



*Discover Life. Pure & Simple.*

# Quarterly Newsletter

JUNE, 2023

## SUMMER IS HERE!

**Enjoy a staycation in Southwest Middlesex this summer!**

Soon the children will be out of school and looking for fun things to do. Southwest Middlesex has lots of places to explore this summer including Big Bend Park, the trails in Skunks Misery plus many recreation programs in Glencoe and Wardsville that kids can be a part of. Take the family and check out local trails, spend a night watching the stars at Big Bend Conservation Area and discover all of what Southwest Middlesex has right at your door.

While you are on your journey this summer, remember to send us any local pictures that you would like to share in our newsletter or on social media. Also let us know if you have any topics that you would like to see covered in future editions by contacting us by email at [info@southwestmiddlesex.ca](mailto:info@southwestmiddlesex.ca) or by phone at 519-287-2015.

### WHAT THIS ISSUE CONTAINS:

- Feature - Thames Talbot Land Trust (TTLT)
- Arboreta, Trails, Parks
- Community Events
- Recreation Programs
- Sponsorship Opportunities
- Open Air Burn Information
- And More

Find us on the following social media channels (linked at the top of our webpage):

Facebook - Municipality of Southwest Middlesex

Instagram - @southwestmiddlesex

LinkedIn - Southwest Middlesex Municipality

Twitter - @SouthwestMiddl1

YouTube - <https://www.youtube.com/channel/UC6oo98BZcAvuVMKLDx88I4A>



# Council Meeting Calendar

Below is the 2023 council meeting calendar which is subject to change throughout the year. Special meetings will be posted on the website at least 72 hours before the meeting as well as scheduled meeting changes. Please note Southwest Middlesex Council meetings will no longer be commencing at 7pm. Regular Council meetings now start at 1:30 pm and Regular/Planning Council meetings start at 6pm.

## Southwest Middlesex Council Calendar

2023

January 2023						
S	M	T	W	T	F	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February 2023						
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March 2023						
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April 2023						
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30						

May 2023						
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28	29	30	31			

June 2023						
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25	26	27	28	29	30	

July 2023						
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August 2023						
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September 2023						
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October 2023						
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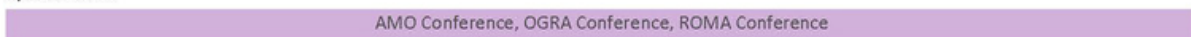
November 2023						
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December 2023						
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					1	2
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10	11	12	13	14	15	16
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24	25	26	27	28	29	30
31						

### Statutory Holidays/Office Closures



### Special Dates



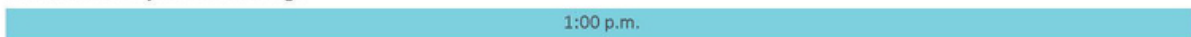
### Regular Council Meeting



### Regular/Planning Council Meetings



### Middlesex County Council Meetings



## Who We Are

Thames Talbot Land Trust (TTLT) protects and restores nature within Southwest Middlesex and other communities in Middlesex, Elgin, Oxford, and Perth counties. With a focus on healthy habitats for wildlife, our work also contributes to human well-being and helps address climate change.

Since 2000, TTLT has protected more than 863 hectares (2,132 acres) of land across 25 sites and counting. We currently protect 151 ha (373 ac) in Southwest Middlesex. Our nature reserves include wetlands, forests, meadows, agricultural lands and the homes of more than 60 species at risk. We recognize that these lands have been cared for and remain under the care of Indigenous Peoples from time immemorial. We aim to work in the spirit and practice of reconciliation and we are honoured to take part in sustaining and nurturing nature in this region.



Photo provided by Susan Berry

## Wardsville Woods

1.6 km trail and Community Native Wildflower Garden  
1632 Longwoods Road, Wardsville, ON

## Sitler Woods

1.3 km trail through the heart of Skunk's Misery forest  
Southeast corner of Concession Dr and Dogwood Rd,  
trail access from Dogwood Rd

## What We Do

### Protect Lands, Habitat and Natural Heritage

TTLT safeguards land through purchase, donation or by special agreements to conserve our natural and agricultural heritage into the future. We work with a range of landowners who have cared for their land for years and wish to see it protected forever. One of our focal areas is Skunk's Misery, a very special place in Southwest Middlesex.

