



**CANADIAN MENTAL  
HEALTH ASSOCIATION**  
**L'ASSOCIATION CANADIENNE  
POUR LA SANTÉ MENTALE**

FILIALE COCHRANE TIMISKAMING BRANCH



The CMHA exists to promote the mental health of all people and to serve mental health consumers, their families and friends. Founded in 1918, it is one of the oldest voluntary organizations in Canada.

### **Canadian Mental Health Association Ontario Website Addresses**

Canadian Mental Health Association  
<http://www.cmha.ca>

Canadian Mental Health Association, Ontario Division  
<http://www.ontario.cmha.ca>

Canadian Mental Health Association, Cochrane Timiskaming Branch  
<http://www.cmhact.ca>

Canadian Mental Health Association, Sudbury Branch  
<http://www.cmha.sudbury.on.ca>

Canadian Mental Health Association, Thunder Bay Branch  
<http://www.cmha-tb.on.ca>

Canadian Mental Health Association, Sault Ste. Marie Branch  
<http://cmhassm.com>

Canadian Mental Health Association, Nipissing Regional Branch  
<http://www.cmhanipissing.on.ca>

Canadian Mental Health Association, Glengarry/Prescott-Russell Branch  
<http://www.cmha-east.on.ca>

Canadian Mental Health Association, Barrie-Simcoe Branch  
<http://www.mhcva.on.ca/cmhabar.htm>

Canadian Mental Health Association, Brant County Branch  
<http://www.cmhabrant.on.ca>

Canadian Mental Health Association, Chatham-Kent Branch County Branch  
<http://www.cmhakent.com>

Canadian Mental Health Association, Hamilton  
<http://home.nas.net/~cmhaham>  
<http://www.netaccess.on.ca/~cmhaham>

Canadian Mental Health Association, Hastings & Prince Edward Counties Branch  
<http://www.hastings-cmha.org>

Canadian Mental Health Association, Huron-Perth Branch  
<http://granite.cyg.net/~cmha>  
<http://cyg.net/~cmha>

Canadian Mental Health Association, Kingston Branch  
<http://www.kingston.org/cmha>

Canadian Mental Health Association, Lambton County Branch  
<http://www.cmhalambton.on.ca>



Emerging Into Light: A symbol of recovery and resilience for people who care about mental illness and health. By endorsing a common symbol, we can help build public awareness about the importance of mental illness and mental health.

### **Canadian Mental Health Association Ontario Website Addresses**

Canadian Mental Health Association, London-Middlesex Branch  
<http://www.london.cmha.ca>

Canadian Mental Health Association, Oxford County Branch  
<http://www.cmhaoxford.on.ca>

Canadian Mental Health Association, Peel Branch  
<http://www.cmhapeel.ca>

Canadian Mental Health Association, Peterborough Branch  
<http://www.peterborough.cmha.on.ca>

Canadian Mental Health Association, Waterloo Regional Branch, Wellington Dufferin Branch  
<http://www.cmhawdb.on.ca>  
<http://www.cmhawrb.on.ca>

Canadian Mental Health Association, Windsor-Essex County Branch  
<http://www.cmha-wecb.on.ca>

Canadian Mental Health Association, Metro Toronto Branch  
<http://www3.sympatico.ca/cmha.toronto>

### **Online Resources for Mental Health**

"We All Belong" Public Education Campaign  
<http://www.weallbelong.ca>

Canadian Mental Health Network  
<http://www.canadian-health-network.ca>

Nipissing University  
<http://www.nipissingu.ca>

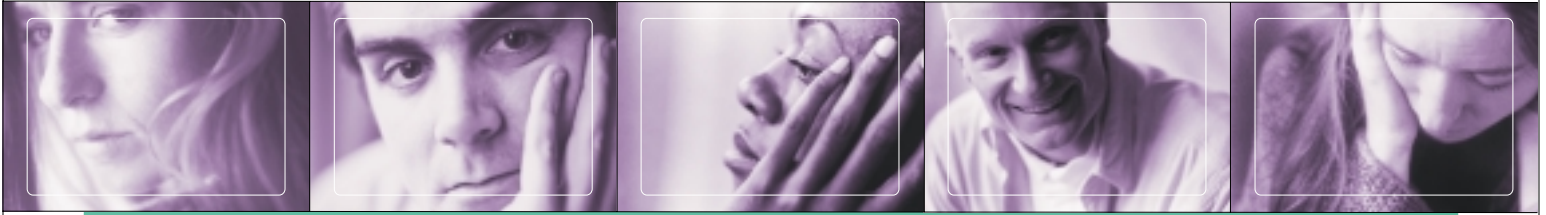
Ontario Federation of Community Mental Health and Addiction Programs  
<http://www.ofcmhap.on.ca>

North Shore Community Support Services  
<http://www.nscss.com>

Ontario Ministry of Health and Long-Term Care-Mental Health  
<http://www.gov.on.ca/health/english/tools/hlinks/mental.html>

Ontario Ministry of Health's Mental Health Programs and Services Website  
<http://www.hc-sc.gc.ca/hppb/mentalhealth/index.html>

The Mood Disorders Association of Ontario  
<http://www.mooddisorders.on.ca>



Timmins started life as a gold mining community and is called "The City with a Heart of Gold". It is a regional shopping, recreational, and cultural centre with a population of over 47,000 that serves a regional population of almost 120,000.

