










































Ch.	Station
tvo	2 TV Ontario HD
Global Toronto	3 Global TV Toronto CIII HD
OMNI.1	4 OMNI1 Toronto CFMT HD
CBC	6 CBC Toronto CBLT HD
Citytv	7 CityTV Toronto HD
CTV	8 CTV Toronto CFTO HD
yes	9 YES TV HD
CHCH	11 CHCH Hamilton HD
Radio-Canada	12 Radio-Can Télé TOR HD
TFO	13 TFO HD
OMNI.2	14 OMNI2 Toronto CJMT HD
FX	15 FX HD
CBS	16 CBS Buffalo WIVB HD
NBC	17 NBC Buffalo WGRZ HD
abc	18 ABC Buffalo WKBW HD
TSC	19 Shopping Choice HD
CTV2	20 CTV2 Toronto CKVR HD
SN1	21 Sportsnet One HD
SN0	22 Sportsnet Ontario HD
Weather Network	23 Weather Network HD
CP24	24 CP24 HD
YTV	25 YTV East HD
CBC News Network	26 CBC News Network HD
W	27 W Network East HD
FOX	28 FOX Buffalo WUTV HD
MUCH	29 Much HD
TSN	30 TSN4 HD
A&E	31 A&E HD
AMC	32 AMC HD
CNN	33 CNN HD
TLC	34 Learning Channel HD
TLN	35 TLN HD
life	36 CTV Life Channel HD
OLN	37 OLN Outdoor Living HD
CMT	38 CMT Country Music TV HD
SHOWCASE	39 Showcase HD
drama	40 CTV Drama Channel HD
SLICE	41 Slice HD
Discovery	42 Discovery Channel HD
HISTORY	43 History HD









































Legend	
SD	Standard Definition
HD	High Definition
	Multicultural
	News & Weather
	Music & Videos
	Time Shifted Networks
	Movies & Entertainment
	Sports
	Relaxation <i>Ohhmmm</i>
	Home Shopping
	Kids, Teens & Family
	Spiritual
	Adult Entertainment

comedy	44	CTV Comedy Channel HD
TELETOON	45	TELETOON HD
HGTV	46	HGTV HD
Peachtree TV	47	Peachtree TV HD 🍑
TCM	48	Turner Classic Movies HD
BET	49	BET HD
sci-fi	50	CTV Sci-Fi Channel HD
family	51	Family Channel HD
MTV	52	MTV HD
SPORTSNET 360	53	Sportsnet 360 HD
DTOUR	54	DTOUR HD
FX	55	FX HD
food	56	Food Network HD
BNN Bloomberg	57	BNN Bloomberg HD
spark	58	ABC Spark HD
VISION	60	Vision TV HD
PBS	61	PBS Buffalo WNED HD
NEWS CHANNEL	62	CTV News Channel HD
E!	63	E! Canada HD
FXX	64	FXX HD
Treehouse	65	Treehouse HD
CHRGD	66	CHRGD HD
NAT GEO WILD	67	Nat Geo Wild HD
Family Jr.	68	Family Jr. HD
nick	69	Nickelodeon HD
optn	70	APTN HD
E!	71	E! Canada HD
OWN	72	OWN Oprah Winfrey HD
SNE	74	Sportsnet East HD
SNW	75	Sportsnet West HD
SNP	76	Sportsnet Pacific HD
NFL	77	NFL Network HD
GOLF	78	Golf Channel HD
CNBC	79	CNBC HD
HLN	80	HLN HD
[adult swim]	82	Adult Swim Channel HD
Lifetime	83	Lifetime HD
NAT GEO	85	Nat Geo HD <small>[my #2]</small>
MovieTime	86	MovieTime HD
BBC CANADA	87	BBC Canada SD