### Restore Ecosystems

TTLT cares for the land through conservation and restoration initiatives powered by volunteers and supporters. We create healthy habitats for all species, including some of Canada's rarest, to give them a chance to thrive.

### Nurture a Love of Nature

We love sharing our love of nature. We offer a variety of events and programs aimed at nurturing people's connection to nature to inspire wonder, promote well-being, and increase support for these protected areas.



Get your 2023-2024 TTLT Passport to Nature booklet to have some fun and discover new things about your community and other amazing places – free adventures all year long! Available online or at Southwest Middlesex office.

Contact us for more information about land conservation options, volunteering opportunities or events.  
P.O. Box 25054, London ON, N6C 6A8 | [info@ttl.t.ca](mailto:info@ttl.t.ca) | 519-858-3442 | [www.thamestalbotlandtrust.ca](http://www.thamestalbotlandtrust.ca)



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# Get to Know our Outdoor Spaces!

The best way to escape is to take a walk outdoors and get in touch with nature...and it is free!

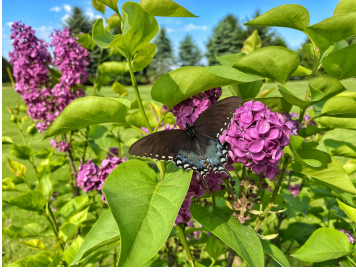


Photo above and below provided by Rhonda Sutherland



## Trails

Stepping into nature has been proven to provide health benefits such as increased energy and immunity, increase in weight loss and fitness, boost in mood, reduced stress and anxiety, inspiration in creative thinking, improved observation skills and much more. To top it off - walking in nature is free! How often do we hear that?

There are some really great walking trails in Southwest Middlesex maintained by Thames Talbot Land Trust (TTLT), Middlesex County and the Lower Thames Conservation Authority. Each of their websites provide the details of walking trails in this area as well as in neighbouring communities.

- Middlesex County Trails flip book - <https://fliphtml5.com/lywfa/fdrc/basic>
- TTLT - [https://www.thamestalbotlandtrust.ca/visiting\\_tslt\\_properties](https://www.thamestalbotlandtrust.ca/visiting_tslt_properties)
- Lower Thames Conservation Authority - <https://www.lowerthames-conservation.on.ca/portfolio/big-bend-conservation-area/>

Skunk's Misery in the southwest portion of Southwest Middlesex is an Area of Natural and Scientific Interest (ANSI area) that is available to discover. The municipal roads bordering the lands can also be walked if you do not want to go into the wooded trail areas. The roads are still a good place to observe what our forests offer.

Take a walk or a bike ride to discover something new in Southwest Middlesex!



McArthur Park Arboretum

## Arboreta

The two sites are found at Strathburn Park - 3607 Longwoods Road and at McArthur Park - 4423 Longwoods Road. The purpose of an arboretum is by definition a place where trees or shrubs are cultivated for their scientific or educational interest. Arboretums are not only visually interesting and great for education and tourism, they are also used to improve tree health and diversity in our treed landscape. The trees planted at both sites vary in species so we are able to observe drought tolerance, height suitability, insect infestation issues and more.



# Get to Know our Outdoor Spaces!

The best way to escape is to take a walk outdoors and get in touch with nature...and it is free!



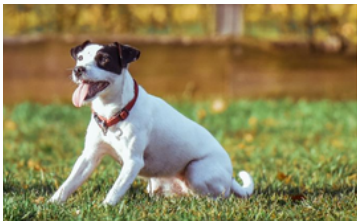
Glencoe Main Street Parkette



Appin Fully Accessible Playground



Simpson Street Park



## Parks

Local parks are a fantastic resource that residents of Southwest Middlesex can take advantage of to improve overall well-being. Spending time in these green spaces can have many benefits, both physically and mentally. Not only do they provide an opportunity for physical activity, but also an escape from the stresses of daily life. The fresh air and natural surroundings have a calming effect, helping to reduce stress and anxiety levels. Additionally, parks provide a social space to meet new people, participate in community events, and form lasting friendships. In short, using local parks is a win-win situation, as it benefits both individuals and the community. So why not take advantage and head to your local park today to enjoy the many benefits that come with spending time outdoors in nature!

