



ONTARIO  
**COCHRANE**  
WONDERFULLY UNEXPECTED

# *COCHRANE WELCOME BOOK*

## **A GUIDE FOR NEW RESIDENTS**



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# WELCOME

Welcome to your new home! Cochrane is quickly growing to be an attractive home for incoming residents, and one of the most vibrant municipalities in Northern Ontario. We are pleased that you chose our community. We want to make your life with us comfortable and enjoyable. This book will help to you get acquainted with your new community. This book is printed for your convenience and overtime the book's information may become dated; all up to date information can be found on our website: [www.cochraneontario.com](http://www.cochraneontario.com)

## WELCOME SERVICES

### TIMMINS AND DISTRICT MULTICULTURAL CENTRE

The Timmins and District Multicultural Centre is a nonprofit organization serving the needs of new immigrants and refugees. Services include:

- Settlement and orientation
- Community connections and mentoring
- Interpretation and translation (fee)
- Citizenship assistance
- Employment support
- Timmins Local Immigration Partnership

### CONTACT

Phone: (705)-269-8622

Address: 130 Spruce Street South, Suite 1  
Timmins, ON, P4N 2M5

Email: [info@timminsmulticultural.ca](mailto:info@timminsmulticultural.ca)

Website: [www.timminsmulticultural.ca](http://www.timminsmulticultural.ca)



**Timmins & District  
Multicultural Centre**  
Immigrant Settlement Services

### COCHRANE DISTRICT SOCIAL SERVICES ADMINISTRATION BOARD EMPLOYMENT SERVICES

Employment services are as important as any other welcoming service, and the town recognizes that. If you or a family member is moving and in need of a job, the Cochrane District Social Services Administration Board is available to provide assistance. Their services include:

- Job matching
- Training programs
- Resume Writing Assistance
- Support for trades & apprenticeships
- Support for career changes and transitions

### CONTACT

Phone: (705)-272-5745  
or (888) 626-1538

Address: 149 5th Avenue

Website: [www.cdssab.on.ca](http://www.cdssab.on.ca)



# THE TOWN OF COCHRANE *TOWN HALL*

As a new resident, you will have many questions about Cochrane and basic services. Your first point of contact for municipal services is the Town Hall. Here you will be able to set up your municipal water account, ensure your property was properly transferred, learn where you can volunteer and much more. Our friendly staff will be sure to help you the best they can!



The Town Hall is open weekdays, Monday - Friday 8:30 a.m.-4:30 p.m. Sept – June

Monday – Friday 8:00 a.m. – 4:00 p.m. July/August

Our offices are closed during regular statutory holidays.

## *OUR VALUES*

We value our people and understand that our unique blend of cultures strengthens our social fabric and strengthens us as a community.

We value our built environment and thank our founding fathers for building a community that has stood the test of time. We are proud of our community assets and seek to strengthen and build on them.

We value our future while honoring our past. With our vast natural resource wealth and our strategic location our future is bright.

**To build a community today  
that future generations will  
be proud of.**

## *OUR VISION*



ONTARIO, CA  
**COCHRANE**  
WONDERFULLY UNEXPECTED

## **CONTACT**

Phone: (705) 272-4361

Address: 171 4th Avenue

Website: [www.cochraneontario.com](http://www.cochraneontario.com)



# TOWN COUNCIL

Your town is represented by a mayor and six councillors, each of whom represent no specific neighborhood or township in the community but represent all interests of the community at large!

Council is elected every 4 years, with the next election coming up in the Fall of 2026.



From left to right: Councillor France Bouvier, Councillor Sylvie Charron-Lemieux, Councillor Rodney Hoogenhound, Mayor Peter Politis, Councillor Daniel Brunet, Councillor Susan Nelson, Councillor Marck Recoskie

## WATCH COUNCIL MEETINGS FROM THE COMFORT OF YOUR HOME!

Stream council cast online at home from our website: [www.cochraneontario.com/council-cast/](http://www.cochraneontario.com/council-cast/)

For detailed scheduling of Council Meetings visit: [www.cochraneontario.com/meeting-manager/](http://www.cochraneontario.com/meeting-manager/)

Get in touch with your Mayor & Councillors:  
Phone: (705) 272-4361  
Website: [clerk@cochraneontario.com](mailto:clerk@cochraneontario.com)

# QUICK FACTS

## LOCATION

Cochrane lies on the forty-ninth parallel. As such, its latitude is the same as the greater part of the border between the United States and Western Canada. Cochrane is served by Highway 11, the northern route of the Trans-Canada Highway, and by the Ontario Northland Transportation Commission, which offer passenger train service to Moosonee at the James Bay Coast.



## RECREATION

Cochrane is a recreationally driven community in all four seasons of the year. Home of the Tim Horton Event Centre, the only Bike Share program in Northern Ontario, a local supervised community beach (in the middle of town) that allows people to enjoy all watersports.

Surrounded by vast rural areas, the adventurer will find extensive kilometers of trails for cycling, hiking, ATV driving, snowmobiling, and other power sports. Some near water bodies that offer the perfect fishing conditions and others near sandy beaches perfect for a camping getaway in the Northern wilderness, which is Cochrane's backyard.





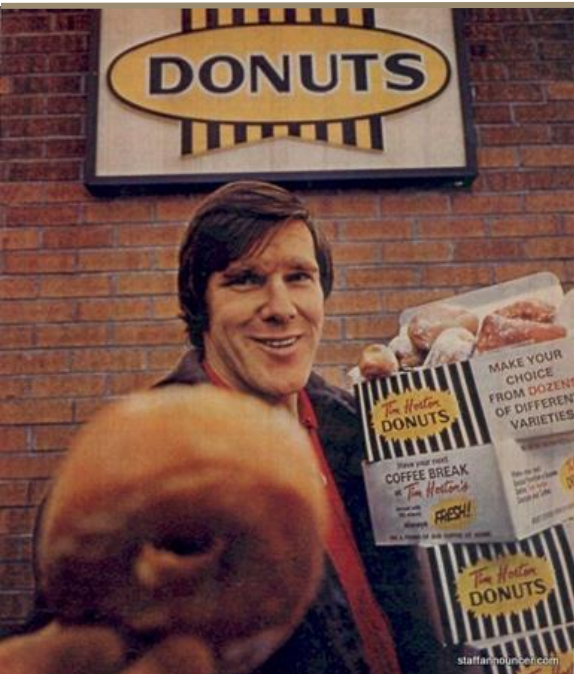


## *"CHIMO"*

"Chimo" is an Inuit word meaning: "I am friendly" or "Welcome". The giant polar bear statue, the Town's mascot, greets our visitors at the entrance of town alongside the Cochrane welcome sign. You've seen this style of sign before; in Toronto! More specifically at the beginning of Yonge Street. Did you know Cochrane is the most northern point of Yonge Street? What better way to commemorate this than by having a twin sign?

## *POLAR BEARS*

Did you know that Chimo isn't the only polar bear in Cochrane? Cochrane is home to the largest polar bear enclosure in North America which occupies several real polar bears! You can purchase a season pass and visit the bears any time of the year because the facility is open 363 days a year.



## *TIM HORTON*

Tim Horton was born on January 12, 1930, in Cochrane Ontario. He is the creator and founder of the Canadian doughnut and coffee franchise, Tim Hortons. He is also known for playing in the NHL over the course of 24 consecutive seasons from 1948 to 1974. The sports complex in town is named "The Tim Horton's Event Center" in commemoration.



# COCHRANE'S TOP 5

## *READILY ACCESSIBLE HEALTH CARE SERVICES*

1

Lady Minto Hospital is a thriving acute general hospital which provides a wide range of in-patient, complex continuing care, emergency, out-patient, ambulatory care, general surgery, and long-term care services.



2

## *SMALL TOWN, BIG AMENITIES*

With some of the lowest property taxes in Northeastern Ontario, Cochrane provides the highest quality of northern living at a competitive cost to the taxpayer. Which means that you can afford to do more things in the community such as hockey, fishing, camping, and hunting.

