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This voucher is redeemable ONLY on Live Quarter Horse Racing WEDNESDAYS from May - October 2025 Race Season at Ajax Downs Race Track. Please visit the Bet 101 booth on the lower level of the racetrack to claim your one time ONLY \$5.00 Betting Voucher. One voucher per person, I.D. will be required at the time of redemption. -MUST BE 18+ TO REDEEM & PLAY- THIS VOUCHER HAS NO CASH VALUE VISIT AJAXDOWNS.COM FOR OUR FULL RACE CALENDAR & EVENT INFO

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YOUR COMMUNITY NEWSPAPER

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 Esplanade Park

Artfest
 May 24 & 25
 11:00 am - 5:00 pm
 Esplanade Park

Canada Day
 Tuesday, July 1
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City of PICKERING

pickering.ca/events

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Offer ends June 5, 2025

At participating restaurants for a limited time only. Selection and prices may vary. While supplies last.

Visit your local Denny's at
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5 reasons to include more mushrooms in your diet

(NC) Mushrooms are more than just a tasty ingredient to add to your meals; they're also an environmentally sustainable food source and nutritional powerhouse. Here are five reasons to add more to your plate.

More for less. Since mushrooms do not contain cholesterol, fat or gluten and are low in calories and carbohydrates with very low sodium content, you can eat and enjoy them as often as you'd like.

They're rich in nutrients. Mushrooms are packed with essential vitamins and minerals. Some key nutrients include:

- B Vitamins:** They're rich in B vitamins like riboflavin, niacin and pantothenic acid which help in energy production and maintaining brain health.
- Antioxidants:** They contain antioxidants such as selenium and glutathione which help combat oxidative stress and reduce the

risk of chronic diseases.

- Potassium:** Mushrooms are a good source of potassium, a nutrient that maintains fluid and electrolyte balance which helps control blood pressure.

A versatile ingredient. Mushrooms pair well with a variety of foods including eggs, pastas, stir-fries, stews and more. Coupled with their ability to replicate a meaty texture, they pair well with beef and other meats and can be used as a vegetarian substitute. Whether you prefer white, crimini, portabella, shiitake, oyster or king oyster, mushrooms can be consumed raw or cooked in a myriad of ways.

Water conscious. Compared to other foods that we eat, mushrooms take a lot less water to grow. Consider this; it takes approximately 6.8 litres (1.8 gallons) to grow 0.5 kg (1 lb) of mushrooms compared to other common vegetables which require an average of 17.6 litres (4.65 gallons)

of water per pound.

Grown in Canada. Mushrooms don't need to travel far to get to your local grocery store or market. They're grown year-round by Canadian producers from coast to coast. This ensures they're always fresh while reducing the carbon footprint needed

to get them from farm to table.

Learn more about the nutritional and environmental impact of mushrooms and find dozens of recipes at mushrooms.ca.

www.newscanada.com





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Social Media &
Screen Time: Helping
Youth Create Healthy
Digital Boundaries



Vault Mental Health

With so many Ontario kids spending hours online each day, the effects of social media and screen time on mental health have become more pressing. CAMH research shows that children **who spend more than three hours daily on screens** are at greater risk for mental health issues, including anxiety and depression. As a therapist, I see how easy it is for youth to feel trapped in a cycle of comparison and stress that comes with the pressures of online life.

At **Vault Mental Health**, we support youth and families in understanding how to set healthier digital boundaries. We offer practical strategies to reduce


screen time and focus on fostering self-esteem and confidence in a world that's so often dominated by unrealistic online standards. With 15+ therapists specializing in youth mental health, we offer individual therapy, family therapy, and virtual options to accommodate your family's schedule. Let us help your child find balance and well-being.

Visit: www.vaultmentalhealth.com to learn more or book a session in Whitby or online.

Call Us: 1-855-503-9699
Email Us: info@vaultmentalhealth.com

About the Author
Jessica O'Connor, Director, Registered Social Worker, Psychotherapist and Clinic Owner.