### **Online Resources for Mental Health Continued**

North East Mental Health Centre

<http://www.nemhc.on.ca>

Internet Mental Health

<http://www.mentalhealth.com>

Schizophrenia Society of Canada

<http://www.schizophrenia.ca>

The Consumer / Survivor Information Resource Centre of Toronto

<http://www.icomm.ca/csinfo/%7Ecsinfo.htm>

Ontario Peer Development Initiative (Consumer/Survivor Development Initiative)

<http://www.csdinit.on.ca>

A Consumer's Guide To Mental Health Information

<http://www.vex.net/%7Emadmagic/help/help.html>

### **Municipal Websites in the Cochrane Timiskaming District**

Timmins "The City with a Heart of Gold" and home of the Shania Twain Centre

<http://www.city.timmins.on.ca>

Cochrane "Home of the Polar Bear Express and the #1 Snowmobile Trails in the World!"

<http://www.town.cochrane.on.ca>

Iroquois Falls "Enjoy quality living, People, Nature and Recreation".

<http://www.town.iroquois-falls.on.ca>

Kirkland Lake "The Town on the Mile of Gold!"

<http://www.town.kirklandlake.on.ca>

New Liskeard, Welcome to the "Heart of the Scenic North".

<http://www.town.newliskeard.on.ca>

Englehart "The Little Town with a Big Heart"

<http://www.town.englehart.on.ca>

Temagami "Experience Temagami"

<http://www.twp.temagami.on.ca>

Kapuskasing "Full Four Season Destination for all Ages"

<http://www.town.kapuskasing.on.ca>

Haileybury "Canada's First Northern Recreational Retirement Option".

<http://www.town.haileybury.on.ca>



Cochrane - Timiskaming Museums and Art Galleries Association helps provide a "stronger unified voice" among the north, enabling the promotion and group marketing of the northern institutions.

### **Municipal Websites in the Cochrane Timiskaming District Continued**

Black River Matheson "560,000 Acres of Paradise".  
<http://www.twp.brm.on.ca>

Cobalt "Ontario's Most Historic Town".  
<http://www.nt.net/cobalt>

### **Northern Ontario Organizations**

#### **<http://www.museumsnorth.org>**

Cochrane - Timiskaming Museums and Art Galleries Association helps provide a "stronger unified voice" among the north, enabling the promotion and group marketing of the northern institutions. Enjoy a virtual tour of the museums throughout northern Ontario on the Museums North website.

#### **<http://www.gnml.org>**

The Great Northern Midget League is Ontario's premiere midget league and a great development league for young players interested in improving their skills and possibly moving on to Junior or University hockey. Find out team statistics on the GNML website.

#### **<http://www.ontarioparks.com>**

Ontario Parks "Nearby and Natural". Ontario Parks provide outdoor recreation opportunities ranging from day-use to overnight camping experiences. The Ontario Parks website provides information about provincial parks throughout Ontario.

#### **<http://www.venturenorth.com>**

Venture North, "Nature, Wilderness, Culture and Adventure". Venture North is a website specifically created to provide tourists with information about north Ontario tourism and recreation. Links to websites about tourism and recreation are provided.

#### **<http://www.tata-bestsnowmobiling.com>**

The Timiskaming Abitibi Trail Association works with both the Ontario Federation of Snowmobile Clubs and the snowmobile clubs throughout northeastern Ontario to groom trails and promote a positive image of snowmobiling. The Timiskaming Abitibi Trail Association website lists all the snowmobile clubs throughout northeastern Ontario, provides trail and weather conditions, and information about trail permits.

#### **<http://www.ontarionorth.net>**

Ontario North, outdoor adventures, fishing and hunting, and vacation destinations. The Ontario North website has been created to provide tourists with information about Canadian vacations. Links to websites about Canadian vacations are provided.

#### **<http://www.jamesbayfrontier.com>**

The James Bay Frontier Travel Association represents a large number of Travel Service Providers from a wide range of businesses in the James Bay area. The mandate of the association is to provide travelers of the James Bay Frontier travel region with useful information on travel in the region and recommend businesses in the area who can assist them to a rewarding visit. The James Bay Frontier website is an online discovery guide for James Bay tourists.



