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Vol. 19 Issue 6 - June 7, 2025 - July 5, 2025

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- Job Search Support
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Financial Support

- Living Allowance
- Short-Term Training
- Certifications



Employment Opportunities

- Job Development
- Employer Outreach
- Job Retention



Eligibility:

- Youth aged 15-30
- Legally entitled to work in Canada
- Unemployed
- Not enrolled in school full-time



Contact Us!
 416-297-9373 ext. 221
 YouthInfo@rncces.ca

Funded in part by the Government of Canada under the Youth Employment and Skills Strategy





Tackle Problem Areas This Summer

Summer break is the perfect time to build confidence in subjects that cause stress!

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How to manage your money in changing times

(NC) Changes in the economy do more than create dramatic headlines—they have a real impact on your personal finances. Any number of factors can affect your ability to meet expenses, from rising costs of living and interest rates or changes to your employment, to changes in your family or health. But remember, you always have options. Here are some things you can do that make a difference:

Create a budget

Making a budget will help you manage your money. It will let you identify your income and expenses, separate things you need from those you want and prepare you for unexpected situations. Don't know where to start? Try the Financial Consumer Agency of Canada's budget planner, a free and unbiased tool that helps you to create a personalized budget. It gives you tips and guidelines and helps you figure out your next steps with suggestions.

Make a plan to pay off your debt

Making a list of all your debts and the amounts you owe is the first step to lowering your debt. Then, set a reasonable, affordable payment timeframe for each debt. Paying off the highest-interest debts first helps reduce your monthly expenses, which you can put towards the others to help you be debt-free sooner.

Avoid taking on more debt

During difficult times, having debt can add even more stress. Before borrowing more money, consider all your options. If borrowing is necessary, make sure you understand the costs before making your decision. Some credit products are more expensive than others because of their high interest rates and fees. The best way to avoid taking on more debt is by talking to your bank about other options.

Seek advice

If you're struggling to keep up with your payments, talk to your creditors

or bank to find solutions. They could decide to lower the interest rate on your debt, extend your payments over a longer period or reduce your minimum monthly payment. They could also offer to consolidate your debts into one loan.

If you feel like you're under water and there's no way for you to ever get on top of your debts, there are

still options; for instance, a Licensed Insolvency Trustee can help you get back on track. Have questions? The Office of the Superintendent of Bankruptcy has resources and information you can trust.

Learn more at canada.ca/money.

www.newscanada.com

June 7, 2025 – July 5, 2025

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Looking for work? We can help!

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Contact us today:

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 **acesemployment.ca**

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Explore Careers in Construction with ACCES Employment



Looking to kickstart a rewarding career in construction? ACCES Employment's newest program can get you there!

Ontario's construction sector is experiencing unprecedented demand. With nearly 80,000 workers expected to retire by 2030 and a growing need for housing and infrastructure, the skilled trades are in urgent need of new talent. Our free, 16-week training program is designed to address this shortage—offering a supportive, hands-on path into the industry with no prior experience required.

About the Program

Connecting to Careers in Construction: Pre-Apprenticeship Training is a free program designed to set you up for success in the skilled trades. When you join the program you will:

- Explore careers and apprenticeship

pathways in the construction trades

- Earn health and safety certifications needed for trades work (Working at Heights, WHMIS, Propane Handling, Forklift, Elevated Work Platform)
- Learn technical foundations for construction and building systems
- Gain hands-on training in areas like carpentry, sheet metalwork, brick and stone masonry
- Enhance soft skills with employability training
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To be eligible for this program, applicants must be 18 years of age or older, legally entitled to work in Canada, and able to travel throughout the Greater Toronto Area. No prior experience in the trades is required. If you are motivated and ready to commit to 16 weeks of training—including an 8-week paid work placement—we encourage you to apply.

Why Choose a Career in Construction?

Construction is a vital part of Ontario's economy, employing over 596,000 people and contributing \$59.1 billion to the province's GDP in 2023. With ongoing investment in infrastructure and residential development, the demand for skilled tradespeople continues to grow. By enrolling in ACCES Employment's construction pre-apprenticeship training program, you're not just gaining practical skills—you're preparing for a stable and rewarding career with long-term opportunities.

