

GREY•BRUCE KIDS

A FREE MAGAZINE FOR
PARENTS AND CAREGIVERS

WINTER 2017/18 • Volume 7 Issue 4 • greybrucekids.com

Anxiety

Help youth
stay grounded

Opioid crisis

Teens using more
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FROM THE PUBLISHER

Celebrating six years!

'The days are long, but the years are short.' – Gretchen Rubin

I often reflect on this quote during those difficult days when your kids are getting on your last nerve, and yet you're doing all you can to be the best Mom or Dad you can be (even if all you want to do is hide in the bathroom and never come out). This quote has definitely given me perspective on the amount of effort I put forth as a parent.

The question every parent asks themselves on a daily/weekly/yearly basis is, 'Where does the time go?' With the issue in your hands today it has, unbelievably, been six years since we launched Grey-Bruce Kids, which remains the only publication filled with local information for parents and caregivers in Grey/Bruce.

As I reflect on the past six years of publishing, I can't help but compare Grey-Bruce Kids (or our other publications Grey-Bruce and Huron-Perth Boomers) to raising my kids. Some ways the magazines are like my children are:

- They bring me joy! They allow me to work my own schedule while raising my human children (I often refer to my magazines as my third child).
- They make me proud. The feedback we get from organizations, businesses involved with the publications and readers of the magazines is always unexpected and very flattering.
- They worry me. I get stressed about deadlines, curating the right stories, providing the best value for our advertisers, and releasing the magazines to the world where they have to stand on their own merit.
- They take up space in my car! I'm constantly shuttling magazines around to different locations throughout Grey/Bruce, very much like my kids. The magazines leave a lot less mess behind though!

And, in the end, just like raising kids, I wouldn't have it any other way.

I hope you enjoy our winter issue. We have some excellent articles about the dangers of prescription opioids, concussions, infant development and more!

And I hope you and your family have a fun-filled and safe winter season.

Amy Irwin, Publisher

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Keep your child grounded during stressful times

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Happy holidays from The Irwins,
Dwight, Amy, Layne (10) and Jace (7).



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TALES from TOTS

YOU NEVER KNOW WHAT THEY'LL SAY NEXT

We visited Ms. Krupp's Grade 1 class at Kincardine Township Tiverton Public School and asked them some random, fun questions. Here is what they had to say...

If you found \$20 on the ground, what would you do with it?

Easton – Save it and get a Batman toy.

Hayden – I'd spend it on cotton candy.

Nathan – Spend it on books.

Eli – I would keep it and save it forever.

Kennedy – Keep it and spend it on big stuff.

Claire – Keep it and spend it on a toy.

Tegan – I'd hide it in my piggy bank.

Jackson – I would give it to my Dad so he can fix his RC car.

Fatima – Keep it and give it to Peyton.

Oliver – Keep it and waste it on a Lego set.

Peyton – Keep it and put it in my piggy bank.

Ciara – Pick it up and sell money with it.

Connor – Keep it and put it in my piggy bank and then buy a toy truck.

Marley – Put it in my wallet.

Millar – Spend it on food.

Scarlett – I would keep it and then when I wanted to buy a craft table, I would use it.

Shana – Put it in my pocket and give it to my Daddy.

Cole – Keep it and spend it on a toy.

Lola – Buy a Shopkin.

If you had to leave home in an emergency, what two things would you take with you?

Easton – My duck duck and Jake the snake.

Hayden – The iPad and my stuffy bin.

Nathan – I don't know.

Eli – A toy and a stuffy.

Kennedy – My bed and some food.

Claire – A car and a flashlight in case it's dark out when we leave.

Tegan – My Barbies and books.

Jackson – iPads because phones don't work in fires.

Fatima – My Barbies and a puzzle.

Oliver – My blankie and my favourite stuffed animals.

Peyton – Blankie and unicorn.

Ciara – Doctor supplies and medicine, in case someone gets really sick.

Connor – A stuffed animal and my favourite dinky car.

Marley – My stuffies that I sleep with and my baby dolls.

Millar – My skateboard and my Ninja Turtle.

Scarlett – My bed and my make-up set.



Shana – My unicorn and my clipboard and papers.

Cole – My stuffed animals and my Ninjago suit.

Lola – I would bring my doll because I've had her for a lot of years and I really like her.

What do you think your first job will be?

Easton – A policeman.

Hayden – Flying an airplane.

Nathan – Working with my Dad. He builds houses.

Eli – Grade school – it's my first job already.

Kennedy – Chores.

Claire – I'll be a teacher.

Tegan – I want to work at the Tiverton arena.

Jackson – Bruce Power, so I can make power.

Fatima – I'd work with my Daddy.

Oliver – Being the police.

Peyton – A vet.

Ciara – Cleaning up my house.

Connor – Mopping the floor.


Marley – Police.

Millar – Going out at recess with my friends and playing with them is my job.

Scarlett – A police officer.

Shana – Hiding in the treehouse.

Cole – Building a suit.

Lola – I'd be a vet. 



