



WELCOME HOME:

*A Guide to the
Quinte Region*

TRENTON MILITARY FAMILY RESOURCE CENTRE | 50 RIVERS DRIVE E., TRENTON, ON K0K 3W0

P (613) 965 3575 | F (613) 965 7371 | E INFO@TRENTONMFRC.CA | SOCIAL:     



EXECUTIVE DIRECTOR WELCOME



On behalf of the Trenton MFRC, welcome to the CFB Trenton community.

You will find the Quinte region a friendly and welcoming community to new military families. The Trenton MFRC is here to provide you with the services and support you may need during your time here. Please know that when you walk through our door, physically or virtually, the dedicated Trenton MFRC staff and volunteers will make you feel welcome and supported.

TABLE OF CONTENTS

Welcome to the Quinte Region	3
Trenton Military Family Resource Centre	4
Health Care	8
Child Care	11
Education	12
Finding a Place to Call Home	13
Garbage and Recycling	15
Vehicle Registration, Licensing and Transportation	16
Important Contacts & Resources	18
CFB Trenton Quick Reference Directory	20
Community Directory	21

**The Trenton MFRC does not, in any way, recommend or endorse one business over another. The list of businesses and services provided is not comprehensive. Additionally, the Trenton MFRC has not screened the service providers and businesses on this list.*

WELCOME TO THE QUINTE REGION



The Canadian Forces Base (CFB) Trenton community is located midway between Toronto and Ottawa, the two largest cities in Ontario. There are multiple municipalities and towns that form the Quinte region, including Brighton, Quinte West, Belleville, Prince Edward County, and Tyendinaga. There are various smaller communities to the North, such as Stirling, Madoc, Tweed, and Campbellford. The city of Belleville has the largest population at 50,716 (2016).

CFB Trenton is nestled in the beautiful community of Quinte West, which is widely known for the Trent-Severn Waterway. Residents and visitors of Quinte West can enjoy recreational activities such as boating, fishing, camping, and hiking to explore the many natural attractions that the community has to offer. Prince Edward County is a neighbouring community located on the southern shore of the Bay of Quinte. It is home to Sandbanks Provincial Park, which is one of the most popular provincial parks in Ontario! Visitors will find a beautiful sandy beach, great camping and scenic trails. The Quinte region is also full of great places to shop! There is a wide selection of unique local businesses, gift shops, grocery stores and larger department stores.



Over the course of a year the temperatures can vary between -12°C and 26°C, rarely dipping below -22°C or surpassing 30°C. This area offers something for everyone during all seasons of the year!

DISTANCE TO CFB TRENTON FROM...

Batawa	11.5km	Stirling	26.3km	Napanee	56.8km
Frankford	14.2km	Brighton	27.8km	Kingston	101km
Belleville	15.3km	Madoc	54.9km	Picton	46.9km

TRENTON MILITARY FAMILY RESOURCE CENTRE






The Trenton Military Family Resource Centre (MFRC) is a not-for-profit organization governed by a volunteer Board of Directors. Our Mission is to promote and facilitate community-based services that enrich, strengthen and enhance the quality of life for our military families. Our ultimate vision is for every military family to feel welcome and supported.

Main Site Address: Trenton Military Family Resource Centre

 PO Box 1000 Station Forces
Siskin Centre – 50 Rivers Dr. E, Astra, ON, K0K 3W0

Trenton Main Reception:

 613-965-3575  613-965-7371  info@trentonmfr.ca

Trenton Childcare Reception:

 613-965-2442  613-965-5014

 childcare@trentonmfr.ca

Belleville Childcare Reception:

 610 Dundas St. E, Belleville ON, K8N 1G7

 613-779-6115  bellevillechildcare@trentonmfr.ca

Batawa Childcare Reception:

 58 Plant St., Batawa ON, K0K 1E0

 613-398-6004  batawachildcare@trentonmfr.ca

 www.trentonmfr.ca | www.cafconnection.ca/trenton

TRENTON MFRC PROGRAMS AND SERVICES

WELCOME AND TRANSITION PROGRAM

The Welcome and Transition Program provides military families with the information, services, and social opportunities needed to ease their transition both into and out of the community. The Welcome and Transition Coordinator can provide families with information about local resources and services regarding health care, child care, accommodations and education. They can also assist your family with finding a family doctor by adding you to a waiting list for the Military Family Doctor Network. For general inquiries or additional information about the Trenton MFRC or your new community, please email info@trentonmfrc.ca

VOLUNTEER PROGRAM

The Volunteer Program provides military members, their families, and members of the community the chance to give back and connect with others. There are a variety of opportunities for volunteers aged 14 and up, both within the Trenton MFRC and in the greater community. The Volunteer Program also provides various training and workshop opportunities, including training to become a Family Connector with the RCAF Family Connection Program. To become a volunteer, please email volunteer@trentonmfrc.ca.

EMPLOYMENT AND EDUCATION PROGRAM

The Employment and Education Program is designed to assist military families with gaining employment within the local community. This program provides military families with resume assistance, job search tools, career planning, employment and education workshops, and exam proctoring. The Employment and Education Coordinator is available to meet with you one-on-one to discuss your employment and education goals. For more information or to set up an appointment, please email employment@trentonmfrc.ca.

SECOND LANGUAGE TRAINING

This program provides English and French second language training to military members and their dependents in beginner, intermediate and advanced levels. Having knowledge of both official languages can help military family members with community integration and employability. Instructor-directed and self-directed courses are available to meet the needs of all learners.