Ch.	Station
 89	DIY Network HD
 92	Disney Jr HD
 93	Disney Channel HD
 95	FX HD
 96	NBA TV Canada HD
 97	LEAFS Nation HD
 98	TSN2 HD
 99	Sportsnet One HD
 101	CP24 HD
 102	CBC News Network HD
 103	CTV News Channel HD
 104	Weather Network HD
 105	BNN Bloomberg HD
 109	CNN HD
 110	HLN HD
 111	CNBC HD
 112	MSNBC HD
 113	FOX News Channel HD
 114	FOX Business HD
 117	BBC World News HD
 118	CNN International HD
 119	EuroNews HD
 120	Al Jazeera English HD
 121	DW Deutsch+ SD
 122	RT TV SD
 123	CGTN-News SD
 125	Global New Brunswick CHNB HD
 126	CBC St. John's CBNT HD
 127	CTV2 Atlantic ASN HD
 128	CBC Halifax CBHT HD
 129	CTV Halifax CJCH HD
 131	CityTV Montreal CJNT HD
 136	CBC Toronto CBLT HD
 137	CityTV Toronto HD
 138	CTV Toronto CFTO HD
 139	CTV2 Toronto CKVR HD
 140	Global TV Toronto CIII HD
 141	Global TV Oshawa CHEX2 HD
 142	YES TV HD
 143	TV Ontario SD



 144	APTN HD
 145	AMI TV HD
 146	AMI-Audio SD
 147	CPAC English HD
 148	Ontario Legislature HD
 150	OMNI Regional HD
 151	CTV Kitchener CKCO HD
 153	CHCH Hamilton HD
 154	OMNI 1 Toronto SD
 155	OMNI 2 Toronto SD
 156	CBC Winnipeg CBWT HD
 157	CityTV Winnipeg CHMI HD
 158	CTV Winnipeg CKY HD
 161	CBC Calgary CBRT HD
 162	CityTV Calgary CKAL HD
 163	CTV Calgary CFCN HD
 164	Global Calgary CICT HD
 166	CBC Vancouver CBUT HD
 167	City Vancouver CKVU HD
 168	CTV Vancouver CIVT HD
 169	CTV2 Vancouver Isle CIVI HD
 170	Global BC CHAN HD
 171	OMNI BC CHNM HD
 173	WSBK Boston HD
 174	CW New York WPIX HD
 176	ABC Buffalo WKBW HD
 177	CBS Buffalo WIVB HD
 178	FOX Buffalo WUTV HD
 179	NBC Buffalo WGRZ HD
 180	PBS Buffalo WNED HD
 181	WNLO Buffalo CW23 HD
 182	WNYO Buffalo HD
 189	PBS Detroit WTVS HD
 190	WGN Chicago CW9 HD
 191	CW Los Angeles KTLA HD
 192	ABC Seattle KOMO HD
 193	CBS Seattle KIRO HD
 194	FOX Seattle KCPQ HD
 195	NBC Seattle KING HD
 196	PBS Seattle KCTS HD

Ch.	Station
 200	Family Channel East HD
 201	Family Channel West HD
 202	YTV East HD
 203	YTV West SD
 204	Teletoon East HD
 205	Teletoon West HD
 206	Disney Channel HD
 207	Cartoon Network
 208	ABC Spark HD
 210	Disney XD HD
 211	CHRGD
 212	Treehouse HD
 213	Family Jr. HD
 214	Nickelodeon HD
 216	Disney Junior HD
 218	Baby TV SD
 221	Vision TV HD
 222	Daystar TV Network SD
 223	Eternal World Network SD
 224	Salt + Light TV SD
 225	Faith TV HD
 226	Vertical TV
 227	JoyTV HD
 230	Discovery HD [My #1]
 231	Discovery Science HD
 232	Discovery Velocity HD
 233	Smithsonian HD
 234	Nat Geo HD [my #2]
 235	History HD [My #3]
 236	History 2 HD
 237	Animal Planet HD 🌿
 238	Love Nature HD ❤️🌲
 239	Nat Geo Wild HD 🐅
 240	American Heroes HD
 241	NASA TV HD 🚀
 250	Turner Classic Movies HD
 251	AMC HD
 252	Lifetime HD
 253	MovieTime HD
 254	Peachtree TV HD 🍑

Don't suffer alone! Let us help you.









































**HAVE YOU BEEN
INJURED?
IN AN ACCIDENT?**





 **DIAMOND & DIAMOND**
LAWYERS

1-800-567-HURT

Did you know you can search the PDF version of this guide for a particular channel?

Simply use your *Find* or *Search* bar when viewing the document in your PDF viewer and type in the channel of interest!