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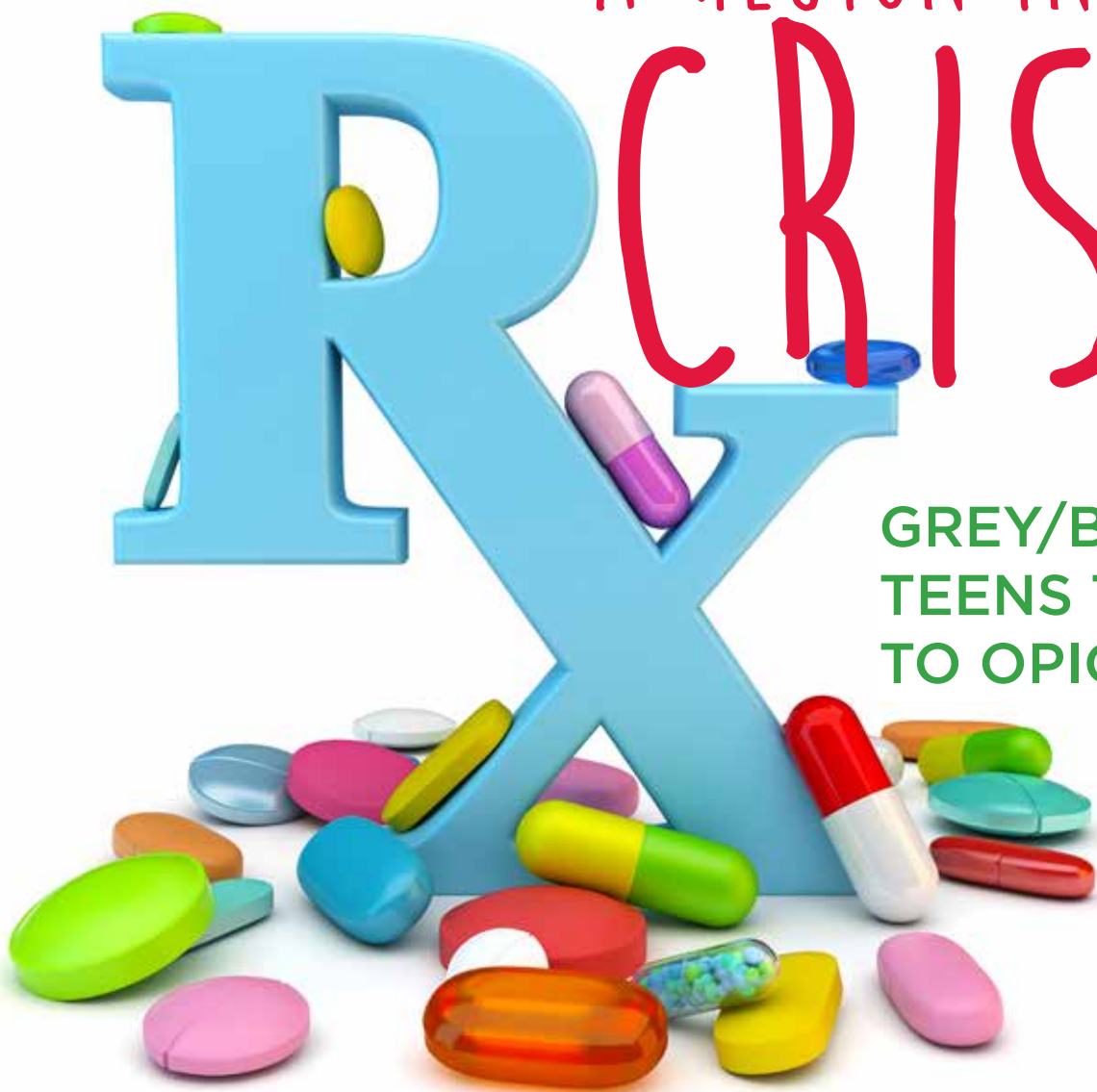
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A REGION IN CRISIS

GREY/BRUCE TEENS TURNING TO OPIOIDS



By Paige Mackie

The adolescent brain undergoes many changes between the ages of 12 and 25.

Scientists believe these changes result in sensation-seeking and risk-taking behaviours. While this can be worrisome, it is in fact a normal part of development, and it's important parents and caregivers recognize that youth will take risks. It is also important we have conversations with them about how they can keep themselves and their peers safe during this phase of life.

Providing our children with accurate information about the risks of drug use should also be part of this dialogue.

Opioids – which include synthetic drugs like fentanyl, and

prescription pain relievers such as OxyContin, Vicodin, codeine and morphine, amongst others – and their misuse is common amongst young people (*School Mental Health Assist*, 2017). Prescription opioid misuse is the fourth most common drug misused by Ontario teens and more than two-thirds of students who report using opioids non-medically report taking them from home (*Centre for Addictions and Mental Health*, 2012; *Ontario Student Drug Use and Health Survey*, 2015).

Consider this article a good conversation starter for when you discuss with your children the current issues related to drug use, including overdose, the dangers of taking medications from a pharmacy or that are made on the street, and the dangers of combining drugs with alcohol or other drugs.



WHAT ARE OPIOIDS?

Opioids are a family of drugs that are primarily prescribed as a method to relieve pain. Although often prescribed, they can be very dangerous and are no less harmful than other drugs such as cocaine or methamphetamine (*CAMH*, 2012). Moreover, opioids can be highly addictive and may produce euphoria/relaxation, making them very vulnerable to misuse (*CAMH*, 2012).

Opioids come in various forms including tablets, capsules, syrups, solutions, patches and suppositories. Heroin is an example of an illegally produced opioid. Regardless of whether an opioid is prescribed or illicit it can be misused and, thus, is a dangerous substance.

HOW TO DETECT AN OVERDOSE

Opioids affect the part of the brain that controls breathing and, if a person has taken too much, it can result in an overdose. An overdose can stop breathing altogether and may result in loss of consciousness, brain damage, or death (*SMH-ASSIST*, 2017). An overdose does not discriminate, it knows no bounds and it can happen to anyone. It is important for you and your children to know the signs and symptoms of overdose and what to do in an overdose situation.

Signs of an overdose include:

- The person cannot be woken up.
- Their breathing is slow or has stopped.

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- They're snoring, choking or gargling.
- Their fingernails and lips have turned blue or purple.
- They have cold or clammy skin.
- Their pupils are tiny or their eyes are rolled back.
- Their body is limp.