DEPLOYMENT AND FAMILY SEPARATION PROGRAM

The Deployment and Family Separation Program offers support and resources when your partner is away for work-related purposes such as training, small missions, imposed restriction, or deployments. Some of the supports and resources offered include respite childcare, monthly support groups, local service provider lists, care package shipping, and so much more. For more information, please email deployments@trentonmfrc.ca.

VETERAN FAMILY PROGRAM

Our Veteran Family Program team is available to support the transition of medically releasing Canadian Armed Forces members, medically released Veterans and their families into post-service life. This program is here to help ease that transition by providing one-on-one support, enhanced information and referral services, and specialized transition programs. To connect with our team, please email vfp@trentonmfrc.ca.

SPECIAL NEEDS AND INCLUSION PROGRAM

The Special Needs and Inclusion Program (SNIP) provides confidential one-on-one support, information and referral services, funding application assistance, and specialized group-based programming to individuals with special needs and their caregivers. Our SNIP coordinator also supports families in navigating the Ontario school system and understanding the process of Individual Education Plans (IEPs) and the Individual Review and Placement Committee (IPRCs). Some of the specialized group-based programs offered through SNIP include the Parent Support Group, Building Blocks Club, and Puzzle Project. For more information, please email snipinfo@trentonmfrc.ca.

YOUTH RESILIENCY AND YOUTH SERVICES

Youth from military families often face additional challenges that may differ from their civilian counterparts, including parental separation, frequent transitions into new communities and leaving friends behind. The Youth Resiliency Program aims to provide opportunities for youth to feel more equipped and confident to face life adversities through stress management and mindfulness, educational support, social and life skills. Additionally, the Trenton MFRC Youth Centre offers fun and educational weekly programming for children and teens. This program supports and encourages emotional, social, physical and mental wellbeing.

EARLYON CHILD AND FAMILY CENTRE

EarlyON Child and Family Centres enhance learning and development for children aged 0-6 years old while providing support for parents and caregivers. This drop-in program offers hands-on, play-based learning

through activities such as painting, building, reading and singing. Our EarlyON team can provide parents and caregivers with useful information, parenting tips, and referrals to programs and services within the community.

MENTAL HEALTH SERVICES

Mental Health Services at the Trenton MFRC are provided by a team of trained professionals that support military family members, offering confidential counselling services both in French and English. The team provides support with stress, parenting challenges, relationship difficulties and much more. The mental health team also provides referrals to outside counselling resources and specialized support services. For more information, please email mentalhealth@trentonmfrc.ca.

LICENSED CHILD CARE

We offer licensed child care in Trenton, Batawa and Belleville! The Trenton and Batawa locations offer infant to school-aged care, while our Belleville location offers infant to preschool care. Our child care centres are unique due to the flexibility that we offer. The Trenton MFRC understands the demands of the military lifestyle and recognizes that non-military and civilian parents are incredibly busy. We offer a healthy lunch menu and nutritious snacks throughout the day. The majority of our staff are registered Early Childhood Educators, and our dedicated caregivers provide play-based learning opportunities for all ages.

The Trenton MFRC also offers licensed Home Child Care. This program offers the benefits of individualized attention, combined with legislated standards of quality care. Home child care providers are self-employed, contracted and paid by the Trenton MFRC. For more information about our child care centres, please refer to page 11.

EMERGENCY AND RESPITE CHILD CARE

This service offers emergency and respite child care support to military families. We encourage families to complete a Family Care Plan through the member's place of work. We also offer respite child care to families experiencing military-related separations such as training, taskings, missions or deployments. Families can use their own care providers or a Trenton MFRC contracted care provider. Emergency child care is also available and is provided at the discretion of the program coordinators on a case-by-case basis. For more information, please email deployments@trentonmfrc.ca.

To learn more about the programs and services we offer, please visit our website by scanning this QR code.



HEALTH CARE



The transitional nature of the military lifestyle can make it difficult to maintain quality health care. The first step to accessing health care in Ontario is to apply for the Ontario Health Insurance Plan (OHIP) card through your local Service Ontario. Military families can apply for OHIP as soon as they have a permanent residential address in Ontario. You can download the OHIP registration form at this link:

www.ontario.ca/page/apply-ohip-and-get-health-card. If you have questions about your health card you can call the Service Ontario hotline for military families (1-888-333-8545). Your questions will be answered by a customer service representative that has specialized knowledge and information to support military families.

Once you are registered for OHIP you should apply online for the provincial family doctor waitlist called Health Care Connect by visiting www.ontario.ca/healthcareconnect. In addition to registering for Health Care Connect, you can register for the Military Family Doctor Network (MFDN) by contacting the Trenton MFRC. This program aims to improve access to health care for CAF families by speeding up the process of obtaining a physician and reducing the number of military spouses and children without a family physician. It is important to note that physician availability will vary by location.

Quick Tips

» REGISTER FOR OHIP

ontario.ca/page/apply-ohip-and-get-health-card

» APPLY FOR A FAMILY DOCTOR

ontario.ca/healthcareconnect

» QUESTIONS?

