



North Middlesex *Community Guide*

2025

The logo for the North Middlesex Community Guide 2025. It features the word "North" in a brown serif font, "Middlesex" in a green serif font, and "Community Guide" in a green script font. To the right of "North" is a green leaf icon with three horizontal brown stripes above it. Below the main text is the year "2025" in a bold green sans-serif font.

North Middlesex *Community Guide* 2025

This guide was published
on May 16th, 2025.

For the most updated
version, visit our website
or scan the QR code.



northmiddlesex.on.ca/living-here/community-guide



TABLE OF CONTENTS




- 4| Mayor and Council
- 5| Municipal Contacts
- 6| Municipal Quick Links
- 8| Waste Collection/Transfer Station
- 9| North Middlesex Fire Department
- 11| 211 Use & Information
- 12| Community Contacts
- 16| Facilities, Parks & Open Spaces
- 20| Business in North Middlesex
- 21| Community Improvement Program
- 22| Upcoming Events
- 23| Local Libraries



- 24| Volunteer Opportunities
- 25| Health Services
- 26| Conservation Area & Grass Routes
- 27| Friends of North Middlesex Trails
- 28| Childcare
- 29| North Middlesex Minor Sports
- 30| Summer Camps
- 34| Damen Optimal Health & Fitness
- 35| Middlesex 4-H Association
- 36| Health Service Information Flyers
- 41| North Middlesex Market



FOLLOW US ON SOCIAL MEDIA

-  @Municipality of North Middlesex
-  @north_middlesex
-  @northmiddlesx

SUBSCRIBE TO THE E-NEWSLETTER

Email: feliciak@northmiddlesex.on.ca

www.northmiddlesex.on.ca | 3

MESSAGE FROM THE MAYOR

As Mayor of our vibrant community, it is my pleasure to welcome you to the 2025 edition of our Community Guide. This resource serves as a testament to the dedication, resilience, and collaborative spirit that define our municipality.

In 2024, we embarked on a journey to enhance how we connect, celebrate, and support each other. From hosting successful events to expanding local services and opportunities, we have continued to grow and thrive. This guide not only highlights the programs, services, and events available throughout the year but also showcases the incredible people and organizations that make our community special.


As we move forward, we remain committed to building a welcoming, inclusive, and prosperous environment for all. Whether you are a lifelong resident or a newcomer, I encourage you to explore the pages of this guide, discover new opportunities, and engage with all that our community has to offer.

Thank you for being a part of what makes our community so remarkable. Here's to another year of progress, connection, and shared success.

Sincerely,
Mayor Brian Ropp

COUNCIL MEMBERS



Top Row (L-R):	Councillor Ward 5 Adrian Cornelissen adrianc@northmiddlesex.on.ca	Councillor Ward 3 Chuck Daigle charlesd@northmiddlesex.on.ca	Deputy Mayor Paul Hodgins paulh@northmiddlesex.on.ca	Councillor Ward 4 John Keogh johnk@northmiddlesex.on.ca
Bottom Row (L-R):	Councillor Ward 2 Bill Irwin billi@northmiddlesex.on.ca	Mayor Brian Ropp brianr@northmiddlesex.on.ca	Councillor Ward 1 Sara Nirta saran@northmiddlesex.on.ca	

MUNICIPAL CONTACTS

ADMINISTRATION

Carolyn Tripp - Chief Administration Officer
ext. 3233

BY-LAW ENFORCEMENT

Matt Klein - By-law Officer/Corporate Services
Coordinator
ext. 3242

COMMUNITY SERVICES

Brandon Drew - Director of Economic Development
& Community Services
ext. 3204

Kent Ferguson - Manager of Recreation & Facilities
ext. 3215

Judy Gratton - Recreation Admin
ext. 3221

CORPORATE SERVICES

Alan Bushell - Director of Corporate Services/Clerk
ext. 3224

Michelle Carroll - Customer Service & Licensing Clerk
ext. 3222

ECONOMIC DEVELOPMENT

Felicia Krista - Economic Development &
Communications Coordinator
ext. 3220

Brandon Drew - Director of Economic
Development & Community Services
ext. 3204

FINANCE

Ralph D'Alessandro - Director of Finance/Treasurer
ext. 3228

JanaLynn Finkbeiner - Deputy Treasurer
ext. 3231

Mary Lynn Dietrich - Accounts Payable/Payroll Clerk
ext. 3243

Mandy Walker - Revenue & Taxation Coordinator
ext. 3237

Jen Dunlop - Finance Admin Assistant
ext. 3229

FIRE & EMERGENCY SERVICES

Jacques Boutros - Fire Prevention Officer
519-666-0190

Greg Vandenheuvel - Director of Fire &
Emergency Services/Fire Chief
ext. 3235

Judy Gratton - Fire Administration
ext. 3221

INFRASTRUCTURE & OPERATIONS

Samuel Shannon - Director of Infrastructure & Operations
ext. 3223

Nick Wolfs - Engineering Technologist
ext. 3226

Faishal Diwan - Engineering Field Supervisor
ext. 3218

Joanne Sadler - Drainage Superintendent
ext. 3225

PLANNING

Ashley Sawyer - Planner
(519) 930-1014

PUBLIC WORKS

Brandon McLeod - Manager of Public Works
ext. 3234

Kristyn Wilson - Public Works Infrastructure & Drainage Clerk
ext. 3219

SERVICE ONTARIO

Celeste Therrien - Service Ontario Clerk
519-294-0351

Main Office

(519) 294-6244

229 Parkhill Main St.

Parkhill, ON N0M 2K0

Monday to Friday

8:30 am to 4:30 pm



MUNICIPAL INFORMATION



BY-LAW

For any inquiries about municipal by-law enforcement, including parking, tidy yard, property standards, encroachment onto municipal land, and open air burns:

Contact: bylaw@northmiddlesex.on.ca



FIRE SERVICES

Fire Prevention services, including public education, inspection, enforcement and fire scene assessment, are contracted to the Municipality of Middlesex Centre.