NALOXONE

Naloxone is a life-saving medication that can temporarily reverse an opioid overdose. For more information about Naloxone, eligibility to carry, or where to get a kit, visit www.ontario.ca/page/get-naloxone-kits-free.

TIPS TO PREVENT MISUSE

- Create opportunities for your children to talk to you about their feelings and experiences. Start when children are young and maintain that connection with your teens even as they are gaining independence. Let them know you are there for them when they need to talk.
- Create the opportunity for open and clear communication about medication and drug use. Consider using the youth info sheet about opioids and fentanyl as a tool for discussing these drugs and their effects and risks. Ensure that family members know to call 911 if an overdose is suspected.
- Negotiate clear rules with your teen about the appropriate use of prescription opioids for medical purposes (never take prescription opioids with alcohol or other medication, never share medication prescribed to you with others).
- If you or your teen needs pain relief, talk to your health care

provider about trying alternatives to opioids first (ibuprofen or acetaminophen). If opioids are needed, try a less powerful type of opioid first, and ask for an opioid prescription with fewer pills.

- Keep opioids and all other drugs in a safe and secure place – if possible, lock them in a security box or cabinet. Fifty-nine per cent of teens said they used opioids found at home (*OSDUHS, 2015*).
- When you are taking prescription opioids for a medical concern, keep track of the number of pills in a container. If the number of pills doesn't match your normal use, or you need to refill your prescription sooner than expected, someone else may be taking your medication.
- Model safe and appropriate behaviours of medication and other legal substances you may use, such as alcohol.
- Always follow the directions on the label of prescribed medication. Call your health care provider if you have questions. Never share your medication.
- At least once a year, clean out your medicine cabinet and bring leftover or old medications to your local pharmacist for safe disposal. Do not flush medications or throw them in the garbage.
- Spread the word. Ask your friends and family to put these tips into action in their homes and share this information with others. (*Tips courtesy School Mental Health Assist, 2017*)

IF YOU SUSPECT MISUSE

- Pick a good time to have a quiet conversation – when everyone is calm and there are no distractions. Raising the issue when you are angry or when the young person is under the influence of opioids is not a good idea.
- Let your teen know that you care, and that is why you are asking them about this.
- Refer to specific events that have concerned you. Talk about what you observed in a factual, honest and tactful way. For example, "I'm really concerned about you. You didn't seem to be yourself when you came home last night. Tell me about what's going on for you so I can help you the right way."
- Ask questions that encourage your teen to talk rather than to give yes or no answers. Allow empty space and let your child fill in these spaces with their words.
- Focus your comments on the effects that opioid misuse has on them, you, and others in the family.
- Offer support. Let your teen know you are prepared to help change things that may be contributing to his or her use of opioids.
- Get support from someone you trust, like a family member, friend, counsellor, doctor or faith leader.
- Learn as much as you can about prescription painkillers and other opioids, and find the help that is available in your community. (*Tips courtesy School Mental Health Assist, 2017*)

Remember to talk to your health care provider or connect with other services available in your community if you have any additional questions or need further support. Some local resources includes ConnexOntario's Drug & Alcohol Helpline at 1-800-565-8603 or www.connexontario.ca, www.drugandalcoholhelpline.ca. There is also the Kids Help Phone at 1-800-668-6868 or www.kidshelpphone.ca. Websites such as www.drugfreekidscanada.org, www.camh.ca, and smh-assist.ca are also very helpful.

We cannot stop our children from being around drugs or even experimenting with them, but we must provide them with the information they need to make a more informed decision or help others if needed.

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PAIGE MACKIE is a Health Promoter with the Grey Bruce Health Unit. Learn more at www.publichealthgreybruce.on.ca.

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Even a simple bump to the head can result in a serious concussion

By Tim Duivesteyn and Lisa Prowd

Sport and physical activity provide great benefits to children and promote lifelong health and well-being.

These benefits include improved cardiorespiratory fitness, stronger muscles and bones, better mental health, and reduced risk of developing chronic conditions. While it is important to encourage children to be active, we also need to equip them with the knowledge and skills to be safe and prevent injuries such as

concussions. By learning how to manage risks, children develop personal responsibility for their safety, allowing them to live healthy, active lives.

WHAT IS A CONCUSSION?

Concussions are complex injuries which cause changes to the way the brain functions. Concussions are caused when the brain is injured by a direct blow or jolt to the head, face or neck. They may also occur if an individual experiences a blow elsewhere on the body with a force transmitted to the head, causing the brain to move rapidly within the skull. Even what may seem like a mild bump or blow to the head can be serious.

RECOGNIZE SIGNS AND SYMPTOMS

Unlike a bruise or a scraped knee, concussions are not as visible to identify since they occur inside the head. The changes in brain function caused by concussions lead to symptoms that may be physical, mental, emotional and behavioural, and/or related to sleep. Signs and symptoms may be different for everyone.

Physical symptoms include headaches, dizziness and nausea. Mental symptoms can be difficulty concentrating and remembering, difficulty reading and not thinking clearly. Emotional and behavioural symptoms include sadness, becoming easily upset and angered or frustration. Symptoms related to sleep include drowsiness, difficulty falling asleep, and sleeping more or less than usual.

Everyone's experience with concussions is different. Signs and symptoms may appear immediately or they may be delayed, beginning 24 to 48 hours after an injury. Concussions can be more difficult to detect in younger children as they may be unable to communicate how they are feeling, so be sure your child knows the symptoms of a concussion and encourage them to immediately report any symptoms they or someone they know are experiencing to a responsible adult such as a parent, teacher or coach.