Call Service Ontario at 1-888-333-8545

VIRTUAL HEALTH CARE

NAME	CONTACT INFO
Cover Health	cover.health
Maple	getmaple.ca/militaryfamily <i>*Maple is a for-fee service.</i>
MD Connected	mdconnected.ca
Telehealth	1-866-767-0000
TIA Health	tiahealth.com
Tulip Health	tuliphealth.ca

CLINICS

	NAME	CONTACT INFO
Quinte West	Great Lakes Walk-in Clinic (Telemedicine)	290 Dundas St. W Unit #3, Trenton ON 613-955-0707
	Telemed Trenton (Telemedicine)	74 Dundas St. W, Trenton ON 613-392-9999
	Trent Drug Mart Walk-In Clinic (Telemedicine)	31 Quinte St., Trenton ON 613-955-0140
Belleville	Bayview Medical Clinic (Doctor On-Site)	274 Dundas St. E, Belleville ON 613-968-5709
	Great Lakes Walk-In Clinic (Telemedicine)	690 Sidney St, Belleville ON 613-967-9595
	Kente OTN (Telemedicine)	470 Dundas St. E, Belleville ON 613-779-5787

PUBLIC HEALTH

NAME	CONTACT INFO
Hastings Prince Edward Public Health	179 N Park St., Belleville ON 613-966-5500 hpepublichealth.ca

HOSPITALS

All hospitals fall under Quinte Health Care. For more information please visit www.qhc.on.ca

NAME	CONTACT INFO
Belleville General Hospital	265 Dundas St. E, Belleville ON 613-969-7400
North Hastings Hospital	1-H Manor Ln., Bancroft ON 613-332-2825
Prince Edward County Memorial Hospital	403 Main St. E, Picton ON 613-476-1008
Trenton Memorial Hospital	242 King St., Trenton ON 613-392-2540

DENTISTS

Quinte West

NAME	CONTACT INFO
Trenton Smiles Dental Center	1 Frankford Cres. - Suite 1, Trenton ON 613-392-3080 trentonsmilesdental.ca
Whites Road Dental Care	14 Whites Rd, Trenton ON 613-392-4757 whitesroaddental.com
You Make Me Smile Dental Centre	96 Division St., Trenton ON 613-208-0809 youmakemesmile.ca

Belleville

Belleville Dental Care	135 Victoria Ave., Belleville ON 613-969-8800 bellevilledental.ca
Dentistry By The Bay	220 Dundas St. E #107, Belleville ON 613-966-5118 dentistrybythebay.com
Quinte Smiles Dental Centre	198 Dundas St. E, Belleville ON 613-966-2664 quintesmiles.com






The Trenton MFRC offers child care in Trenton, Belleville and Batawa. The Trenton and Batawa locations offer infant to school-aged care and the Belleville location offers infant to preschool care. Our programs provide healthy lunches and snacks throughout the day. The Trenton location also offers Casual Care for military families.

For more information on our child care services, please visit our website at www.trentonmfr.ca






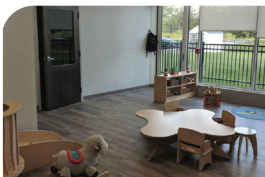
Trenton Site

-  50 Rivers Dr. E, Astra ON
-  613-965-2442
-  childcare@trentonmfr.ca






Belleville Site

-  610 Dundas St. E, Belleville ON
-  613-779-6115
-  bellevillechildcare@trentonmfr.ca



Batawa Site

-  58 Plant St., Batawa ON
-  613-398-6004
-  batawachildcare@trentonmfr.ca

There are also a variety of other child care facilities in the Quinte Region. For a list of licensed child care facilities and information about fee subsidization, please visit www.hastingscounty.com.

Quick Tips




» HAVE YOU COMPLETED YOUR FAMILY CARE PLAN?
If not, please contact your Unit or Wing OR.



Finding the right school for your children can be difficult when moving to a new community. The Quinte region is home to multiple public and Catholic school boards. We are also lucky enough to have local schools that teach in English, French, and a combination of both official languages. There are three French language schools located on CFB Trenton property: L'Envol, Cité-Jeunesse, and Marc-Garneau. For more

information about the schools in your area, please contact the school board or visit their website.

All requests for school bus transportation can be directed to Tri-Board Student Transportation Services:

 613-354-1981 or 1-866-569-6638
 info@triboard.ca  www.triboard.ca

	NAME	CONTACT INFO
Public School Boards	Conseil des écoles publiques de l'Est de l'Ontario (CEPEO)	2445 Boul. St-Laurent, Ottawa ON 613-742-8960 or 1-888-332-3736 cepeo.on.ca
	Hastings & Prince Edward District School Board	156 Ann St., Belleville ON 613-966-1170 or 1-800-267-4350 information@hpedsb.on.ca hpedsb.on.ca
	Kawartha Pine Ridge District School Board	1994 Fisher Dr., Peterborough ON 705-742-9773 or 1-877-741-4577 kpr_info@kprdsb.ca kprschools.ca
	Limestone District School Board	220 Portsmouth Ave., Kingston ON 613-544-6920 limestone.on.ca
Catholic School Boards	Algonquin & Lakeshore Catholic District School Board	151 Dairy Ave., Napanee ON 613-354-2255 or 1-800-581-1116 info@alcdsb.on.ca alcdsb.on.ca
	Conseil des écoles catholiques du Centre-Est (CECCE)	4000 Rue Labelle, Ottawa ON 1-888-230-5131 ecolecatholique.ca

FINDING A PLACE TO CALL HOME



Residential Housing Units (RHUs) are available for military families to rent and are located on CFB Trenton property. The RHUs are maintained and managed by the Canadian Forces Housing Agency (CFHA). There are currently over 500 RHUs offered to military families posted in Trenton. Military members are also able to rent single accommodations on the base by contacting accommodation services. The Yukon Lodge

is one of CFB Trenton's newest accommodations facilities and features 290 rooms with the necessary amenities to make your stay comfortable.