3

## *FAST GROWING JOB MARKET*

One of the few communities in Northern Ontario to have experienced growth in the last few years, Cochrane's economic landscape offers job and investment opportunities in just about every sector.

## 4

*PURCHASE YOUR HOME OR BUSINESS TO BUILD EQUITY*

Homeownership in Cochrane has seen a significant increase in recent years. Property values are seeing continuous improvements, positioning Cochrane at the forefront among Northern Ontario communities in terms of growth. This makes Cochrane an attractive choice for both small and large businesses, benefiting from our already vibrant economy.



## 5

*ACTIVE LIFESTYLE & NORTHERN HOSPITALITY*

Looking for an active lifestyle that takes you beyond the hustle and bustle of the city, and looks further than the rural amenities of the countryside? You can see most sports clubs out at our annual Welcome to Cochrane showcase. The Town of Cochrane encourages its residents to maintain an active and healthy lifestyle and promotes affordable programming through its Doable Neighborhood Project initiatives and through The Tim Horton Events Centre.





# *A BRIEF HISTORY OF COCHRANE*

## **CHOO-CHOO! NEXT STOP COCHRANE, ONTARIO!**

The Town of Cochrane owes its existence to the trans-Canadian rail network. Located on the junction of the Canadian National Railway and the Ontario Northland Transportation Commission (ONTC) rail line, previously the Temiskaming and Northern Ontario Railway, many came to work on the rail line and settled in Cochrane in the early 1900's. Cochrane soon developed other important industries around the rail line, including agriculture, forestry and other commerce, merchant stores, bakeries among other business ventures necessary for people working in the area.



Although many settlers arrived in 1906, like many Canadian town sites, populations of First Nations resided or migrated through these geographical areas. The aboriginal heritage that characterizes the landscape of Cochrane is that of the Cree, Ojibwa and Algonquin ancestry; traditions that can still be found within our community today. The first crossing of the Cochrane town site would have been of settlers on their way to trade fur in the Moosonee area while travelling the Abitibi River.

## **"THE TOWN BETWEEN THE TWO RIVERS"**

The Town of Cochrane was initially called the "Town Between the Two Rivers", because the town site was laid out on the Commando Indians Little Lakes Campgrounds (now Commando Lake), which was the center point between the Abitibi River and the Frederickhouse River, on the Old Overland Packet Trail to Moosonee. Only later after the town was formally incorporated in 1910, was the Town named Cochrane after the Honourable Frank Cochrane, the Minister of Lands, Forests and Mines at that time.





## FOUNDED ON HARD WORK & DETERMINATION

The Town of Cochrane has faced its share of traumatic events, aside from raging world epidemics, Cochrane was the casualty of three major fires; the fires of 1910, 1911, and 1916. At three different times during its existence, Cochrane had to rebuild everything; its businesses, homes, and recreational facilities.

Although some fires were bigger than others, many took refuge in the surrounding lakes. The fire of 1916, which spread from the town of Matheson northward to Cochrane left over 200 people dead or missing, 22 of which resided in Cochrane. Their names can be found at the memorial site of the 1916 Fire at the intersection of Genier Rd. and Concession 6 & 7.