If a concussion is suspected, the child should immediately be removed from physical activity. Remember, "When in doubt, sit it out!"

WHAT IF THEY HAVE A CONCUSSION?

In the case of a suspected concussion, it is important to seek medical attention right away, so health care professionals can complete a medical assessment and direct concussion management. Concussions, like all injuries, take time to heal. Rest will allow a child to recover more quickly. There are gradual strategies that promote optimal recovery (<http://bit.ly/2ivnb4F>) and they are the best way to make sure participants remain symptom free once they return to sport. It is also important to work with school staff to help guide your child's return to learning (<http://bit.ly/2zicBrl>) and prioritize activities to reduce the demands placed on the brain.

HOW TO PREVENT CONCUSSIONS

Parents play an important role in creating and maintaining a culture of safety amongst children. Setting a proper example and encouraging safe practices will help children learn how to take the appropriate precautions to reduce all types of injuries, including concussions.

Here are a few tips to help prevent concussions:

- Encourage fair play within the rules, good sportsmanship and respect for opponents at all times.
- Teach children to always wear protective equipment that fits properly and is well maintained.
- Help children be aware of their environment and understand

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how to make decisions to avoid injury to themselves and others.

- Discuss how to minimize the risks associated with participating in a particular sport or physical activity.
- Limit contact or modify rules to certain drills or techniques, particularly for younger participants.

POLICIES TO REDUCE CONCUSSIONS?

In Ontario, the Ministry of Education mandates all school boards develop and maintain a policy on concussions. This includes awareness, prevention and identification strategies, as well as management procedures for diagnosed concussions. Parachute Canada has recently released the first Canadian Guideline on Concussions in Sport (<http://bit.ly/2h4wXdG>). This guideline is aimed at ensuring sport participants with suspected concussions receive timely and appropriate care and proper management, allowing them to return safely to their sport.

The Grey Bruce Health Unit has created a Municipal Concussion Policy Toolkit (<http://bit.ly/2h4wXdG>) designed to assist municipalities in the development and/or implementation of a concussion policy. By creating a standard approach to concussion awareness, identification and management, it promotes the health and safety of those participating in sport and physical activity. Raising awareness about concussions and how to prevent them supports the creation of a safe sport and recreation culture within our communities.

DID YOU KNOW?

- Concussions account for 21 per cent of treated injuries

amongst Ontario students.

- A concussion can occur even if there has been no loss of consciousness. In fact, most concussions occur without a loss of consciousness.
- A clinical diagnosis of a concussion can only be made by a medical doctor or a nurse practitioner.
- Studies show that too many participants return to play too soon following a suspected and/or confirmed concussion.
- Activities that require concentration can cause a child's concussion symptoms to reappear or worsen.

For more information on concussions visit the Grey Bruce Health Unit at www.publichealthgreybruce.on.ca or Parachute Canada at www.parachutecanada.org.

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DEVELOPING COPING STRATEGIES

Our brains are smart but they don't always activate the proper responses, so we need to help kids develop coping strategies

By Sarah Martyn, Kayli Hall-Elwood
and Bethany McCulloch

In counselling and art therapy, we often see how many of the behaviours people exhibit are directly connected to past and present life experiences.

In our practice, we focus a great deal on the functions of the brain and how this relates to our actions and responses to situations. Our brains are very smart, but they don't always get the feeling or response right. Sometimes, it feels impossible for our brains to make the right decision, so knowing and understanding how our brains work, and why our brains do what they do, helps us – and our children – in a multitude of situations.

With this knowledge, we are able to have a better chance at developing strong coping strategies when we are presented with a difficult or frightening situation.

LOOKING OUT FOR US

Our brain's main purpose is to keep us safe. When we are feeling unsafe, our brains, specifically our amygdala, protects us by telling us to fight, run away or freeze. This is very helpful when we are faced with a bear coming out of the woods, or we are lost, or our house is on fire.

Unfortunately, in today's busy world, there are times when our brain treats an everyday situation as life-threatening. We call this 'getting hijacked.' When this occurs over and over, our bodies and minds become accustomed to reacting this way, which can cause us to feel high levels of anxiety and stress. It also prevents the part of our brain that makes all of our good

Grounding exercise

If your child is showing signs of anxiety or entering into an 'attack,' have them look around, identify and name:

- Five things they see.
- Four things they feel.
- Three things they hear.
- Two things they smell.
- One thing they taste.

This will help them become grounded and should calm them down enough to defeat the oncoming anxiousness.

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• An example of grounding rocks youth can keep in their pockets to calm themselves when facing stressful situations.

decisions, the prefrontal cortex, to work properly. To help explain this to children, we recommend the YouTube video 'The Owl and the Guard Dog' by Cosmic Kids Zen Den.

Common examples of when our brains become hijacked include when we are excluded from a group, giving presentations in class or at work, getting cut from a sports team, meeting new people, going to the doctor or dentist, or a teacher calling your name in class. It is normal to experience feelings of anger, nervousness, disappointment or sadness with any of these examples. It becomes a problem when our reactions become extreme and/or have a negative impact on our relationships and overall wellness.

So how do we train our brain to react appropriately to the situation at hand? Mindfulness, or keeping ourselves grounded, is a good way to start. In order for our prefrontal cortex to function properly, we have to keep our nervous system and body calm.

For many of us, the idea of 'grounding' is a consequence for something that has been done incorrectly. The consequence is most often to stay at home. Grounding is the connection of ourselves to those we love, and our own self. Who knew that this

long-used consequence of growing up was good for us?

What if we help to change the idea of grounding from a negative consequence to a strategy used to support wellness, growth and balance? Grounding can be achieved by a simple hug, having a quiet 'chill' day at home, or going for a family walk on the beach. Teaching our children this lesson at a young age will help them be aware of themselves and provide them an internal reminder of what they need to do to feel calm and make good decisions.

