

Kim Rose

From: FONOM Office/ Bureau de FONOM <fonom.info@gmail.com>
Sent: November 9, 2025 11:04 AM
Subject: FONOM Shares Final Report on Internal Migration to Northern Ontario
Attachments: 4270_SuzanneMills_MigrationReport-Final.pdf

Good day,
Please share this information with your Council Members and Senior Team.

In June 2024, FONOM encouraged our member municipalities to participate in a research study led by **Dr. Suzanne Mills**, now a professor at **McMaster University**. The study, funded by SSHRC, explored internal migration to Northern Ontario and the Maritimes during and after the pandemic — examining why people relocated from larger urban centres, their experiences settling in smaller communities, and the local economic and social impacts.

Dr. Mills has now completed the study, and FONOM is now sharing the **final report summary** with our members.

Please find the **attached report**, titled: ***Shifting grounds: understanding recent inter-regional migration to Northern Ontario***

Report Abstract:

Over the past 10 years, many communities in Northeastern Ontario and Nova Scotia experienced in-migration from urban areas at levels not witnessed for over half a century. This report presents results from a two-year SSHRC-funded research project examining this wave of migration. We analyzed census data and conducted interviews with 67 inter-regional migrants (56 households) and 47 key stakeholders from receiving communities across both regions. The report documents where people were moving within each region, the demographic profile of migrants, key motivations for migration, and how migrants are making a living and integrating socially post-migration. Lastly, the report looks at the effects of internal migration on receiving communities.

FONOM thanks Dr. Mills for including Northern Ontario communities in this important work and for sharing these results with our membership.

Talk soon, Mac.

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Helen Keller once said, ***“Alone we can do so little; together we can do so much”***.

FONOM

2026 FONOM Conference

Hosted by the City of Timmins
May 11, 12, and 13, 2026 at the
McIntyre Community Centre,
85 McIntyre Road, Timmins, Ontario