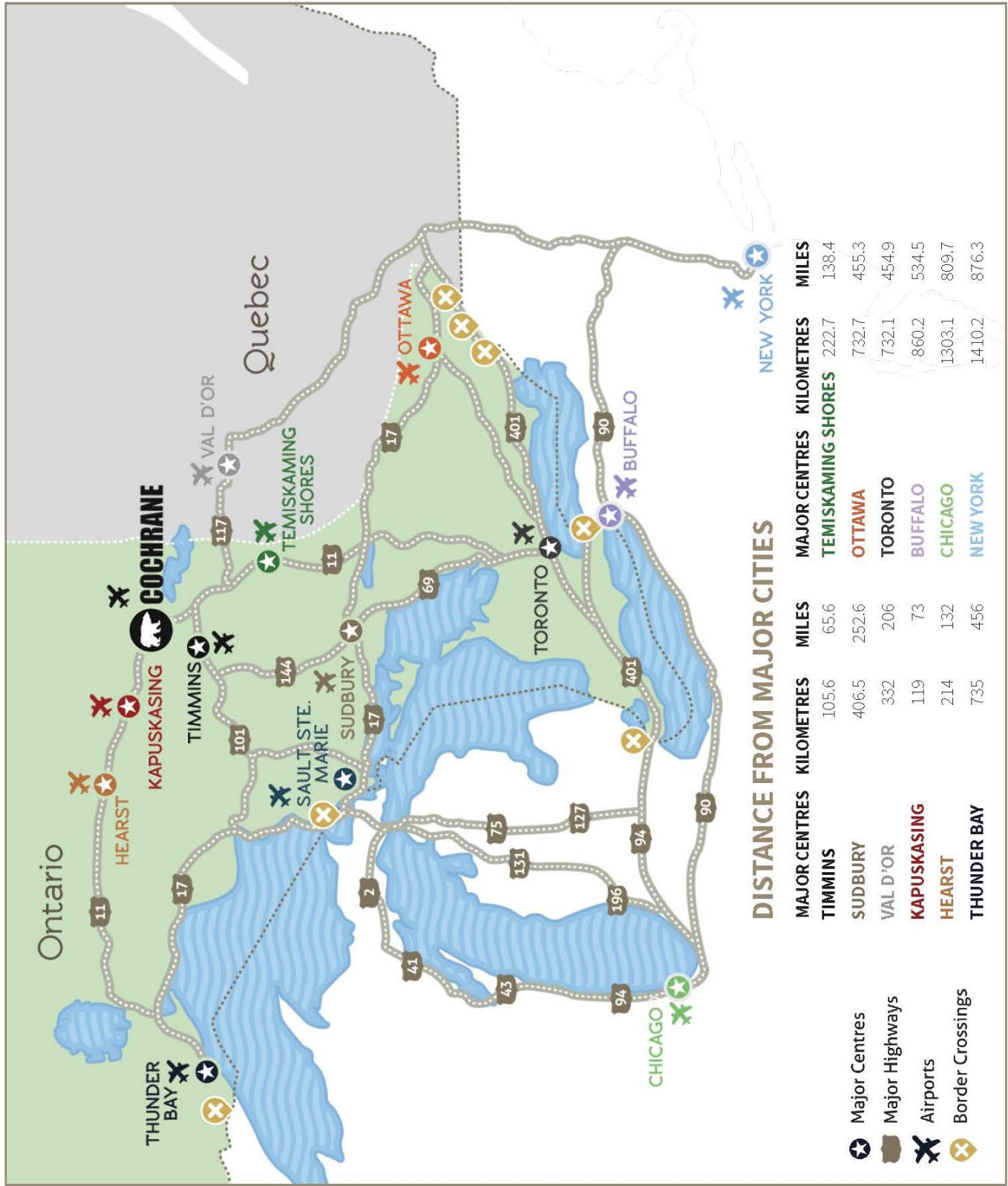


## BUILT FOR GREATNESS & ENGINEERED FOR SUCCESS

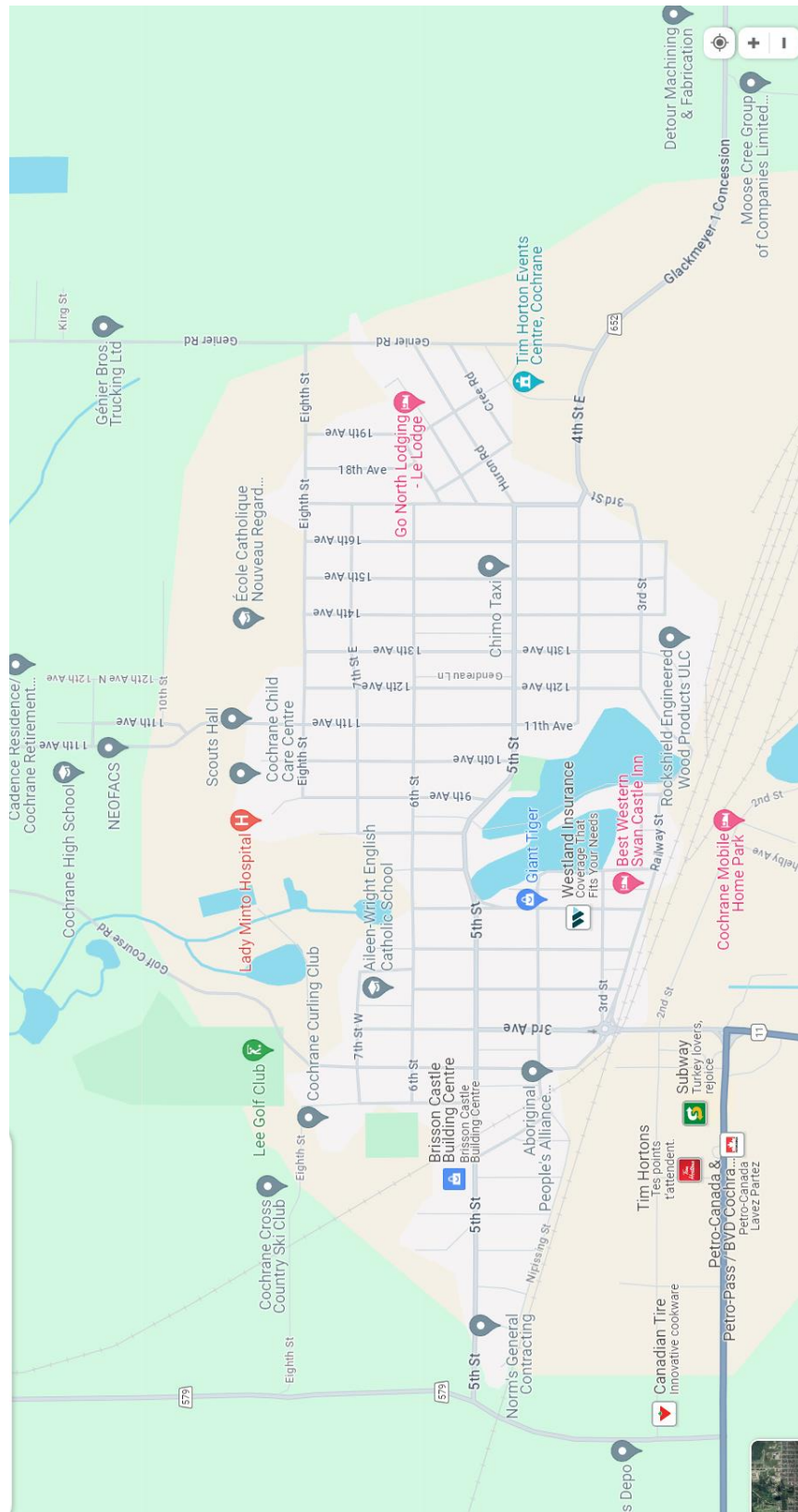
Uncharacteristic of other northern railway towns, Cochrane was built and engineered, at the time, to become a metropolitan center for the North, so that it could accommodate all rail line shipments heading to the western provinces. Many of these developments can still be seen today; Cochrane's roads are wide, just take a look at Railway Street and Sixth Avenue! This intention led the way to ensure that Cochrane was founded and prospered on a diverse economy: rail workers, farmers, loggers, miners and entrepreneurs. All of these industries still support the development of the town today.



# LOCATION

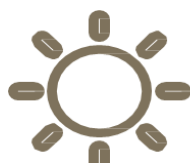


# MAP OF COCHRANE





# CLIMATE



Cochrane has a transitional climate sitting between the subarctic and continental climate zones. This provides the region with the ability to shift smoothly into four very distinct seasons; winter, spring, summer, and fall.

Each season comes equipped with its own opportunities and activities that the community offers for the enjoyment of the outdoors.

Cochrane's colder winters provide an authentic northern experience, revealing it to be a magnificent adventure. However, the refreshing springs followed by hot summers offer a welcome relief from the cold and showcase the best of each season.



## WEATHER PATTERNS



# HOUSING and REAL ESTATE

## GEARED TO INCOME

Geared to income housing may provide aid to any household that is not able to find suitable and affordable housing in the private market. There are many properties in Cochrane that are geared to income, whether you are single or a family unit. To find out if you are eligible for assistance in housing please contact the Cochrane District Social Services Administration Board's Housing Services.



## CONTACT

### *VILLA MINTO*

Phone: (705)-272-7200 ext. 4119

Address: 241 8<sup>th</sup> Street

Website: [www.micsgroup.com](http://www.micsgroup.com)

## LONG-TERM CARE

Cochrane offers one long-term care residents, situated alongside the Lady Minto Hospital. Villa-Minto offers the following services: Nursing and Personal Care, treatment and medication administration, special diets, laundry services, room and board, medical care, and on-site therapy.

## RETIREMENT LIVING

Built in 2016, the Cadence Residence is Cochrane's only retirement living facility for Seniors. Cadence Residence focuses on promoting healthy living choices for seniors who want to remain independent while having access to services as they age in place. Our services include a choice of meals prepared 3 times daily, weekly housekeeping and laundering of bed linens, daily social and recreational activities, private mailbox, prescription medication queuing, personal emergency response equipment, guest suite, and guest meals available.

## CONTACT

### *CDSSAB HOUSING SERVICES:*

Phone: (705) 232-4095

Or: (800) 461-2009

33 Ambridge Drive

Address: P. O. Box 1028 Iroquois Falls,

Ontario

POK1G0

## FINDING A HOME

Cochrane has a variety of real estate agents to help provide you the necessary information regarding finding an affordable and secure investment choice when it comes to buying your new home.



*Your Local Service  
Guide Starts Here*



**EVERYTHING YOU NEED TO  
KNOW ALL IN ONE SPOT.**

# EMERGENCY SERVICES

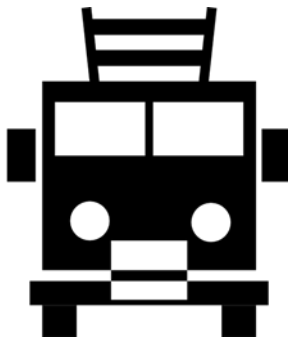
**IN ANY CASE OF EMERGENCY, PLEASE CALL 911.**



## POLICE

*PLEASE DIAL 911 IN AN EMERGENCY.*

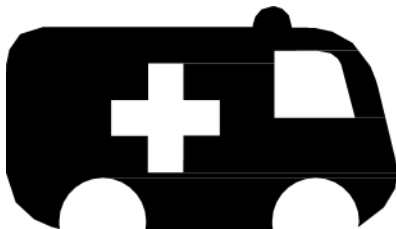
The Cochrane O.P.P. and the Nishnawbe-Aski Police provide responsive protection and aid through consistent efforts to keep the public safe and educated.



## FIRE

*PLEASE DIAL 911 IN AN EMERGENCY.*

The Cochrane Volunteer Fire Department provides protection from fire, life-threatening emergencies and dangerous conditions through a team approach in regards to fire protection, fire prevention and public education.



## AMBULANCE

*PLEASE DIAL 911 IN AN EMERGENCY.*

The District of Cochrane has an accessible and responsive emergency medical service.



# EMERGENCY SERVICES

## BELOW ARE OTHER HOSPITAL AND CRISIS LINES THAT CAN BE REACHED IN AN EMERGENCY

### ONTARIO PROVINCIAL POLICE

(888) 310-1122

64 3rd Avenue

[www.opp.ca](http://www.opp.ca)

### LADY MINTO HOSPITAL

(705)-272-1318

241 8th Street

[www.cdssab.on.ca](http://www.cdssab.on.ca)

### CRIME STOPPERS

(800) 222-8477

[www.canadiancrimestoppers.org](http://www.canadiancrimestoppers.org)

### POLICE TTY/TELETYPEWRITER

519-661-6472

### FOREST FIRE REPORTING

310-FIRE (3473)

705-564-6146

[www.mnr.gov.on.ca](http://www.mnr.gov.on.ca)

### SEARCH AND RESCUE

[sm@cochraneSearchandRescue.org](mailto:sm@cochraneSearchandRescue.org)

(800)267-7270

### POISON CONTROL

416 813 5900

1 800 268 9017

[www.ontariopoisoncentre.com](http://www.ontariopoisoncentre.com)

### KIDS HELP PHONE

1-(800)668-6868

[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

### TIMMINS & AREA WOMEN IN CRISIS

(705)268-8380

[www.tawc.ca](http://www.tawc.ca)

### TELEHEALTH

(866)797-0000

[www.health.gov.on.ca](http://www.health.gov.on.ca)

### NISHNAWBE-ASKI POLICE

(705)272-5600

1404th Avenue [www.naps.com](http://www.naps.com)

# PUBLIC HEALTH

## *AGE & DISABILITY CARE*

There are many different programs offered throughout the Town of Cochrane that provide aged and disability care services including home care, personal care, and home maintenance to disabled and elderly residents who qualify.