An activity that many children and adults enjoy is to make grounding rocks. These rocks can be discretely carried in a pocket and used as a reminder of things that help you feel calm and grounded. By learning early in life how to stay calm and focus on the task at hand, your child will develop the coping skills that are necessary today and throughout their lives. **GBK**

SARAH MARTYN, KAYLI HALL-ELWOOD and BETHANY MCCULLOCH operate Penetangore Wellness in Kincardine. Email penetangorewellness@gmail.com, visit www.penetangorewellness.com or call 1-888-443-7831.



#ColouringItMyWay

My name is Hannah Davies. I am 9 years old and I live in Meaford. I have lived in Grey County my whole life and I love Grey County. Here are some of the things I love to do in Grey County:



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Milestones for infants

Promote proper development by interacting with children in their first year

By Stephanie Sollazzo

Nothing quite prepares you for the journey that is parenting, though we try from the beginning with books, prenatal classes and seeking advice from those who have paved the way (these remain great ideas by the way).

Yet when you leave the hospital you suddenly have a small human who's depending on you to provide everything, and 12 months later you have a toddler who is learning to walk, talk and eat, while being desperate to be independent. The growth and development that happens from birth to age one is truly astonishing.

So how do we provide the best opportunities to encourage, love and support normal development in that first year? How should we spend our days (besides drowning in laundry and diapers)? What are babies supposed to do?

WHAT IS NORMAL DEVELOPMENT?

Infant development itself crosses many areas and skill sets. It is not simply the gross motor milestones that immediately come to mind, such as your baby rolling over, sitting up, or starting to take steps. Gross motor skills are but one area of development. Others include fine motor, communication, problem solving, personal-social, and social-emotional skills. If we break it down into months, there are certain noticeable developments in each area that occur in the first year.

AREAS OF DEVELOPMENT

Gross motor – These are the skills that are easier to measure as they are the most obvious milestones. These are whole body, arm and leg movements, and they start developing at birth as newborns begin to turn and lift their heads, and randomly move their legs and arms. Gross motor development occurs in various positions – prone (on the tummy), supine (on the back), sitting and standing. These skills build upon each other and it is important for higher-level skills that most initial skills

are met. By their first birthday, baby should have learned to roll from their tummy to back, back to tummy, push up on all fours, crawl, sit on their own, transition on their own from lying to sitting to standing, and begin initial steps.

Fine motor – The manner in which we use our fingers, hands and arms. Between zero and four months, your baby will start to move their arms and hands in such a way that they are batting at objects and feeling their faces and clothes. This progresses beyond four months to being able to voluntarily reach for objects, grasp them and eventually release them. This soon advances to transferring objects between hands, stacking blocks, turning pages and picking up food with a more refined pinch by age one.

Communication – Babies initially begin communicating with cooing sounds, smiling, and visual regard. They become excited when you return to a room. They progress to making low-pitched grunts and growls, as well as high-pitched squeals. By six months they may start making sounds like da, ga, and ba, and will look toward the direction of a loud noise. By 10 months they may understand games such as peek-a-boo and clap your hands. At one year they may have a few words such as mama or dada, and be able to follow simple commands such as 'come here.'

Problem solving – Early stages of problem solving is your baby using their eyes to follow you around a room or look at a toy. They begin to explore objects by holding them in their hands and putting them in their mouths. By 10 months your baby may bang toys together or on a table, and be able to find a toy they've watched you hide. They begin to copy what you do, whether putting a block in a box or scribbling on a page.

Personal-social – When your baby cries when they are hungry, wet, tired or wanting to be held is them developing personal-social skills. They will be fascinated with their reflection in the mirror as they see another baby, and may try to assist in feeding by holding a bottle. They develop different reactions to familiar and unfamiliar people. As a baby approaches eight months they may start to feed themselves (cookies or crackers) and drink from a cup that you hold. By 10 months you may start to notice your baby assisting with getting dressed.

Social-emotional – This is the development of the ability to

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Wednesday and Friday
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experience, regulate and understand their own emotions, and those of others, their ability and willingness to calm, settle and adjust to conditions. It starts with the development of a healthy secure attachment with a caregiver who provides comfort and safety, and builds to being able to have relationships with others. By six months, infants can respond to emotional tones in others and between six and 12 months, they show their own wishes and interests, and are starting to follow simple caregiver requests.

SCREENING DEVELOPMENT

There are a number of screening tools parents and professionals may use to look at a child's development. One more commonly used is the Nipissing District Developmental Screen. It is available online, usually at Ontario Early Years Centres, and done at your primary practitioner appointments. It is a yes/no checklist that can give you an idea of how your baby is developing in each area and provides a list of activities for you to do with your baby. Learn more at www.ndds.ca.

It is important to remember that every baby is individual, just like older children and adults. Some will develop in one area quicker than others, and that's OK – it does not mean they are delayed. If you have concerns about your child's development in any area, speak to your primary care provider. They may refer you to a health care provider who has experience in any of the specific areas (physiotherapist, occupational therapist, speech and language pathologist, for example) for a professional assessment that can determine the nature and extent of a problem.

FOSTER YOUR CHILD'S DEVELOPMENT

- Hold, touch and talk to your baby. Let them see your face and hear your voice.

- Read, read, read! Go to your local library for story time where your baby can socialize, hear stories and rhymes.
- Play with a variety of toys such as rattles, rings, blocks and balls, but keep them simple. Sometimes Tupperware and a mixing spoon make the most fun for older infants.
- Vary their position when awake and provide ample tummy time to develop their strength.
- Get outdoors.
- Visit your Early Years Centres for drop-in play or programming. They also have staff on site that can help you with any concerns or direct you to the appropriate provider.
- The Infant Mental Health Promotion website at www.imhpromotion.ca is a wonderful resource for infants, toddlers and preschoolers. It has simple activity programs called 'Comfort, Play & Teach,' which provide a host of suggestions for every area and stage of development.

