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North East Ontario
Nord-est de l'Ontario
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DISTRICTS OF SUDBURY AND MANITOULIN

HELPING KIDS BE ALL THEY CAN BE

Better Beginnings Better Futures - The pre-teen years can be difficult. **The Pre-Teen Program** offers a safe place for children aged 9 to 13 to meet their friends, learn new things while having fun, receive a nutritious snack and get help with their homework. There is also organized sports, games, educational outings, books, computers, and workshops.

Better Beginnings Better Futures - The Baby's Breath Program provides a safe, confidential, and social environment where pregnant and parenting teens can meet with a group of peers to speak of their experiences and accomplishments. This program funding provides dinner, baby equipment, supports to decrease stress, prenatal and parenting education, community resources, clothing, food, diapers, formula and much more.

Better Beginnings Better Futures - Supporting Positive Opportunities for Youth (SPOT) provides assistance to youth from 13 - 17 years of age in the Donovan/Flour Mill neighbourhoods. The funding provides healthy snacks, access to emergency food and clothing and household items. This program is a gateway for youth to access community services through referrals or one-on-one supports.

Mentoring programs are arguably the most effective and efficient ways of reaching out to and positively affecting children in need and at risk. **Big Brothers Big Sisters** is changing the way kids grow up in Greater Sudbury. Funding for the **Matching Program** provides one-to-one mentoring services, empowering children with the tools, confidence, and guidance to make decisions that will affect their safety, well-being, and potential.

Volunteers are trained in **Mental Health First Aid** because early detection is critical in helping children deal with mental health issues. The funding provides **Big Brothers and Sisters** education on mental health and guide youth towards community support systems.

Art et culture - L'objectif du programme est d'offrir une programmation artistique et culturelle de qualité en français dans les services de la petite enfance et dans les services pour les enfants d'âge scolaire. Pour la deuxième année de suite, cette programmation sera offerte avec les services d'autres pourvoyeurs de la région, notamment Nos enfants notre avenir / Our Children Our Future et la garderie Touche-à-tout de l'Université Laurentienne. Ainsi, les enfants inscrits dans les services de ces partenaires et dans ceux du **Carrefour francophone** peuvent profiter d'une riche programmation artistique et culturelle continue.

Carrefour francophone - Camps d'été des services à l'enfance - L'objectif du programme est d'offrir des camps d'été francophones et d'immersion française de qualité. Un des principes directeurs des camps est l'importance d'offrir de l'animation variée, alliant activités thématiques (cirque, échecs, sports, etc.), arts et culture, jeux et activités de plein air dans un atmosphère de détente.

Every year **CTV/Lions Club** run the **Children's Christmas Telethon** to support families in need in the Sudbury and Manitoulin Districts. These funds are used to purchase toys, food and clothing for children at this special time of the year.

Manitoulin Family Resource Centre - Healthy Relationships Public Education for schools offers education relating to Intimate Partner Violence, Sexual Assault and Healthy Relationships in four area high schools as well as two elementary schools with identified need. This funding will openly address the hidden issues of unhealthy partner relationships, assault and abuse at the teenage level, provide correct messaging and teach youth how to identify abuse and access appropriate supports.

Canadian National Institute for the Blind (CNIB) - This funding will help campers who are blind or partially sighted to have an opportunity to learn new skills, develop confidence and independence in a personalized and supportive environment at **CNIB Lake Joseph Summer Camp for Kids**. Youth will also learn to be empowered to advocate for their needs and bring resources back to their community.

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John Howard Society - Funding for the Caring Dads Program aims to reduce the incidence and occurrence of domestic violence. This program engages men in intensive programs that teach, instruct and model effective male roles in a relationship, including how to be a kind man and caring dad. The program also provides a support for the female victim and children to reduce the social isolation that domestic violence incubates.

John Howard Society - The Sudbury Youth Rocks program creates a safe place where youth can learn life resiliency skills through the power of learning and performing music in the community. The youth learn songs and perform with their rock band at public performances. Funding for this program promotes positive peer associations, basic life resiliency skills and how to complete tasks they encounter every day such as school attendance, homework assignments and positively dealing with other stressors.

Myths and Mirrors - Artistes Trans Artistry is a weekly program provided to youth who identify as Transgender. This program support allows youth to meet regularly, reducing isolation and increasing awareness of their shared realities as well as creating a collective body of work that allows for their voices to be heard via art and leadership development.

Lockerby Composite School - Students entering grade 9 have many fears, anxieties and uncertainties. The incidents of students in crisis has risen dramatically in recent years. **Transition Toolkit Experience for grades 7, 8, and 9** funding will help to provide strategies, tips and information from various local agencies, and school staff so students feel comfortable through the transition and access school support.