 255	Cooking Channel HD
 256	Adult Swim Channel HD
 258	Documentary Channel HD
 259	Silver Screen Classics HD
 260	Rewind HD
 265	Crave 1 HD
 266	Crave 2 HD
 267	Crave 3 HD
 268	Crave 4 HD
 270	HBO Canada 1 HD
 271	HBO Canada 2 HD
 272	Starz 1 HD
 273	Starz 2 HD
 275	SuperChannel Fuse HD
 276	SuperChannel Heart-Home HD
 277	SuperChannel Vault HD
 278	GINX Esports TV HD
 281	70's Movies HD
 282	80's Movies HD
 283	90's Movies HD
 284	00's Movies HD
 305	W Network <i>East</i> HD
 306	W Network <i>West</i> HD
 307	CTV Drama Channel HD
 308	A&E HD
 309	HGTV HD
 310	Showcase HD
 311	Learning Channel HD
 312	CTV Comedy East HD
 313	CTV Comedy West HD
 314	Food Network HD
 315	CTV Sci-Fi Channel HD
 316	Slice HD
 317	E! Canada HD
 318	CTV Life Channel HD
 319	OLN Outdoor Living HD
 320	DTOUR HD
 321	Crime + Investigation HD
 322	Paramount Network HD
 323	OWN Oprah Winfrey HD

Ch.	Station
 324	MTV HD
 325	BBC Canada HD
 326	Makeful HD
 328	FX Channel HD
 329	FXX Channel HD
 330	DejaView HD
 331	DIY Network HD
 333	Travel + Escape HD
 336	Cottage Life HD
 337	BBC Earth HD [My #5]
 338	Book Television SD 
 339	OUTtv HD
 340	One Get Fit HD
 341	Fashion TV Channel SD
 342	Investigation Discovery HD
 343	FEVA TV HD
 344	AfroGlobal TV HD
 345	Game Show Network HD
 346	GINX Esports TV HD
 347	Game TV HD
 354	Much Music HD
 358	MTV2 Canada SD
 359	BET HD
 360	CMT Country Music TV HD
 362	HiFi HD
 363	A. Side HD
 370	Stingray Hit List
 371	Stingray Pop Adult
 372	Stingray All Day Party
 373	Stingray Dance Clubbin'
 374	Stingray The Chicks
 375	Stingray Adult Alternative
 376	Stingray Rock
 377	Stingray Alternative
 378	Stingray The Blues
 379	Stingray Chill Lounge
 380	Stingray Easy Listening
 381	Stingray Classic Rock
 382	Stingray Big Band
 383	Stingray Smooth Jazz



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- ✓ Comfort and ease of use
- ✓ A price you can afford

Don't live your life on mute. Quality hearing solutions help you enjoy the most important moments of life to their fullest.

Restore Your Quality of Life through
Pinnacle Hearing Centre.

Call: 905-237-7355

 384	Stingray Jazz Classics
 385	Stingray Classic Masters
 386	Stingray Popular Classical
 387	Stingray Jukebox Oldies
 388	Stingray Flashback 70's
 389	Stingray Remember 80's
 390	Stingray Greatest Hits
 391	Silk (Love Songs <i>Gebien</i>)
 392	Stingray Soul'n R&B
 393	Stingray Hip-Hop/R&B
 394	Stingray Hip-Hop/R&B
 395	Stingray Reggaeton
 396	Stingray Le Palmarès
 397	Stingray Franco Rétro
 398	Stingray Nostalgie
 399	Stingray Franco Country
 400	Stingray Gala l'ADISQ
 401	Stingray Hot Country
 402	Stingray No Fences
 403	Stingray Country Classics
 404	Stingray Kids' Stuff
 405	Stingray Nature
 406	Stingray The Spa
 407	Stingray Today's K-Pop
 408	Stingray Hindi Gold
 409	Stingray Éxitos Latinos
 430-2	NHL Center Ice/MLB Extra HD
 433-6	NBA League Pass HD
 437-40	NHL Center Ice/MLB Extra HD
 464	NHL Center Ice/MLB Extra HD
 472-81	NFL Sunday Ticket HD
 501	Sportsnet Ontario HD
 502	Sportsnet One HD
 503	Sportsnet 360 HD
 504	Sportsnet East HD
 505	Sportsnet West HD
 506	Sportsnet Pacific HD
 507	Sportsnet 4K
 508	LOCAL
 509	Sportsnet 1 4K