REFERENCES

Ages and Stages Questionnaire-3 – www.agesstages.com

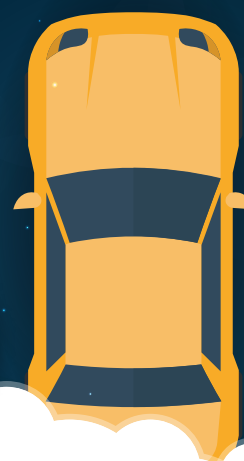
Infant Mental Health Promotion – www.imhpromotion.ca

Nipissing District Developmental Screen – www.ndds.ca

www.skillbuildersonline.com **GBK**

STEPHANIE SOLLAZZO, Registered Physiotherapist Ontario, MScPT, BScKIN, lives in Owen Sound with her husband and two young boys. She has worked at The Hospital for Sick Children in Toronto and has a particular interest in infant development. She now works at Physiotherapy III Healing Waters Clinic in Owen Sound and Port Elgin. Learn more at physio3.com.

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Visit www.kidsandus.ca



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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

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

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

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.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
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, 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

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 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

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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.hanoverfht.ca

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

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@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

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 thebluemountainslibrary.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.marinerail.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.

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

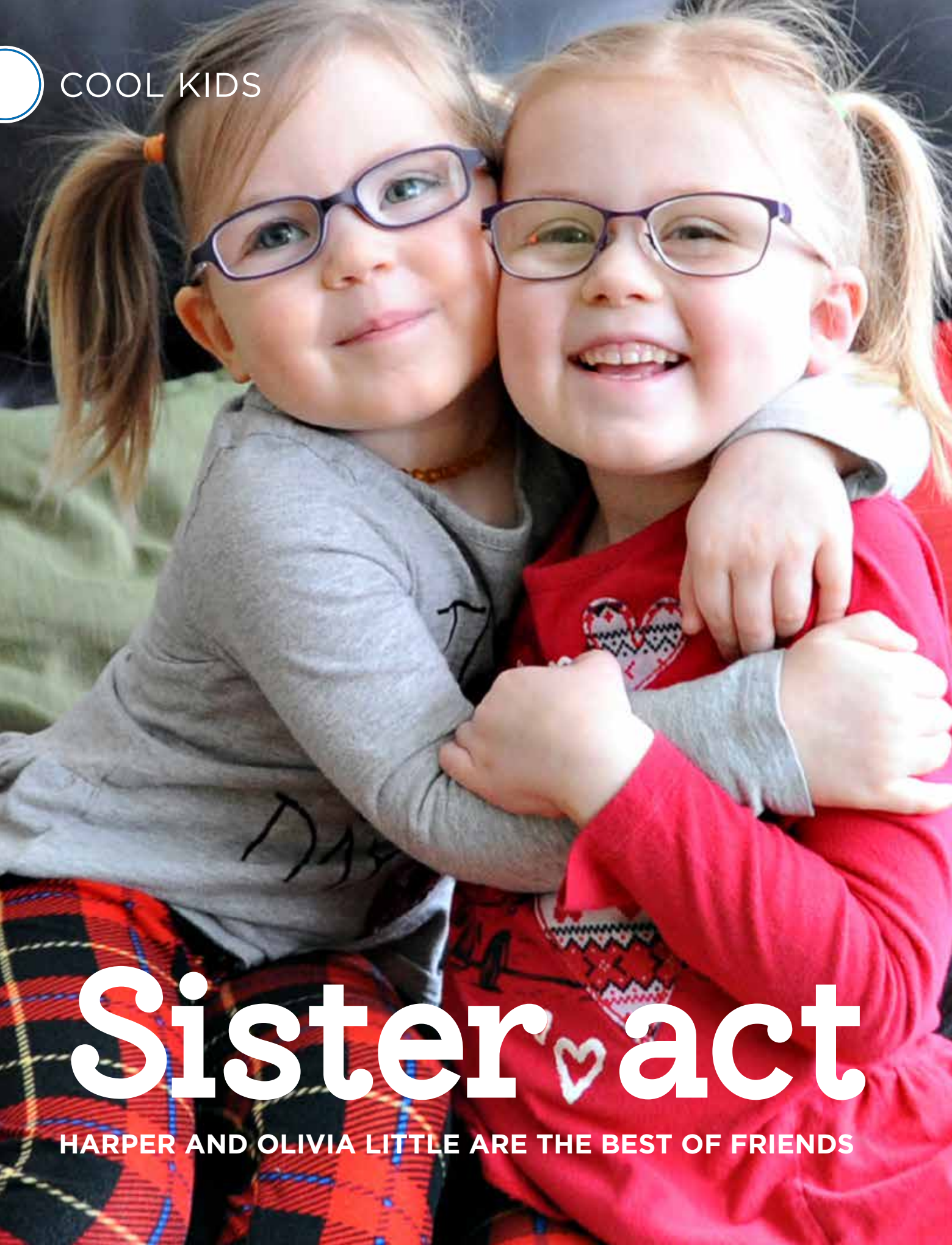
South West Community Care Access Centre In-Home Services
Owen Sound - 519-371-2112
Walkerton - 519-881-1181
www.sw.ccac-ont.ca

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.o
London, ON 



COOL KIDS

Sister act

HARPER AND OLIVIA LITTLE ARE THE BEST OF FRIENDS

In a mother's eye, her kids are always the coolest, which is why Olivia and Harper Little's Mom Erin couldn't nominate just one of her daughters.