### **COCHRANE COMMUNITY CARE ACCESS CENTRE**

(705) 272-2626  
144 3rd Street West  
[www.ccac-ont.ca](http://www.ccac-ont.ca)

### **VILLA MINTO**

(705) 272-7200  
241 8th Street  
[www.micsgroup.com](http://www.micsgroup.com)

### **COCHRANE COMMUNITY LIVING**

(705) 272-2999  
18 Aurora Avenue  
[www.communitylivingontario.ca](http://www.communitylivingontario.ca)

### **CADENCE RESIDENCE**

(705) 272-2720  
500 12<sup>th</sup> Ave N

## *CHIROPRACTIC AND PHYSIOTHERAPY*

### **COCHRANE CHIROPRACTIC**

(705) 272-6718  
142 5th Avenue

### **PETER PICARD**

(705) 272-4412  
1-125, 7th Avenue South

### **RAFACZ WADE-WELLNESS PLANNER**

(705) 272-4763  
140 14th Avenue

## *DENTISTS*

### **COCHRANE FAMILY DENTISTRY**

(705) 272-6474  
213 6th Avenue

### **DR. RAYMOND FAMILY DENTAL CLINIC**

(705) 272-3340  
178 3rd Avenue



# HEALTH CARE SERVICES

## *ADDICTION SERVICES*

### **MINTO COUNSELING CENTER DE COUNSELLING MINTO**

(705)272-4245  
233 8<sup>th</sup> Street  
[www.mintocounsellingcentre.org](http://www.mintocounsellingcentre.org)

### **NORTH COCHRANE ADDICTION SERVICES INC**

(705)335-8408  
233 8<sup>th</sup> Street  
[www.addictionstoxicomanie.com](http://www.addictionstoxicomanie.com)

### **CANADIAN RED CROSS**

(705)272-6770  
233 8<sup>th</sup> Street  
[www.redcross.ca](http://www.redcross.ca)

### **COCHRANE COMMUNITY CARE ACCESS CENTER**

(705)272-2626  
144 3<sup>rd</sup> Street West  
[www.ccac-ont.ca](http://www.ccac-ont.ca)

## *COCHRANE FAMILY HEALTH TEAM*

The Cochrane Family Health Team coordinates patient care in order to assess and treat injuries or illness. The team includes family doctors, nurses, nurse practitioners, mental health workers, and allied health professionals.

## **CONTACT**

(705)272-4200  
233 8<sup>th</sup> Street



## *PHARMACIES*

### **JOHN WALLACE DRUGSTORE**

(705)272-4381  
1096<sup>th</sup> Avenue

### **COCHRANE PHARMACY**

(705) 272-1333  
134 3<sup>rd</sup> St

## PORCUPINE HEALTH UNIT

The Porcupine Health Unit can provide immunizations at no cost for infants, teens and adults, excluding traveling immunizations. To make sure you are up to date with your vaccines, please consider the table below.

2 months.....	Diphtheria, Pertussis, Tetanus, Polio, Haemophilus B, Pneumococcal
4 months.....	Diphtheria, Pertussis, Tetanus, Polio, Haemophilus B, Pneumococcal
6 months.....	Diphtheria, Pertussis, Tetanus, Polio, Haemophilus B, Pneumococcal
1 year.....	Measles, Mumps, Rubella, Meningococcal
15 months.....	Pneumococcal, Chickenpox
18 months.....	Diphtheria, Pertussis, Tetanus, Polio, Haemophilus B, Measles, Mumps,
4-6 years.....	Diphtheria, Pertussis, Tetanus, Polio
12 years.....	Meningococcal, Hepatitis B
13 year old girls.....	Human Papillomavirus (HPV)
14-16 years.....	Diphtheria, Pertussis, Tetanus
Every 10 years.....	Diphtheria, Tetanus
Every year.....	Influenza
65 years.....	Pneumococcal Polysaccharide Vaccine

### CONTACT

(705) 272-3394  
233 8th Street  
[www.porcupinehu.on.ca](http://www.porcupinehu.on.ca)

## VICTIM CRISIS ASSISTANCE

Cochrane - Smooth Rock Falls  
Victims Crisis Assistance:  
(705) 272-2598  
64 3rd Avenue



## LADY MINTO HOSPITAL

The Lady Minto Hospital provides a wide range of services, including in and outpatient, long term chronic, respite and special care. It also provides palliative, emergency and ambulatory care.

### CONTACT

(705) 272-7200  
241 8th Avenue  
[www.micsgroup.com](http://www.micsgroup.com)



# SOCIAL SERVICES

## *COUNSELING SERVICES*

### **A WELLNESS CONNECTION**

(705)272-2444  
187 5th Avenue

### **MINTO COUNSELING CENTRE DE COUNSELLING MINTO**

(705)272-4245  
233 8th Street  
[www.mintocounsellingcentre.org](http://www.mintocounsellingcentre.org)

## *FAMILY AND CHILD RESOURCES*

### **ABORIGINAL PEOPLES ALLIANCE NORTHERN ONTARIO (APANO)**

(705)272-2562  
173 Railway Street  
[www.apano.com](http://www.apano.com)

### **COCHRANE CHILD CARE CENTER CENTRE GARDE ENFANTS DE COCHRANE**

(705)272-4812  
435 10<sup>th</sup> Avenue  
& 399 8<sup>th</sup> Street  
[www.cochraneontario.com](http://www.cochraneontario.com)

### **COCHRANE DISTRICT SOCIAL SERVICES ADMINISTRATION BOARD**

(705)272-4214  
149 5<sup>th</sup> Avenue  
[www.cdssab.on.ca](http://www.cdssab.on.ca)

### **KUNOWANIMANO CHILD & FAMILY SERVICES**

(705)272-2070  
[www.kunuwanimano.com](http://www.kunuwanimano.com)

### **NORTH EASTER ONTARIO FAMILY AND CHILDREN SERVICES**

(705)-360-7100  
707 Ross Street E, Timmins  
[www.neofacs.org](http://www.neofacs.org)

### **PARENTS RESSOURCE CENTER**

(613)565-2467  
300 Goulburn PVT, Ottawa

### **COCHRANE TEMISKAMING RESOURCE CENTER**

(705)267-8181  
600 Toke St, Timmins  
[www.ctrc.on.ca](http://www.ctrc.on.ca)

## *FOOD BANKS*

### **COCHRANE FOOD BANK**

141 Railway Street  
(705)272-4300

# EDUCATION

## EARLY CHILDCARE

The Town of Cochrane realizes the importance of promoting the well-being of our community's children. Our services are offered both in English and French environments at the Cochrane Child Care Centre and la Garde d'enfants de Cochrane.

### *COCHRANE CHILD CARE CENTRE*

(705) 272-4812

435 10th Avenue

[www.cochraneontario.com](http://www.cochraneontario.com)

### *GARDE D'ENFANTS DE COCHRANE*

(705) 272-4393

399 8th Street

[www.cochraneontario.com](http://www.cochraneontario.com)



## ELEMENTARY SCHOOLS



### *COCHRANE PUBLIC SCHOOL*

The English Public option for students in Cochrane, within the ages of Pre-Kindergarten up to grade 8. While the school focuses on the English language, French immersion classes are also integrated into the curriculum.