Contact: gregv@northmiddlesex.on.ca



MARRIAGE LICENSES

The current fee is \$125.00.

We also have an officiant from the Municipality that can perform civil marriage ceremonies.

Contact: 519-294-6244 to book an appointment.



BUILDING SERVICES

Middlesex Centre offers building permit services to local residents and businesses, and to residents and businesses in Lucan Biddulph, Adelaide Metcalfe, Southwest Middlesex and North Middlesex.

Contact: marsmana@middlesexcentre.ca



ANIMAL SERVICES

To report a lost dog, a dog running at large or if you are looking for your dog, contact the Municipality during regular office hours.

Contact: 519-294-6244

MUNICIPAL INFORMATION



PLANNING SERVICES

To submit a digital application please create an account and sign into Cloudpermit. For first time users, please follow the 'How To' guides for assistance.

Contact: asawyer@middlesex.ca for more information



MOSQUITO ABATEMENT PROGRAM

Spring applications of the larvicide is planned to be conducted by helicopter to stagnant water within 2 km of the Town of Parkhill, Village of Ailsa Craig Hamlet of Carlisle and the Hamlet of Nairn.

Contact: kristynw@northmiddlesex.on.ca for more information.



WATER & SEWER

Effective February 1, 2014, Ontario Clean Water Agency is now the water operating authority for North Middlesex.

Contact: <https://www.northmiddlesex.on.ca/services/water-sewer>



NORTH MIDDLESEX APP

Download our app today! Available for free on Apple and Google Play.

Google
Play



Apple



REQUEST A SERVICE

Scan the QR code to fill out a form or visit:

<https://www.northmiddlesex.on.ca/municipal-services/request-service>



TRANSFER STATION OPERATION SCHEDULE 2025

**395 Victoria St.
Parkhill (North End)
Wednesday afternoon
12:00-3:00pm
Saturday morning
8:30-11:30am**

OPEN TO RESIDENTS OF NORTH MIDDLESEX ONLY & MATERIALS GENERATED WITHIN NORTH MIDDLESEX

January

Wednesday: Closed
Saturday: 18th

February

Wednesday: Closed
Saturday: 22nd

March

Wednesday: Closed
Saturday: 15th

April

Wednesday: 2nd & 16th

May

Wednesdays: 7th & 21st
Saturdays: 24th

June

Wednesday: 4th & 18th
Saturday: 14th

July

Wednesday: 2nd & 16th
Saturday: 12th

August

Wednesday: 6th & 20th
Saturday: 16th

September

Wednesday: 3rd & 17th
Saturday: 13th

October

Wednesday: 8th & 22nd
Saturday: 18th

November

Wednesday: 5th & 19th
Saturday: 15th

December

Wednesday: 3rd & 17th
Saturday: 13th

**Spring Clean Up:
Saturday, April 26th
8:30am to 1:00pm**

MATERIALS ACCEPTED

- Carpet, plywood, siding, doors, toilet, wall tile, insulation
- Couch, table, chairs, bed rails, mattress, toys
- BBQ
- Brush, leaf & yard waste

E-WASTE (FREE)

Electronics, fridges, stoves, dryers, dishwashers, batteries, most items with a plug

MATERIALS NOT ACCEPTED

- Hazardous Materials
- Used paint
- Shingles
- Asphalt
- Drywall
- Animal waste
- Spoiled grain
- Tree logs, stumps
- Household garbage
- Fluorescent light bulbs
- Plaster



RATES (Subject to change)

Brushing Charge - \$15.00 flat fee
Minimum Charge - \$15.00 *plus minimum vehicle charge*
Minimum Car - \$15.00
Minimum Truck - \$25.15
Minimum Trailer - \$21.15
Minimum Larger Vehicles - \$36.00
Construction Debris(cubic yard)- \$36.50
Off-Hour Opening Fee - \$100 plus cubic yard charge. *Minimum 48hrs notice required. Only available during public works regular schedule work hours (7:00am to 3:00pm).*

**Hazardous Materials Accepted at
London Landfill Site - 3502 Manning Dr.,
London
519-661-2489**





NORTH MIDDLESEX FIRE DEPARTMENT

The North Middlesex Fire Department is made up of 50 paid, on-call firefighters working out of the Ailsa Craig and the Parkhill fire stations. The NMFD responds to approximately 125 calls per year, ranging from working with our Paramedic partners at medical calls and motor vehicle collisions to responding to structure fires in houses, commercial establishments and barns.

Our firefighters are well-trained and maintain their skills through bi-weekly training. They come from all walks of life and all live within our community. The Municipality also purchases fire services under fire protection agreements for outlying areas and is part of the Province of Ontario Mutual Aid plan.

FOLLOW THE NEW NMFD SOCIAL MEDIA ACCOUNTS



North Middlesex Fire Department



@northmiddlesexfd

www.northmiddlesex.on.ca/services/fire-emergency-services



FIREFIGHTER RECRUITMENT

JOINING THE DEPARTMENT

This type of work or job is not for everyone. You need more than just a desire to help people and give back to your community. You also need dedication, courage, assertiveness and a willingness to learn new skills and face new challenges. The Fire Department is not for the meek, timid or for those who lose control of their emotions during times of crisis. Our service is one which calls on its members to perform strenuous work in uncertain and hazardous environments as a highly efficient team.

