

WHERE TO TURN FOR ASSISTANCE

IN KINGSTON & SURROUNDING AREA

UPDATED: APRIL 7, 2017



CHALMERS UNITED CHURCH

212 Barrie St, Kingston, ON, K7L 5E3

www.chalmersunitedchurch.com

email: office@chalmersunitedchurch.com

tel: 613-546-3263 ext. 222



FREE MEALS AVAILABLE DAILY IN THE COMMUNITY (MARTHA'S \$1)

Bread of Life Club at Salvation Army

613-541-3947

183 Weller Ave, Kingston

Jan - Nov:

Last 7 days of the month 3:30 - 5pm

- ✓ Free hot meal

HIV/AIDS Regional Services

613-545-3698

844A Princess St.

M-F light snacks, coffee & tea 9-5

Fruits, veggies and bread

Wed. Chili 1-3 Fall and Winter

Clothing Closet: winter coats

Kingston Alliance Church

613-546-2143

Bath Rd & Palace Rd

Mon 12 - 2pm

- ✓ Free lunch

Lunch by George

St. George's Cathedral,

613-548-4617 ext. 30

129 Wellington St (at Johnson), Kingston

Mon - Fri 9 - 11:30am

- ✓ Coffee & munchies at 9am
- ✓ Soup at 10am
- ✓ Free hot lunch at 11am

Martha's Table

613-546-0320, 629 Princess St, Kingston

Mon - Fri 3:30 - 5:15pm

- ✓ **Restaurant style meal \$1**
- ✓ Kids under 10 free with adult
- ✓ sandwiches, coffee M-S 10-3
- ✓ Sat. to March 28 '15 10am-2pm
- ✓ Also provide haircuts

Next Church

613-542-8777, 80 Colborne St. in the gym

- ✓ nextLuck Meal: free community meal, noon, 3rd Sunday a month, 10:30am

Rustle St. Church

613-767-1397, 65 Russel St.

Sundays 12:30pm

Gathering Place - Salvation Army

613-548-4411

342 Patrick St

- ✓ Tue, Thu, Sat, 3-5pm (2-6:30)
- ✓ Sun 12:30-2:30pm

Senior's Association

613-548-7810

56 Frances St.

frozen meals - open to srs. 60+,

lower cost for members, cost non-mbrs

open M-F 8:30-4:30

St. Andrew's Presbyterian Church

613-546-6316

130 Clergy St East (at Princess St),

Gill Church Hall, use Clergy St entrance

- ✓ programs run from Sept. to June
- ✓ Sunday dinners 4:45 - 5:45pm in Gill Hall, church basement
- ✓ Mon to Sun 8pm to midnight warm beverages-Kingston St Mission

St. Mary's Cathedral

613-548-3869

St John's Parish Hall, 94 Patrick St, Kingston

Sat 11:15am (doors open 11am)

- ✓ Free hot meal

St. Paul's Anglican Church

613-542-5870

137 Queen St (at Montreal St) Kingston

Tue & Thu 5 - 7pm Good Time Diner

- ✓ Free meal & sandwiches

St. Vincent de Paul Society,

Loretta Hospitality Centre

613-544-9967 (kitchen)

85A Stephen St, Kingston

Sep - Jun: Mon - Fri 9am - 1pm

- ✓ Free hot meal served 11:30am-12:30pm

Seventh Day Adventist Church

613-548-7765

66 Wright Cres, Basement, Kingston

Sep - Dec, Feb - Jun: Tue 4 - 5pm

- ✓ Free hot vegetarian meal

Sydenham Street United Church

613-542-9616 (off hours 9-12 M-F)

Tues 10.30 – 11.30 am

- ✓ Food voucher 1 time per year
- ✓ No reference required
- ✓ Al Anon Mon eve
- ✓ Frontenac Group AA Tues eve
- ✓ Narcotics Anon Wed eve
- ✓ Young People's AA Fri eve
- ✓ 12 Steps AA Sun eve

FOOD BANKS/GROCERIES**Crossroads United Church**

613-542-9305

Grocery cards only, third Wed 9 - 12

Chalmers United Church

613-546-3263

212 Barrie St

Benevolent Program Tue 9:30 - 11:30am

- ✓ Grocery Cards
- ✓ Martha's Table tickets

Central Southern Frontenac Community Services Corporation

613-376-6477 or 1-800-763-9610

Rural VISIONS Centre, 4419 George St, Sydenham

Mon - Fri 8:30am - 4:30pm

- ✓ Offers monthly access to a box of non-perishable food and milk vouchers

Community Pet Food Sharing (CPFS)

613-545-3698

844A Princess St.