Get Started Today

If you're ready to explore a new career in construction, we want to hear from you.

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YOUTH MATTERS
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- Legally entitled to work in Canada
- Unemployed
- Not enrolled in school full-time



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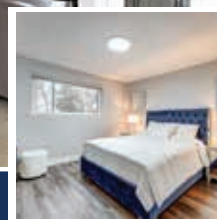
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Essential facts about stroke everyone should know

(NC) Every year, more than 108,000 strokes happen in Canada—yet many people don't know the risk factors, or how to recognize if someone is having one and what to do.

“When I talk to Canadians, I realize that there's a lot they don't know about stroke,” says Katie White, director of health systems for Heart & Stroke. “During Stroke Month—and really every month—we want people to understand it so they can manage their risk and be prepared to act quickly if it strikes.”

How stroke happens, and who's at risk

A stroke occurs when blood stops flowing to part of the brain, damaging brain cells. While the risk increases as people get older, stroke can happen to anyone at any age. Young adults, babies and even young children can experience one. For children, the risk is greatest in the weeks surrounding their birth, and there are more than 10,000 kids

under 19 living with stroke.

Conditions like heart failure, congenital heart disease and atrial fibrillation can increase the risk of stroke, sometimes dramatically, and stroke can increase the risk of heart conditions, including cardiac arrest. This is because the heart and brain are connected by the vascular system—a network of vessels that carry blood and oxygen throughout the body.

A stroke now occurs roughly every five minutes in Canada, with almost a million people living with stroke nationwide. Our aging population is one reason for the rise, along with increases in risk factors like high blood pressure, high cholesterol and diabetes in younger people. Fortunately, more people are surviving thanks to research breakthroughs, awareness and better treatment and care.

What to do in an emergency

Recognizing the signs and acting

quickly can mean the difference between life and death, or between a better recovery and a lasting disability. If you suspect someone near you is having a stroke, remember FAST:

- **F** - face, is it drooping?
- **A** - arms, can you raise them?

- **S** - speech, is it slurred or jumbled?
- **T** - time to call 9-1-1 right away.

Find tips and more to help you take charge of your health at heartandstroke.ca/healthy-living.

www.newscanada.com



CROSSWORD PUZZLE

Across

1. Boutique
5. Go backpacking
9. Monroe's successor
14. Lockup
15. Norse war god
16. Divided into regions
17. Bring to ruin
18. "Darn it all!"
19. Dilettantish
20. Spoken by the Queen
23. Affirmative vote
24. New beginning?
25. Mars, to the Greeks
26. Farm area
27. Fertilizer chemical
28. Kid
31. Banana oil, e.g.
34. ___ of Wight
35. Frosh, next year
36. Inadvertent remark
39. Verse writer
40. Got 100 on
41. ___ willow
42. "Absolutely!"
43. Essen basin
44. Sty dweller
45. Gathering
46. Time div.
47. J.F.K. overseer
50. Humility
54. Kenyan tribesman
55. Coin with 12 stars on it
56. Bad to the bone

57. "Encore!"
58. Broadcast
59. Arizona city
60. ___ welcome
61. Darjeeling and oolong
62. Blast furnace input

Down

1. Diving gear
2. One of two Tudor kings
3. Blast from the past
4. Connive
5. Kid's rocker
6. Gem State
7. Sky box?
8. Tangled
9. Flowering shrub
10. Day at the movies
11. Aardvark fare
12. Beat to a pulp
13. Cunning
21. Foreword, for short
22. Receive
26. Aug. follower
27. One who puts you in your place
28. Clothing
29. Big production
30. He and she
31. Glimpse
32. Blackthorn
33. Associations
34. Irritated peds
35. Like a bug in a rug

37. Early 20th century French artist
38. Express
43. Purify
44. Embroidery loops
45. Major's successor
46. Santa ___
47. Flu symptom
48. Biscotti flavoring
49. Book of maps
50. Kind of palm
51. Biblical brother
52. Stew
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54. Can