(705) 272-3246

543 A Chalmers Avenue

[www.dsbl.edu.on.ca](http://www.dsbl.edu.on.ca)

### *ECOLE CATHOLIQUE NOUVEAU REGARD PAVILLON ST-JOSEPH*

The French Catholic option is for students in Cochrane, within the ages of Pre-Kindergarten up to grade 6.

(705) 272-4354

399 8th Street

[www.cscdgr.education](http://www.cscdgr.education)





# AILEEN WRIGHT ENGLISH CATHOLIC SCHOOL

The English Catholic options for students in Cochrane, within the ages of Pre-Kindergarden up to grade 8. While the school focuses on the English language, French immersion classes are also integrated into the curriculum.

(705)272-4707  
75 6<sup>th</sup> Street  
[www.ncdsb.on.ca](http://www.ncdsb.on.ca)



## SECONDARY SCHOOLS

### *ECOLE SECONDAIRE COCHRANE HIGH SCHOOL*

The English Public option for students in Cochrane, within the ages of grade 9 to grade 12. While the school focuses on the English language, French immersion classes are also integrated into the curriculum.

(705)272-4372  
2070 453 B Chalmers Avenue  
[www.dsbl.edu.on.ca](http://www.dsbl.edu.on.ca)



### *ECOLE CATHOLIQUE NOUVEAU REGARD - PAVILLON JEUNESSE NORD*

The French Catholic option for students in Cochrane within the ages of grade 7 to grade 12.

(705)272-3080  
399 8<sup>th</sup> Street  
[www.cscdgr.education](http://www.cscdgr.education)



# POST SECONDARY EDUCATION

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## APITISAWIN EMPLOYMENT AND TRAINING

Apitisawin Employment and Training Centre maintains relationships with various Ontario colleges and delivers programs for these colleges within the community of Cochrane to residents wishing to study from their home community.

Contact Apitisawin:

(705)272-2051

207 6th Street

[www.apitisawi.com](http://www.apitisawi.com)

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## CONTACT NORTH

Contact North is Ontario's distance education and training network. It offers access to education and training through online learning from Ontario's 24 public colleges, 20 universities, literacy, and other training organizations.

Contact Contact North:

(705)272-3444

149 5th Avenue, Basement

[www.contactnorth.ca](http://www.contactnorth.ca)

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## NORTHERN COLLEGE ACCESS CENTRE

Northern College provides upgrading programs for those looking to go back to school, gain additional credits or improve previous grade point averages.

Contact Northern College:

(705)272-4188

149 5th Avenue

[www.northernc.on.ca/distancelearning](http://www.northernc.on.ca/distancelearning)

# LITERACY & TRAINING SERVICES

The adult-based education centers in Cochrane provide literacy, numeracy and essential skills services that help individuals achieve goals related to further education and training, employment, apprenticeship or increased independence; in both the English and French languages.

## ADULT LEARNING CENTRE

The Adult Learning Center in Cochrane provide literacy numeracy and essential skills services that help individuals achieve goals related to further education or training, employment or increased independence.

### CONTACT

(705)272-4860

146 6<sup>th</sup> Avenue

[www.alctraining.ca](http://www.alctraining.ca)



## CENTRE DE FORMATION - AU PIED DE LA LETTRE COCHRANE - IROQUOIS FALLS

The Centre de Formation provides literacy, numeracy and essential skills services that help francophone individuals achieve goals related to further education or training, employment or increased independence.

### CONTACT

(705)272-3513

129 6<sup>th</sup> Avenue

[www.votrecentre.ca](http://www.votrecentre.ca)

## APITISIWIN EMPLOYMENT AND TRAINING

Apitisawin Employment and Training Centre is a Taykwa Tagamou Nation owned company and strives to assist aboriginal and non-aboriginals to capitalise on new opportunities through education and employment training.

### CONTACT

(705)272-2051

207 6<sup>th</sup> Street

[www.apitisawin.com](http://www.apitisawin.com)



# GETTING YOU *CONNECTED*

## INTERNET AND PHONE

### COCHRANE TEL

Cochrane Tel is the only landline service provider in the Town of Cochrane. It is also the primary distributor for the Town of Cochrane's DSL and fiber optic network offering iPTV. Cochrane Tel is owned by the Corporation of the Town of Cochrane.

Contact  
(705) 272-4232  
153 6th Avenue  
[www.cochranetel.ca](http://www.cochranetel.ca)



## LOCAL RADIO STATIONS

CBC Radio	96.1	Cochrane Christian Radio	102.1
CHIM Radio	102.3	Cochrane Polar Bear Radio	104.7
CHYK FM	104.1	KiSS FM	99.3
CJFL	104.7	Moose FM	98.1
CJWT	106.7	Q92	92.1

## LOCAL NEWSPAPERS

### COCHRANE TIMES POST

[www.cochranetimespost.ca](http://www.cochranetimespost.ca)

### MY COCHRANE NOW

[www.mycochranenow.com](http://www.mycochranenow.com)

## TELEVISION

### COCHRANE TEL IPTV

(705) 272-4232  
153 6th Avenue  
[www.cochranetel.ca](http://www.cochranetel.ca)

## UTILITIES

### INFRASTRUCTURE SERVICES

- Water & wastewater
- Waste & recycling collection
- Park & cemetery maintenance
- Maintenance of roads, sidewalks, lanes & parking lots
- Maintenance of ditches & bridges

## CONTACT:

92 Second Street  
(705) 272-5086

## UTILITIES (CONTINUED)

### NORTHERN ONTARIO WIRES INC.

Northern Ontario Wires Inc. owns and operates the electricity infrastructure, distributing a safe and reliable supply of power to homes and businesses within the urban communities of Cochrane, Kapuskasing and Iroquois Falls. Northern Ontario Wires Inc. is owned by the Corporation of the Town of Cochrane.

### CONTACT

(705) 272-6669  
(800) 619-6722  
[www.nowinc.ca](http://www.nowinc.ca)

## BANKS

### SCOTIABANK

127 6th Ave  
(705) 272-4327  
[www.scotiabank.com/ca/](http://www.scotiabank.com/ca/)

### DESJARDINS

187 5th Ave  
(705) 272-4258  
<https://www.desjardins.com>

### CIBC BRANCH WITH ATM

134 6th Ave  
(705) 272-4261  
[www.cibc.com](http://www.cibc.com)

## FUNERAL HOMES

### IRVINE & IRVINE LTD

70 7<sup>th</sup> Avenue South  
(705) 272-3239  
<https://www.irvineandirvinefuneralhome.com/>

### LES MAISONS FUNÉRAIRES GÉNIER GAUTHIER FUNERAL HOMES

70 7th Avenue South  
(705) 272-5726  
[www.geniergauthierfuneralhome.com](http://www.geniergauthierfuneralhome.com)

# TRANSPORTATION



## AIR

### COCHRANE MUNICIPAL AIRPORT

The Cochrane Airport serves as a link for passengers and cargo along the James Bay Coastline. It offers vital services such as weekly cargo flights, stationed aircraft engineers, and medivac services.

(705) 272-6500  
59 Airport Road  
[www.cycm.ca](http://www.cycm.ca)



## GROUND

### ACCESSIBLE TRANSIT

The Town of Cochrane operates an accessibility transit for eligible residents who have disabilities. Application forms and tickets are available at the Town Hall.

