis. Four years and many rounds of treatment removed from that dark day at the doctor's office, Julie continues to hug her family tightly at night. Read her courageous story on Page 6.

Sonya Bolek was just a city girl – tell me if you've heard this song! – with a desire for a quieter life away from the rat race. But how could she and her husband just quit their jobs, pick up and move? Her 11-year-old daughter did the research and convinced them to leave it all behind for the rural paradise of West Grey. Five years later, the Boleks and their children are thriving in their little slice of heaven.

I thank Julie and Sonya for sharing their stories in this issue and urge others with an interesting tale to tell to reach out to me at amy@greybrucekids.com. The talent and ingenuity of people across Grey and Bruce counties never ceases to amaze me.

Thanks also goes to our other contributors, whose expertise is always appreciated, and, of course, our advertisers and distributors. Without your incredible support, we wouldn't be able to inform and entertain the parents of Grey and Bruce each quarter.

So please enjoy this issue and take advantage of every corner of our incredible region during the summer months. It truly is the most wonderful time of year.

Amy Irwin, Publisher

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Staying strong

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PLAY this summer

It is no secret that kids today don't get enough activity in their lives. Preventable illnesses like obesity and Type 2 diabetes are becoming more common, as our children spend more time in front of computer and TV screens and less time running outside and enjoying unstructured physical activity.

The 'Longest Day of PLAY' initiative is once again challenging everyone to be more active, and to get involved in Longest Day of PLAY events being held within your community on June 21.

When looking for things for your kids to do this summer, it's important to remember what 'play' is:

- Play is spontaneous, accessible to all, and low cost or free.
- Play occurs when you want, how you want and respects personal choice.
- Play brings families, neighbourhoods and communities together.
- Play requires little or no skill and no special equipment.
- Play is a universal concept and provides personal meaning to physical activity.
- Play can happen anywhere and does not require special facilities or organization.
- Play is well understood by children and can be shared with their families.

Learn more online at playbrucegrey.com.

'Cool Kid' starts SilverFox Project

This issue's Cool Kid, Laryssa Bolek, is so interesting, we couldn't fit everything about her on one page! Not only did she convince her parents to quit their jobs and move from the city to West Grey, she has also started a movement called the 'SilverFox Project,' which is designed to help people live in harmony with nature.

The SilverFox mission is a philanthropy project to preserve the planet and its incredible inhabitants. But how does Laryssa plan to achieve this? The SilverFox Project will be hosting challenges to encourage others to spend more time in the outdoors, for their own health and the well-being of the planet. There will also be fundraisers and workshops to raise awareness about environmental issues, what people can do to make a difference and raise money for animal sanctuaries.

The first event will take place at Allan Park Conservation Area on June 21. If you are interested in attending the event or participating in the online nature challenges, visit <http://connect2nature.wix.com/silverfoxproject> or the SilverFox Project's Facebook Page. The family will also be hiking the Bruce Trail this summer in support of the SilverFox project.

"When people know, they care. When they care, they change the world," Laryssa said.

Laryssa thanks her family, friends, animals and Jane Goodall, for inspiring and supporting her dreams. Learn more about her on Page 28.

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The age of contributor Julie Courtney when she was diagnosed with breast cancer. Read the mom of three's story on Page 6.

Free park day

On July 15 and 16, Inverhuron and MacGregor Point Provincial Parks are holding 'Healthy Parks Healthy People' Day, which offer free admission to all visitors.

If you've never visited these parks, now's the time! Camping, hiking, biking, swimming - it's fun for the whole family.

When kids say they're 'BORED,' try this...

"I'm bored!"

Avoid hearing that this summer by remembering (and posting at home!) the acronym 'BORED.'

The acronym will ask your kids, 'Have you...'

- B** - Been creative?
- O** - Outside to play?
- R** - Read a book?
- E** - Exercised 20 minutes?
- D** - Done your chores or something helpful?



TALES from TOTS

YOU NEVER KNOW WHAT THEY'LL SAY NEXT

We interviewed Ms. Cunningham's JK/SK class at Paisley Central School about their thoughts on various topics.

What would you buy with a lot of money?

Addison - Lots of chocolate.

Brailyn - One hundred lamps because I love lamps so much. I have a 'Frozen' one.

Chris - Batman mobile because they drive so fast.

Drayce - A race car.

Gracie - An Elsa toy.

Hailey - Food.

Rory - Chocolate bunnies.

Ryden - A house and toys for kids.

Olivia - I would buy bread and hot dogs.

Annabelle - Barbies.

Connor - Easter eggs, the ones with toys in them.

Dylan - A snowboard.

Ethen - Lots of games.

Maddie - A bike.

Kierston - A bell for my bike.

Meera - Bubblegum.

Emmaly - Two hundred toys.

Kaelyn - My very own house.

What's the best thing ever invented?

Addison - Don't know.

Brailyn - A machine that makes things into a ball.

Chris - The basketball.

Drayce - Cars.

Gracie - Roller coasters.

Hailey - That I can go to my grandma and grandpa's.

Rory - Don't know.

Ryden - A tractor.

Olivia - Don't know.

Annabelle - Machines, because they control stuff.

Connor - Games, like Minecraft.

Dylan - GTs.

Ethen - Games.

Maddie - Don't know.

Kierston - Bikes.

Meera - Bubblegum.

Emmaly - Toys.

Kaelyn - My papa's work in Florida, because he can fix our van.

Why do people get old?

Addison - 'Cause they turn that number.

Brailyn - They grow and grow and grow until they are really



tall and then get shorter until they die.

Chris - They get extra tall and get dots on them.

Drayce - 'Cause they eat a lot.

Gracie - They get old because they don't eat much to get healthy.

Hailey - They eat too much.

Rory - Because they are almost dying but get to go to Hawaii.

Ryden - They get a lot of years to live.

Olivia - You get married.

Annabelle - Because they grow.

Connor - That's a hard guess... your age, how much you eat, how much protein you have and your birthday, that's what makes you old.

Dylan - Because of their birthdays.

Ethen - Because they are very young.

Maddie - You have to go to college.

Kierston - You turn older and older, like 31, 32 and then almost 100.

Meera - Because they eat so much.

Emmaly - Because they have their birthdays.

Kaelyn - Because they have a lot of birthdays. GBK

Never too young for cancer

Don't assume breast lumps are fine, even when you're nursing

By Julie Courtney

The year 2012 had been a hectic one for our family – with a one-, three- and five-year-old tearing apart the house, that's no surprise. On top of that, there was a vast amount of overtime at work and influenza in the house.

The cherry on top was having mastitis again! I had felt lumps and had bloody emissions from my nipples several times since having our youngest child. I usually reported into the ER, sometimes with a mild fever, and left with the mastitis diagnosis, a prescription, and instructions to express the area and soothe with warm cloths.

Had I been thinking clearly, and not hampered by the glorious sleepless nights of the baby days, my brain would have calculated things very differently. I would have realized the 'mastitis' lumps were always in the same location. I would have noted the lumps did not go away after the antibiotics and there was still a tiny amount of pink in the breast milk I was expressing, but as they say, hindsight is 20/20.