Relocation Services

»» **Brookfield Global Relocation Services (BGRS)**

🌐 irp-pri.com/start/cf_members/

»» **Canadian Forces Housing Agency (CFHA) - Trenton**

📞 613-965-3114

✉ cfha-alfc.trenton@forces.gc.ca

»» **Accommodation Services - Trenton**

📞 613-392-2811 ext. 7126 or 1-877-469-8566

✉ reservationsdesk@forces.gc.ca

CABLE, INTERNET AND PHONE

NAME	CONTACT INFO
Bell	1-866-301-1942 bell.ca
Cogeco	1-866-261-4447 cogeco.ca
Rogers	1-888-764-3771 rogers.com
Shaw Direct	1-888-554-7827 shawdirect.ca
Xplornet (Rural Internet)	1-866-841-6001 xplornet.com

RENTAL AGENCIES

NAME	CONTACT INFO
CLV Group	613-728-2000 clvgroup.com
Kenmau Ltd.	142 Division St., Trenton ON 613-392-2601 kenmau.ca
Klemencic Properties	499 Dundas St. W, Trenton ON 613-392-7839 klemencicproperties.com

Quinte West

Pinnacle Property Management	200 Dundas St. E, Belleville ON 613-966-3883 pinnaclepropertymanagement.ca
Royal Property Management	409 Dundas St., Belleville ON 613-969-1144 royalpm.ca
Zentrum Management	194 Front St., Belleville ON 613-771-3201 zentrum.ca

Belleville

UTILITIES

NAME	CONTACT INFO
Ellexicon Energy	1-888-445-2881 ellexiconenergy.com
Enbridge Gas	1-877-362-7434 enbridgegas.com
Hydro One	1-888-664-9376 hydroone.com
Quinte West Water & Sewer, contact: Quinte West City Hall	7 Creswell Dr., Trenton ON 613-392-2841 ext. 4909 waterbilling@quintewest.ca quintewest.ca
Belleville Water & Sewer, contact: Belleville City Hall	169 Front St., Belleville ON 613-966-3657 belleville.ca

GARBAGE AND RECYCLING



Moving to a new community can be exciting. However, waste removal can operate differently from one place to the next.

Each garbage bag placed at the curb for disposal in the Quinte and surrounding regions requires a garbage tag attached. Garbage tags can be purchased directly through the City of Quinte West, the City of Belleville, and various locations throughout each region. The Trenton MFRC sells garbage bag tags for Quinte West.

Quick Tips

- **Small and large bulky items (furniture, appliances, etc.) are not collected at the curb.** For a fee, curbside pickup can be scheduled. You can also take your items to a landfill or transfer station. Please get in touch with your local collection agency to learn more.
- **Leaf and yard waste bags include grass clippings, small branches, and leaves:** These bags are collected on specific dates during the spring and the fall. Additionally, there are various dropoff locations throughout the region. Yard waste can be dropped off at the Frankford Landfill free of charge and does not need to be bagged.

	NAME	CONTACT INFO
Quinte West	Quinte Waste Solutions	270 West St., Quinte West ON 613-394-6266 quinterecycling.org info@quinterecycling.org
	The City of Quinte West	7 Creswell Dr, Trenton ON 613-392-2841 quintewest.ca/waste-management
Belleville	The City of Belleville	169 Front St., Belleville 613-968-6481 belleville.ca/en/garbage-recycling-and-organics.aspx
Surrounding Communities	Northumberland County Transportation & Waste Dept.	860 William St., Cobourg ON 905-372-3329
	The County of Prince Edward	332 Main St., Picton ON 613-476-2148 info@pecounty.on.ca

VEHICLE REGISTRATION, LICENSING AND TRANSPORTATION



Every province has unique regulations surrounding vehicle licensing and registration. When moving to Ontario from another province or country you must apply to switch your license for an Ontario driver's license within 60 days of your move. This can be done in-person at your local DriveTest Centre. You will also need to register your vehicle in-person at Service Ontario. If you are moving within Ontario your address will need to

be updated on your driver's license and vehicle permit. This can be done online through Service Ontario.

If you have questions about your driver's license, or vehicle registration you can call the Service Ontario hotline for military families (1-888-333-8545). Your questions will be answered by a customer service representative that has specialized knowledge and information to support military families. You can also visit the webpage at: ontario.ca/page/military-families-services-and-support

Quick Tips

» CHANGE YOUR LICENSE WITHIN 60 DAYS OF MOVE

See the next page for your local DriveTest Centre

» REGISTER YOUR VEHICLE WITHIN ONTARIO

See the next page for Service Ontario locations

» QUESTIONS?

Call Service Ontario at 1-888-333-8545 or visit the website: ontario.ca/page/military-families-services-and-support

REGISTRATION CENTRES

NAME	CONTACT INFO
DriveTest Centre	345 College St. E Unit 12, Belleville ON 1-800-489-8450 drivetest.ca
Ministry of Transportation	1-800-387-3445 mto.gov.on.ca
Service Ontario	ontario.ca/page/serviceontario Quinte West: 15 Dundas St. E Belleville: 199 Front St. Unit 109 Brighton: 140 Prince Edward St. Pictou: 1 Pitt St.