You may assume Erin would nominate Olivia as this issue's Cool Kid because of all of the things she endures while living with cystinosis, a rare genetic disease that affects just 2,000 people worldwide, but Harper is pretty special too.

"Olivia is one of the happiest, kindest and compassionate kids I know, and much of her happiness comes from the beautiful relationship she has with her sister and best friend Harper," Erin said. "That's why I had to nominate both of them."

The Little family, of Port Elgin, has been actively running and operating the Liv-A-Little Foundation since 2013, and, as they ask a lot of the community through their fundraising initiatives, they also believe in giving back what they can.

"The girls are actively involved in all that we do as we show appreciation for Saugeen Shores and the surrounding communities," Erin said. "The girls don't have money to give, so they give back with their time."

The girls have been involved in Canadian Tire Jump Start Day since 2014 and, although they aren't flipping burgers or painting faces, they are a part of the process. They look forward to helping at the event and building relationships, and even when it's pouring rain, they manage to laugh and smile. Giving back is a part of their life.

"As a family who use the Ronald McDonald House in London, we save pop tabs to give back to the house. When we attend social gatherings, the girls will move about the house removing the tabs from cans and fill their pockets. They don't fully comprehend what and why they are doing it, but they know that it helps."

They have also helped roast marshmallows to raise funds for the food bank, volunteered time at Tim Hortons Camp Day, McHappy Day, the Saugeen Shores Glow Bike Night, bagging groceries, and at Easter Egg hunts and golf tournaments.

"Olivia has recently taken up horseback riding, and every week while heading out the door she always asks to take an apple for

her horse Dyna. Olivia is always thinking about giving to others and extending appreciation to everyone she meets."

"We think they are cool because of the amount of compassion they have for each other."

Harper expresses her appreciation in the form of artwork.

"Her hands are often marker-stained and she can't wait to give her artwork to family or friends. Her face glows when she sees the excitement she brings to someone else."

Erin thinks they are deserving of the Cool Kid designation because of the love and kindness they spread.

"We think they are cool because of the amount of compassion they have for each other. When Olivia is having a 'cystinosis moment,' Harper showers her with kindness, hugs and support."

When Harper can't do something, Olivia assists her – whether it's making her little sister breakfast or helping her get dressed.

"Compassion is a part of their everyday life and hopefully one day they will continue to share it with the world. Olivia and Harper perfect examples of strength, kindness and compassion.

"They live by our family's motto, 'In a world where you can be anything, be kind.'" **GBK**

For being this issue's Cool Kids, the Littles will receive a prize pack from Miller Insurance. Do you know a Cool Kid who does great things in their home, school or community? Contact Amy at amy@greybrucekids.com or call 519-524-0101.



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so you can focus on
what really matters.**



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Hanover | Teeswater | Clifford | Harriston

1 (800) 265-3000
www.millerinsurance.ca

WINTER EVENTS

DECEMBER

1

By Our Hands Artisan Show

Nature's Millworks, Paisley
519-353-4017
www.naturesmillworks.com
Runs through Dec. 24

Christmas Pop-Up

Southampton Art Gallery
201 High St., Southampton
519-797-5068
www.southamptonart.com
Runs through Dec. 28

Owen Sound Festival of Lights

Daily, 5-11 p.m.
25 km of Christmas lights throughout the city.
www.owensoundfestivalofnorthernlights.ca
Runs through Jan. 7

Huron-Kinloss Holiday Shopping Pass

Downtown Lucknow and Ripley
www.huronkinloss.com
Runs through Dec. 24

Victorian Christmas Family Activities

Billy Bishop Heritage Museum, Owen Sound
Saturdays and Sundays in December
1-4 p.m.; admission by donation
Experience Christmas of old.
www.billybishop.org

2

Big Brothers Big Sisters of Kincardine & District Christmas Yard Sale

Kincardine United Church
8-11 a.m.
519-396-3565 or bbosis@bmts.com

Visit with Santa

Bruce County Museum & Cultural Centre,
Southampton
1-3 p.m.
Members free, general admission applies.
www.bruce-museum.ca
Also runs Dec. 9 and 16.

6

Pre-school Christmas Fun

Bruce County Museum & Cultural Centre,
Southampton; 10-11:30 a.m.
Ages five and under; preregistration required.
www.bruce-museum.ca
Also runs Dec. 13

Victorian Christmas Tea

Bishop House: Museum, Archives & National
Historic Site, Owen Sound
Sittings at 1:30 and 3 p.m.; \$10
519-371-0031 or info@billybishop.org
Also runs Dec. 13

7

Meaford Kids in the Hall - 'Wizard of Oz'

12 Nelson St. E.
7-9:30 p.m.
\$15, free for elementary students
www.meafordhall.ca

8

Christkindl Market

Glencolton Farms, Durham
christkindlfarm.com
Runs through Dec. 9

Sandcastle Theatre presents 'Potter - the Panto'

Saugeen District Secondary School; 7 p.m.
Also runs Dec. 9 at 2 and 7 p.m.

Robin Hood and the Heroes of Sherwood Forest

Civic Theatre, Hanover
519-506-6902; hanovercommunityplayers.ca
Runs through Dec. 10

9

Handmade Holiday Market

Heartwood Concert Hall, Owen Sound
9:30 a.m.-4 p.m.; free admission
519-477-2081

Memories of Christmas

Bruce County Museum & Cultural Centre,
Southampton; 1-4 p.m.
www.bruce-museum.ca

Thornbury Old Fashioned Christmas

21 Bruce St., Thornbury
www.thornbury.ca

Georgian Bay Symphony Family Christmas Concert

1550 8th St. E., Owen Sound; 4-5 p.m.
A 'Pay What You Can' event! gbs@bmts.com

10

German Advent Show

St. Matthew's Ev. Lutheran Church
356 9th St., Hanover; 2 p.m.