Your family must support your decision. They must understand and accept your commitment to training and responding to emergencies which will often interrupt family functions. Your employer will also be required to be accepting of your commitment as an on-call firefighter. Factors which your employer should be aware of may include, but are not limited to:

- Fatigue from emergency responses outside of work hours
- Responses during work hours (when permitted by your employer)
- Training that will occur from time to time during your regular work hours (when permitted by your employer)

MINIMUM REQUIREMENTS

- ✓ Be at least 18 years of age.
- ✓ Have a minimum education of Ontario Secondary School Diploma or equivalent.
- ✓ Live or work within a 10km radius of the station to which they are assigned.
- ✓ Valid Driver's License with a Driver's abstract.
- ✓ Able to obtain Ontario class D with Z endorsement within two years from date of hire.
- ✓ Medical Certificate – Completed by Applicant's Doctor. (All costs associated with this requirement are the sole responsibility of the applicant).
- ✓ Insurable, under the Corporation's fleet policy.
- ✓ Proficient in oral and written English.
- ✓ Good reading, writing and record keeping skills.
- ✓ A reliable means of transportation to respond to alarms.
- ✓ Provide a Criminal Record Check, satisfactory to the Municipality of North Middlesex.

APPLICATION PROCESS

The selection process will consist of the following components:

Stage 1. Application Review

Stage 2. Medical Examination

Stage 3. Job Specific Fitness Test

Stage 4. Interview

All applicants are required to submit a completed Paid, On-Call Firefighter Application form to:

Greg Vandenheuvel, Chief

The Municipal Office,

229 Parkhill Main St. Parkhill ON N0M 2K0.

Only those applicants chosen to move to stage 4 will be contacted.





USING 211 IN NORTH MIDDLESEX

**LIFE CAN
BE HARD.**

**FINDING HELP
CAN BE EASY.**

Dial 2-1-1 to find help
for all of life's challenges.



For residents in North Middlesex,
use <https://211southwest.ca/>

COMMUNITY CONTACTS

ORGANIZATIONS, CLUBS + GROUPS

Ailsa Craig Arts Centre

Jan Slywchuk | ailsacraigartscentre@gmail.com

Ailsa Craig Legion

Kris Boyle | kboyle434@gmail.com

Ailsa Craig Village Association

Kris Boyle | kboyle343@gmail.com

Community Garden (Parkhill)

Matt Gibson | parkhillcommunitygarden@gmail.com

Corbett Hall

Jessica Scott | corbetthall@hay.net

Friends of Leisure Club

Lucy Hendriks | lulouhendriks@gmail.com

Friends of Ye Olde Towne Hall

Gerry & Marilyn Barbe | gerrybarbe@execulink.com

Lions Club (Ailsa Craig)

Joe Mulhall | tojoe22@gmail.com

Lions Club (Parkhill)

Carrie Brophey | cmuma@execulink.com



COMMUNITY CONTACTS

ORGANIZATIONS, CLUBS + GROUPS

North Middlesex Historical Society

Shawna Pickering | northmiddlesexhs@gmail.com

Optimist Club (East Williams)

Tracy Roberts | tracy.roberts31@gmail.com

Optimist Club (Parkhill)

Joyce Hutchison | joycehutchy@gmail.com

Parkhill Agricultural Society

Michael Whiting | michael@thewhitings.ca

Parkhill Carnegie Gallery

Ruth Cook | recreativeart@execulink.com
Mark McLean | markmclean49@gmail.com
Monica Carter | moncar3@icloud.com