DRIVING SCHOOLS

NAME	CONTACT INFO
Collision Prevention Driving School	613-967-7770 collisionprevention.ca
First Route Driving School Ltd.	613-389-0043 registrations@firstroute.ca firstroute.ca
The Provincial Driving Academy	613-661-9000 provincialdrivingacademy.com
Young Drivers of Canada	613-969-0525 yd.com



IMPORTANT CONTACTS & RESOURCES

EMERGENCY CONTACTS

Police/Fire/Ambulance

911

Military Police	613-392-2811 ext. 4444
Duty Padre	613-392-2811 ext. 2232
Belleville Police	459 Sidney St, Belleville ON 613-966-0882 police.belleville.on.ca
Ontario Provincial Police (OPP)	3 Dixon Dr, Trenton ON 1-888-310-1122 opp.ca
Ontario Poison Centre	1-800-268-9017 ontariopoisoncentre.ca
Highland Shores Children's Aid Society	363 Dundas St W, Belleville ON Reporting Line – 1-800-267-0570 highlandshorescas.com
Pierce Animal Control Services	15 Campbell St, Belleville ON 613-966-4483

EMERGENCY FOOD & SHELTER

Three Oaks (shelter and services for abused women and their children)	1-800-267-0533
Grace Inn Shelter	315 Church St., Belleville ON 613-966-2898
Hastings Housing Resource Centre	Quinte West: 81 Dundas St. W 613-392-8317 Belleville: 210A Front St. 613-969-1748
Belleville and Quinte West Community Health Centre	Quinte West: 70 Murphy St. 613-965-0698 Belleville: 161 Bridge St. W 613-962-0000
Bridge Street United Church	Food Ministry: 60 Bridge St. E, Belleville ON 613-962-9178

Salvation Army	295 Pinnacle St., Belleville ON 613-968-6834
Gleaners Food Bank	25 Wallbridge Cres., Belleville ON 613-962-9043
Community Development Council of Quinte (Good Baby Box & Good Food Box Program)	65 Station St., Belleville ON 613-968-2466
Trenton Care and Share Food Bank	30 Pelham St., Suite #2, Trenton ON 613-394-5551
Brighton Fare Share Food Bank	39A Elizabeth St., Brighton ON 613-475-4190

HELPLINES & INFOLINES

Addictions & Mental Health	Open Access Crisis Line: 1-888-292-0208
Alcoholics Anonymous Quinte East	1-877-961-2134
Alcoholics Anonymous Quinte West	1-866-951-3711
Assaulted Women's Helpline	1-866-863-0511
Canada Suicide Prevention Service	1-833-456-4566
Canadian Forces Member Assistance Plan	1-800-268-7708
Children's Mental Health Services	613-966-3100 highlandshorescas.com
Community and Social Services Helpline	211
ConnexOntario	1-866-531-2600
Cornerstone Family Violence Prevention Centre	905-372-0746 or 1-800-263-3757
Fem'aide (Ligne de soutien pour femmes touchées par la violence)	1-877-336-2433
Hope for Wellness Helpline (crisis intervention for Indigenous peoples across Canada)	1-855-242-3310
Kids Help Phone	1-800-668-6868
Crisis Texting Service for Kids of CAF Families	Text keyword CAFKIDS at 686868
LGBTQ Youth Line	askus@youthline.ca youthline.ca
Ontario Problem Gambling Helpline	1-888-230-3505
Quinte Health Care Crisis Intervention Centre	613-969-7400 ext. 2753
Sexual Assault Centre of Quinte & District	613-967-6300
Telehealth Ontario	1-866-767-0000
Veteran and Military Family Information Line (bilingual service)	1-800-866-4546

CFB TRENTON QUICK REFERENCE DIRECTORY

Canadian Forces Member Assistance Plan	1-800-268-7708
CANEX	613-394-0001
Family Information Line	1-800-866-4546
Veterans Affairs Canada (VAC)	1-866-522-2122

CFB Trenton Main Number	613-392-2811
To reach the operator	ext. 0
8 Wing Chapel	Regular business hours: ext. 4593 After-hours emergencies: ext. 2232
Air Terminal/Travel Services	ext. 3747
Baker's Island Community Centre	ext 3700
Canadian Forces Housing Agency	ext. 3114 cfha-alfc.trenton@forces.gc.ca
Canadian Forces Postal Unit (CFPU) *Morale mail can be dropped off to either CFPU HQ, Astra Post Office, or the MFRC free of charge.	Headquarters: ext. 4423 Astra Post Office: ext. 3586
Dental Unit Detachment	Regular business hours: ext. 3330 After-hours emergencies: ext. 3316
Health Promotions	ext. 3768
Junior Ranks Mess	ext. 3700
Learning and Career Centre	ext. 2557
Lodgings and Accommodations	ext. 7126 reservationsdesk@forces.gc.ca
Medical Health Services	ext. 3480
Mental Health Services and Social Workers	ext. 3651
National Air Force Museum of Canada	ext. 7223
Northern Lodge (vacation cabin rentals)	northernlodge@forces.gc.ca
Officer's Mess	ext. 2756
Operational Stress Injury Social Support (OSISS)	ext. 5060
RecPlex	ext. 3361

RV Storage Compound	ext. 3373
SISIP Financial	ext. 4823
South Side Gym	ext. 7138
Transition Centre	ext. 7454
WO & Sgts Mess	ext. 2768
Yacht Club	ext. 3039

COMMUNITY DIRECTORY

CITY & TOURISM INFORMATION

Quinte West

City of Quinte West	7 Creswell Dr., Trenton ON 613-392-2841 quintewest.ca
Quinte West Chamber of Commerce	97 Front St., Trenton ON 613-392-7635 quintewestchamber.ca

Belleville

City of Belleville	169 Front St., Belleville ON 613-968-6481 belleville.ca
Belleville Chamber of Commerce	5 Moira St. E, Belleville ON 613-962-4597 bellevillechamber.ca

Surrounding Communities

Brighton Cramahe Chamber of Commerce	143 Main St., Brighton, ON 613-475-2775 brightoncramahechamber.ca
Municipality of Brighton	35 Alice St., Brighton ON 613-475-0670 brighton.ca
Prince Edward County	332 Main St., Picton ON 613-476-2148 pecounty.on.ca
Prince Edward County Chamber of Commerce	206 Main St. W Unit 2B, Picton ON 613-476-2421