## Our Parks and Recreation Areas

- Appin Community Park – 48 Wellington Avenue, Appin
- Appin Ball Diamond – 48B Wellington Avenue, Appin
- Melbourne Park – 29 Victoria Drive, Melbourne
- Longwoods Road Park – 3577 Longwoods Road, Glencoe
- McArthur Park – 4423 Longwoods Road, Melbourne
- Project 2000 – 138 Mill Street, Glencoe
- Glencoe Fairgrounds Ball Diamond 1 – 138 Mill Street, Glencoe
- Glencoe Fairgrounds Ball Diamond 2 – 138 Mill Street, Glencoe
- Glencoe Fairgrounds Soccer Field – 138 Mill Street, Glencoe
- Glencoe Parkette - 241A Main Street, Glencoe
- Middlemiss Park – 4 Middlemiss Avenue, Middlemiss
- Simpson Street Park – 144 Simpson Street, Glencoe
- Strathburn Park – 3607 Longwoods Road, Glencoe
- Tennis Court – 3581 Concession Street, Glencoe (GDHS)
- Wardsville Little Kin Park – 216 Church Street, Wardsville

## Commonwealth Dog Park

Looking to give your dog some socialization and room to run off leash? The Commonwealth Dog Park is just the place and is open to dogs of all sizes.

**Location:** 100 Industrial Road, Glencoe.

## Humane Society of London

For animal control please email [animalservices@hslm.ca](mailto:animalservices@hslm.ca) or call 1-877-909-0519.

# Upcoming Community Events!

## Melbourne Mud Madness

**Date:** Saturday June 10 , 2023 & August 26, 2023

**Location:** 6395 Parkhouse Drive, Melbourne

Come on out for thrilling mud runs, live entertainment and more this summer. For a complete list of activities and how to purchase tickets please visit [melbournemudmadness.ca](http://melbournemudmadness.ca).

## Sundays at the Station

Sundays at the Station is back! Come on out Sunday evenings during the summer for live local entertainment at the Glencoe Train Station at 7pm, rain or shine. Please bring a lawn chair and your loud voices to cheer on our performers.

**Address:** 157 McRae Street, Glencoe.

### 2023 Dates & Performers

June 11: Allen Family Band

June 18: Jeremy Smith

June 25: Easy Mark

July 2: Deep Southwest

July 9: Black Rock (unplugged)

July 16: Tartan Days Ceili

July 23: Leavin' Tracks

July 30: Crystal Gage & Ryan St. Denis

August 6: John Berkmortel & Co.

August 13: Station Krew

August 20: Back Pages

August 27: The Pierce Family Band

Thank you to all who attend!



## Canada Day

**Date:** Saturday July 1 , 2023.

**Location:** Glencoe Fairgrounds, Southwest Middlesex Pool & Glencoe Agriculture Hall

Southwest Middlesex's Canada Day Committee and the Glencoe Lions Club are excited to host this years Canada Day celebrations. The celebrations are going to consist of a variety of activities for all to enjoy.

Events include a flag raising ceremony, free public swims, free aqua fit class, BBQ dinner, live entertainment, a 50/50 and fireworks that will start at 10pm. A full schedule of events will be posted on the Municipality of Southwest Middlesex's social media in the coming weeks.

## Glencoe Skating Club Registration

The Glencoe Skating Club offers several learn to skate programs for varying levels of skating including our Pre CanSkate, CanSkate and StarSkate which focuses on skill development, ice dance, free and artistic skate. We also run power skating programs, fun themed skating nights and multiple events showcasing our skater's learned abilities for the season.