MITCHELL POWELL

REAL ESTATE REPRESENTATIVE

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mitchpowell@trebnet.com

1911 Avenue Rd, Toronto, ON, M5M3Z9



Forest Hill

REAL ESTATE INC • BROKERAGE



	Ch.	Station
	510	Sportsnet World HD
	511-14	Sportsnet World Plus 1-4 HD
	515	Bell Sportsmedia 4K
	516	TSN HD
	517	TSN2 HD
	518	TSN3 HD
	519	TSN4 HD
	520	TSN5 HD
	521	TSN2 4K
	522	Golf Channel HD
	523	LEAFS Nation HD
	524	NBA TV Canada HD
	526	Wild TV HD
	527	Fight Network HD
	528	WWE Network HD
	529	ESPN Classic SD
	530	HPITV SD
	531	HPItv Canada SD
	532	HPItv West SD
	533	HPItv International SD
	535	Game TV HD
	536	Big 10 Network HD
	538	MLB Network HD
	539	NFL Network HD
	541	Fox Racing HD
	542	beIN Sports HD
	543	beIN2 Sports HD
	544	EuroWorld Sports HD
	600	Radio Can. Télé TOR HD
	602	TV5 Québec HD
	603	TFO HD
	604	Ici RDI HD
	606	TVA Montréal CFTM HD
	607	RDS HD
	609	Canal D HD
	611	Séries+ HD
	612	Le Canal Nouvelles HD
	613	Noovo CFJP HD
	614	RDS Info HD
	615	TVA Sports HD





















Ad Group A
2.18" x 4.36"
Your ad goes
HERE

	616	TVA Sports 2 HD
	617	TVA Sports 3 HD
	618	Télé Québec CIVM HD
	619	Prise 2 SD
	620	Ici ARTV HD
	621	Vie HD
	622	Super Écran 1 HD
	623	Super Écran 2 HD
	624	Super Écran 3 HD
	625	Super Écran 4 HD
	626	Canal Savoir CFTU HD
	627	addikTV HD
	628	Elle Fictions SD
	629	Max SD
	630	Unis TV HD
	631	Télétoon HD
	632	VRAK.TV HD
	633	La Chaîne Disney HD
	634	Casa HD
	635	Historia French HD
	636	Évasion HD
	637	Zeste HD
	638	CPAC French HD
	639	Z Télé HD
	640	Météo Média HD
	641	AMI télé HD
	649	Tele Bimbi
	650	RAI Italia HD
	651	TLN HD
	652	TLN West SD
	653	Mediaset Italia HD
	655	Rai News 24 SD
	656	Sky News Arabia SD
	657	EuroWorld Sports HD
	658	EuroNews HD
	660	ATN NDTV 24x7
	661	ATN Cricket Plus
	663	ATN Times Now
	664	NDTV Good Times
	665	India Today

Ch.	Station
666	ATN Sports
670	ATN HD
671	Zee TV Canada HD
672	ATN Sony S HD
673	ATN Colors
674	Zee Cinema Canada SD
675	Zee Bollywood HD
676	ATN B4U Movies
677	ATN Life
678	Sony SAB TV
679	AASTHA TV Channel
680	ATN Movies
681	Set MAX
682	Aaj Tak
683	ATN ABP News
685	B4U Music
686	ATN Zoom
687	ATN Food Food
688	Sahara One
689	ATN B4U Plus
691	ATN Colors Rishtey
692	Zing Canada
693	Travelxp HD
694	FILMY
696	ATN DD India
697	ATN DD Bharati
698	ATN DD News
700	TV Asia
701	ATN News 18
702	MTV India
705	Geo TV
706	Hum TV
707	TVONEGL
708	ARY Digital USA
709	ARY QTV
710	ARY News
711	ATN Urdu
712	ARY Zauq
714	ARY Musik
717	PTC Punjabi Canada





