NEWCOMERS & VOLUNTEERS

Quinte Immigration Services	345 College St. E Unit 2, Belleville ON 613-968-7723 info@quinteimmigration.ca quinteimmigration.ca
Trenton Military Family Resource Centre	50 Rivers Dr. E, Astra ON 613-965-3575 volunteer@trentonmfrc.ca trentonmfrc.ca
Volunteer & Information Quinte	199 Front St. Suite 121, Belleville ON 613-969-8862 info@viq.com viq.ca

LOCAL NEWS & RADIO STATIONS

Belleville Intelligencer		intelligencer.ca	
InQuinte		inquinte.ca	
Quinte News		quintenews.com	
The Trentonian		trentonian.ca	
Radio	91X FM CJLX (91.3)	CJBQ 800 AM	Belleville 102.3
		Cool 100.1 FM	Rock 107.1
	95.5 Hits FM	MyFM 88.7	Mix 97.1
	99.3 County FM	Oldies 100.9	

PUBLIC LIBRARIES

Quinte West Public Library	7 Creswell Dr., Trenton ON 613-394-3381 library.quintewest.ca
Frankford Branch	22 North Trent St., Frankford, ON 613-394-3381 library.quintewest.ca
Belleville Public Library and John M. Parrott Art Gallery	254 Pinnacle St., Belleville ON 613-968-6731 bellevillelibrary.ca
Brighton Public Library	35 Alice St., Brighton ON 613-475-2511 brighton.library.on.ca

POST OFFICES

Canada Post	canadapost-postescanada.ca
FedEx	fedex.com
The UPS Store	theupsstore.ca

SERVICE ONTARIO

1-800-267-8097 ontario.ca/page/serviceontario	
Quinte West Office	15 Dundas St. E
Belleville Office	199 Front St. Unit 109
Brighton Office	140 Prince Edward St.
Picton Office	1 Pitt St.

SERVICE CANADA

1-800-622-6232 canada.ca	
Quinte West Office	50 Dundas St.
Belleville Office	11 Station St.
Picton Office	1 Pitt St.

EMPLOYMENT ASSISTANCE

Career Edge	careeredge.on.ca 1-866-859-9222
	Trenton: 81 Dundas St. W, 613-392-9157
	Brighton: 1 Young St., 613-392-9157
	Picton: 103-141 Main St., 613-476-6456
Loyalist College Community Employment Services	54 Dundas St. E, Belleville ON 613-966-0205 loyalistces.ca
Meta Employment Services	161 Bridge St. W Unit 8, Belleville ON 613-966-9069 metaemploymentservices.com
Trenton Military Family Resource Centre	50 Rivers Dr. E, Astra ON 613-965-3575 info@trentonmfrc.ca trentonmfrc.ca

COUNSELLING SERVICES

Addictions and Mental Health Services Hastings Prince Edward	amhs-hpe.ca Belleville: 15 Victoria Ave., 613-967-4734 Trenton: 27 King St., 613-394-1655 Picton: 35 Bridge St., 613-476-2990 Madoc: 7-52 St. Lawrence St. E, 613-473-9914
Children’s Mental Health Services	cmhsonline.ca Belleville: 3 Applewood Dr. #300, 613-966-3100 Trenton: 30 King St., 613-392-4331 Picton: 125 Main St., 613-476-8252 Madoc: 167 Durham St., 613-473-1685
Counselling Services of Belleville & District	12 Moira St. E, Belleville ON 613-966-7413 csbd@csbd.on.ca csbd.on.ca
Trenton Military Family Resource Centre	50 Rivers Dr. E, Astra ON 613-965-3575 mentalhealth@trentonmfrc.ca trentonmfrc.ca
Youth Habilitation Quinte	youthab.ca Belleville: 210a Front St., 613-969-1748 Trenton: 81 Dundas St. W, 613-392-9157 Picton: 103-141 Main St., 613-476-6456

FIRST AID AND CPR CERTIFICATION

Be Prepared	213A Front St., Belleville ON 613-689-8727 bepreparedfirst.ca
PUSH for Life	49 Grove St., Belleville ON 613-827-5002 ipush@pushforlife.ca pushforlife.ca
St. John Ambulance	417 Montrose Rd., Quinte West ON 613-962-7933 sja.ca

ACCOMMODATIONS

Belleville	Fairfield Inn & Suites By Marriott	407 N Front St., Belleville ON 613-962-9211
	Holiday Inn Express & Suites	291 N Front St., Belleville ON 613-962-1200
	Ramada by Wyndham	11 Bay Bridge Rd., Belleville ON 613-968-3411
	TownePlace Suites By Marriott	400 Bell Blvd., Belleville ON 613-779-1212
Quinte West	Comfort Inn	51 Monogram Pl., Trenton ON 613-965-6660
	Ramada by Wyndham	99 Glen Miller Rd., Trenton ON 613-394-4855
	Travelodge by Wyndham	598 Old Highway 2, Trenton ON 613-965-6789

TRANSPORTATION & TRAVEL

Quinte West	ABC Taxi	613-392-3525
	Driven Taxi	613-394-1462
	Sidney Courier	613-394-1470
Belleville	Bluebird Taxi	613-962-2525
	Central Taxi	613-962-5353
Air	Kingston Airport	1114 Len Birchall Way, Kingston ON 613-389-6404 airportinfo@cityofkingston.ca ygkairport.com
	Toronto Pearson Airport	6301 Silver Dart Dr., Mississauga ON 416-247-7678 or 1-866-207-1690 torontopearson.com