More information can be found on our club website. Registration for next season will open July 1st, 2023 online at:

<https://glencoeskatingclub.uplifter.com/registration/>

## New Horizons Club

If you are interested in playing cards and having fun the New Horizons Club is for you. This group meets twice a week at the Glencoe Quest Centre at 3581 Concession Drive, Glencoe (western entrance of GDHS) to play. Every Tuesday is Bid Euchre starting at 1pm and every Friday is Euchre starting at 1pm. Please contact Howard VanderHooft at 519-289-5335 for more information.

# Upcoming Community Events!

## Tartan Days

**Date:** July 14-16 , 2023

**Location:** Main Street, Glencoe

Join the Celebrate Community Committee for an incredible celebration of culture and community in Glencoe. The three day event offers something for everyone including:

- Car Show on Main Street
- Legion Chicken BBQ
- Town-Wide Yard Sales
- Quad County FREE Pancake Breakfast
- Thistle Growing Competition
- Art in the Park
- Historical Society Open House
- Ceilidh at the Station & much more.

Watch the SWM Celebrate Community Committee's Facebook page for a full schedule of events.



## Glencoe Truck & Tractor Pull

**Date:** Friday July 21, 2023

**Time:** Gates open at 4pm, pull starts at 6:30pm

**Location:** Glencoe Fairgrounds,

**Cost:** \$20 per adult

The Glencoe Agriculture Society is inviting you to this years Glencoe Truck & Tractor Pull. This fun-filled event is family friendly, has live entertainment, refreshment tent and food vendors on site.

For more information please visit [www.glencoeffair.ca](http://www.glencoeffair.ca)

## 200th Anniversary Celebration of Ekfrid Township

**Date:** Saturday July 29 , 2023

**Time:** To be announced.

**Location:** Ekfrid Community Centre, 48 Wellington Avenue, Appin

Join the community of Appin in celebrating the 200th anniversary of Ekfrid township, now part of Municipality of Southwest Middlesex. Activities include:

- Breakfast at the Presbyterian Church
- Car Show
- Town-Wide Yard Sales
- Ekfrid Museum and Post Office Tours & more!

The Snappin Appin group will post a full schedule events on Facebook.

## Melbourne Agriculture Fair

**Location:** 21886 Melbourne Rd, Melbourne

**Time:** The full schedule of events will be posted on the Melbourne Agricultural Societies Facebook page.

**August 19** - Free Admission

To register for any of the following events please email [melbourneagsociety18@gmail.com](mailto:melbourneagsociety18@gmail.com) or call 519-289-5600

- 4-H and Market Cattle Show
- Field Crop Competition: Do you have the best crop in Southwest Middlesex?
- Junior Fair Competition
- Open Canning and Antique Exhibits divisions

**August 20** - Gate Admission \$5

- Tractor Fest: Register by emailing [melbournetractorfest@gmail.com](mailto:melbournetractorfest@gmail.com)
- Children's Festivities and Vendors
- Toy Show Exhibit. Register by emailing [wolfecody44@gmail.com](mailto:wolfecody44@gmail.com).

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If you have an event or club you would like to see featured in one of our quarterly newsletters please call the Southwest Middlesex office at 519-287-2015 or email [scormier@southwestmiddlesex.com](mailto:scormier@southwestmiddlesex.com).



# Join us for Indoor & Outdoor Recreation Programs

One of the Municipality of Southwest Middlesex core services is community recreation. We offer a variety of facilities and outdoor spaces for residents to enjoy. These areas include parks, trails, playgrounds, conservation areas, an outdoor swimming pool and splash pad, tennis courts, arena, and community centres. We also offer a variety of services for residents of all ages and abilities (infant to senior). For more in depth description of our recreational offerings please visit [www.southwestmiddlesex.ca/services/parks-and-recreation](http://www.southwestmiddlesex.ca/services/parks-and-recreation) to review our 2023 Spring-Summer Recreation Guide .