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July 5 - August 2, 2025

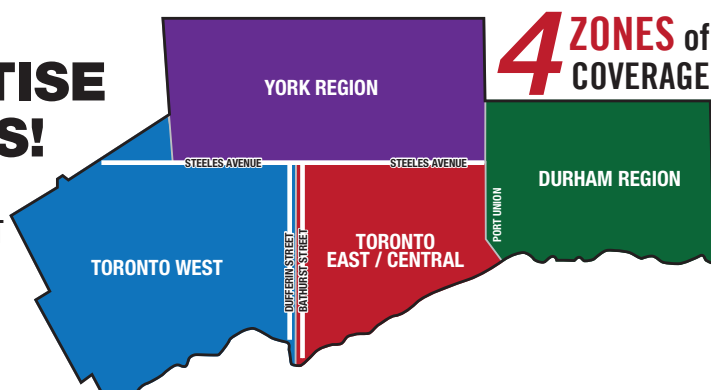
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Visit ontarioshores.ca/accessing-care-seniors
for a full list of our inpatient and outpatient
programs and to begin the referral process.

Your oral health checklist: Small changes, big impact

(NC) Taking care of our health can sometimes feel like a big chore that's tough to manage on top of work, family and everything else we have going on. Fortunately, when it comes to your oral health, simple routine habits can make a big difference. Here are a few to keep in mind:

Eat a balanced diet

Help your body get the nutrients it needs for good overall health by choosing nutrient-rich produce, healthy fats and lean proteins.

Snack smarter

Sugary, starchy and sticky snacks can produce more plaque and increase the risk of cavities. Instead, opt for cheese, fruit or plain yogurt.

Indulge sensibly

That said, if you really want a

sugary treat, save it for the end of a meal or before a tooth-brushing session, rather than for some time throughout the day.

Floss daily

Plaque can harden into tartar in just 24 hours, so floss every day to remove it from between your teeth and under your gumline.

Practice targeted oral care

Consider using products formulated to fight bacteria, like the Colgate Total Active Prevention system, which fights the root cause of common oral health issues such as gingivitis, plaque and tartar when the toothpaste, mouthwash and toothbrush are used together twice daily.

Visit your dentist

Regular professional cleanings

and checkups can prevent problems, and help you tackle oral health challenges you may face, like gingivitis or sensitivity.

Learn more tips to care for your oral health at colgate.ca.

www.newscanada.com



Community Care Durham is ready to serve you!

A cornerstone service of Community Care Durham since 1977, Meals on Wheels continues to grow in popularity — and thanks to recent enhancements in food quality, it's winning even more praise from clients.

In April, Community Care Durham (CCD) partnered with Marigolds & Onions Catering to supply hot meals to clients in Ajax, Pickering, Whitby, Oshawa, and Clarington. The response from clients has been overwhelmingly positive, with many raving about the fresh taste and variety of the meals.

"We've received numerous compliments from clients sharing how delicious the meals have been!" said Julee Cardle, CCD's Manager of Food Services. "Many have expressed appreciation for the variety and quality of the meals — it's truly wonderful to hear such positive feedback."

The high-quality meals are part of CCD's commitment to providing food that meets the tastes and expectations of the people they serve.

"Our clients are our number one priority," said Sara Menard, CCD's Supervisor of Food Services. "Meals are no different.

They must be delicious, and Marigolds & Onions make some unbelievably tasty dishes."

Marigolds & Onions is known for crafting nutritious and flavourful meals designed to make every dining experience memorable. Their expertise is helping CCD broaden the scope and satisfaction of its meal delivery program.

But Meals on Wheels is about more than just food. Every client delivery is free and comes with a friendly check-in from CCD's dedicated volunteers.

"Sometimes a friendly smile or a short chat is all that's required to make the meal even better," said Sara.

Hot meals, delivered daily between 11 a.m. and 1 p.m., are affordably priced at \$12 and include soup and crackers, a hearty entrée (meat, vegetables, and starch), and dessert.