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The Timmins Gold Mine Tour "Journey to the Centre of the Earth"! The Timmins Gold Mine Tour lets you experience for yourself the heritage, culture and industry which built Timmins into the thriving community it is today.

### **Northern Ontario Organizations Continued**

**<http://www.linksnorth.com>**

Links north provides information on hot spots for northern Ontario vacations. Find out information about Hunting Vacations, Fishing Lodges, Snowmobiling, Eco Tourism, Canoe Trip Outfitters, Fly-In Hunting and Fishing Outposts, and Ontario Cottages For Sale.

**<http://www.timminschamber.on.ca>**

The Timmins Chamber of Commerce is a non-profit organization representing local business and community interests. The chamber encourages community growth and promotes business opportunities.

**<http://www.neovol.org>**

NEOVOL is a non-profit organization for both the voluntary sector organization and the volunteer. NEOVOL's website allows voluntary sector organizations to recruit volunteers, and volunteers to search for an opportunity, share information with other volunteers and find out information about voluntary sector organizations in their community.

**<http://www.kirklandchamber.org>**

The Kirkland Lake Chamber of Commerce is an independent, non-profit organization of businesses and professional persons and community-spirited individuals. The mission of the Kirkland Lake Chamber of Commerce is to promote economic vitality

### **Regional Attractions and Recreation**

**<http://www.timminsgoldminetour.com>**

The Timmins Gold Mine Tour "Journey to the Centre of the Earth"! The Timmins Gold Mine Tour lets you experience for yourself the heritage, culture and industry which built Timmins into the thriving community it is today. Shop for items from the Timmins Gold Mine Tour and the Shania Twain Centre.

**<http://www.shaniatwaincentre.com>**

The Shania Twain Centre in Timmins showcases more than 1 million dollars worth of Shania's own memorabilia and clothing including her wedding dress. Interactive displays and musical instruments to try are featured throughout the centre.

**<http://www.cedarmeadows.com>**

The Cedar Meadows Resort Inc. provides elegant and comfortable accommodations, a dining room for families, catering services for weddings and conferences. Recreational attractions at the resort include an onsite wilderness park, camping, canoeing, snowmobiling/ATV, and sleigh rides.

**<http://www.wildernesspark.com>**

The Cedar Meadows Wilderness Park, "Come and get inspired by Nature", is a 175-acre park and wildlife sanctuary. Visit the website to familiarize yourself with the animals before you take a tour.

**<http://www.kamiskotia.com>**

The Kamiskotia Snow Resort provides winter activities including skiing, snowboarding, tubing, clinics and lessons. The base lodge seats 280 people and offers a cafeteria, bar, lounge and fireplace. There is also a locker area and rental shop.

**<http://www.porcupineskirunners.com>**

The Porcupine Ski Runners offers a network of trails with varying degrees of difficulty regularly groomed and maintained for classic cross-country skiing and skate skiing. A spacious heated chalet with lockers, toilets and a change room offers a weekend snack bar. Porcupine Ski Runners is located just minutes from the city centre of Timmins.



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Polar Bear Outfitters and Lillable Lake Resort are located in Cochrane and work together providing tourists with fully equipped accommodations, drive-in and fly-in fishing, drive-in moose and bear hunting.

### **Regional Attractions and Recreation Continued**

**<http://www.timminssnowmobileclub.com>**

The Timmins Snowmobile Club has over 2,000 members, maintains 441 km of groomed trails and a clubhouse where visitors are welcome. In addition to experiencing the wilderness the club has added business area snowmobile routes to many services, such as restaurants, motels, service stations, banks and shopping areas.

**<http://www.timminscycling.com>**

The Timmins Cycling Club has a simple mission, to encourage fitness, friendship and fun. The club caters to every skill and fitness level by providing recreational, beginner, intermediate, and elite group levels for mountain bike riders.

**<http://www.ultimateguiding.com>**

The Ultimate Guiding Services is based in Timmins and offers all-season adventures in Northern Ontario including fishing trips, ice fishing, hunting trips, ATV Trekking, and snowmobiling or combinations adventures.

**<http://www.timminsminorhockey.com>**

The Timmins Minor Hockey Association provides competitive hockey for players aged 5-15 who demonstrate an interest in developing their skill or ability to compete at a higher level, ultimately playing in a NOHA playoff and in an Ontario Provincial Championship. Visit the TMHA website for team information and statistics.

**<http://www.coureurdebois.com>**

Coureur de Bois Adventures located in Cochrane offers guided summer tours/adventures and winter expeditions. Other services include shuttle services, school instruction, and sales and rentals.