## Children's Art, Crafts & Games

### Time & Location:

- Wednesdays from 5:30pm-7pm at the Glencoe Train Station, 157 McRae Street, Glencoe
- Thursdays from 5:30pm-7pm at the Wardsville Masonic Hall

**Cost:** \$5 per class

**Description:** This program is for kids to explore their creativity through a variety of activities. They will enjoy painting, drawing, doing crafts, playing games and having fun. This is a drop in program, you may either pay in cash at the door or online though [www.southwestmiddlesex.ca](http://www.southwestmiddlesex.ca).

## Tennis Clinics

### Dates:

- Saturday **July 8th** from 1pm-3pm

**Location:** Glencoe District High School Tennis Courts, 3581 Concessions Street, Glencoe

**Cost:** \$15 per person or \$40 per family

**Description:** Tennis professionals will walk you through everything from the basics to professional techniques to get you ready for the courts this summer. You may pay in cash at the clinic or online though [www.southwestmiddlesex.ca](http://www.southwestmiddlesex.ca).

## Yoga

### Time & Location:

- Mondays from 6pm-6:50pm: All Levels Yoga at the Wardsville Masonic Hall, 21996 Hagerty Road, Wardsville
- Thursdays from 5:30pm-6:20pm: Chair Yoga & 6:30pm-7:20pm: All Levels Yoga

**Cost:** \$6 per class

**Description:** Enjoy the relaxing and rejuvenating benefits of yoga every week guided by our qualified instructor. You may pay cash at the class or online through [www.southwestmiddlesex.ca](http://www.southwestmiddlesex.ca).

## Pickleball

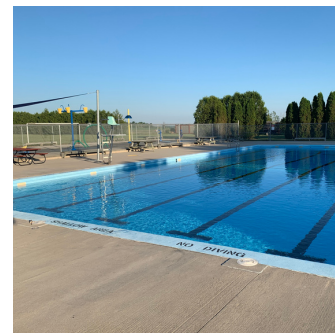
**Time:** Mondays from 5:30pm-7pm

**Location:** Glencoe District High School Tennis Courts, 3581 Concessions Street, Glencoe

**Cost:** \$4 per session

**Description:** Come on out and try North America's fastest growing sport Pickleball. Pickleball is a great way to get active and have fun. It is a mix of tennis and ping-pong where players strive to reach 11 points before their opponents. This is a drop in program, you may either pay in cash at the door or online at [www.southwestmiddlesex.ca](http://www.southwestmiddlesex.ca).

We also offer Euchre, Walking and Wellness, Nutrition presentations and more. To learn all about our recreational programs visit [www.southwestmiddlesex.ca](http://www.southwestmiddlesex.ca) for our Recreation Guide: Spring- Summer 2023. If you have any questions please visit the municipal office at 153 McKellar St. or call 519-287-2015 ext. 8121.



# Southwest Middlesex Pool & Splash Pad

Our mission is to provide leadership, knowledge and awareness of the aquatic programs offered at the Southwest Middlesex pool. This facility strives to continue to work hand-in-hand with community members and the municipality to respond to the needs of our dedicated public. Our staff and volunteers do our best to make your visit to the Southwest Middlesex pool something special! To register for our aquatic programs visit [www.southwestmiddlesex.ca](http://www.southwestmiddlesex.ca) or talk with our aquatic staff at the pool at 138 Mill Street, Glencoe.

## Important Dates

- May 22nd-26th, 2023:** Early Registration
- June 12th, 2023:** Pool & Splash Pad Opening Date
- July 1st, 2023:** All programming is FREE
- July 3rd, 2023:** Pool Full Programming Starts
- July 15th, 2023:** Glencoe Gators Swim Meet: Pool closed to the public.
- August 28th, 2023:** Pool Reduced Programming Start
- August 31st, 2023:** Pool Closes
- September 8th, 2023:** Splash Pad Closes

## Aqua Fit & Lane Swim

Offered 7 days a week, aqua fit and lane swim are great ways to cool off and get fit. Aqua Fit is a form of water aerobics lead by our qualified instructors.