When I started to feel a lump under my arm, as I leaned over a chair to check my email, you would think that would change my perception, but it did not. Life was busy and full of fun. I

had, after all, just started teaching a spin class and was feeling excellent about the trim figure I was developing. I did not have time for 'cysts,' as I thought of them, and what's more, I was 32 and breastfeeding. Breast cancer was something that happened to older women, not me.

Regardless, I decided to call my doctor and have the lumps checked, with mild concern that I might require surgery to remove the cysts from my breasts. An ultrasound and mammogram were ordered, but that failed to grab my attention; after all, it's standard procedure. The tests were booked surprisingly quickly and conveniently, on the same day. I found it odd the xray technician, an acquaintance from high school, did not come back in the room after the mammogram. The

ultrasound took an awfully long time to complete, and I was beginning to feel stressed about the length of time I had been away from home – it was dinner time, after all. I was completely bewildered when an appointment with the local general surgeon was booked for the very next day.

I went to the surgeon's appointment alone, and feeling mildly concerned that I had not had time for a tea on the way to the appointment. He asked a good deal of questions pertaining to family history of breast cancer,

age of my first child and so on. Even still, when he stated I had invasive ductal carcinoma, I laughed and pointed out that he must be looking at the wrong file; I was, after all, only 32. He made it unequivocally clear to me that my situation was serious. I would need a mastectomy, but first, there would be a myriad of tests and appointments. My cancer, he believed, had spread to

my lymph nodes and without further testing, there was no way of telling how much further it had travelled.

My world ground to a screeching, silently deafening halt. I experienced a state of shock very acutely. I became dizzy and nearly passed out, and I would have vomited had there been anything in my stomach. Worst of all was the feeling of ice in my chest; it was what is known, I suppose, as one's blood running cold.

I was sickened as the thought of possibly leaving my three children motherless screamed through my mind. Thoughts of strength and the fighting spirit took a long time to kindle. The first month of testing and medical jargon passed in a blur. I barely ate, and lost 30 lbs. Panic gripped me at every moment, and is a legacy I continue to live with today.

Moving forward, there was blood work, bone and CT scans, an MRI and a biopsy. My file had to be reviewed by a team of oncologists because of my age. The team's final verdict was that it would be optimal for me to first complete chemotherapy – eight rounds spaced every two weeks – followed by a double mastectomy and 36 rounds of radiation, every day for six weeks. These were gruelling, lifesaving measures.

What I wouldn't give now to have taken that mastitis seriously. It is now four years since my initial diagnosis and I still have a cold and sinking feeling in my chest as I write this. I thank the powers that be, each and every day, that only three lymph nodes were affected. I hold my children close and I am thankful for every moment we have. Breast cancer took much, but it gave me a great appreciation of the vitality I now have, and the precious time we have with those we love.

Maintaining your breast health is in your own 'breast' interest. Having numerous bouts of mastitis checked thoroughly and lumps examined is most certainly worth your time. A good portion of breast lumps are completely benign, but why take the risk? Check your breasts. That being said, the following story is not meant to provide entertainment or medical advice, but to impart information about coping strategies my family learned along the way.

PARENTING WITH CRITICAL ILLNESS

When I returned from my appointment with the dreadful news, there was no way to conceal the devastation I was experiencing. My first lesson as a parent with a critical illness was to speak honestly and simply because children are much more perceptive and resilient than we give them credit for. I explained to my children how the doctor had found lumps that were hurting my body and that I was sad because the treatment would make me feel worse for a time and I would be away from home more than I wanted. In retrospect, I am glad I prepared the children early so they were not surprised when I was unable to spend the same quality time with them.

Coping with cancer with a family is a unique challenge, but living in a small community can ease the burden. I posted about my illness on social media because I recognized I would need support in innumerable ways, and also because I felt unable to

Julie Courtney, during her cancer treatments.



discuss my illness in public. I encourage others in my position to craft a social media posting carefully – it's a wonderful way to inform, but if you do not wish to speak in public about your journey, or if you prefer not to discuss the illness in front of your children, then it is important to specify that in your posting. After my initial posting there was an overwhelming response of moral, emotional and financial support, which fuelled my fire and helped me build the strength I needed to fight.

Upon posting about my illness, the floodgates opened and the outpouring of support was unbelievable. When I made my first trip for treatment, I felt like I walked into the hospital with an army behind me. I was uplifted. I would encourage any family undertaking such a journey to accept help wherever possible. However, when I was flailing and in shock, I was not even sure what help I needed or which way was up. I was fortunate to have a small group of friends sit me down and help me define my

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needs. I was then able to ask my supporters for specific help. For example, having fresh cut fruit and veggies in my fridge helped me pack school lunches and provided an instant healthy snack.

My friends with children were also very good at identifying my needs before I did, and they raised thousands of dollars in gas gift cards and hired me a house cleaner. They said, “Friends don’t let friends clean when they have cancer.” These friends can never be properly thanked because their help was immeasurable. If you have a friend who is undergoing treatment, remember small kindnesses make enormous differences.

The most important thing we learned as a family was to establish a manageable routine and discipline strategy for the children prior to treatment. With three small kids, childcare quickly became an issue. For us, having a small core of childcare providers was helpful to maintain consistency and routine. I would suggest setting clear guidelines about routine, meal schedules and discipline because illness is not a holiday weekend, it extends over a long period and thus consistency is key. Ideally, I would have posted the routine and discipline rules visibly so all our helpers were aware of them. Having a personal routine with my children became comforting for all of us and bedtime became an established routine, during which I bathed and read with the children. Even when I was bedridden, the children and I spent time together reading stories in my bed. I was also sure to spend a few minutes each day with each child individually.

For me, ‘fighting’ cancer did not look the way I had imagined. For me, it brought mental health issues. Some, like depression,

I was familiar with, and others, such as panic, were new. I encourage anyone who has a critically ill loved one, to be aware of the signs of depression, anxiety, panic and grief. I was fortunate to have friends who identified the signs of depression and panic and encouraged me to seek help early.

When struggling with depression, panic and grief at losing my health, I maintain that being honest with my children was the best policy, so they did not internalize the struggle and would learn resiliency skills. I explained in child-friendly language what I was struggling with and, in my opinion, my battle with mental health issues became a learning opportunity for them. They learned that mental health issues are real, but that fighting them is possible. It was also empowering for my kids to understand that, though I did not rely on them to feel better, there were things they could do to help, such as hugging me or drawing pictures.

Major health care centres have wonderful resources to help individuals cope, but sometimes those resources do not extend to families who live in a rural area like ours. I worked with a fantastic counsellor over the phone during my treatment, but that kind of care did not work for my children. There are many counsellors in our area who are experienced in helping children and families with coping, and some schools also offer ‘Rainbows,’ which is an in-school support for children coping with major life changes or stresses. Finding time to access counselling for children during treatment can feel impossible, but is worth the investment, particularly if you have an anxious child, as I do.