Owen Sound City Band Christmastime Family Concert

Bayshore Community Centre; 2-4 p.m.
http://www.owensoundcityband.org/events

14

Sandcastle Theatre presents 'Potter - the Panto'

Roxy Theatre, Owen Sound
Also runs Dec. 15 at 7 p.m. and Dec. 16
at 2 and 7 p.m.

16

Moreston by Candlelight Winter Evening

Grey Roots Museum & Archives, Owen Sound
4-8 p.m.; regular admission applies.
www.greyroots.com

Below Zero Creations

Bruce County Museum & Cultural Centre,
Southampton; 1-2:30 p.m.
Pre-registration and prepayment required.
www.bruce-museum.ca

21

A Charlie Brown Christmas

Roxy Theatre, Owen Sound; 7 p.m.
www.roxytheatre.ca

31

Beckett Family New Years

Roxy Theatre, Owen Sound
Performances at 2 and 7:30 p.m.
519-371-2833

JANUARY

3

Winter Family Fun Days

Bruce County Museum & Cultural Centre,
Southampton
www.bruce-museum.ca
Runs through Jan. 6

20

Celebrate Winter at Blue Mountain Village

bluemountainvillage.ca/celebratwinter
Also runs Jan. 21

FEBRUARY

2

PA Day Adventures

Grey Roots Museum & Archives, Owen Sound
Explore the 'Mysteries of Space'.
Pre-registration required.
www.greyroots.com

Wiarton Willie Festival

www.visitwiarton.ca; 519-534-4545

3

9th annual Groundhog Jog in Wiarton

Peninsula Shores District School
Leigh Grigg - 519-270-8041
www.peninsulaadventure.ca

9

Ripley Winter Carnival

www.huronkinloss.com
Runs through Feb. 10

10

Rotary Winterama

The Plex, Port Elgin; 9:30 a.m.-12:30 p.m.
Pledge in advance, support youth programs
facebook.com/rotarywinterama

17

Family Day weekend, Blue Mountain Village

bluemountainvillage.ca/familyday
Runs through Feb. 19

19

Family Day at YMCA Owen Sound

www.ymcaowensound.on.ca

Family Day at Cobble Beach

Cobble Beach Golf Resort, Kemble
1-888-278-8112
www.cobblebeach.com GBK



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PA Day Adventures

March Break KidsCamp

Summer KidsCamp



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5-10!

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Reserve your ad before **Feb. 1**.
Contact Amy at **(519) 524-0101**
or **amy@greybrucekids.com**.





RECIPES

Pizza party!

Recipes courtesy Foodland Ontario

Who doesn't love pizza? While take-out is often how we enjoy this treat, there are other takes on traditional pizza to make at home with your kids.

PIZZA 'FUN-DUE'

INGREDIENTS:

- 2 tsp olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- ½ each of dried basil and oregano
- 1 can tomatoes, crushed
- 2 cups mozzarella cheese, shredded

Dippers:

- 4 cups vegetables (mushrooms, peppers, etc.)
- 2½ cups meatballs, chicken, ham or beef
- 12 multigrain breadsticks

DIRECTIONS:

In deep saucepan, heat oil over medium heat; cook onion and garlic, stirring often, for three minutes or until tender. Stir in basil and oregano and cook for 30 seconds. Stir in tomatoes, increase heat to high and bring to boil. Reduce heat to medium-low and simmer, stirring frequently, for seven minutes or until slightly thickened.

Reduce heat to low. Add ½ cup of the cheese at a time to saucepan, stirring constantly and adding next handful when cheese is melted.

Dippers: Place saucepan on heat-proof trivet on table or, if desired, transfer to fondue pot over flame to keep warm. Serve with vegetables, meatballs and breadsticks for dipping, using fondue forks if desired.

Tips: Cooked wedges of sweet potato or regular potatoes make for tasty dippers. Kids can grate the cheese on a box grater and wash the vegetables.

PIZZA SOUP

INGREDIENTS:

- 1 tbs vegetable oil
- 2 cups white mushrooms
- 1 onion, chopped



- 1 tsp dry Italian herb seasoning
- 1 red pepper, chopped
- 1 can pizza sauce
- 2¼ cups water
- 3 tomatoes, chopped
- ½ cup ham, diced
- ¾ cup croutons
- ¾ cup mozzarella cheese, shredded

DIRECTIONS:

In large pot, heat oil over medium heat. Stir in mushrooms, garlic, onion and seasoning, and cook for five minutes or until softened.

Stir in red pepper, pizza sauce and water; bring to boil. Stir in tomatoes and ham; reduce heat, cover and simmer for 10 minutes or until flavours have blended. You can make this ahead of time – just cool, cover and refrigerate for up to two days.

Divide croutons among bowls; spoon soup over top. Sprinkle with cheese. **GBK**



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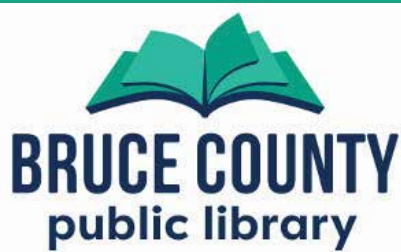




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Starling is baby's first wearable tech that tracks the number of words your child speaks and hears throughout their day.

Check out a Starling device from Bruce County Public Library, download the free app, see how many words you use daily with your baby, track your busy and quiet times throughout the day, and set goals to increase word usage.



library.brucecounty.on.ca/kids