## Glencoe Gators Swim Team

The Glencoe Gators swim team is a recreational group that swims all summer long. It is a great way for kids to have fun and stay active. This team practices Mondays, Wednesdays, and Fridays from 3:45pm-4:30pm starting on July 3rd, 2023. This team is for kids aged 4-16. If you have any questions regarding this program please email [scormier@southwestmiddlesex.ca](mailto:scormier@southwestmiddlesex.ca) or talk to our Aquatic staff.

For everything aquatics please visit our Parks and Recreation page at [www.southwestmiddlesex.ca](http://www.southwestmiddlesex.ca) or call 519-287-2015 ext. 8121.

## Swimming Lessons

Please find below the recommendations from the Lifesaving Society of what swimming lessons level you should register in depending on the age of your swimmer.

- Parent & Tot: for parents and children up to 3 years of age
- Preschool: for children 3-5 years
- Swimmer & Patrol: for children 5 years and older
- Bronze Star: for children 12 years old (SWIM Patrol experience recommended)
- Bronze Medallion: minimum 13 years of age or Bronze Star certification
- Bronze Cross: must have Bronze Medallion and Lifesaving Society Emergency or Standard First Aid certifications
- Adult Swimmer: for people over 16 years

## Swimming Lesson Sessions

All of our swimming lessons run in two week blocks. The following are the dates of our swimming lesson sessions in 2023:

- Session 1: July 3rd-14th
- Session 2: July 17th-28th
- Session 3: July 31st-August 11th
- Session 4: August 14th-25th

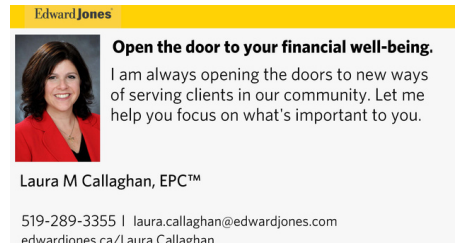
## Thank you to our 2023 Public Swim Sponsors!



**AMY CHOI**  
REAL ESTATE AGENT

amychoi@kw.com  
519-851-4807

**AMY CHOI**  
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**Edward Jones**

**Open the door to your financial well-being.**

I am always opening the doors to new ways of serving clients in our community. Let me help you focus on what's important to you.

Laura M Callaghan, EPC™

519-289-3355 | [laura.callaghan@edwardjones.com](mailto:laura.callaghan@edwardjones.com)  
[edwardjones.ca/LauraCallaghan](http://edwardjones.ca/LauraCallaghan)



*Discover Life. Pure & Simple.*

153 McKellar Street, Glencoe, ON N0L 1M0

# Advertising & Corporate Sponsorship

Southwest Middlesex offers numerous advertising and sponsorship opportunities that are effective, economical and rewarding. By investing in Southwest Middlesex recreation and facilities, you can promote your business or service to hundreds of visitors from Southwest Middlesex and beyond through our cost-effective programs.

## Why Advertise with Southwest Middlesex Recreation?

- A cost-effective way to promote your company's products or services
- The community will see your advertisements over & over again, creating countless opportunities not only for you to get your message out there, but also to be seen as supporting your community
- Ads have high exposure and are viewed by thousands of people every year, via programming, rentals and tournaments that occur in the arena
- We offer a variety of advertising opportunities including arena wall ads, arena board ads and recognition signs for our flower baskets and planter boxes
- Proceeds from these ads are returned to the municipality, where your business operates & your customers live – that's a return on your investment!

## Interested in Becoming a Sponsor?

The Municipality of Southwest Middlesex is looking for local businesses or residents who wish to sponsor our public skates and public swims. In return for your sponsorship Southwest Middlesex will feature your logo within our promotional materials, recreation guide and via social media.

## Arena/Arena Donor Board!

The **NEW** Southwest Middlesex Recreation Centre (previously Glencoe Arena) renovations are underway and nearing completion end of June. The Southwest Middlesex Recreation Centre will be a place where your family, neighbours and friends gather for hockey, figure skating, recreation programming, and community celebrations for generations to come.