YWCA - Successful Power of Being a Girl and Boys4Real programs in Sudbury are going to be expanded to the Manitoulin area. This program aims teach youth to think critically and challenge gender "norms" that perpetuate violence against women. These conferences will help youth will build skills, acquire knowledge, build positive self-esteem and recognize healthy relationships and body image.

Jubilee Heritage Family Resources - Family Resource Centre is a one-stop centre that connects families to a wide range of services. Funding for the resource centre will support home, child care and schools by helping families with parenting programs, providing a rich learning environment, and helping children to be ready for school, learn and succeed.

Learning Disabilities Association of Sudbury - Community Resources Program supports all individuals with learning disabilities in reaching their full potential. The goal is to educate our community with awareness and understanding about learning disabilities while focusing on the needs of children and youth through programs and services provided.

Learning Disabilities Association of Sudbury - Coaching Program and Assistive Technology has developed a community-based volunteer tutoring program and an assistive technology program as an expansion of our excellent partnership with the Greater Sudbury Public Library.

Learning Disabilities Association of Sudbury - Community Outreach and Awareness Program involves bimonthly evening, community education/information sessions for individuals with learning disabilities, parents, educators, and community workers.

YMCA Sudbury - Building Strong Kids Program funding targets low income children whose circumstances make it difficult to afford the cost of membership. Subsidizing memberships allows children and their families to access the YMCA experience, such as physical programs, creative programs and leadership programs, enabling them to grow in mind, body and spirit.

Elizabeth Fry Society of Sudbury - Open Arts Studio decreases social isolation through engaging, positive and beneficial open group experiences with art. The program emphasizes strengths, personal choice and creative expression and increases access to creative, expressive and educational resources that promote skill development and capacity building.

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Basketball/floor hockey/badminton – Special Olympics Ontario school programs support students aged 13 to 21 for three local events – basketball, floor hockey and badminton. This funding provides athletes with the opportunity to compete and represent their school. Unified teams are comprised of athletes with and without an intellectual disability and has had overwhelmingly positive effects both on and off the field of play.

Laurentian University - Aboriginal Children's Health and Well-being Measure Kits are tablet-based health assessment tools and supports that flag children who may be at-risk of suicide and/or addiction/substance abuse. Grounded in a traditional indigenous health framework, it also ensures the safety of each at-risk child by connecting them with a local mental health worker.

Espanola High School - Mental Wellbeing Activity Afternoons are provided for high school students to introduce them to healthy coping strategies for stress and anxiety. Students engage in various activities and learn how to access supports and services in the school and in the community.

Canadian Mental Health Association and Social Planning Council - The annual death rate by suicide for youth is double in North East Ontario compared to the provincial rate. Community partners, service and primary care providers will be invited to discuss gaps and redundancies to provide life promotion in our community including, youth suicide prevention, intervention and post-vention services as the **Life Promotion/Suicide Prevention Summit**.

YES Theatre provides youth in our community with the opportunity to share youth driven narratives while enhancing their skills as performers and community leaders. **Violet and Merrily we Roll Along** are both stories that deal with the themes of maturing, mental health, physical appearance, acceptance, diversity, racial issues and financial and political stress, allowing for a perspective that can ignite and create change.

Sudbury Manitoulin Children's Foundation - Send a Kid to Camp Program subsidies allow children in need to attend existing day and residential summer camps. These young campers meet new role models, develop skills and positive memories and make friendships while playing in a structured and safe environment.

Sudbury Action Centre for Youth - PA system for Hip Hop Program provides physical activity, arts and culture and esteem-boosting activities for at-risk and traumatized youth aged 16 to 24. These opportunities for self-expression provide a healthy alternative to current forms of catharsis.

BUILDING STRONG COMMUNITIES

Elizabeth Fry Society of Sudbury - Ongoing Support & Volunteer Services programs involve both the delivery of direct client services in the community and in correction facilities, and in the development of volunteer resources. Program staff and volunteers provide counselling, support, practical assistance, court support, jail visitation, institutional programming and outreach services to adolescent and adult women who are, have been, or are at risk of becoming in conflict with the law.

Health Sciences North (Voices for Women) - Voices for Women is a free, community based, service for women who have experienced sexual violence. Sexual and domestic assaults are violent crimes that are rooted in power and control. **VOICES Sexual Assault Intervention & Prevention** program provides community training, crisis support, short term and intermediate counseling and many more services.

John Howard Society - Community Support Initiative Program assists people, families and children of persons who are or have been in conflict with the law. This includes direct work with inmates before and after release to address issues such as finding appropriate housing, employment, and supportive counselling.