- ✓ Offers pet food assistance

Good Food Box

Various locations, fresh produce at wholesale prices

- ✓ Place order second Thurs and pay at the beginning of the month
- ✓ Pick-up 3rd Thu Sep – Jun

Kingston: 613-530-2239

400 Elliott Ave. Mon-Fri. 9-5pm

Amherstview: 613-389-4546

108 Amherst Dr. Mon - Fri 10am – 3pm;

Thu 6 – 8 pm

Sydenham: 613-376-6477**Sharbot Lake:** 613-279-2244**Napanee/Northbrook:** 613-354-763**N. Frontenac Food Bank - Sharbot Lake**

613-279-3151 1020 Elizabeth St

Mon - Fri 8:30am - 12noon, 1 - 4:30pm

- ✓ Referral req'd Pick-up: Tue & Fri

Partners in Mission Food Bank

613-544-4534

140 Hickson Ave, Kingston

Mon - Fri 8:30am - 12noon,

1pm - 4:30pm

- ✓ Call before 2pm to order
- ✓ Appointment needed for new clients
- ✓ Pick-up: Mon-Fri 2 - 4pm

St. Vincent de Paul Society

613-546-3333,

85A Stephen St, Kingston

Sep - Jun Mon - Fri 9am - 1pm

Jul - Aug (emerg. groceries only); Tue 9am-1pm

Food Pantry

Mon - Fri 9am - 12:30pm

Salvation Army-Rideau Heights Church**Bread of Life Club**

613-541-3947

183 Weller Ave, Kingston

Tue – Thu Fri. 10am – noon

- ✓ ID, income and expense statements needed
- ✓ Emergency Food Bank
- ✓ by appointment only

Salvation Army**Client Choice Pantry – Salvation Army**

613-548-4411 press 0

342 Patrick St.

- ✓ Afternoons by Appt.

Mon - Fri 10am - noon & 1 - 4pm

- ✓ Appointments needed
- ✓ ID, income/expense stmts needed
- ✓ Christmas baskets
- ✓ After school program grds 1 – 8

CLOTHING PROGRAMS**Bibles for Missions Thrift Store**

613-531-7852 2455 Princess St, Kingston

Mon - Fri 10am – 8pm; Sat 10am – 4pm

- ✓ clothing, housewares, toys, furniture

Birthingright

613-546-5433

93 Queen St, Suite 2,

Mon - Fri 10am - 3pm (phone ahead)

- ✓ Maternity and baby clothes for pregnant or breastfeeding moms
- ✓ financial, pre-natal care, medical & parenting skills, adoption assistance

Clothes for Kids

613-544-2340

170 Queen St, from Nov 3 - Dec 8

- ✓ Free winter clothing for children
- ✓ Referrals available from Kingston-area social agencies after Nov. 1

Community Caring Centre - Hartington

5595 Hwy 38, Hartington

Winter: Mon, Fri 9am – 12pm; Tue 9am – 4pm

Summer: Mon, Tues, Fri 9am – 12pm

- ✓ Provides recycled clothes for a small fee & small household items

Community Sharing Centre – Kingston

613-389-4367 670 Days Rd at Front Rd

(next to Centre 70)

Sep - Jun: Mon - Fri 10am - 3:30pm

- ✓ Low-cost used clothing

Community Sharing Centre - Loyalist

613-389-4546, Amherstview

108 Amherst Dr (beside the Fire Hall)

Mon - Fri 10am - 3pm; Thu 6 - 8pm

- ✓ Low-cost clothing, toys, house wares

Community Sharing Centre - Odessa

613-386-7125

Emmanuel United, 63 Factory S., Odessa

Tue & Wed 10am - 3pm, Thu 6 - 8pm

- ✓ Low-cost clothing, toys & small household items

Rustle Church Sharing Centre

613-767-1397

65 Russell St.

Mon, Wed & Fri 11am - 3pm

- ✓ clothing, furniture, household items

Hotel Dieu Hospital & St. Mary's

Cathedral Winter Coat Drive

613-544-3400 x4204

Drop off Sydenham St (Lower Entrance)

Pick up St. Mary's Hall

Dec/Jan 2017/2018 - dates TBA

Mon - Fri 1 - 4pm

- ✓ Free winter outerwear for kids/adults

Kingston Alliance Church,

Storehouse of Hope

613-546-2143 540 Palace Rd, Kingston

Sep - Jun: Mon 12noon - 2pm

- ✓ Free used clothing
- ✓ Soup & snacks

Kingston Pregnancy Care Centre

Crisis Line 613-545-0425

Toll free 1-800-917-5272

120 Clarence St., Suite 2S1

(upstairs in Post Office Bldg)

Mon & Thu 11am - 6pm;

Tue & Wed 11am - 3pm; Wed 5 - 9pm

- ✓ Maternity & baby clothes, baby furniture when available
- ✓ "Moms" Group, pre-natal classes