Ad Group B
2.18" x 2.18"
**Your ad goes
HERE**

718	ATN Punjabi
719	SSTV
720	ATN Sikh
722	Channel Punjabi
723	ATN PM One
724	ATN Punjabi 5
725	ATN Punjabi Plus?
726	ATN Brit Asia
727	Prime Asia TV HD
729	ATN Tamil Plus
730	Sun TV
731	Tamil One
732	ATN Jaya TV
733	Tamil Vision
734	TET HD
735	KTV
736	Zee Tamizh
737	ATN IBC Tamil
740	ATNGUJ
741	ATN Colors GU
744	NTV Bangla
745	ATN Colors Bangla
746	Channel-I Bangla
747	ATN Bangla
748	SONY Aath
750	Fairchild TV HD
751	Fairchild TV West
752	Fairchild TV 2 HD
753	Dragon TV
757	LS Times HD
758	WOWtv HD
760	CGTN News
761	TalentVision HD
762	CCTV-4
763	CCTV Entertainment
764	Phoenix Chinese
765	Dragon TV
766	Beijing TV BTV
767	New Tang Dynasty NTD
770	Hunan World












Ch.	Station
	771 Fujian Straits TV
	772 Jiangsu International
	774 Star Chinese Channel
	775 Channel V China
	776 Star Chinese Movies
	785 TV Japan
	787 all TV Korean
	788 All TV K Korean
	790 Saigon Broadcast SBTN
	795 GMA Pinoy TV
	796 TFC Filipino Channel HD
	797 GMA News TV
	798 GMA Life TV
	799 Filipino TV
	800 Kapatid TV5
	802 TV Globo Internacional
	803 RTPi SD
	804 FPTV
	805 Tvi Televisao Indep.
	806 SIC Noticias
	807 BTV Benfica TV
	808 Record TV
	809 RBTI
	810 CPWA-FM Portugal
	814 Odyssey
	815 Alpha Sat
	816 MEGA Cosmos
	817 Greek Cinema
	818 ERT World
	819 RADIO
	820 CHIR
	824 Channel One Russia
	825 TVCI Russia
	826 RT
	827 RTR Planeta SD
	828 RTVi SD
	829 RTN
	836 ITVN Polish
	841 Israeli Network
	842 TeleNinos

Benefits of high definition (HD) over standard definition (SD) include:












1. Better screen resolution, which translates to better image quality,
2. Larger, undistorted pictures (no empty black areas to the sides of the picture),
3. Better sound quality!

	843 Univision Canada
	844 Canal de las Estrellas
	845 TV Chile
	846 Caracol TV Internac.
	847 TL Novelas America
	848 Mundo
	849 Cinelatino
	850 Telehit Musica
	851 RADIO
	855 Al Jazeera English HD
	856 Melody Aflam
	857 Rotana Aflam
	858 Future TV Internat.
	859 Rotana Cinema
	860 ART Cable
	861 DREAM2
	862 Sky News Arabia
	863 Al Nahar
	864 Melody Drama
	865 DREM1
	866 Abu Dhabi TV
	867 Melody Hits
	868 Al Nahar Drama
	869 BBC Arabic
	873 DW Deutsch HD
	874 DW Deutsch+ SD
	875 Prosieben 1 Welt
	879 CEEN Caribbean
	880 WIN Caribbean
	881 CBN Commonwealth Brdcst
	882 WIN Caribbean Radio
	883 FEVA TV HD
	884 AfroGlobal TV HD
	895 Exxtasy
	896 Playboy TV HD
	897 RedHot TV
	898 Playmen
	899 Penthouse TV
	900 Shaw Multicultural TV
	901 XXX Action Clips Channel

Ad Group C
 6" x 0.85"
 Your ad goes **HERE**

Ch.	Station
 902	Dorcel TV
 903	AOV Maleflixxx TV SD
 904	AOV Adult Movie Channel SD
 916	Aquarium Channel HD
 917	Fireplace Channel HD
 920	Shopping Choice HD
 984	Festival 4K
 990	TSN2 4K
 991	Bell Sportsmedia 4K
 996	Sportsnet 1 4K
 997	Sportsnet 4K