Parkhill Horticultural Society

Marion Robinson | mlr2561@hotmail.com

Parkhill Legion

Donna Gunness | parkhilllegion@execulink.com



COMMUNITY CONTACTS

FITNESS GROUPS

DAMEN OPTIMAL HEALTH TEAM & FITNESS

Ali Giffin

fitness@damenoptimalhealth.com



LOCALITY WELLNESS HUB

Kathy Willemse & Nicole Smeekens-Dare

localitywh@gmail.com

PLACES OF WORSHIP

Ailsa Craig United Church

156 Ailsa Craig Main St., Ailsa Craig, ON.,
N0M 1A0

519-293-3423

Brinsley United Church

34743 Brinsley Rd. Ailsa Craig, ON
N0M 1A0

519-293-3423

Carlisle United Church

19 Falkirk St., North Middlesex, ON.,
N0M 1P0

Grace Bible Chapel

277 Parkhill Main St., Parkhill, ON.,
N0M 2K0

519-294-0211

Knox Presbyterian Church

31146 Centre Rd., Parkhill, ON.,
N0M 2K0

Our Lady of Mount Carmel Church

69219 Bronson Line, Mt. Carmel, ON.,
N0M 2K0

519-237-3593

Sacred Heart Church

159 Ann St., Parkhill, ON.,
N0M 2K0

519-294-6844

Saint Paul's Catholic Church

236 Hastings St., Parkhill, ON.,
N0M 2K0

519-634-4932

St. Andrews Presbyterian Church

9906 Petty St., Ailsa Craig, ON.,
N0M 1A0

519-232-4288

St. James Anglican Church

155 Broadway, Parkhill, ON.,
N0M 2K0

519-294-0008

The Church at Nairn

26459 Bear Creek Rd., Ailsa Craig, ON.,
N0M 1A0

519-232-4425

COMMUNITY CONTACTS

YOUTH ACTIVITIES



Ailsa Craig Scouts

Brian Luscome | (519) 293-3899

Middlesex 4-H

Joseph Carrubba | (519) 697-9003

North Middlesex Baseball

Brad McLeod | mcleod18@execulink.com

North Middlesex Minor Hockey Association

Casey Wall | caseywall@live.ca

North Middlesex Minor Soccer

Tineke deJong or John Rosner | soccer@nmmsa.ca

North Middlesex Rugby Club

Rob McQueen | (519) 995-1495 | robmcqueen123@hotmail.com

North Middlesex Stars Hockey

Deanna Ferguson | (519) 701-7933 | ferguson54@sympatico.ca

Parkhill Scouts

Pat Adams | ropa.adams@hotmail.com

Youth Unlimited YFC North Middlesex

Earl Hochachka | (519) 294-6326 | earl.h@yfcnorthmiddlesex.com

Youth + Ailsa Craig Art Centre

Jan Slywchuk | ailsacraigartcentre@gmail.com

FACILITIES & PARKS



AILSA CRAIG COMMUNITY CENTRE

This facility was designed to host a range of event sizes including weddings, sports groups, gymnastics, meetings and festivals. The facility has the following bookable rooms:

- **Small Meeting Room**
- **Main Hall**
- **Commercial Kitchen**



NORTH MIDDLESEX COMMUNITY CENTRE

The community centre was recently renovated making it an excellent venue for hosting formal events.

The community centre contains:

- **Commercial Kitchen**
- **Server Hall**
- **Main Hall**



WEST WILLIAMS COMMUNITY CENTRE

This community centre has a rentable pavilion and is adjacent to a sports field. The location is a popular rental for family reunions and is host to a summer music festival.

The facility has the following bookable rooms:

- **Small Meeting Room**
- **Main Hall**
- **Kitchen**

BOOKING A FACILITY

519-294-6422 EXT. 3221

To learn more about facility rentals, capacity and availability please visit:

www.northmiddlesex.on.ca/services/book-facility

FACILITIES & PARKS



NORTH MIDDLESEX ARENA & FITNESS CENTRE

Ice Rental Fees including HST

*Prime: \$190/hour

Non-Prime: \$112/hour

Goal Post Rental Fee including HST

Day Rental: \$200

Hourly: \$36.50

***Prime** is anytime on
a weekend or holiday and
Monday-Friday
5:00pm - 12:00am

The North Middlesex Arena and Fitness Centre was renovated in 2009.

The arena has a canteen that is open on most hockey game nights to provide patrons food and drink while enjoy spectating various ice activities.

There is also a rentable space on the second level overlooking the ice called The Goal Post. This space is available to rent for birthday parties, anniversaries, and business meetings. The Goal Post has a commercial kitchen as well as a bar that can be opened and operated by a local service club.

The fitness centre that occupies the facility is run through a partnership agreement with the YMCA of Southwestern Ontario.

BOOKING A FACILITY

519-294-6422 EXT. 3221

To learn more about facility rentals, capacity and availability please visit:

<https://www.northmiddlesex.on.ca/services/book-facility>

PARKS & OPEN SPACES

Ailsa Craig Community Park

- Splash pad, playground, rentable pavilion with wet bar & washrooms, red clay ball diamond with base inserts.

East Williams Optimist Park

- Primary location for North Middlesex soccer, playground & pavilion. During the winter, the pavilion surface becomes an outdoor skating rink.

Lieury Park

- Red clay baseball diamond, a pavilion structure, and a playground. The park is also home to a Cenotaph commemorating our fallen soldiers.

Parkhill Sports Park

- Two rentable red clay baseball diamonds, beach volleyball court, 2 tennis/pickleball courts, shared basketball/ball hockey court, skatepark, playground and rentable pavilion.



BOOK A FACILITY
519-294-6422 EXT. 3221

North
Middlesex

PARKS & OPEN SPACES

Lions Community Park

- Located in Ailsa Craig, the park features beautiful trails and large community open space.

Ken Vernon Park

- This park features 2 full-size soccer pitches as well as a pavilion. It is the annual host of the Canada Day Fireworks celebration where residents enjoy a free fireworks display hosted by the Canada Day Committee.

Coronation Park

- This park has a newly redesigned Splash Pad with a playground and open space.



BOOKING A FACILITY
519-294-6422 EXT. 3221

North
Middlesex

Want your
business added
to our new
Business
Directory?
Fill out the form
via the QR code.



Business in North Middlesex

**The Economic Development
Business Visitation Program**

Contact Us



Brandon Drew, Director of Economic Development & Community Services
519-294-6244 x 3204
brandond@northmiddlesex.on.ca

Felicia Krista, Economic Development & Communications Coordinator
519-294-6244 x 3220
feliciak@northmiddlesex.on.ca

North Middlesex 2025 CIP

COMMUNITY IMPROVEMENT PLAN
GRANT PROGRAM

BUSINESS/COMMERCIAL STREAM

- ✓ Beautification Program
- ✓ Rural Economic Development Program
- ✓ Accessibility Program
- ✓ Brownfield Study Program
- ✓ Conversion, Expansion & Redevelopment Program **NEW**

RESIDENTIAL/AFFORDABLE HOUSING STREAM

- ✓ Additional Residential Unit Program **NEW**
- ✓ Affordable Rental Housing Unit Program **NEW**



For more information and to apply, contact:
The Economic Development Department
ecdev@northmiddlesex.on.ca
519-294-6244

MAY
24

Farm Store Grand Opening

Opening Ceremony & Innovation Workshops

JUNE
1

Annual VON Country Breakfast

Opening Ceremony & Innovation Workshops

JUNE
14

Bog Line Smoke Show

Creative Workshops

JULY
10-13

Mud Creek Bluegrass Festival

Creative Coding Workshops

JULY
26

Ailsa Craig Highland Games

Music Performances

AUGUST
7-10

Parkhill Fair

Creative Writing Sessions

AUGUST
30

Ailsa Craig Main Street Car Show

Music Performances

Don't want to miss an event? Visit:
northmiddlesex.on.ca/events/calendar or scan
the QR code for the full events calendar.