Finding quality time for your partner during treatment can be an additional challenge. My husband and I often relied on a sense of humour and joked that our trips to Kitchener for chemotherapy were our bi-weekly ‘date.’ For us, making appointments special and using them as quality time together helped us maintain a bond. The process of treatment puts enormous strain on a couple and family, and taking time for your partner can seem impossible. Relying on friends and family to help with housework so the parental unit can maintain a healthy relationship should not be underrated.

Nearly three years post-treatment, I am finally able to put my experiences to paper. Before now, telling my story would send me back, mentally, to the moment when I first received the news, into the cold, panicky abyss, rather like a Portkey from the Harry Potter series. On the other side, I am still learning about the new person I have become. I am learning to live with my scars and have found reconstructive surgery surprisingly therapeutic.

I am able to laugh heartily now when my four-year-old whispers in my ear, “Mom, that lady is silly. She is wearing her breasties to play karate.”

As they say, laughter is the best medicine. **GBK**

JULIE COURTNEY lives in Kincardine with her husband and three children, ages 8, 6 and 4. Her hobbies include playing with her kids, teaching fitness classes, reading and baking. She is interested in encouraging healthy living and a positive lifestyle, as well as reducing her family’s carbon footprint.



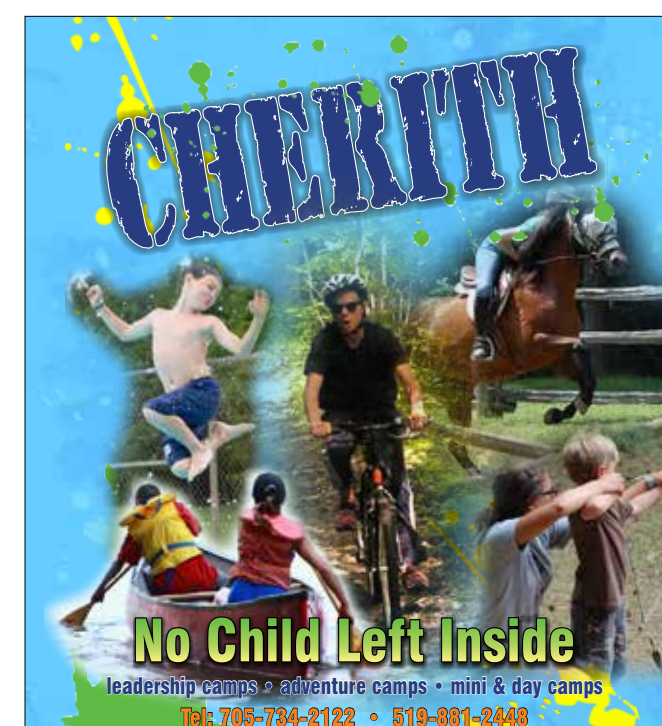
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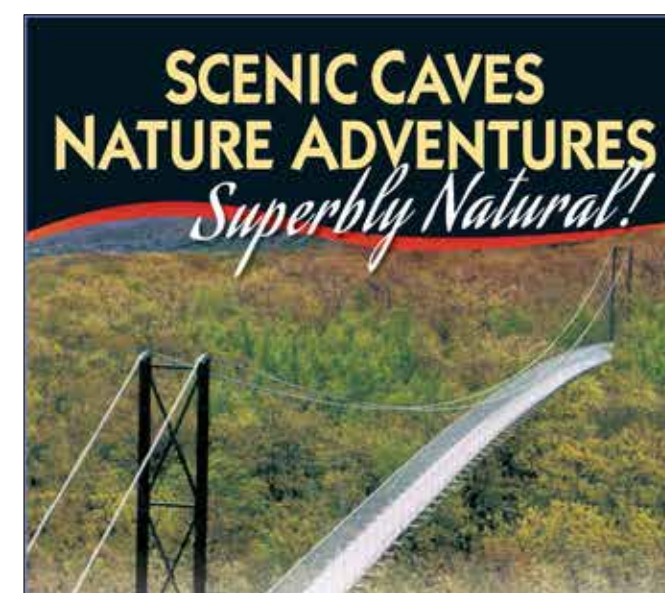
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Building healthy kids

By Laura Needham

We all want to see our community's children thriving, healthy and enjoying life.

You can help children take the first steps towards a healthier future by creating an environment that supports their growth and development. Children today face unique challenges to their health. The ever-present marketing of and access to processed foods and neighbourhoods built for cars rather than people, make healthy choices harder. It has become normal for children to have constant food rewards, while screen time and other sedentary pastimes take the place of self-directed, outdoor play.

We know healthy public policies and supportive environments are most effective to helping families keep our kids healthy. However, there are some habits that will make the healthy choice more available to the kids in our lives.

MAKE PLAY A PRIORITY

Being active together as a family strengthens everyone's heart, lungs, bones and muscles, and also your relationship with one another. Make time every day to play together and your family will talk, laugh and enjoy life together too. Playtime is a perfect opportunity to spend time with your children and to role model being active. Don't know how to start? Just get outside in nature and use community resources together as a family. Run, jump and play, every day.

THE TRUTH ABOUT BEVERAGES

The summer sun is here and with hot days come icy, sweet beverages like slushes, pop and lemonade. Make water your family's first choice! In Canada, about 15 per cent of our total daily caloric intake comes from added and 'free' sugars. Juices and sugar-sweetened beverages make up the largest single food source of these sugars. Even 100 per cent juice is mostly free sugars, and both fruit juice and chocolate milk can have more sugar than regular pop. It's best to choose whole fruits and vegetables over their processed, liquid counterparts. Teens drink, on average, about eight per cent of their daily calories from sugar-sweetened beverages. Beyond the well-known links with dental caries and being overweight and obese, evidence also suggests there is a direct link between drinking these sugary drinks and chronic diseases like diabetes and cardiovascular disease.

Sports drinks are often seen as a healthy and maybe even necessary beverage choice for athletes, but what are sports drinks and when are they really needed? Sports drinks are made with water, sugars and minerals, usually sodium and potassium. They have been designed to provide a quick source of energy (sugar) and replenish your body's losses from exercise (water and minerals). Most active Canadians can refuel through regular water and foods. For most of us, these drinks are simply a source of extra calories and sodium without any benefit for most activities. You may benefit from drinking a sports drink if you exercise hard, sweat a lot (maybe because of protective

equipment), or exercise in extreme heat and humidity. Remember that children sweat less than adults so these product may be even less necessary.

When choosing a sports drink, look for one that includes water as its first ingredient, five to eight grams of carbohydrates per 100 ml, and a mixture of different carbohydrate sources such as glucose, fructose, sucrose and maltodextrin. Only choose sports drinks when needed and drink a couple mouthfuls of water afterwards, because the added sugars in sports drinks are the same that are linked to dental issues and other negative health effects. Split a bottle into multiple portions, especially for kids, because sports drinks are designed for adults and the portions are well above what a child needs.