(705) 272-4361  
171 4<sup>th</sup> Avenue  
[www.cochraneontario.com](http://www.cochraneontario.com)

### BUS STATION

Ontario Northland  
(705) 272-4228  
200 Railway Street  
[www.ontarionorthland.ca](http://www.ontarionorthland.ca)

### TAXI SERVICES

CHIMO/PT TAXI  
(705) 272-6444

COUNTRY CAB  
(705) 274-1212

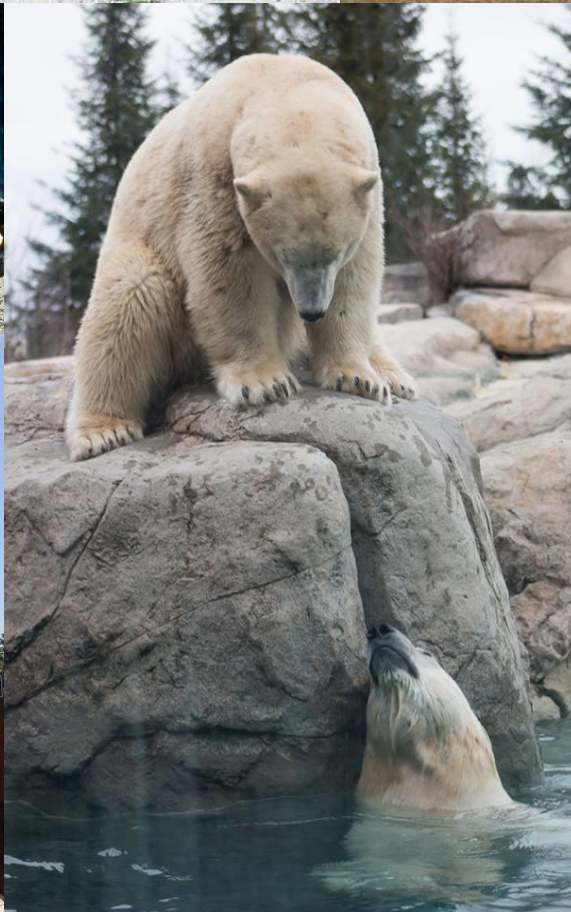
FLASH CO. TAXI  
(705) 271-5577

## RAIL

Operated by Ontario Northland, the Cochrane Railway Station is the southernmost stop for the Polar Bear Express and the last road accessible to Moosonee.

Ontario Northland  
(705) 272-4228  
200 Railway Street  
[www.ontarionorthland.ca](http://www.ontarionorthland.ca)







## ANIMAL CONTROL

### *ANIMAL CONTROL OFFICER*

(705) 272-9326  
171 4th Avenue  
[www.cochraneontario.com](http://www.cochraneontario.com)

### *LICENSED DOG TAGS*

Every dog in the rural and urban areas of Cochrane must be licensed and must wear a dog tag. These dog tags can be purchased at the Town Hall.

Animals found without a dog tag will be impounded by the animal control officer, for three days not including statutory holidays and the day of capture.

To claim the animal, contact the Animal Control Officer. The cost to redeem the animal is \$50.00 and if it is not licensed, a dog tag must be purchased.

Get a dogtag:  
(705) 272-4361  
171 4th Avenue

## PET SERVICES

### *COCHRANE PET SERVICES*

(705) 272-6050  
76 6th Avenue  
[www.cochranepetservices.com](http://www.cochranepetservices.com)



## DOG PARKS

### *SARA'S FREEDOM DOG PARK*

Off-leash dog park situated at the crossroads of 7th Avenue & 6th Street.



# CHURCHES AND PLACES OF WORSHIP



## **COCHRANE GOSPEL CHAPEL**

(705) 272-6295  
212 15th Avenue

## **FIRST BAPTIST CHURCH**

(705) 272-4927  
277 6th Avenue  
[www.firstbaptistcochrane.ca](http://www.firstbaptistcochrane.ca)



## **GLAD TIDINGS PENTECOSTAL CHURCH**

(705) 272-5150  
357 5th Street  
[www.gladtidingcochrane.com](http://www.gladtidingcochrane.com)



## **HOLY TRINITY ANGLICAN CHURCH**

(705) 272-3261  
150 6th Avenue  
[www.archive.anglican.ca](http://www.archive.anglican.ca)



## **JEHOVAH'S WITNESS**

(705) 272-4627  
141 Highway 11 South

## **KNOX CHRISTIAN REFORMED CHURCH**

115 16th Avenue  
[www.knoxcrc.org](http://www.knoxcrc.org)

## **PAROISSE TRANSFIGURATION PARISH**

(705) 272-4072  
316 7th Avenue  
[www.hearstdioocese.com](http://www.hearstdioocese.com)

## **ST-PAUL'S UNITED CHURCH OF CANADA**

(705) 272-5153  
204 6th Avenue  
[www.united-church.ca](http://www.united-church.ca)



# MUNICIPAL SERVICES

## LIBRARY

### COCHRANE PUBLIC LIBRARY

(705)272-4178  
178 4<sup>th</sup> Avenue  
[www.olsn.ca/cochrane](http://www.olsn.ca/cochrane)



## WATER AND WASTEWATER

The Infrastructure Services department works hard to ensure that safe, potable water is delivered to all locations within its distribution system. We also ensure that wastewater is collected and treated in accordance with provincial safety standards.

As a new resident, you will need to contact or visit the town's Utility Billing Clerk to register for the water services.

Register for water & wastewater services:

1714th Avenue  
(705)272-4361

## WASTE AND RECYCLING PROGRAM

### USING YOUR GREEN AND BLUE BINS

Each resident has a green bin for household waste and a larger blue bin for recyclables. The green and blue bins can be purchased at Allan's Home Hardware Building Centre.



### STILL NOT SURE HOW IT WORKS:

(705)272-5086

92 2<sup>nd</sup> Street

[www.cochraneontario.com](http://www.cochraneontario.com)

- 1 On your regular weekly waste collection day (see right page). Take the green and blue recycling bins to the curb if full.
- 2 Take the blue recycling bin to the curb and place it on the left of the green bin.
- 3 Make sure to leave at least two feet between the bins.
- 4 Make sure you place both bins facing the street.
- 5 Place all acceptable recyclables in the blue bin. Do not recyclables tightly in the blue bin. Cut down polystyrene foam and cardboard before placing it in the blue bin.

# GOVERNMENT SERVICES

## LEGAL FACILITIES

For assistance with by-law, provincial law, or court orders, the following services are readily available to help in your new community.

### *DISTRICT COURT FACILITIES*

(705) 272-4358  
149 4<sup>th</sup> Avenue

### *MUNICIPAL BY-LAW ENFORCEMENT*

(705) 272-4262  
23 5<sup>th</sup> Avenue

### *MINISTRY OF NATURAL RESOURCES*

(705) 272-4365  
2 3<sup>rd</sup> Avenue  
[www.ontario.ca](http://www.ontario.ca)

### *MINISTRY OF TRANSFORMATION*

(705) 272-4333  
74 2<sup>nd</sup> Street  
[www.mto.gov.on.ca](http://www.mto.gov.on.ca)

### *DISTRICT LAND REGISTRY OFFICE*

(705) 272-5791  
149 4<sup>th</sup> Avenue

### *PROVINCIAL OFFENSES ACT OFFICES*

(705) 272-2538  
171 4<sup>th</sup> Avenue  
[www.cochraneontario.com](http://www.cochraneontario.com)

### *MINISTRY OF NORTHERN DEVELOPMENT AND MINES*

(705) 272-4244  
143 4<sup>th</sup> Avenue  
[www.mndm.gov.on.ca](http://www.mndm.gov.on.ca)

### *MINISTRY OF AGRICULTURE FOOD AND RURAL AFFAIRS*

(705) 272-7130  
2 Hwy 11 S  
[www.omafra.gov.on.ca](http://www.omafra.gov.on.ca)

## SERVICE ONTARIO

Driver's licenses, plate stickers, health cards, birth certificates and other services are provided by the Ontario government. For a full list of services provided by the Ontario government. For a full list of services and assistance visit online.

### *CONTACT*

(705) 272-5791  
143 4<sup>th</sup> Avenue  
[www.ontario.ca](http://www.ontario.ca)



# BUSINESS SERVICES

## ECONOMIC DEVELOPMENT

The Town of Cochrane has an Economic Development department that can provide advice and assistance in the areas of tourism, economic development, business development, and grants applications. The department can assist you and your business or community organization through workshops, referrals to business and community development information from local and provincial level, and well as one-on-one discussions and educational materials.

### *CONTACT THE ECONOMIC DEVELOPMENT DEPARTMENT*

(705) 272-4361  
171 4<sup>th</sup> Avenue  
[www.cochraneontario.com](http://www.cochraneontario.com)

## COCHRANE BOARD OF TRADE

The Cochrane Board of Trade's mission is to promote and improve trade, tourism and commerce, thereby enhancing the economic, civil and social welfare of the Town of Cochrane and surrounding area. The Board of Trade also manages the tourism information center.