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Maison McCulloch Hospice - Supportive Care Program provides supportive care and advanced care planning on issues relating to death, dying, and loss; questions of an existential nature; compassion fatigue; and grief and bereavement support for palliative residents and their families. Where appropriate, spiritual and/or religious interventions are offered in accordance with each individual's spiritual dimension. The program is also enhanced by complementary interventions such as Reiki, guided meditation, and massage therapy.

March of Dimes - Assistive Devices Program provides devices to persons who are disabled or to persons who may be discharged early from the hospital who require additional support for mobility and safety in their home. Essential assistive devices contribute towards an individual and their family's health, safety, quality of life and community participation.

Meals on Wheels - Hot Meal Program prepares fresh meals by Home of Our Own Catering (HOOO) delivered right to clients' doors Monday through Friday. Meals on Wheels also provides a security check through the volunteer engagement with the client to ensure the client is safe and well.

St. John's Ambulance (Sudbury Branch) - Community Service Patient Care Division Program is a group of dedicated uniformed volunteers who provide first aid services at public and private events, educate the community on first aid health and safety, and provide services during municipal emergency situations and disasters.

United Way Centraide North East Ontario - The Home Weatherization Program, in partnership with Union Gas, provides low income households assistance with their gas bills. It offers free energy upgrades to income eligible Union Gas customers, in homes built before 1975, across our region. Upgrades can include: insulation added to the basement, interior walls, and attic; water saving products; programmable thermostat; and carbon monoxide detectors. Installation upgrades are completed by a professional contractor followed by a home audit to measure how the energy-efficiency of your home has improved once the upgrades have been installed.

United Way Centraide North East Ontario - 211 is a telephone helpline and online database that provides information on and referrals to Ontario's community, social, health-related and government services. 211 is a three-digit number that Ontarians can call to help navigate the complex network of human services quickly and easily, 24 hours a day, 7 days a week, in over 150 languages. This service is answered and updated by highly-trained specialists that can help callers understand what services and government benefits exist and explain how to apply.

MOVING PEOPLE FROM POVERTY TO POSSIBILITY

L'Association des jeunes de la rue - Foyer Notre-Dame House Program provides short-term housing, basic necessities, supportive counselling, and a referral service that will enable youth aged 16 to 19 years to return home, remain in school and to rebuild their lives.

L'Association des jeunes de la rue - Community Outreach Program helps to alleviate absolute and relative homelessness in the city of Greater Sudbury. A team of trained Outreach Workers identifiable by their bright red jackets and t-shirts go out on the streets of Sudbury daily and provide services to individuals in need.

Better Beginnings Better Futures - The Good Food Box Program increases access to high quality, fresh fruit and vegetables, that are locally grown (where possible). The GFB works with local farmers, businesses, volunteers and community partners to improve food security, support the local economy and increase awareness of the importance of fresh healthy food.

Centre de santé communautaire - Clinique du coin/Corner Clinic Program offers accessible health care and social services to hard to reach individuals and the homeless in the Greater Sudbury area.

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[Centre de santé communautaire - Appui au logement/Homelessness Initiative](#) helps homeless clients and clients at risk of becoming homeless to keep stable housing. Staff can help mediate with landlords, maintain a master list of available housing that is updated weekly and help clients with applications for utility and rent subsidies.

[Inner City Home of Sudbury - Life Skills & Hospitality Workshop](#) – The Inner City Home of Sudbury offers three primary Life Skills Courses: Anger Management, Stress Management & Building Self Esteem. The Drop In Crisis Centre offers hospitality to those less fortunate and in crisis who need someone to listen to their story without judgement.

[Sudbury Action Centre for Youth - Evening Drop-In Support Program](#) provides a warm, safe, non-judgmental environment where at-risk youth aged 13 to 18 can go in the evening hours for support, socialization, recreation, crisis intervention and counselling, and an evening meal.

[YWCA \(Sudbury Geneva House\)](#) -The YWCA Geneva House is a safe refuge for women and their families who are escaping spousal violence. Funding for the [Community Outreach Program](#) provides 24-hour crisis support, counselling, outreach support, referral services, and follow-up for women having experienced violence in their intimate relationships

[United Way Centraide North East Ontario - Community Volunteer Income Tax Program](#) – The CVIT Program is in partnership with the Canada Revenue Agency. It is supported by many volunteers who prepare income tax returns for qualifying families and individuals. In Ontario alone, there are 41 potential federal and provincial income benefit programs that people with low-incomes can access directly or indirectly through tax filing. Tax credits could make up as much as 40% of a household on social assistance's income. The program is hosted at the United Way office as well as at offsite locations such as in public libraries and senior homes.