The best beverages for your family are water and unflavoured milk or fortified soy beverage. You can make it easier to choose water more often by keeping a jug of cold water in the fridge; packing a reusable water bottle for school, work and sports; and giving your water some extra flavour by adding cucumber slices, mint leaves, berries, lemon or lime wedges, apple chunks or orange segments. It's important to make water available to children – remember, they're learning behaviours to last a lifetime, and most children have poor thirst responses and will forget to stay hydrated. Offer water throughout the day and milk or a fortified soy beverage with meals.

Choosing water first is a simple step towards health. The bottom line when trying to eat healthy is to eat whole fruits and vegetables away from the TV and other screens, and do so together as a family.

RAISE YOUR VOICE FOR HEALTH

There are many healthy activities and policies your local governments, schools, school boards and community can support to make the healthy choice the easier choice. Access to free public swimming and skating, having refillable water bottle stations in public facilities, and offering healthy food choices at school and municipal events are just few examples. Share your stories and ask your local representatives to take a stand for kids' health.

If you're interested in being more involved in creating opportunities for kids' health locally, connect with a community group to learn more about their activities and get involved.



Every school in Grey/Bruce participates in the Ontario Student Nutrition Program. Through these programs, students access breakfast, lunch or a snack. All local student-nutrition programs rely on volunteers to keep kids well-fuelled for learning, so contact a school near you for volunteering information.

There may also be opportunities to work with community gardens, recreation programs, parent advisory groups or special projects like the Southeast Grey Healthy Kids Community Challenge. The challenge has brought the Municipality of Grey Highlands, Township of Southgate and Township of Chatsworth together with local schools, public health, the community health centre, other community groups, private businesses, parents and youth to create opportunities for health for all kids. **GBK**

LAURA NEEDHAM completed her undergrad in Applied Human Nutrition from the University of Guelph and then went on to finish training with the Northern Ontario Dietetic Internship Program in 2010. Since graduating, Laura has worked as a Public Health Dietitian, first with the Porcupine Health Unit and now with the Grey Bruce Health Unit. In this role she plans, develops, implements, and evaluates a variety of nutrition and population health initiatives.

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- Using a 'Feeling Face' can help children identify, explore and encourage conversations about their feelings. It also helps them realize how other people feel.

Developing emotional intelligence

By Sarah Martyn and Kayli Hall Elwood

'Emotional intelligence' is the capacity of individuals to recognize their own, and other people's, emotions; to tell the difference between feelings and label them appropriately.

It also helps us to use emotional information to guide thinking and behaviour (Andrew Coleman, 2008).

Emotional intelligence and how we relate to our feelings is a key element in a full and creative life. As parents, grandparents and teachers, we are responsible for engaging children in activities that help them build strong relationships, make good decisions and deal with difficult situations throughout life. Helping children understand and stay in charge of their thinking and feelings helps them grow and develop, be happy and healthy, and become emotionally ready for the world.

Some ways we can help children develop emotional intelligence are:

- Accept and understand our children's emotions and emotional responses.
- Identify, explore, encourage and talk about feelings our children experience.
- Support children to understand how others feel and the impacts they have on others, based on their actions.
- Help children be aware of what causes tension for them and how to self-regulate, cope and calm down.
- Teach children how to problem solve and ask for help.
- Encourage positive self-talk and motivation.

- Foster the ability to negotiate and resolve of conflict.
- Talk about and share your feelings and encourage our children to do the same.
- Believe in the good of people and embrace being kind, helpful and nice.
- Notice when your children use their emotional intelligence skills.

ACTIVITIES

Here are a couple activities that you and your children or grandchildren can do at home, to increase emotional intelligence.

'Feeling face' - Make your own 'feeling face' to help children identify, explore and encourage conversations about their feelings. Feeling faces can also help your child identify how they think other people are feeling. You may want to make a personalized list of feeling labels to match the feeling face.

'What bugs me' - Focusing activities around 'Things that are bugging me' or 'Things that I do that might bug someone else' help children explore the impact others have on them, as well as the impact they have on other people. This provides a sense of accountability and helps encourage empathy.

'Wheel of Choices' - Problem-solving and effective communication is also a key component of emotional intelligence. It is important to help children take responsibility



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KIDS

The Wheel of Choice



for the choices they make, and help them learn how to effectively communicate and develop solutions that work for themselves and others. One way to help your child with this is by using a Wheel of Choices, which gives them a tool to use in situations that he/she may find stressful. **GBK**

SARAH MARTYN and **KAYLI HALL ELWOOD** co-own Penetangore Wellness located in Kincardine. Email penetangorewellness@gmail.com or visit their website at www.penetangorewellness.com.

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www.southamptonartschool.com

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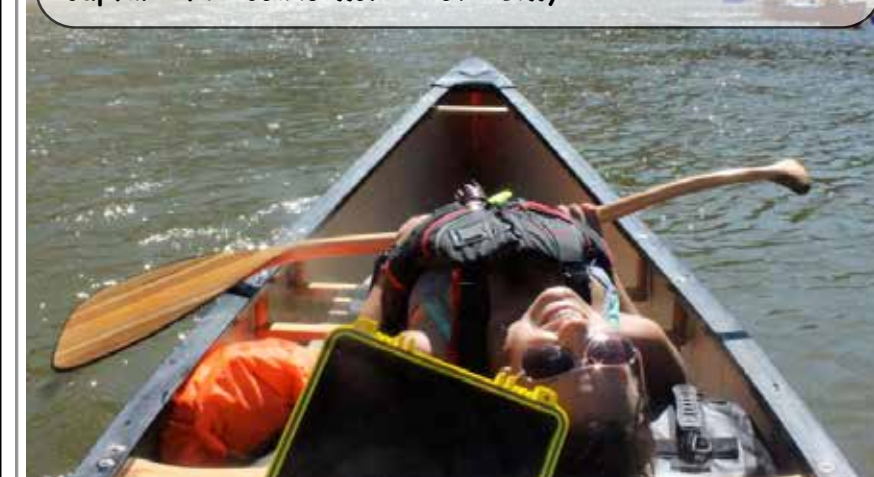
for children



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"Chagall for Children" was developed by the Kohl Children's Museum of Greater Chicago, Glenview, Illinois.

BRUCE COUNTY MUSEUM & CULTURAL CENTRE
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brucemuseum.ca

Dear Mom and Dad, Camp is a blast! I went kayaking, played soccer and ball hockey and I made a dream catcher, I even did a flip on the water trampoline. Can I go on the canoe trip next year? Oh ya can my new friend stay over when we get home? His name is Melvin and he is really cool. Got to go, playing capture the counsellor. Love Billy



www.rotarycamp.com presquilecamp@bmts.com

A day in the life of...

Youth Counsellors at CHOICES

Role?

As youth counsellors at CHOICES Drug and Alcohol Counselling for Youth, we support youth and young adults who are experiencing problems related to their own or someone else's substance use.

We provide community treatment and offer assessment, counselling, advocacy and referral for our clients. CHOICES is a program of HopeGreyBruce Mental Health and Addictions Services, an organization that offers counselling, education and housing for people challenged by mental health and addiction issues.