We are reaching out to offer an opportunity for you to be a part of this exciting project. In return for a \$100+ donation, we can prominently and permanently showcase your family or company name on a donor board in the Southwest Middlesex Recreation Centre. Visitors, family, friends and future generations will acknowledge your investment with thanks. Please see the donor recognition level options at [www.southwestmiddlesex.ca](http://www.southwestmiddlesex.ca) and let us know if you would like to participate in this exciting venture; all donations will be well-received and much appreciated. All donations \$20 or greater will receive a tax receipt.



For more information see our website and contact Sam Cormier by email [scormier@southwestmiddlesex.ca](mailto:scormier@southwestmiddlesex.ca) or by phone at 519-287-2015 ext. 8121.



# Did You Know?

**Did you know?** It is against the law to burn these materials in an outdoor fire.



Treated Lumber

Glass

Cans



Petroleum Products



Tires



Demolition Debris



Construction Debris



Garbage



Paint



Pesticide Containers



Dead Animals



Cardboard

## Open Air Burns

### Southwest Middlesex By-Law 2001/075

Open air burning refers to the burning of any material, including without limiting the generality of the foregoing, wood, cardboard, brush or garden waste where the flame is not wholly contained and is, thereby, open to the air.

These burns must be permitted prior to the start of the burn. Residents in Southwest Middlesex must contact Fire Chief Gary Johnston of the Southwest Middlesex Fire Department at 519-521-7850 and Fire Dispatch (Strathroy) at 519-245-1300 or 1-844-220-1300.

If you are located in the Brooke-Alvinston response area, please call Fire Chief Steve Knight of the Brooke-Alvinston Fire Department at 519-898-2173.

### Rules and Regulations of Open Air Burns

- Your area's Fire Chief or designate must be contacted before burning brush in rural areas.
- Open air burning is allowed 8am to 6pm only.
- Recreational burning refers to a pit that is no larger than 2 feet and covered with a heavy gauge metal screen. Recreational burning is allowed 10am-11pm.
- In rural areas fires must be at least 45 meters from any building, road, or wooded area.
- In urban areas fires must be at least 3 meters in all directions from adjacent properties, combustible structures, or objects.
- Open air burning is not permitted when wind speeds exceeds 30km per hour or during rainy or foggy weather.
- An extinguishing agent must be immediately available.

For more information and a complete list of all the rules and regulations please visit the Fire Services and Emergency Management page on [www.southwestmiddlesex.ca](http://www.southwestmiddlesex.ca).

## Yield to Flashing Green Lights

When on your daily commute if you notice a flashing green light in another vehicle please yield. Flashing green lights in the community are Firefighters who are responding to an emergency. Seconds count in emergency situations, so please be courteous and yield. You may help save a life! - Southwest Middlesex Fire Department.

# Fraud Information / Volunteer Opportunities

OPP recently reported that "in 2022, more than \$9.2 million (with \$5.4 million reported losses in Ontario alone) was reported lost to emergency scams, according to the CAFC (Canadian Anti-Fraud Centre)".

Fraudsters target anyone and everyone, particularly the vulnerable and seniors. It is estimated that only 5-10 per cent of victims report scams and fraud to the CAFC or law enforcement.

If you fall victim to fraud or know someone who has, contact your local police service to report the crime. Report the incident to the CAFC at 1-888-495-8501 or online on the Fraud Reporting System (FRS), even if a financial loss did not occur.

Fraudsters can be very convincing- they prey on our emotions and our caring nature. The best protection against fraud is awareness and education. If you know a senior or have an elderly family member, please reach out to them and have a conversation on what to do if they are asked for emergency money - consider coming up with a code word.

Learn more at:

- Emergency Scams (<https://ised-isde.canada.ca/site/competition-bureau-canada/en/fraud-and-scams/tips-and-advice/emergency-scams>)
- Royal Canadian Mounted Police (<https://www.rcmp-grc.gc.ca>)
- Canadian Anti-Fraud Centre (<https://www.antifraudcentre-centreantifraude.ca/index-eng.htm>)
- Ontario Provincial Police (<https://www.opp.ca>)



 Canadian Mental Health Association  
Thames Valley  
Addiction and Mental Health Services

Association canadienne pour la santé mentale  
Thames Valley  
Services de santé mentale et de traitement des dépendances

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