Train

VIA Rail

250 Station St., Belleville ON
1-888-842-7245
viarail.ca

VIA Rail (Trenton Junction)

18277B Telephone Rd., Trenton ON
1-888-842-7245
viarail.ca

Bus

Belleville Transit

165 Pinnacle St., Belleville ON
613-967-4935
belleville.ca/en/walk-ride-and-drive/transit.aspx

Coach Canada

1-800-461-7661
coachcanada.com

Franklin Coach Lines

305 Bell Blvd., Belleville ON
613-966-7000 or 1-800-267-2183
dispatch@franklincoachlines.com
franklincoachlines.com

Megabus

1-877-462-6342
customerservice@megabus.com
megabus.com

Ontario Coachway

97 Church St., Belleville ON
613-968-2058 or 1-888-677-4287
ontariocoachway@bellnet.ca
ontariocoachway.com

Quinte Access

30 Pelham St., Trenton ON
613-392-9640
quintetransit.ca

BANKS

Quinte West

BMO Bank of Montreal	55 Dundas St. W, Trenton ON 613-392-9216 bmo.com
CIBC Branch	91 Dundas St. W, Trenton ON 613-394-3364 cibc.com
Kawartha Credit Union	107 Dundas St. W, Trenton ON 613-392-7200 kawarthacu.com
RBC Royal Bank of Canada	112 Dundas St. W, Trenton ON 613-392-1211 rbccroyalbank.com
Scotiabank	266 Dundas St. E, Trenton ON 613-392-2881 scotiabank.com
TD Canada Trust Branch	7 Front St., Trenton ON 613-392-9271 td.com

Belleville

BMO Bank of Montreal	192 Bell Blvd., Belleville ON 613-967-4315 bmo.com
CIBC Branch	366 N Front St. Unit 4, Belleville ON 613-969-8840 cibc.com
Quinte First Credit Union	293 Sidney St., Belleville ON 613-966-4111 quintefirst.ca
RBC Royal Bank of Canada	246 N Front St., Belleville ON 613-969-6101 rbccroyalbank.com
Scotiabank	80 Bell Blvd., Belleville ON 613-967-6750 scotiabank.com
TD Canada Trust Branch	202 Front St. Belleville ON 613-967-2222 td.com

GROCERY STORES

Quinte West	FreschCo	30 Ontario St., Trenton ON 613-394-2791
	Metro	53 Quinte St., Trenton ON 613-392-3511
	Walmart	470 2nd Dug Hill Rd., Trenton ON 613-394-2191
	Your Independent Grocer (Smylie's)	293 Dundas St. E, Trenton ON 613-392-0297

Belleville	Food Basics	470 Dundas St. E, Belleville ON 613-962-3069
	FreshCo	305 N Front St., Belleville ON 613-966-0270
	Marc's NoFrills	211 Bell Blvd., Belleville ON 1-866-987-6453
	Metro	110 Front St. N, Belleville ON 613-962-0056
	Walmart	274 Millennium Pkwy., Belleville ON 613-966-8582
	Your Independent Grocer (McDowell's)	400 Dundas St E., Belleville ON 613-968-3888

Surrounding Communities	Chris & Angela's NoFrills	155 Elizabeth St., Brighton ON 1-866-987-6453
	Emily & Andrew's NoFrills	13311 Loyalist Pkwy., Picton ON 1-866-987-6453

AUTO REPAIR

Quinte West	Cormier's Auto Repair	276 Front St., Trenton ON 613-392-2766
	Ed's Auto Repair Quinte	282 Front St., Trenton ON 613-392-8767
	Munns Auto Repair	134 County Rd. 33, Trenton ON 613-392-3400

Associated Muffler & Brakes

222 N Front St., Belleville ON
613-962-5317
jfpautomotive.ca

Crews Auto Ltd.

326 Coleman St., Belleville ON
613-438-2886
crewsauto.ca

JFP Automotive

35 Emily St., Belleville ON
613-779-1111

JC Automotive

616 County Rd. 22, Picton, ON
613-476-1221

MB Automotive

17 Monck St., Brighton ON
613-475-4755
mbautomotive.ca

PET GROOMING

Doggie Detailing

391 Dundas St. W Unit 1, Trenton ON
613-394-5757
doggie-detailing.ca

Hair of the Dog Pet Grooming

210 Front St., Trenton ON
613-955-1234
hairofthedogtrenton.com

Besties Pet Spa & Cuisine

10 Ridley St., Belleville ON
613-962-2300
besties.ca

Little Stinkers Natural Pet Food & Grooming

96 College St. W, Belleville ON
613-771-9479

Pampered Pooch

257 N Front St., Belleville ON
613-968-5340

DOG TRAINING

ACTT Dog Training

1620 Wallbridge-Loyalist Rd., Quinte West ON
705-917-3647
actt.ca

Quinte Canine

987 Old Highway 2, Belleville ON
613-242-5050
quintecanine.com

VETERINARY HOSPITALS

Quinte West	Hillcrest Animal Hospital	17532 Highway 2 W., Trenton ON 613-394-4811 hillcrestanimalhospital.ca
	Quinte Animal Hospital	71 Murphy St., Trenton ON 613-392-8900 quinteanimalhospital.ca
	Trenton Pet Hospital	441 Front St., Trenton ON 613-392-6667 trentonpethospital.com
Belleville	Bell Animal Hospital	222 Bell Blvd. Unit 7B, Belleville ON 613-967-9800 bellanimalhospital.ca
	Loyalist Veterinary Hospital	360 Bell Blvd., Belleville ON 613-966-2519 loyalistvet.com
	Moira Veterinary Clinic	44 Moira St. W, Belleville ON 613-779-6770 moiravetclinic.ca
	Quinte Humane Society	527 Avonlough Rd., Belleville ON 613-968-4673 quintehumanesociety.com
Other	Foxboro Veterinary Hospital	580 Ashley St, Foxboro ON 613-969-7299 foxborovet.com
	Presqu'ile Animal Hospital	46 Prince Edward St., Brighton ON 613-475-5510 presquileanimalhospital.com