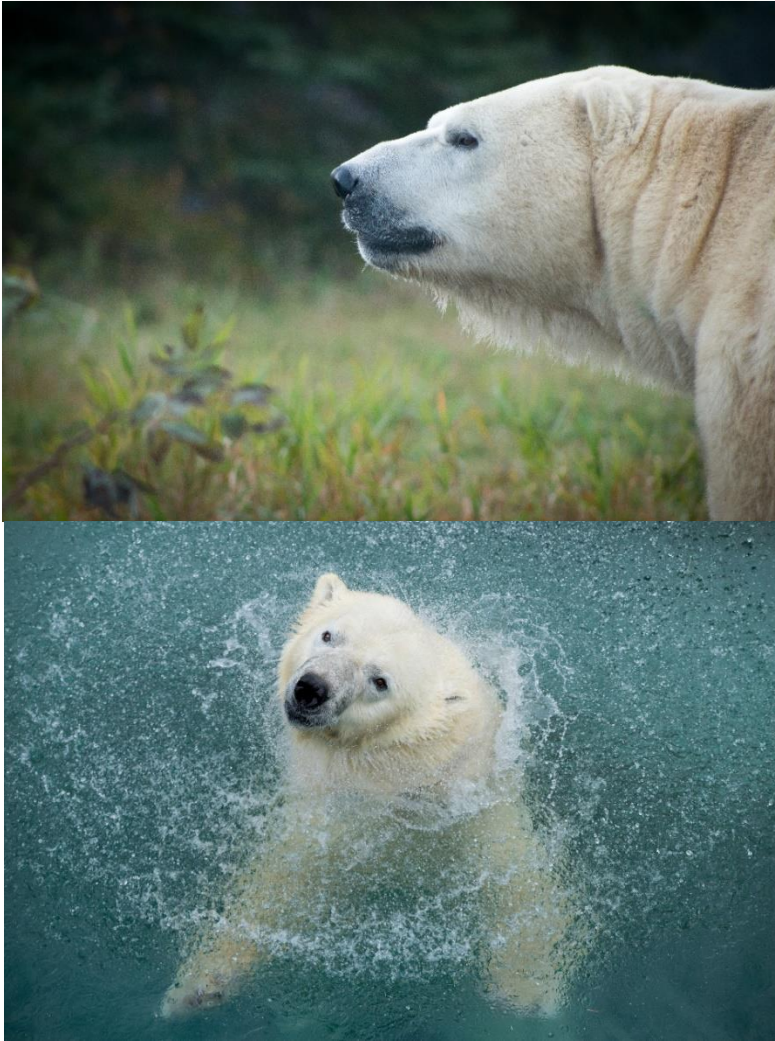
### *CONTACT THE BOARD OF TRADE*

(705) 272-4926  
4 3<sup>rd</sup> Avenue  
[www.cochraneboardoftrade.com](http://www.cochraneboardoftrade.com)





# ATTRACTIONS



## *Polar Bear Habitat*

A must visit in Cochrane! The Polar Bear Habitat is dedicated to, and setting the highest standards for the conservation, care and well-being of polar bears. The Polar Bear Habitat is world renowned for its ability to lengthen the lives of polar bears in captivity, while providing them environments as close as possible to their natural habitat. Having recently built an enclosure around a natural lake and forest; the Polar Bear Habitat is now the largest one of its kind in the world and can now reach new heights in research and behavioral understanding for polar bears. Come see Ganuk and Henry in their natural habitat. If you are lucky, you may even be able to get up close and personal with them.

(705) 272-2327

1 Drury Park Road

[www.polarbearhabitat.ca](http://www.polarbearhabitat.ca)

## *Polar Bear Express*

The Polar Bear Express train, which runs from Cochrane to Moosonee, is one of the few great rail excursions left in the world. The train runs during the summer months along the Arctic Watershed, crossing historic highways of the once busy fur trade. It is a trip that showcases many sights along the way, most of which are unique to the North.

(800) 2656 ext.2

200 Railway Street

[www.ontarionorthland.ca](http://www.ontarionorthland.ca)





# *Tim Horton Events Centre*

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Cochrane's recreational complex is one of a kind for Northern Ontario and is a one stop shop for all recreational activities: hockey, swimming, fitness.

## **POOL FACILITY**

A state-of-the-art Olympic size pool, complete with a whirlpool, lazy river, and 21-foot waterslide. The pool is always supervised with certified lifeguards and can be rented for private events. Check our seasonal pool schedule and fare rates to get your membership.

## **ARENA & ICE PAD**

The arena is a bustling community hub here in the community during winter months. Recently renovated with a tiered VIP section. Sections of the VIP Bear's Den can also be rented for private functions during games.

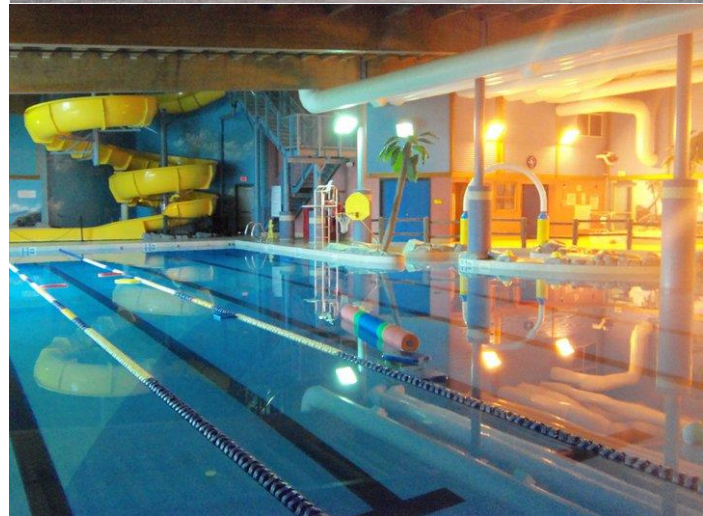
## **FITNESS CENTER**

Join as a member and use the fitness center at your

leisure or join one of the numerous fitness classes that are offered at this facility all year round!

## **COMMUNITY HALL**

A popular venue for local weddings, hosting conferences, community social events, and community dances. The Community Hall is turnkey for any private event, with kitchen, bar, stage, media center and technological equipment.



# SUMMER CLUBS AND ACTIVITIES

Clubs are a great way to get active and social in our community whether you want to take up a new hobby or become a volunteer. Can't find what you like... start your own club!



## COCHRANE DERBY GURLZ

This fast-paced and high energy sport is not only a thrill to watch but an even bigger thrill to participate in.

Facebook: @CochraneDerbyGurlz

## COCHRANE MINOR SOFTBALL LEAGUE

Check out our Facebook page for all info on teams, schedules, and activities taking place with the town's minor slow-pitch league.

(705) 272-5084

[www.cochraneontario.com](http://www.cochraneontario.com)

## COCHRANE SOCCER LEAGUE

Soccer programming for youth.

(705) 272-5084

[www.cochraneontario.com](http://www.cochraneontario.com)



## GREAT WHITE SWIM TEAM

The Great Whites represent Cochrane in competitive swimming all across Northern Ontario.

Facebook: @CochraneGreatWhites



## LEE GOLF CLUB

Golfers will surely want to check out the Lee Golf Club, with its licensed and air-conditioned clubhouse and pro shop.

(705) 272-5005

450 2nd

Avenue

[www.leegolfclub.com](http://www.leegolfclub.com)



# WINTER CLUBS AND ACTIVITIES

## COCHRANE COMMUNITY CHOIR

Love to sing? Join our local choir. They work hard throughout the fall, winter and spring seasons to put on two annual choir concerts.

Facebook: @CochraneCommunityChoir

## COCHRANE CROSS COUNTRY SKI CLUB

The club maintains 30 kilometers of locally groomed cross-country ski and snowshoeing trails for outdoor enthusiasts.

Facebook: @CochraneCrossCountrySkiClub



## COCHRANE CURLING CLUB

The Cochrane Curling Club is active with variety of leagues from November until March, for youth and adults.