LIBRARIES IN NORTH MIDDLESEX

Doug Warnock, Supervisor
dwarnock@middlesex.ca



147 Ailsa Craig Main Street
Ailsa Craig, ON NOM 1A0
519-293-3441



229 B Main Street
Parkhill, ON NOM 2K0
519-294-6583



Scan the code to learn more
about upcoming events at
your local library.



VOLUNTEER IN NORTH MIDDLESEX



Looking to get involved in our community?
Perhaps consider dedicating your time to
volunteering within North Middlesex.

Volunteers are the heart of our community, giving their time, energy, and skills to make North Middlesex a better place for all.

From organizing events to supporting local initiatives, their dedication strengthens and unites our community.

This is a moment to recognize and appreciate the incredible impact volunteers have.

Their generosity and commitment do not go unnoticed—North Middlesex is better because of them!

To learn more about
becoming a volunteer with
one of these organizations,
scan the QR code and visit
“Volunteer Opportunities”





HEALTH SERVICES

CMHA Middlesex

CMHA Middlesex assists individuals along their mental health journey. Their goals are to promote good mental health, prevent further illness, offer treatment, support recovery and provide mental health education.

Parkhill Medical Clinic

Dr. Olmstead is currently wait-listing prospective patients from North Middlesex and surrounding communities. Phone 519-294-6881 to register.

Dr. Bertha Wolf (Optometrist)

519-294-6767
Parkhill, ON

Nuance Osteopathy

519-532-8313
Ailsa Craig, ON

Ailsa Craig Family Clinic

Offices of Dr. Furtado & Dr. Wagner. Call 519-293-3625 to inquire about becoming a patient.

Hear Well Be Well

519-294-0060
www.hearwellbewell.ca
Parkhill, ON

Wagner Chiropractic Health & Wellness Centres

519-294-0037
Parkhill, ON

Damen Optimal Health

519-294-0929
Parkhill, ON

Parkhill Dentistry

519-294-0151
Parkhill, ON



NORTH MIDDLESEX

Conservation Area + Trails

Parkhill Commemorative Woods & Scenic Lookout

The Parkhill Reservoir is 104 hectares (257 acres) with open areas over sheltered coves. Getting out on the water in a canoe, kayak, or electric motor boat is a popular summer activity for many local residents and visitors.



33120 Grand Bend Rd. Parkhill , ON N0M 2K0



**Scan to the
Middlesex
County
Trail Guide**

Trails in North Middlesex



**Parkhill Conservation Area
32910 Centre Rd. Parkhill, ON N0M 2K0**



**Joany's Woods
Boothill Rd. off of Highway #7, North Middlesex**



**Ailsa Craig Lion's Park
143 Old Mill St. Ailsa Craig, ON N0M 1A0**



FRIENDS OF NORTH MIDDLESEX TRAILS

DISCOVER -> EXPLORE -> CONNECT

DISCOVER, EXPLORE, CONNECT.

DONATE in 3 easy ways:

1. ONLINE

Online with credit
or debit card at the
link found here -->



2. CALL

(888)286-2610 or
(519) 235-2610

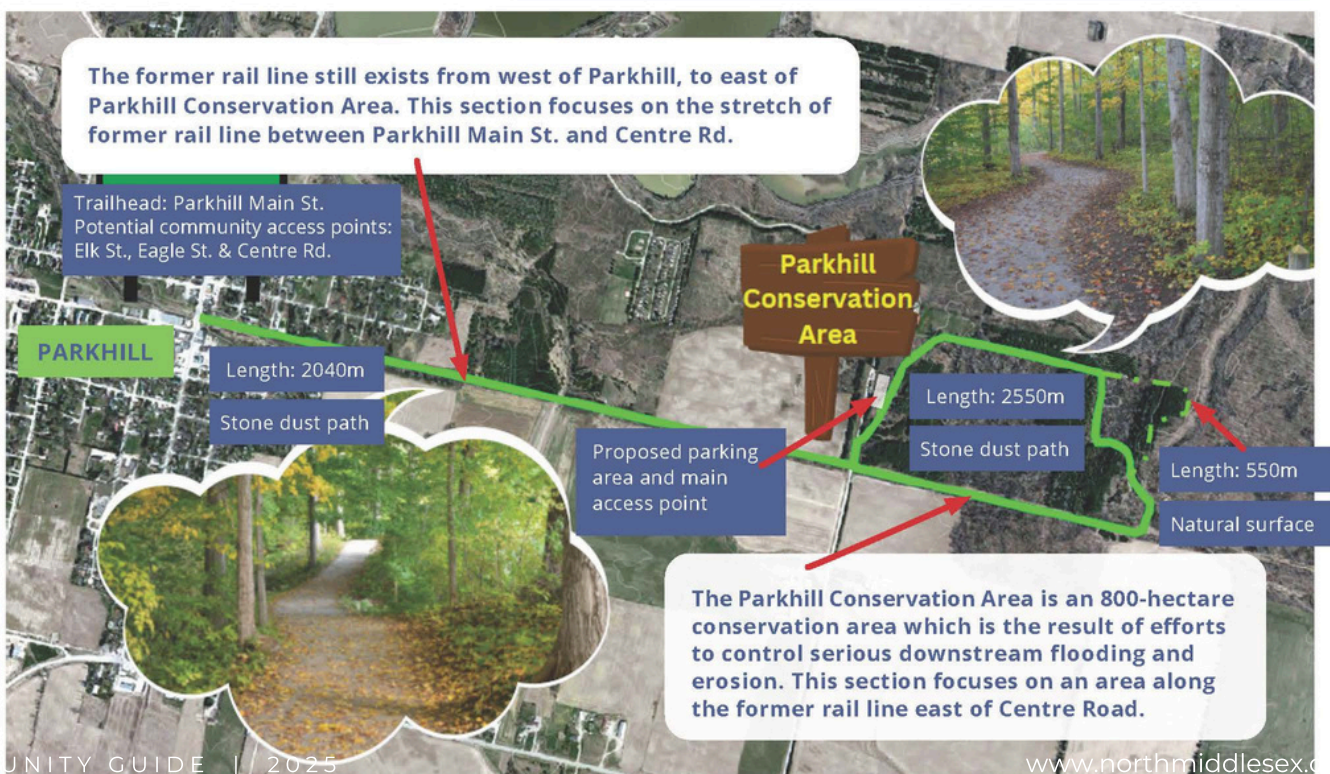
3. MAIL

Cheque payable to:
**Ausable Bayfield
Conservation Foundation**
71108 Morrison Line, RR 3
Exeter, ON N0M 1S5



FRIENDS OF NORTH MIDDLESEX TRAILS

With your donation to **Ausable Bayfield Conservation Foundation (ABCF)** for the Parkhill Trail Project, and Friends of North Middlesex Trails, you will be able to help create and expand the trail system in Parkhill and area, allowing people to 'Discover, Explore and Connect' with outdoor recreation and nature appreciation.





CHILDCARE PROVIDERS

PINE TREE PRESCHOOL PARKHILL

Licensed centre offering infant, toddler and preschool rooms. 3 months to 6 years. Contact Fiona David at (519) 657-6266 or fdavid@pinetreemontessorischool.com to schedule a tour and learn more.

AILSA CRAIG CO-OPERATIVE PLAYSCHOOL

Licensed play-to-learn facility offering half-day programs for 18 months to 5 years. Contact administration at (519) 293-3377 to learn more.



NORTH MIDDLESEX YOUTH MINOR SPORTS

SUMMER SPORTS

2025 Middlesex-Huron Youth Rugby

www.middlesexhuronrugby.ca

2025 Minor Soccer

www.nmmsa.ca/2024-registration

2025 Minor Baseball

www.northmiddlesexbaseball.com

WINTER SPORTS

2025 Minor Hockey

www.northmiddlesexhockey.com

2025 Skating Club

www.parkhillskatingclub.wixsite.com/

2025 Dance

<https://www.strathroydance.ca/>



KIDS SUMMER Camps

Join us at
Locality Wellness Hub
for Unforgettable....

SUMMER CAMP ADVENTURES!

- Week 1: July 2-4 - Jurassic Park
- Week 2: July 7-11 - To Infinity and Beyond
- Week 3: July 14-18 - Sports Mania
- Week 4: July 21-25 - Exploring the Great Outdoors
- Week 5: July 28-Aug. 1 - Beach Bash
- Week 6: Aug. 5-8 - Builders and Engineers
- Week 7: Aug. 11-15 - Farm Fun
- Week 8: Aug. 18-22 - Artistic Inspiration
- Week 9: Aug. 25-28 - Superhero/Fairytale Academy



Location: Parkhill and Ailsa Craig

Options and Cost: 1 Day Option: \$43.00, 3 Day Option: \$115.00, Full Week: \$170.00

Email: localitywh@gmail.com for more information



GAMES

SWIMMING

SCIENCE

CRAFTS

KIDS SUMMER *Camps*



The Locality Wellness Hub
presents

**ACTIVE EXPLORERS:
YOUTH SPORTS & LEADERSHIP**

SUMMER PROGRAM

Give your child the opportunity to build confidence, stay active, and develop essential leadership skills in a fun and supportive environment! Our Active Explorers program engages youth (ages 9-13) in a dynamic mix of **sports, outdoor skills, and team-building games**. Each session encourages teamwork, problem-solving, and personal growth while fostering a love for movement and adventure. Whether they're learning new skills or making new friends, every participant will leave feeling empowered and inspired!

Location: The Locality Wellness Hub

Dates & Times: Thursdays 9:00-4:00pm

July 3, 10, 17, 24, 31

Aug. 7, 14, 21, 28

All skill levels welcome

Sign up today and watch your child thrive!

\$43.00 per week

For more information,
email localitywh@gmail.com



KIDS SUMMER Camps

Parkhill Artisan Collective

Carnegie Building; 233 Main St. Parkhill

Summer Art Camps

Monday to Friday

8:30 am to 1:30pm

Ages 6 to 14

\$135.00/week

ENVIRONMENTAL ART

JULY 7–11

SHAPE BUILDING, COLLAGES, SHADOW
PORTRAITS

PAINTING

JULY 14-18

MOSAICS, SPONGE PAINTING, DOT PAINTING,
SUMMER SCENE

CARDBOARD CRAFTS

JULY 21– 25

Carboard houses, origami, arcade
games, stamp making

ART IN NATURE

JULY 28–AUGUST 1ST

Egg carton flower, flowerpot deco-
rating, outdoor sketching

ABSTRACT ART

AUGUST 4 - 8

LAYERED PAPER, LAYERED PAINTING,
POUR PAINTING, SMEAR PAINTING

WOODCRAFTS

AUGUST 11-15

Wind chimes, bird houses, popsicle stick houses

TEXTILES

AUGUST 18–22

BEADING, PILLOW MAKING, YARN PICTURES,
WEAVING

THEATRE CRAFTS

AUGUST 25–29

Masks, set design, puppets, instruments

TO REGISTER*** etransfer.carnegiegalleryparkhill@gmail.com

TIMING AND THEMES SUBJECT TO CHANGE

KIDS SUMMER *Camps*

FIVE FUN DAYS



SAVE THE DATES



JULY 7-11, 2025

CAMP WEEK

9AM - 3PM

PARKHILL ARENA

SUN JUN 1, 2025

REGISTRATION

12PM

GBC PARKHILL

A faith based day camp for children entering grade one to grade eight



Registration forms will be available online in May.