Experience?

The four youth counsellors on our CHOICES team come to this role with varied backgrounds and have experience working with vulnerable populations, in particular counselling youth and adults with mental health issues. We have different educational backgrounds such as degrees and diplomas in social work and addiction counselling.

We provide service out of offices in Owen Sound and Hanover and outreach in the Grey/Bruce high schools. We offer individual appointments with youth, individual appointments with guardians for parental support, and family counselling when appropriate. We often do community presentations on youth mental health and addictions.

Biggest reward?

The biggest reward in this role is seeing young people thrive and grow as they learn more about themselves and make healthier choices in their lives, including decreasing or stopping their substance use. Often this may be seen in small steps towards youth-identified goals as well as improved coping skills and fewer mental health symptoms. We feel privileged to be able to hear young people's inspiring stories and support them through hardship.

Greatest challenge?

The biggest challenge is often when parents and youth are in different places regarding their views of the young person's substance use as a problem and their expectations. We listen to youth and families to help them work through challenging feelings like guilt, anger and fear. We use a harm-reduction



approach to support our clients with making change. We work with families to support healing, communication, honesty, safety and respect. We collaboratively design treatment plans that are based on self-reporting, assessment information, strengths, interests and goals.

We support youth with underlying issues that are often related to substance use such as abuse and trauma. We help them develop valuable life skills, such as learning how to cope with the distress they may be experiencing. Our work may help youth develop awareness of their emotions so they can identify their feelings, and work on a plan to manage their emotions. We often act as advocates for youth struggling with mental health and substance use.

Our role can be quite diverse as we help young people and families to understand the complexities of mental health and addictions. Sometimes youth want their parents involved in the process and sometimes they do not. Parental support and involvement is encouraged, but youth can still access our services without it.

What should parents/caregivers know?

We provide an evidence-informed, client-centred service and we care deeply about helping youth. As youth counsellors, our



CHOICES youth counsellors are Andrew Drake, left, Lisa MacKinnon, Cindy Druyf-Hatchard, Patti Payton and Benson Coulson.

strength is our ability to engage youth in counselling. We work to build an alliance and trust, and empower young people to work toward healthy change.

Every day at work is different and requires us to be organized yet flexible. We all have set days of the week that we are available in the various high schools in the counties.

A TYPICAL DAY AT A HIGH SCHOOL...

8:30 a.m.: Check voice mail, email and respond as appropriate, as well as clinical preparation for client appointments.

8:50: Travel to a local high school.

9:30-11:30: School staff call students. Two appointments occur where students attend individual counselling.

11:30: Consult with school personnel to support a student and/or contact collateral agency to follow up from morning appointment.

11:45: Break for lunch. Read through notes taken during the previous sessions and prepare for the afternoon by reviewing therapeutic strategies that may be helpful, for example.

12:45-3:15 p.m.: Assist two or three students during the afternoon.

3:15: Drive back to the office

4-4:30: Check and respond to email and voicemail messages. Complete documentation for the day, if possible, after responding to information requests, collateral contacts, family concerns and new client referrals.

A day in the office usually includes scheduled appointments with clients, phone calls from collateral contacts, documentation and data entry. We respond to intake or referrals from new clients. Sometimes our young people are involved in crises and we may support them on the phone, in the office or at the hospital. Consultation with colleagues on complex cases often happens on office days.

To learn more about CHOICES Drug and Alcohol Counselling for Youth, visit www.mhagb.ca/content/choices-drug-alcohol-counselling-youth or www.hopegb.org. GBK

City Mouse to Country Mouse

By Sonya Bolek

As a child, I remember reading the book 'City Mouse, Country Mouse,' an Aesop's Fable.

For many of my adult years, life in the city just left me feeling that something was missing. The fable tells of the city mouse that has so much available to him – food, resources – while the country mouse lives with peace and quiet, though modestly. What I realized was missing was simplicity. While the quiet, modest life may not be for all, it certainly is the choice for my family.

Four years ago, our children inspired us to leave everything that was familiar to us – family, community, school and church – and move to rural West Grey. After months of explaining to our daughters that it was simply too expensive to move to the country (because in Niagara, where we come from, living in the country isn't for us average folks), our oldest, then 11, went online, researched real estate in West Grey and presented us with some options that could not be ignored.

I still remember standing outside when viewing our property. I stood with our agent and looked out over the pond. I told him I could hear the snow landing on my shoulder and I knew that I could not turn back from that peace.

This move was an incredible leap of faith, with no planned jobs and no savings in the bank, and we knew we were taking a huge risk. But, we also knew there was something about our kids' desire to live in the country, their dreams of having some animals and being closer to nature that we simply could not ignore. Neither my husband nor I had ever been raised to chase our dreams, but rather 'it's nice to dream... better get a good job or buy that lottery ticket.' This was not the lesson we wanted to pass onto our children. Sure, a good job is important, that's obvious, but what about listening to what truly makes your soul smile? We all knew that living a simpler life away from the busyness of the city would bring us a deeper connection. And it has.

Our humble acreage provides us with the peace of pond waters, the gentle cascade of a stream, the wondrous whisperings of the



trees in our little woods and now the opportunity to live more sustainably, as we venture into permaculture and gardening for the purpose of feeding our family rather than just creating a pretty view on the front lawn.

Something that has been a practice in our family for years is mindfulness. Through our teachings of yoga and meditation, each of our kids can be seen sitting quietly in a tree enjoying the view, or practicing yoga by the pond, or breathing into the same space as a beloved horse as an unforgettable bond is forged.

Living simply on our small haven has brought us closer together as a family. After one year in West Grey, we decided to transition into homeschooling, another decision that has worked well for our family. As we finish our third year of homeschooling, we look at the learning that has guided our children. Our oldest, now 16, is a yoga teacher in training, a member of the Ontario Nature Youth Council and a budding philanthropist with an initiative called the SilverFox Project under the influence of being a designer with the Jane Goodall Institute of Canada.

Our middle child is studying ecology, medicinal plants and animal care, and, along with her big sister, pushing herself into high school courses while still in Grade 8. The two of them are inseparable and to this day have such an incredible bond that we still cannot imagine what else they could find to talk about.