**<http://www.lillabelle.com>**

Lillable Lake Resort and Polar Bear Outfitters are located in Cochrane and work together providing tourists with fully equipped accommodations, drive-in and fly-in fishing, drive-in moose and bear hunting, and fly-in moose and bear hunting.

**<http://www.polarbearoutfitters.com>**

Polar Bear Outfitters and Lillable Lake Resort are located in Cochrane and work together providing tourists with fully equipped accommodations, drive-in and fly-in fishing, drive-in moose and bear hunting, and fly-in moose and bear hunting.

**<http://www.polarbearexpress.ca>**

The Polar Bear Express departs Cochrane for an incredible 186-mile journey to the Arctic Tidewater at Moosonee.

**<http://www.eskis.com>**

The Jr. Eskis team is the official Iroquois Falls hockey team. The Jr. Eskis play in the Northern Ontario Junior "A" Hockey Association. Visit the website for team statistics.

**<http://www.rentsnowmobile.com>**

Speedy Snowmobile Rentals offers snowmobile rental packages. Snowmobile enthusiasts ride on superbly maintained trails throughout the North Ontario Wilderness.

**<http://www.earltonzoo.com>**

Earlton Zoo has more than 200 animals representing 40 different species: Siberian tigers, red fox, moose, Japanese macaque, Hamadryas baboons, bactrian camel, timber wolf, and many more.

**<http://www.temagami.com>**

Temagami Wilderness Centre comprises of more than 5,000 square miles of wilderness and specializes in wilderness adventures including canoeing, hiking, snow-shoeing, cross-country skiing, dog sledding, and winter camping.



Temagami Outfitting Company specializes in guided adventures with the newest lightweight tripping canoes and camping equipment available to enhance your experience.

## Regional Attractions and Recreation Continued

### <http://www.lakelandthreebuoys.com>

Three Buoys Houseboat Vacations provides houseboat rentals for up to 10 people on breathtaking Temagami Lake, which has 2000 miles of shoreline and 1,600 Islands to explore and perfect for a lunch break.

### <http://www.wildwomenexp.com>

Wild Women Expeditions, relax in a riverside cabin, feast on gourmet meals, and enjoy swimming, paddling, cycling, campfires, sauna, massage and lounging by the river. Summer and fall adventures focus on canoe trips and getaways, the winter season focuses on dog sledding and cross-country skiing.

### <http://www.wabun.com>

Wabun, Canadian Wilderness Canoe Trips for Boys and Girls provides young boys and girls with summer adventures into the wilderness. Both wilderness and canoe skills are learned through Wabun adventures.

### <http://www.WOLFwithin.ca>

Wolf Within Adventures provides dogsledding trips, canoe trips, archery weekends and survival courses varying in length.

### <http://www.camptemagami.com>

Camp Temagami provides a traditional canoe-tripping experience in the heart of Ontario's premier wilderness area. Summer camps for girls and boys 9-17 are offered along with family and adult canoe trips.

### <http://www.keewaydin.org>

Keewaydin Canoe Camp offers summer camp for boys and girls. Keewaydin also provides canoe and camping trips to adults and families.

### <http://www.icanoe.ca>

Temagami Outfitting Company specializes in guided adventures with the newest lightweight tripping canoes and camping equipment available to enhance your experience. The facility houses an expedition store, accommodations, and a waterfront café.

### <http://innthewoods.thot.net>

Inn The Woods Motel-Bed and Breakfast offers beautiful scenery and is located in Marten River near many lakes which offer excellent fishing. Inn The Woods has recently expanded with a four bedroom unit for touring and fishing groups. Inn The Woods is accessible by both highway and snowmobile trails.

### <http://www.paddlers.net>

Pampered Paddlers are provided with superior equipment, fine food, and competent guides, and taken to some of the most exquisite places on Earth. An emphasis on fun and relaxation ensures plenty of time for fishing, swimming, or lolling about, aside from a daily dose of invigorating exploration.

### <http://www.langskib.com>

Langskib Wilderness Programs works with Northwaters Wilderness Program and is focused on providing a variety of canoeing adventures to young men between the ages of 10 and 19 at all skill levels. Canoe trips take place in the beautiful Temagami Wilderness.

### <http://www.northwaters.com>

Northwaters Wilderness Program works with Langskib Wilderness programs and is located on the Temagami Forest Reserve. Northwaters Wilderness Program offers youth canoeing and camping programs, coed ages 13-21, and girls ages 11-14. Adult and special programs are also offered at Northwaters Wilderness.

### <http://www.kapsnorovers.on.ca>

Kap Snow Rovers is the official Kapuskasing Snowmobile Club. The club maintains 200km of groomed trails and a clubhouse where visitors are welcome. Kap Snow Rovers is host to many events including the annual Poker Rally.