DAMEN Optimal Health & Fitness

Healthcare Centre

Physiotherapy • Chiropractic • Acupuncture
Neurological Rehabilitation • Paediatrics
Dietitian • Psychotherapy • Massage Therapy (RMT)

**Proudly offering
our community exceptional
healthcare and fitness services**

Fitness Centre

Fully Equipped Gym • Studio Space • Gym Memberships
Fitness Classes • Pilates Reformer & TRX Equipment
Personal & Athletic Team Training • Open Weekdays & Weekends

Located at 256 McLeod Street, Parkhill
North Middlesex Arena & Fitness Centre

www.damenoptimalhealthandfitness.com

519.205.0329 • fitness@damenoptimalhealth.com

Follow us!



DamenOptimalHealthAndFitness



CANADA
4-H Ontario

MIDDLESEX 4-H ASSOCIATION



Give Youth Skills for Life



At 4-H Middlesex, we're all about serious fun and empowering youth with skills that last a lifetime. Join us on an exciting journey where learning meets adventure. From agricultural activities to leadership development and everything in between, our programs are designed to foster personal growth, teamwork, and a love for learning.

Discover the joy of hands-on experiences, make lifelong friendships, and unleash your potential with 4-H Middlesex. Are you ready to embark on an unforgettable journey? Join the 4H today and let's grow together!

Become a member of 4-H!
















Children's Aid Society La Société d'aide à l'enfance L O N D O N & M I D D L E S E X

Safe Children, Bright Futures

CASLM Service Volume Highlights 2019-2020

-  6,406 Referrals Received
-  2,500 Protection Investigations Completed
-  3,127 Children/Youth Service in Community
-  191 Family Meetings
-  37 Adoptions Finalized
-  442 *Children in Care
-  4 *Children in Customary Care
-  185 *Care Provider Homes
-  145 *Youth on Extended Care
-  118 *Kinship Service Placements
-  109 Kinship Search Completed

*As at March 31, 2020



Why call?

The effects of child abuse and neglect are lifelong, affecting future relationships, self-esteem and sadly putting even more children at risk of abuse as the cycle continues.

Contact Us

1680 Oxford Street East, P.O. Box 7010
London, ON N5Y 5R8

Phone: 519-455-9000
Emergencies After Hours: 519-858-5998
Toll Free: 1-888-661-6167
Fax: 519-455-4355
Email: info@caslondon.on.ca
Website: caslondon.on.ca



facebook.com/CASLondonMiddlesex/



[@CAS_LM](https://twitter.com/CAS_LM)



CASLM Facts



Children's Aid Society
La Société d'aide à l'enfance
L O N D O N & M I D D L E S E X

Revised: 09/2020



Children's Aid Society

La Société d'aide à l'enfance

L O N D O N & M I D D L E S E X

About CASLM

The Children's Aid Society of London and Middlesex (CASLM) is a non-profit organization for the protection and safety of children and youth. The agency was founded in 1893.

Our Mission: We promote the well-being of children/youth, families and communities. We protect and care for children/youth at risk.

CASLM Mandate

There are 47 children's aid societies in Ontario that keep children safe, help parents build healthy families and provide safe and nurturing environments for children and youth who are unable to live at home because of family issues.

CASLM is mandated by the Child, Youth and Family Services Act to:

- Investigate allegations or evidence of abuse or neglect of children and youth who may be in need of protection
- Protect children and youth where necessary
- Provide guidance, counselling and other services to families to protect children and youth or to prevent the circumstances that would require child protection
- Provide care for children and youth assigned to our care
- Supervise children and youth assigned to our supervision
- Place children for adoption

Protecting Children/Youth

CASLM must investigate complaints where children/youth are alleged to be "in need of protection" in accordance with section 37.2 of the Child, Youth and Family Services Act. The definition of a child/youth in need of protection focuses on acts or omissions of either a parent, guardian, or of a person who has charge of a child/youth and causes harm or creates a risk of harm to them. In January 2018, the age of protection in Ontario increased to include 16 and 17 year olds.

Duty to Report & Reasonable Grounds

Early intervention and support for families at times of crisis is a significant contributor to reducing the incidence of abuse and neglect in families.

Section 72 of the Child, Youth and Family Services Act states that the public, including professionals who work with children, must promptly report any suspicions that a child/youth is or may be in need of protection to a Children's Aid Society.

Many people are reluctant to call the Children's Aid Society, either because they don't want to interfere in someone else's family, or they don't have proof that abuse is actually happening. A call to CASLM is the best way to help a family. "Reasonable grounds" are what an average person, given his or her training, background and experience, exercising normal and honest judgement, would suspect.

If a person has made a previous report about a child/youth, and has additional reasonable grounds to suspect that someone is or may be in need of protection, they must make this report directly to CASLM.
See: caslondon.on.ca/services/report_a_concern.

Why call?

The effects of child abuse and neglect are lifelong, affecting future relationships, self-esteem and sadly putting even more children at risk of abuse as the cycle continues. A call to CASLM can help break the cycle. See numbers on back panel.