Is It Time to Get Your Child
Mental Health Support?



FREE 15 MINUTE
CONSULTATION


- Trouble sleeping
- Big mood swings
- Anxiety about school or friends
- Feeling anxious or worried?
- Avoiding activities they used to love


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Incoming Call

**Vault
Mental Health**





Vault Mental Health

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May 3, 2025 – June 7, 2025

Upcoming Events in Pickering



Petapolooza

Pickering's Pet Festival



Saturday, May 10
10:00 am - 5:00pm
Esplanade Park

Artfest

May 24 & 25

11:00 am - 5:00 pm
Esplanade Park



Canada Day

Tuesday, July 1

7 - 10 pm • Kinsmen Park

CONCERT • FIREWORKS • SNACKS



City of
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pickering.ca/events




Employment Program for Youth

Program is provided at NO Cost to You!


Pre-Employment Training


Financial Support


Employment Opportunities

- Resumes
- Job Search Support
- Mock Interviews

- Living Allowance
- Short-Term Training
- Certifications

- 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

Program Offered in Toronto, York and Peel Region.

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





Ontario Shores
Centre for Mental Health Sciences

Struggling with anxiety or depression?

Ontario Shores is here to help!

- Ontario Shores provides a free outpatient treatment program for adults struggling with anxiety and depression
- It also offers in-person or virtual cognitive behavioural therapy with a clinician in a one-on-one or group format
- No referral from a healthcare provider is needed

Visit ontarioshores.ca/osp to learn how you can self-refer to this life-saving program.

The program provides services in Scarborough, Durham Region all the way through Peterborough.



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PACKAGE A

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PACKAGE B

Pizza Party

- Two Slices of Pizza
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- ✓ 40 Hours of Security Guard Training
- ✓ CPR & First Aid Training
- ✓ Security Guard Testing & License Sponsorship
- ✓ Employment Placement & 12-weeks of Paid Training

Eligibility

- Youth aged 18-30
- Legally entitled to work in Canada
- Unemployed
- Not enrolled in school full-time



Program Offered in Toronto, York and Peel Region.

Call or email to schedule your screening appointment
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Ontario Shores
Centre for Mental Health Sciences

65+ and experiencing complex mental illness or dementia?
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- Ontario Shores provides specialized services to meet the mental health needs of individuals 65 years of age and older who suffer from dementia and/or complex mental illness with challenging behaviours.
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May 3, 2025 – June 7, 2025



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Looking for support in your career journey? ACCES Employment can help



ACCES Employment supports over 56,000 jobseekers annually, to overcome barriers and find suitable employment. A Canadian non-profit organization with decades of experience, ACCES provides a wide range of specialized programs, services, and resources tailored to the unique needs of their clientele.

Through strategic partnerships with employers, government agencies, and community organizations, ACCES facilitates job placements, skills training, network building, mentorship opportunities, and additional resources aimed at helping jobseekers achieve their professional goals.

In this current uncertain job market, individuals looking to find work or upgrade their skills may find themselves overwhelmed. ACCES can make a difference, by helping them overcome

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ACCES Employment Services

- **Job Search Support:** Including resources and information, job search workshops, and employment counselling, as well as job placement and retention services.
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- **Skills Development:** Facilitation of online workshops and training programs designed to enhance jobseekers' professional skills during their employment journey including resume development, interview best practices, program information sessions, and more.
- **Industry-Specific Programming:** Sector-specific bridging programs


are available to support jobseekers in finding work that aligns with their past experience. Each program provides customized sector specific training, covering industries like healthcare, engineering, agri-tech, etc.

- **Networking Opportunities:** Mentoring support programs are available to connect jobseekers to professionals that will support them in their career growth and development,

an important aspect of a successful job search.

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ACCES Employment understands the challenges facing jobseekers today and is here to help. To learn more, visit acesemployment.ca to explore resources and schedule an appointment.
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