CCD also offers frozen meals, delivered bi-weekly or upon request. Priced at \$8.25 per entrée and \$3.50 per side, meal packages range from \$57.75 to \$76.25 depending on the selections. Clients can order more than one package at a time.

CCD also offers additional nutritious

food options including our Community Food Box (CFB) and in the summertime, our Mobile Food Markets (MFM) operate in Ajax, and Whitby. The CFB includes fresh produce, dairy products, and freshly baked bread and is delivered every Friday. Our MFMs operate on Wednesdays in Ajax at the Ajax Community Centre, 75 Centennial Road. – North Parking Lot and in Whitby inside the front lobby of the

Whitby 55+ Recreation Centre, 801 Brock St. S.

If you're looking for nutritious food options, Community Care Durham's Meals on Wheels, Community Food Box and Mobile Food Market programs are ready to serve you. To order, call 1-888-255-6680 or visit the markets on Wednesdays in Ajax, 11:30 a.m. to 12:30 p.m. and in Whitby, 1 to 2 p.m.



How tech can help you take charge of your health

(NC) Canada is facing a doctor shortage, which may impact your access to a family physician if your current one retires or if you move. This is particularly concerning for adults 65 and older, who face increased risks of diseases and health complications.

Here are two easy technology-based solutions to help loved ones think proactively about their health:

Virtual care

With virtual care services, you can consult with doctors from the comfort of your home, regardless of location or mobility. One option for virtual care is Maple, a platform offering monthly memberships to chat with a primary care provider at any time of day or night.

Better health monitoring

Wearable health monitors, like

smartwatches, and automatic pill dispensers make it easier than ever to track your health.

Thinking proactively about health can help individuals stay healthy for longer. Learn more about virtual health-care options at getmaple.ca.

www.newscanada.com



 Community Care
Durham

Let us Cook for you!

Our Meals on Wheels program makes meal prep a breeze!

We provide:

- Tasty and nutritious ready-to-eat meals prepared for any diet
- A friendly check-in with a team member
- Free delivery to anywhere in Durham!
- And more!

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communitycaredurham.on.ca

1-888-255-6680



55+

AGING WELL TOGETHER



*Celebrating
Seniors' Month*

pickering.ca/adults55plus

note: All Seniors' Month activities listed are intended exclusively for adults 55+ unless stated otherwise.

JUNE 1 - 30

Join us for special events and activities throughout June as we celebrate Seniors' Month in Pickering.

Seniors' Month is Sponsored by V!VA Pickering



— City of —
PICKERING

Events Happening in June:

Pottery Workshop
 Dementia 101 for Care Partners (part 1)
 Men's Shed Workshop
 Culinary Workshop
 Blood Pressure Clinic
 National Health & Fitness Day Event
 Seniors Month Celebration & Big Band
 Dementia 101 for Care Partners (part 2)
 Seniors Month Bingo with Rouge Hill Seniors Club
 Seniors' Day at the Farmers Market
 Sound Healing for Seniors
 Fitness Class: Zumba Gold
 Fitness Class: Arthritis Dance Fit
 Seniors Month - Blood Pressure Clinic
 Pottery Painting with Pickering Library
 Dementia 101 for Care Partners (part 3)
 Spotlight Seminar: Digital Safety Workshop
 Seniors Month - Art Workshop
 Seniors Month 55+ Bingo
 Pottery Painting with Pickering Library
 Dementia 101 for Care Partners (part 3)
 Spotlight Seminar: Digital Safety Workshop
 Seniors Month - Art Workshop
 Seniors Month 55+ Bingo
 Games Day
 Joyful Movement Yoga Pickering Library
 Seniors Month - Blood Pressure Clinic
 Free 55+ Public Swim
 Dementia 101 for Care Partners (part 4)
 Spotlight Seminar: Digital Safety Workshop
 Seniors Month Culinary Workshop
 Chair Yoga
 Seniors Month - Blood Pressure Clinic

Learn more at pickering.ca/adult55us

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2nd entrée must be of equal or lesser value before tax.
Offers cannot be combined. Not valid on statutory holidays.
Valid Monday-Friday, dine-in only.

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