PET SITTING AND DOG WALKING

Chris's Dog Hotel No Cages Luxury Pet Resort	1205 Moira St. W, Belleville ON 613-968-4004 chrisdoghotelnocages.ca
Ellis Pet Care	1303 Old Highway 2, Belleville ON 613-825-5528
Furball's Choice	6835 ON-62, Belleville ON 613-743-3600 furballschoice.com
Your Furry Godmother Pet Sitting and Dog Walking Service	Belleville, ON 613-661-6217 yourfurrygodmother.business.site/

DOG PARKS

Kinsmen Dog Park	169 Creswell Rd., Hanna Park, Trenton ON
Off-Leash Dog Park	120 County Rd. 64, Brighton ON
Quinte Dog Park – East Zwick's Centennial Park	11 Bay Bridge Rd., Belleville ON quintedogpark.com

PARKS & CONSERVATION AREAS



**To discover additional local hidden gems, please scan this QR Code.*



Quinte West	Bain Park & Playground	327 Dundas St. E, Trenton ON
	Bleasdel Boulder Conservation Area	County Road 33, Quinte West ON
	Centennial Park	12 Couch Cres., Trenton ON
	Mount Pelion & Park	399 Dufferin Ave., Trenton ON
Belleville	Potter's Creek Conservation Area	2061 Old Highway 2, Belleville ON
	Riverside Park & Playground	373 Moira St. E, Belleville ON
	West Zwick's Island Park & Playground	10 Bay Bridge Rd., Belleville ON
	Ferris Provincial Park	474 County Rd 8, Campbellford ON ontarioparks.com/park/ferris

H.R. Frink Conservation Area and Outdoor Education Centre381 Thrasher Rd, Plainfield ON
613-968-3434**Massassauga Point Conservation Area**1280 Massassauga Rd,
Prince Edward, ON**North Beach Provincial Park**440 North Beach Rd, Consecon ON
ontarioparks.com/park/northbeach**Presqu'île Provincial Park**328 Presqu'île Pkwy, Brighton ON
ontarioparks.com/park/presquile**Proctor Park Conservation Area**

96 Young St., Brighton ON

Sandbanks Provincial Park3004 County Rd. 12, Picton ON
ontarioparks.com/park/sandbanks

SPLASH PADS

Wilf Wilkinson Rotary Splash Pad (Centennial Park)

12 Couch Cres., Trenton ON

Kinsmen Splash Pad & Outdoor Pool151 Dundas St. E, Belleville ON
613-966-4632**Parkdale Splash Pad**

567 County Rd. 30, Belleville ON

West Riverside Splash Pad

373 Moira St. E, Belleville ON

Frankford Splash Pad

358 Riverside Pkwy., Frankford ON

King Edward Splash Pad

75 Elizabeth St., Brighton ON

FITNESS FACILITIES

8 Wing South Side Gym75 Anson Ave., Trenton ON
613-392-2811 ext. 7138**10 Fitness**8-10 Trenton St., Trenton ON
613-392-5300
info@10fitness.ca
10fitness.ca**Get Yoga**45 Front St., Trenton ON
613-475-3462
getyoga@getyoga.ca
getyoga.ca**RCAF Flyers Arena**240 RCAF Rd., Astra ON
613-392-2811 ext. 4110

Quinte West

RecPlex	21 Namao Dr., Trenton ON 613-392-2811 ext. 3361
The Gym	421 Dundas St. W, Trenton ON 613-392-1825 thegym.one
YMCA of Central East Ontario	50 Monogram Pl., Trenton ON 613-394-9622 ymcaofceo.ca

Belleville

Crossfit Belleville	40 Hanna Crt., Belleville ON 705-772-1369 info@crossfitbelleville.ca crossfitbelleville.ca
Goodlife Fitness	390 North Front St., Belleville ON 613-968-5628 goodlifefitness.com
Mindful Movements Studio	164 Moira St. E, Belleville ON 613-968-1166 mindfulmovements.ca
Pegasus Cheer Athletics	1989 Old Highway 2, Belleville ON 613-779-8644 pegasuscheer.com
Planet Fitness	199 Bell Blvd., Belleville ON 613-707-8820 planetfitness.ca
Quinte Bay Gymnastics	14 Harder Dr., Belleville ON 613-967-9517 rec@quintebaygymnastics.com quintebaygymnastics.com
Quinte Sports & Wellness Centre	265 Cannifton Rd., Belleville ON 613-966-4632 rccsgeneral@belleville.ca quintesportsandwellnesscentre.ca
YMCA of Central East Ontario	433 Victoria Ave., Belleville ON 613-966-9622 ymcaofceo.ca

Other

YMCA Northumberland	170 Main St., Brighton ON 613-475-2887 ymcanrt.org
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YOUTH CENTRES

Q.W.

Quinte West Youth Centre

2 Wooler Rd, Trenton ON
613-392-6946
qwyc.ca

Stay in the Know!



www.trentonmfr.ca | www.cafconnection.ca/trenton