CASLM Services

CASLM provides the following services to children, youth and their families in the community.

- Alternate Care: Kinship Care, Customary Care, Foster Care, Adoption and Independent Living
- Family Visiting Program
- Youth Response Unit
- Adoption Disclosure/Personal Information Request
- Duty to Report Presentations
- Services in English and French



How to help?

- Fostering/adoption
- Making a donation
- Volunteering your time

THE FARMER WELLNESS INITIATIVE

FREE, UNLIMITED COUNSELLING



FARMERWELLNESSINITIATIVE.CA

The Farmer Wellness Initiative provides Ontario farms with mental health support by offering free unlimited counselling for farmers, farm workers and their families, specific to the unique challenges that can be experienced by the agricultural community.

1-866-267-6255

How it Works:

Step 1 – When you call the line, you'll go through a brief intake process. You'll be asked your name, where you live and why you're calling. (Note: if you're in crisis, you'll be directed to immediate support.)

Step 2 – Within a week, you'll be connected to a counsellor that you can see on an ongoing basis by phone, video, or in person (based on availability). The mental health professionals who provide counselling are ag-informed to best serve the community.

Step 3 – Engage in counselling for as long as you need. Sessions are free and unlimited. Finding the right counsellor is important. If you'd like to be matched with someone new, you can call the line back and be matched with someone who may be a better fit – no questions asked.

What you need to know:

ELIGIBILITY



Ontario-based farmers, farm workers and their families (spouses, partners, children, dependents). This includes family members involved in the operation of the farm. Note: callers must be 16 years or older. Youth between the ages of 12-15 may utilize the service with parental consent.

COST



Free! There is no cost for this service, and the number of sessions is unlimited.

All information received through counselling sessions is confidential and in accordance with the Personal Health Information Protection Act (2004).

PRIVACY



ACCESSIBILITY

Operated by TELUS Health, you can call 1-866-267-6255, 24 hours a day, 7 days a week, 365 days a year. Available in both English and French.



In the Know

A MENTAL HEALTH WORKSHOP FOR THE AGRICULTURAL COMMUNITY



In the Know was developed by a research team at the University of Guelph in 2019. In 2021, CMHA Ontario became the delivery partner for In the Know in Ontario.

What you'll learn:

- Awareness of mental health stigma in the agricultural community
- Common stressors and mental health concerns in agriculture
- How to identify warning signs of stress, depression, anxiety, substance use, and suicide
- How to start a conversation around mental health
- The importance of self-care



Having conversations about mental health is important

- 76%** of farmers were classified as experiencing moderate or high perceived stress¹
- 40%** of producers across Canada reported they would feel uneasy about seeking professional help due to what people may think²
- 98%** of In the Know participants reported that their confidence in their ability to speak to someone about their mental health increased following the session

PROGRAM-AT-A-GLANCE

Workshop basics:



Free to participate



Uses agricultural examples



3 hours of content



Virtual and in-person delivery options

In the Know is appropriate for everyone who is connected to Ontario's agriculture community!

Free to agricultural businesses and organizations, for groups of 5 to 30 people.

Great offering for:

- Boards of directors
- Staff teams
- Membership
- Community members

"It was good to get together with other agricultural producers in my community and discuss mental health. A few years ago, this never would have happened. That is huge progress."

- In the Know Participant

Individuals

Sign up for one of our monthly virtual workshops today! Open to producers, agriculture professionals and community members!



Groups

Request a private training for your group. Booking workshops through 2023 now.



www.intheknowontario.ca

¹Briana N. M. Hagen, Alex Sawatzky, Sherilee L. Harper, Terri L. O'Sullivan & Andria Jones-Bitton (2022) "Farmers Aren't into the Emotions and Things, Right?": A Qualitative Exploration of Motivations and Barriers for Mental Health Help-Seeking among Canadian Farmers, Journal of Agromedicine | ² National Survey of Farmer Mental Health, Submission to the Standing Committee on Agriculture and Agri-Food: Strengthening Canada's Agricultural Sector – A Canadian Network for Farmer Mental Health by Dr. Andria Jones-Bitton, Ontario Veterinary College, University of Guelph (2016)



PROGRAMS

The Thames Valley Family Health Team offers the following free programs to the general public:



Best Weight

Become health-focused and get practical strategies on nutrition, activity levels and other health behaviours.



Dream On: Cognitive Behavioural Therapy for Insomnia

Discover how to get your sleep back through a non-medication approach.



Heart Health

Learn practical approaches to managing your cholesterol levels and reducing your overall cardiovascular disease risk.



SPACED

Introduction to Mindfulness

Discover mindfulness and its benefits for health and wellness. Learn practical ways to incorporate mindfulness into your life.



Leave the Pack Behind - Tools to Quit Smoking

Learn about the physical and psychological aspects of nicotine addiction, tactics to help you quit, and medications that can set you up for success.



Living Mindfully

Learn to incorporate mindfulness practices that help you develop calmness and reduce your body's reaction to stress.



Steady & Strong: A Falls Prevention Group

Learn how to prevent falls in your home and community so that you can live where you choose without losing your quality of life.



Sweet Talk: Managing Your Blood Sugars

Learn how to change your health behaviours to improve blood sugar control and reduce health risks.



To learn more and register, scan the QR code next to the group or visit
www.thamesvalleyfht.ca/programregistration



The Municipal Office.
229 Parkhill Main St.
Parkhill, Ontario

1st & 3rd Fridays 4-8pm

June 6th & 20th

July 4th & 18th

August 1st & 15th

September 5th & 19th