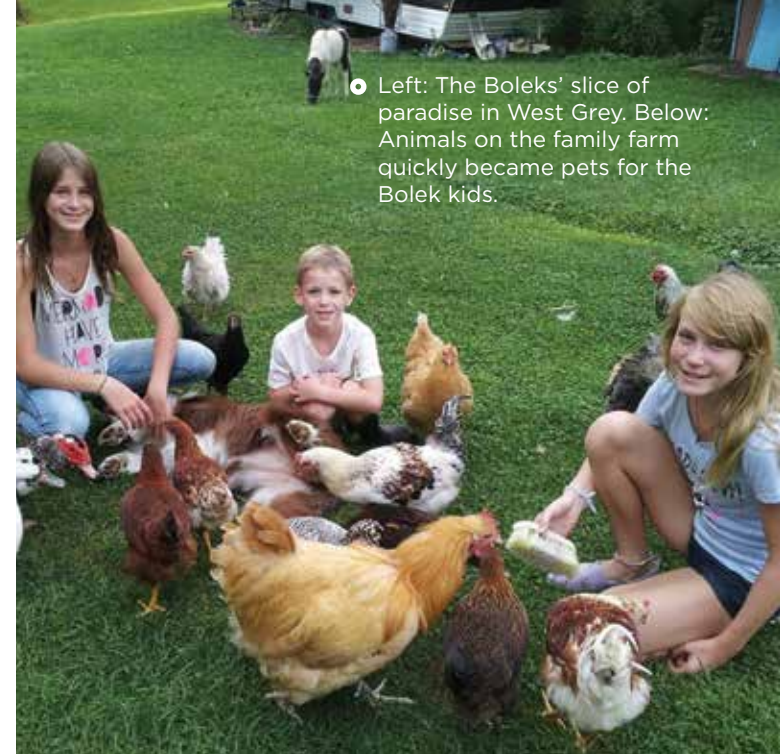
Our son, almost nine, has been enjoying his 'wilderness school' offered by EarthTracks and as we hike the Bruce Trail (a challenge we have committed to completing end-to-end to support SilverFox). He is eager to point out tracks and markings, identify plants and trees and just wow us with his cool knowledge.

Since adopting our rural lifestyle, we enjoy a small collection of



beloved farm animals – most of which no longer served their intended purpose for the farmer. They are now loved and cared for and our children enjoy sharing them through our farm and nature party visits. We have visited local seniors homes as 'field trips' and it brings me such joy to watch them mingle with their elders as they place a bunny on someone's lap, or snuggle with a chicken...yes, our chickens love to snuggle. Or imagine the look on neighbours' face when a child in town has a birthday party and a mini-horse, as well as roosters and little goats, can be seen playing on the front lawn, bringing smiles to the children's faces. Our little 'compassion' farm boasts a lot of love for these beautiful creatures.

Our goal is simply to make our souls smile daily. Through our blog, www.myrrkwoodhaven.com, you can discover what it's like to nurse a mini-horse back to health in the kitchen while your daughter sleeps beside him, encouraging him to eat. Or what it's like to plan the garden of your dreams to feed your family, when just a few years ago you couldn't even eat vegetables. To make your land work for you rather than spend all your time keeping it manicured. We aim to do something every day that inspires us, which hopefully inspires others and, most importantly, to



Left: The Boleks' slice of paradise in West Grey. Below: Animals on the family farm quickly became pets for the Bolek kids.

make our souls smile daily. My husband and I have truly been inspired by the openmindedness and out-of-the-box thinking displayed by our children – four years ago they encouraged us to do something that we had only dreamed about, and it has changed our lives for the better.

Our little slice of heaven is called Myrrkwood Haven, a name inspired by both the divine spice and our love of Tolkien. You are welcome to visit the blog and perhaps drop by our little farm. This summer we aim to have some fresh, cut-your-own vegetables and herbs, join us for yoga by the pond or a visit with some very sweet animals. All of our endeavours can be found on our blog, from young philanthropy to yoga classes, and creative arts to farm and nature parties, as well as our little story of chasing our dreams.

Pop on by and share in our journey! **GBK**

SONYA BOLEK lives in West Grey with her husband Greg and three children. Learn more about their rural lifestyle at www.myrrkwoodhaven.com.



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OFF THE BEATEN PATH

Outdoor education awaits this summer

By Allison Kennedy Davies

Summer has arrived! The birds are chirping, the sun is shining and your local forests and trails are ready and waiting to offer you endless adventures.

But just because the traditional four-walled classes aren't in session, your child's learning doesn't have to be put on hold. There is a lot to learn in the great outdoors.

We've selected a few great Grey County trails that have lots of unique information and experiences to offer your little outdoor learners. From geology to history or biology to botany, get out there and look, listen and learn this summer.

As with any Bruce Trail hike, we recommend you buy the latest edition of the Bruce Trail Reference Maps and Trail Guide. The book has all the latest trail maps and instructions on parking, routes, side trails, etc. You can also download the Bruce Trail app on your phone. This unique app lets you view all the maps – and when GPS data permits – will let you see your exact position on the trail as you hike.

SILENT VALLEY NATURE RESERVE

This recently acquired section of the Bruce Trail has it all – the story of a mysterious plane crash, a selection of great fossils and the remains of an early homestead, complete with an abandoned well. To begin your Silent Valley adventure, park at the north end of Conc. 2 South, near Bognor. Depending on the length of hike you're after, you can take the longer Avalanche Pass Side Trail or the shorter Wilson Homestead Side Trail. If you choose the Avalanche Pass Side Trail you will see where glaciers made their way along the Niagara Escarpment, depositing giant boulders along the edge of the cliff face. If you take the Wilson Homestead Side Trail, you'll be visiting the ruins of an early settler's homestead, complete with a hand-dug well. Just past the homestead, you'll find the wreckage of a 1970s plane crash that tragically took the lives of four people. Educational signage gives some history of the accident but be prepared for lots of questions from your little ones.

FOSSIL GLEN

If you're looking for an epic adventure just outside Owen Sound, consider a hike at Fossil Glen. You'll see fossils that are over 430 million years old, an impressive variety of ferns and a groundwater spring that empties in to a pond that is home to waterfowl and amphibians.



• Don't miss the boardwalk through Bognor Marsh this summer, and pack binoculars!
Photos courtesy www.visitgrey.ca

This unique Bruce Trail section is about six kilometres north of Owen Sound, past Balmy Beach. Turn left on East Linton Sideroad and follow that to a sharp bend – Fossil Glen will be on your left. You can explore the area via the 3.1 kilometre Ron Savage Side Trail, the Glen Side Trail, the Gap Side Trail, the Lindenwood Side Trail or the Alvar Side Trail.

Fossil Glen's moss- and fern-covered dolostone ridge is home to an incredible array of fossils. Photograph the fossils and bring home the pictures to compare with Internet findings later, or hit the library for a book on fossils that will help you unlock the mystery of the species that once lived here.

The Glen is also home to an impressive variety of ferns. Again, photograph as many varieties as you can – there's the Walking Fern, Mackay's Bladder Fern, Bulbet Fern, Goldie's Wood Fern, Narrowleaved Glad Fern, Marginal Wood Fern, Spinulose Shield Fern, Intermediate Wood Fern and a healthy population of Hart's Tongue Ferns. Later, see if you can identify the ferns you found.




• Fossil Glen offers fossils that are 430 million years old.
Photo courtesy www.visitgrey.ca

BOGNOR MARSH

This is one of the largest marsh systems in Grey County, and if you haven't visited the Bognor Marsh yet, put it on your summer must-see list. Managed by Grey Sauble Conservation Authority, this area includes 668 hectares of escarpment, upland forests, three major marshes, a Ducks Unlimited dam, Bruce Trail access, reforested areas and several small springs.