Facebook: @CochraneCurlingClub

## COCHRANE FIGURE SKATING CLUB

The Cochrane Figure Skating Club offers a variety of figure skating classes, including both CanSkate and StarSkate programs and sessions.

Facebook: @CochraneFigureSkatingClub



## COCHRANE MINOR HOCKEY ASSOCIATION

Cochrane Minor Hockey Association is dedicated to serving youth minor hockey players from Cochrane and the surrounding area.

Facebook:

@CochraneMinorHockeyAssociation [www.cochraneminorhockey.ca](http://www.cochraneminorhockey.ca)

## POLAR BEAR RIDERS SNOWMOBILE CLUB

The Polar Bear Riders Snowmobile Club is a member of the Ontario Federation of Snowmobile. This club is volunteer based and maintains over 500km of the best snowmobile trails in the world.

Facebook: @PolarBearRiders

## YOUTH BOWLING COUNCIL

Bowling leagues start in September and finish in June. Available are women, men mixed, seniors and youth leagues.

Facebook: @Butch's Bowling



## **CINEMAS & THEATERS**

Empire Theatre  
(705) 272-4555  
156 6th Avenue  
[www.empirecochrane.com](http://www.empirecochrane.com)

## **EQUESTRIAN**

House Power Stables  
(705) 272-2517  
1167 Nahma Road  
Facebook: @HorsePower Stables

## **MUSEUMS AND ART GALLERIES**

Cochrane Public Art Gallery  
The Cochrane Public Art Gallery is located on the lower level of the library, and available for local and surrounding artists to book on a monthly basis.  
(705) 272-4178  
178 4th Avenue  
[www.olsn.ca/Cochrane/](http://www.olsn.ca/Cochrane/)

## **COCHRANE VINTAGE SNOWMOBILE MUSEUM**

The only one of its kind, come check out this volunteer led museum of restores vintage sleds.

1 Drury Park Road  
(705) 272-2327  
Facebook: @CochraneClassicVintage Riders Club & Museum

## **TIM HORTON MUSEUM**

The Tim Horton Museum is located within the Tim Hortom Event Center and is a commemorative museum to NHL hockey legend Tim Horton, who was born and started playing hockey in Cochrane.

# OUTDOOR RECREATION

The showcased parks are managed and maintained by the Town of Cochrane. They are a key service we offer our residents to maintain an active and social lifestyle.

## COMMANDO PARK

Part of Cochrane's charm is beautiful Lake Commando, situated at the center of town. This special lake is a community treasure, hosting many events and activities every year. The supervised downtown beach is a summer favourite for children and parents. Our newest recreational activities at the beach include kayak, canoe, paddle boards and pedal boat rentals, as well as a Tube Water Slide that splashes into Lake Commando. Outdoor BBQ's are located around Commando Park and Memorial Park, free for residents and visitors to use. In 2018 a state-of-the-art pavilion was opened that has become a hub of entertaining with concerts, receptions and other social gatherings!

## MEMORIAL PARK

On Lake Commando, Memorial Park commemorates the fallen soldiers of Cochrane who have fought for our country. This popular walking and cycling trail connects through the center of Commando Lake and around to the town's retail hub, passing over the Commando bridge and beside the bandstand.

## HILLCREST PARK

Hillcrest Park is a favourite area for kids to enjoy. This park has everything you need for a fun filled afternoon at the playground. The park's features include playground equipment, swings, sandboxes, basketball courts, picnic areas, portable toilets on site and nearby soccer fields, a baseball field, a skate park and the Event Center.

## SOFTBALL PARKS

The municipality of Cochrane maintains two baseball parks, namely the Glackmeyer and George Ash fields. The fields play host to summer tournaments, as well mixed senior, intermediate, and minor league softball seasons.





## FISHING & HUNTING

In Cochrane it is not uncommon to see fishing boats in people's yards and wearing orange in the fall months. Fishing and hunting are popular traditions in our community. These sports are well regulated. If these sports are new to you get informed before you go out.

Fishing In Ontario: [www.Ontario.ca/page/fishing](http://www.Ontario.ca/page/fishing)

Hunting In Ontario: [www.Ontario.ca/page/hunting](http://www.Ontario.ca/page/hunting)

## SNOWMOBILING & ATVING

Powersports are another common recreational activity enjoyed by Cochraneites! If you go out on snowmobile trails, be sure to have your OFSC Trail Permit. Ride safe!

OBTAINING YOUR SNOWMOBILE TRAIL PERMIT:

[www.ofsc.on.ca](http://www.ofsc.on.ca)

Plan your trips: [GoTourOntario.ca](http://GoTourOntario.ca)

## WATERBODIES & WATERFRONTS

### **BENTLEY LAKE - NORTH OF COCHRANE OFF HWY 579**

Cottage area located 30 minutes away from Cochrane's urban core.

### **LAKE COMMANDO - DOWNTOWN COCHRANE**

Cochrane's very own lake, centered in the middle of town. Enjoy a day at the beach, rent a kayak to test the waters, join in at local events: Summerfest and Carnival; the possibilities are endless at Commando Lake.

### **LILLABELLE LAKE - CONCESSION 4&5 GLACKMEYER TWP**

Lillabelle Lake is smaller body of water located just outside the urban core and near the municipal airport. It is a prominent lake for fishing in the winter and float planes, to leave for fly in fishing trips.

### **LAKE LOUISE**

Lies about thirty minutes from the Town of Cochrane and is a gorgeous waterfront for homes and travelers.

### **SILVER QUEEN LAKE - NORTH OF COCHRANE OFF HWY 579**

Silver Queen Lake is a small cottage community, located about 30 minutes from the Town of Cochrane. Although on the outskirts of town, Silver Queen Lake residents and cottage owners benefit from all municipal services as it is located within the municipality's boundaries. Its beautiful waters attract many people from regional communities for fishing and boating purposes.

# WINING & DINING

## RESTAURANTS

### *GOLDEN FLOWER RESTAURANT*

(705) 272-3211  
99 6th street

### *KAYLOB'S KAFE*

(705) 272-4025  
2828th Avenue

### *49<sup>th</sup> PARALLEL*

(705) 272-4949  
105 3rd Street



## FAST FOOD

### *EMPIRE THEATER*

(705) 272-4555  
156 6th Avenue

### *HARVEY'S SWISS CHALET*

(705) 272-5050  
54 Highway 11 West

### *LITTLE CAESARS PIZZA*

(705) 272-1100  
99 Highway 11 South

### *FRESH & FANCY BAKERY*

(705) 272-3733  
157 4th Street

### *PIZZA PIZZA*

(705) 272-1111  
1-31 Highway 11 West

### *PIZZA HUT*

(705) 272-2222  
51 Highway 11 West Unit 3

### *GRECO EXPRESS*

(705) 272-2023  
149 14th Avenue

### *SUBWAY*

(705) 272-2508  
42 Highway 11 West

### *BARBURRITO*

(705) 272-1112  
59 1<sup>st</sup> Street Unit 9

### *TIM HORTON'S*

(705) 272-3544  
Highway 11 West

### *A&W*

(705) 272-2262  
99 Highway 11 South

### *PITA PIT*

(705) 906-9262  
59 1<sup>st</sup> Street Unit 11

### *ANGEL'S MINI MART*

(705) 272-5861  
136 Railway Street

### *QUESADA*

(705) 272-4230  
52 Highway 11 South

### *2-4-1 PIZZA*

(705) 272-4770  
52 Highway 11 South

# CONTACT US

To find out more about Cochrane, feel free to visit or contact the Town Hall. The Town's website is also a great source for everything about your new home!



171 Fourth Avenue Box490  
Cochrane, Ontario P0L 1C0



(705) 272-4361



[townhall@cochraneontario.com](mailto:townhall@cochraneontario.com)



[www.cochraneontario.com](http://www.cochraneontario.com)



[facebook.com/cochraneontario](https://facebook.com/cochraneontario)



[@CochraneOntario](https://twitter.com/CochraneOntario)



ONTARIO  
**COCHRANE**  
WONDERFULLY UNEXPECTED