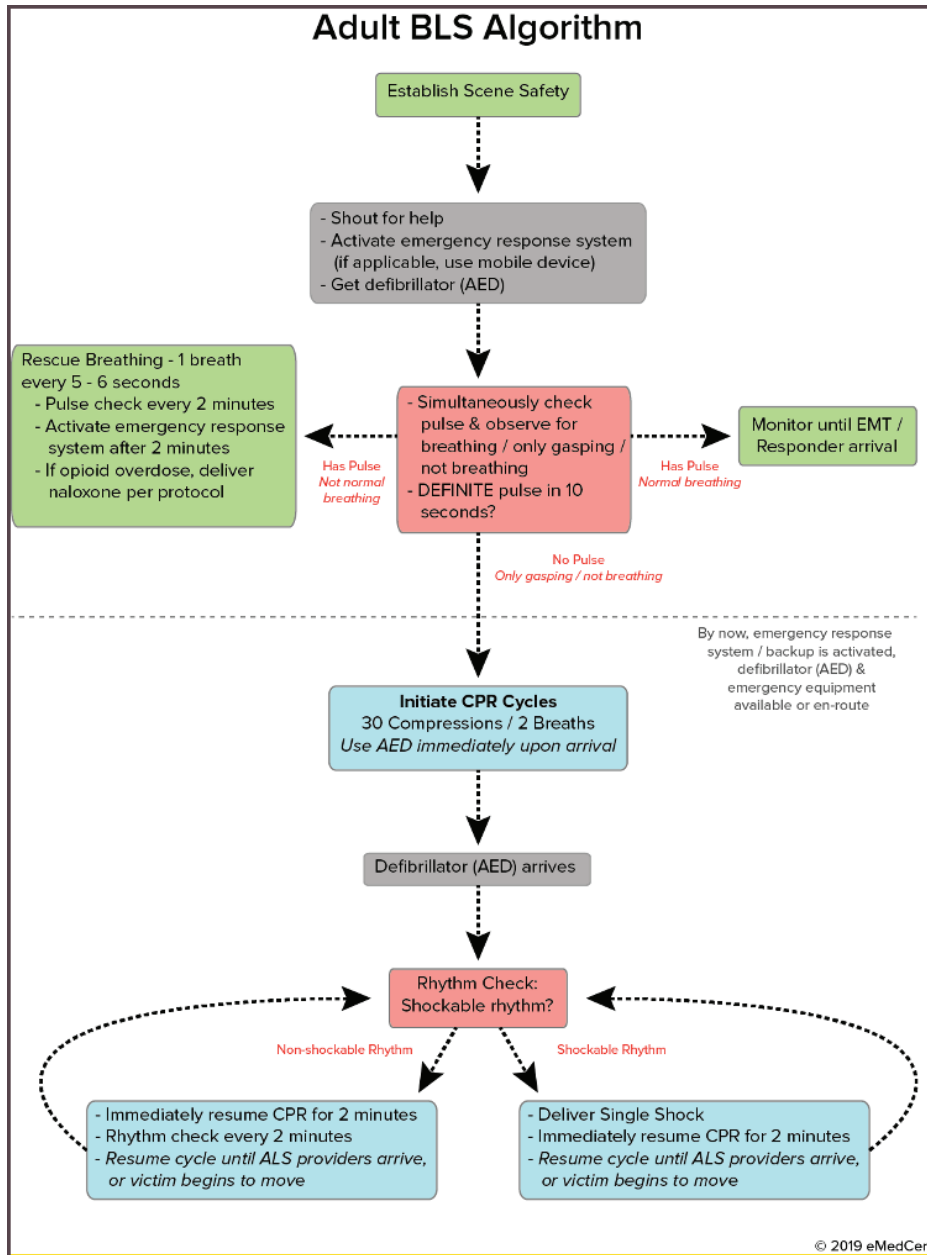


Legend	
SD	Standard Definition
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	Music & Videos
	Time Shifted Networks
	Movies & Entertainment
	Sports
	Relaxation <i>Ohhmmm</i>
	Home Shopping
	Kids, Teens & Family
	Spiritual
	Adult Entertainment



WHAT TO DO IF A PERSON FALLS UNCONSCIOUS (see BLS flowchart below):

1. Ensure you are not in danger (e.g. exposure to electricity or carbon monoxide)
2. Call for help (911 and/or for bystander)
3. Check for responsiveness verbally, and if not, to a painful stimulus. If no response, then...
4. Start chest compressions (fast and hard! >1 per second)
5. *In suspected opioid overdoses and children, give 3 small rescue breaths before compressions. Attempt to open airway with Chin Tilt Maneuver (*bottom image*)
6. Continue CPR and ventilations at ratio of 30:2 (meaning, after thirty compressions, give two rescue breaths)
7. Reassess patient and quickly return to compressions/ventilations (#4)



Chin tilt maneuver to open a person's airway (helps airflow for rescue breathing):

- 1) Tilt head back
- 2) Pull chin up