While there are 12 kilometres of trails, you can take even young children on an easy hike through the marsh along the boardwalks and up the observation tower for a great view of the entire marsh. Take time to read the interpretive plaques along the way, and be sure to pack your binoculars to see how many bird species you can spot along the way. You can also see numerous duck species and pied-billed grebes. Watch for kingfishers in the dead trees, red-tailed hawks, ruffed grouse and great egrets. With washrooms and a picnic shelter on site, this is a great place to bring a group of kids. Pack a lunch and stay for the afternoon.

Want more summer hiking locations? Go to [visitgrey.ca](http://www.visitgrey.ca) or call 1-877-733-4739 for trip planning and information. 

Story by **ALLISON KENNEDY DAVIES** and photos courtesy Grey County Tourism. Learn more at www.visitgrey.ca.

Kid-friendly apps

iBird

This amazing bird app lets you search by species or description to identify the birds you saw on your hike. You can narrow down your search easily and when you find the exact bird, you can see photographs and even play an audio recording of the birds call.

iTrack Wildlife: Animal Tracks App

Seeing actual animals on your hike is a rarity but finding clues about who lives in the forest is easier. The iTrack app helps you identify the tracks you find on your hike. There are photos of tracks, skulls, scat and animals.

Ontario Ferns website

Visit www.ontarioferns.com to learn more about the ferns you will see on your hikes. The ferns are sorted by many different identifiers, and you will find the silhouettes helpful.

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 - Kabaeshiwim 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

La Leche League Canada

Referral Service: 1-800-665-4324
Hanover/Walkerton - 519-364-3316
Kincardine - 519-395-3282
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

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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.sbghe.on.ca

CHILD CARE

Acorn Montessori Preschool

519-599-7577
Meaford

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

Inglennook 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
mfrc.meaford@sympatico.ca
www.mfrcmeaford.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

Wiarton Kids Den Day Care/Kids Club School age Program

519-534-4434

Wiarton 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

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, Wiarton
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

Edgehill Country School, Durham

www.edgehill-school.com

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

Hanover and District - 519-364-1444
www.bbbshhanover.ca
Owen Sound - 519-376-4449
www.bigbrothersbigsisters.ca/bbowensound
Kincardine - 519-396-3565
www.bigbrothersbigsisters.ca/kincardine

Bruce Grey Child and Family Services

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

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; holmesley@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
Wiarton - 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, Tuesday, 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

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)

RESOURCES

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 habitatos@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/vVG1k0

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

Hanover and District Hospital
519-364-2340/admin@hanoverhospital.on.ca
www.hanoverhospital.on.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.hanover.ca/hfht

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

Heart to Heart
Psychotherapy and Play Therapy
www.maryjo.ca or 289-237-7056

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

Optimize Healing Centre, Port Elgin
Neurodevelopment specialists
519-832-1515 or info@optimizehealing.com
www.optimizehealing.com

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

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
www.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/1PjTSID

ONLINE SUPPORT

www.211.ca

www.pathwaysawareness.org

www.shelternet.ca
Directory of women's shelters across Canada

www.targetyouth.ca

www.thehealthline.ca

www.wesforyouthonline.ca
Counselling for local youth

PLAYGROUPS

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

Ontario Early Years 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 (Bayview) - 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
226-909-0558
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

Laryssa is an inspiration

Laryssa Bolek, 16, has been an inspiration to her family for many years. From encouraging her parents to think outside the box and move to a rural setting from the city, to becoming a self-taught caregiver of various farm pets, if there is something she doesn't know, she gets the resources required and learns it.

"Laryssa is best friend to her sister Gillian and they both look out for their little brother Logan, making sure he sees his important role in our family," said her Mom Sonya and Dad Greg, who nominated Laryssa as this issue's Cool Kid.

"Laryssa is mature and thoughtful, always posting notes of affirmation around the house and encouraging all of us to stay connected to nature for the betterment of ourselves and our planet. She has sought out opportunities to become a part of organizations such as Ontario Nature and the Jane Goodall Institute of Canada."

She practices yoga and meditation and has already begun her yoga teacher training. She is able to deal with stress and/or anxiety that she may face with wisdom and calm, her Mom said.

When she isn't doing her schooling, Laryssa can be found working with the family's horses, playing with their little goats and pigs or sitting in a tree reading a book or contemplating how she plans to make a difference in the world.

She is passionate about nature and the environment and aims to live her life visiting wild places, exploring beautiful lands, teaching yoga, practicing holistic wellness and likely running an animal sanctuary, Sonya added.



• Laryssa Bolek, 16, is a self-taught caregiver of her farm pets.

"As her mother, I can say that all my children are my best friends, and treating them as such has given them a sense of respect for my husband and I that is unbelievable. We are truly blessed to have such a compassionate, courageous and bright young lady as a daughter."

See Page 4 for more information about Laryssa's SilverFox Project or visit <http://connect2nature.wix.com/silverfoxproject>. **GBK**

For being this issue's Cool Kid, Laryssa receives a prize pack from Miller Insurance and Grey-Bruce Kids. To nominate a Cool Kid, visit www.greybrucekids.com or contact amy@greybrucekids.com for details.



We have you covered,
so you can focus on
what really matters.



MILLER
INSURANCE BROKERS

Kincardine | Port Elgin | Southampton | Owen Sound
Hanover | Teeswater | Clifford | Harriston

1 (800) 265-3000

www.millerinsurance.ca

SUMMER EVENTS

JUNE

Explore the Bruce Adventure Passport
www.explorethebruce.com
Runs through Oct. 31

Bruce County Public Library activities
www.library.brucecounty.on.ca

Huron-Kinloss Ice Cream Trail
Photo scavenger hunt with nine stops for ice cream along the way.
www.icecreamtrail.ca
Runs through Sept. 30

3

School's Out Movies
Bruce County Museum & Cultural Centre
www.brucemuseum.ca
Also runs June 30

11

Keystone Family Fun Festival
Kelso Beach, Owen Sound
11 a.m.-3 p.m.; www.keystonebrucegrey.org

Air & Auto Extravaganza
Wiarton-Keppel Airport
10 a.m.-4 p.m.; www.airautoevent.com

Touch a Truck and Firefighter's Breakfast
Walkerton Fire Hall, 510 Napier St. E.
8 a.m.-1 p.m.; mikeman81@hotmail.com

18

Kincardine Teddy Bear Parade
10 a.m. Victoria Park, Kincardine
www.facebook.com/KincardineTeddyParade

21

Longest Day of Play - PLAY in Bruce Grey
9 a.m.-5 p.m.
Check with your municipality for activities.
www.playbrucegrey.com

24

Lucknow Summerfest
Entertainment, kids zone, pancake breakfast, sports and more.
www.strawberrysummerfest.com
Runs through June 26

26

Ride Don't Hide
3rd annual bike ride for mental health.
www.ridedonthide.com

30

PA Day adventures - Grey Roots Museum
History Hunters. Pre-registration required
www.greyroots.com

CANADA DAY

Celebration at the Southampton flag
6-11 p.m.
519-832-2332

Canada Day Sidewalk Art Extravaganza
Southampton Town Hall
519-797-5068 or southamptonart.com

Kelso Beach, Owen Sound
519-376-1440 x1256

Harbour Street, Kincardine
519-396-3491 or rec@bmts.com

Canada Day at MacGregor Park
519-389-6232 or fompp@bmts.com

JULY

1

Kincardine Scottish Festival & Highland Games
Victoria Park
519-396-9300 or www.kincardine.net
Runs through July 3

Holstein Rodeo
www.holsteinrodeo.com
Runs through July 3

2

Ontario Family Fishing Week
Nine days of license-free fishing
www.ontariofamilyfishing.com
Runs through July 11

Eugenia Gold Rush Days
Family activities, fishing, entertainment
www.eugeniagoldrush.com

4

Reptiles Alive
Bruce County Museum & Cultural Centre
2:30 p.m.; www.brucemuseum.ca
Runs Mondays through end of summer

8

LEGO Fridays
Bruce County Museum & Cultural Centre
10 a.m.-noon
www.brucemuseum.ca
Runs Fridays until Sept. 4

9

Lake Huron Childrens' Festival
The Plex, Port Elgin; 10 a.m.
(226) 453-3010

15

Healthy Parks Healthy People Day
Inverhuron and MacGregor Point Provincial Parks. Free admission for the day.
www.ontarioparks.com/park/inverhuron
www.ontarioparks.com/park/macgregorpoint
Runs through July 16

16

Bruce Power Beach Party and Fireworks
Station Beach/Reunion Park, Port Elgin
519-361-7777 or www.brucepower.com

22

Marine Heritage Festival
Pioneer Park, Front Street, Southampton,
Family fun activities all weekend
marineheritagefestival.com
Runs through July 24

26

UV Groovy Day!
Saugeen Shores Family Eye Care, Port Elgin
10 a.m. to 2 p.m.
Free sunglasses for kids under 5. Prizes, colouring contest, photo booth and more.
stephcarr@ssfeyecare.com or 519-832-5511

29

Emancipation Festival
Harrison Park, Owen Sound
<http://www.emancipation.ca/the-festival/>
Runs through July 31

AUGUST

5

Sauble Sandfest
www.saublebeach.com
Runs through Aug. 7

6

Famarama at Blue Mountain Village
www.bluemountainvillage.ca
Runs through Aug. 7

12

Point Clark Lighthouse Festival
5-10 p.m. Fri. night and 4:30-7:30 p.m. Sat.
www.huronkinloss.com
Runs through August 13

13

Griggssport/Summerhouse Park Kids Race
Bluewater Park, Wiarton; Ages five to 10
www.brucepeninsulamultisportrace.ca

Brockton's Buskers Festival
Downtown Walkerton; 10 a.m.-4 p.m.
www.walkertonbia.ca

19

Bruce County Heritage Farm Show
South of Paisley
Runs through Aug. 21

26

Teeswater Fair
www.teeswaterfair.org
Runs through Aug. 28

28

Bayshore Race
Bayshore Community Centre, Owen Sound
For Owen Sound Hospital Foundation
www.bayshoreraace.com **GBK**



RECIPES

It's strawberry season!



Nothing says summer is here like the juice of fresh strawberries staining your fingertips (and hands, mouth and clothes!). Try these strawberry recipes, courtesy Foodland Ontario.

BROWN RICE AND STRAWBERRY SALAD

INGREDIENTS:

- 2 cups chicken or vegetable stock
- 1 cup whole grain brown rice
- 1/3 cup pecans, sunflower and pumpkin seeds, coarsely chopped
- 1/4 cup each cider vinegar and vegetable oil
- 1 tbsp liquid honey
- 1 tsp ground or cracked pepper
- 3 cups strawberries, quartered and hulled
- 3 green onions, trimmed and sliced
- 1/2 cup fresh basil, torn
- 1/3 cup dried apricots, slivered

DIRECTIONS:

In medium saucepan, bring stock and rice to boil; cover, reduce heat to medium-low and cook for 20 to 25 minutes or just until tender. Drain off any liquid and let cool.

Meanwhile, in dry medium skillet, toast pecans, sunflower seeds and pumpkin seeds for two to three minutes; let cool.

In bowl or jar, mix or shake together vinegar, oil, honey and pepper.

STRAWBERRY SUNDAE SQUARES

INGREDIENTS:

Base

- 2 cups chocolate cookie baking crumbs
- 2 tbsp granulated sugar
- 1/3 cup butter, melted

Filling

- 4 cups vanilla ice cream or frozen yogurt
- 2 cups fresh strawberries
- 2 tbsp granulated sugar

Topping

- 2 cup fresh strawberries, sliced
- chocolate sauce
- toasted almonds, sliced (optional)

DIRECTIONS:

Line nine-inch square metal baking pan with two sheets of parchment paper, making sure there is an overhang on all sides.

Base – In medium bowl, combine chocolate crumbs and sugar; stir in butter until crumbs are evenly coated. Press evenly into bottom of pan. Place in freezer while making filling.

Filling – Remove ice cream from freezer to partially thaw. Meanwhile, slice the strawberries. Toss sliced berries with sugar; let stand for 10 minutes, stirring occasionally. Purée strawberries in food processor until smooth to make about 1 cup. In a large bowl, soften ice cream but don't let it completely melt. Stir in puréed strawberries until evenly blended. Spoon over base in pan; freeze until firm (about four hours). Using parchment paper handles, remove frozen sundae to cutting board. Using serrated knife and cut into squares.

Topping – Top each serving with sliced berries; drizzle with chocolate sauce, and sprinkle with almonds, if using.

ICE BERRY POPS

You need six, three-ounce paper cups and six wooden stir sticks.

INGREDIENTS:

- 1 1/2 cups strawberries
- 1 cup French vanilla yogurt
- 1 tbsp liquid honey
- 3 strawberries, halved

DIRECTIONS:

In blender, combine strawberries, yogurt and honey; purée until smooth. Divide among six, three-ounce paper cups. Onto each of the six stir sticks, skewer strawberry half midway. Insert strawberry end of stick into centre of each cup. Freeze until firm, about three hours. Let stand at room temperature for a few minutes and peel off paper cups.

Tip: To make it easy to store in the freezer, place filled cups in a muffin tin. **GBK**

Find & Apply for Child Care

OneList is an online tool that helps simplify the process of finding and applying for child care.

- **Find** licensed child care programs.
- **Locate** child care programs near home/work.
- **Apply** to multiple child care programs in Bruce or Grey.
- **Access** your application anywhere, anytime.

Complete Your Online Child Care Application Today!



Bruce County Residents

Grey County Residents



Registration begins June 30!



Games! Contests! Crafts! Prizes! Books!



Reading fun for kids, from
Canada's public libraries
tdsummerreadingclub.ca

TD Summer Reading Club is an inclusive program that strives to engage all children in the joy of reading during the summer months while championing Canadian writers and illustrators.




BRUCE COUNTY
PUBLIC LIBRARY



library.brucecounty.on.ca/kids