Phase 2 Clothing

613-542-8755 353 Princess St, Kingston

Mon - Wed 10am - 6pm;

Thu - Fri 10am - 9pm

Sat 10am - 6pm; Sun 12pm - 5pm

- ✓ Low cost clothing

St Vincent de Paul Society

(Vinnie's WEARhouse)

613-546-3333 85A Stephen St, Kingston

Sep - Jun: Mon - Fri 9am - 1pm

Jul-Aug Tue 9am - 1pm

- ✓ Free used clothing, toys, housewares

Salvation Army Thrift Store

613-544-4396

277 Bath Rd, Kingston

Mon, Tue & Sat 9:30am - 6pm

Wed, Thu, Fri 9:30am - 8pm

- ✓ Low-cost clothing, housewares, furniture, food and vouchers

Salvation Army Thrift Store

613-531-5002

472 Division St.

Mon - Tue 9:30am - 6pm;

Wed - Fri 9:30am - 8pm & Sat 9:30am - 6pm

- ✓ Low-cost clothing, housewares, furniture & new beds
- ✓ Emergency food and vouchers

Seventh Day Adventist Church

613-536-5798

66 Wright Cres (Basement), Kingston

Sep - Dec, Feb - Jun: Tue 3:30pm - 5pm

- ✓ Free clothing

Treasure Trunk

613-279-2113

1171 Canon Rd, Sharbot Lake

Mon-Sat 9am - 3pm

- ✓ Low-cost used clothing and furniture

Value Village

613-536-5051 1300 Bath Rd (at Centennial)

Mon - Sat 9am - 9pm; Sun 10 - 6

- ✓ Low-cost clothing, housewares, furniture

Westbrook United Church Clothing Depot

613-389-3883

3526 Princess St (Hwy 2), Westbrook

Phone Tue 9am - 12 noon for appointment

Aug - Jun: Thu 9am - 12noon or by appt.

- ✓ Low-cost clothing

SHELTERS

Dawn House Women's Shelter

613-545-9640 / 613-545-1379 or 545-9640

965 Milford Dr. (mail to: 829 Norwest Rd.

#203, Kingston K7P2N3)

- ✓ 24 hours/day, for homeless women 16+ and their children who seek housing in Kingston

HOME BASE HOUSING

613-542-6672 www.kingstonhomebase.ca

540 Montreal St., Kingston

▪ **Housing Help Centre**

613-531-3779 540 Montreal St.

- ✓ eviction prevention service
- ✓ assists with locating & securing housing

▪ **Youth Services-RISE@one4nine**

613-542-6672 540 Montreal St.

Apts. are at 149 Kingscourt Ave.

- ✓ supportive housing for youth aged 16 to 24
Email: teveritt@kingstonhomebase.ca
- ✓ helping to improve the lives of 16-24 yr. olds wanting to make permanent and productive changes in their lives. Community support workers provide counseling for residents who transition

through the program, learning life enhancing skills to assist in meeting the world as capable and strong individuals.

▪ **Lily's Place Shelter**

613-767-6180, 333 Kingscourt Ave

- ✓ 24 hours/ca
- ✓ For women and families as they transition from homelessness to a home of their own

▪ **Red Cross**

613-548-4929 office, 1-888-222-0789
emergency pager 613-540-5350
2790 Princess St.

- ✓ 1-2 nights housing in emergencies

▪ **Supportive Housing**

613-542-6672 540 Montreal St.

- ✓ provides furnished, rent-geared-to-income housing for single adults, 16 years of age or older, who are in need of a home. The program assists chronically homeless individuals with finding suitable accommodations

▪ **In From the Cold Emergency Shelter**

613-531-3779, 540 Montreal St.

Mon-Sun 8pm - 8am

- ✓ Co-ed overnight emergency shelter
- ✓ Access to housing services & referrals

Kingston Youth Shelter

613-544-3400 ext 2246, 234 Brock St,

Mon - Sun 4pm - 9am

- ✓ Emergency overnight shelter, counseling and food for male & female youth ages 16 - 24

Kingston Interval House

Crisis Line: 613-546-1777

or 1-800-267-9445

- ✓ Safe shelter for abused women 16+ and their children

Lennox & Addington Interval House

(Napanee) Crisis Line: 613-354-1010

or 1-800-667-1010

- ✓ Support for abused women and their children

Ryandale Shelter

613-548-8466, 23 Elm St. Kingston

Mon-Sun 4pm – 8am, check out daily 8am

- ✓ Emergency overnight shelter for men and women 18+ and their families
- ✓ Day time services available for families

Ryandale Transition House

613-548-8466, 669 Victoria St.

Salvation Army, Harbour Light Centre

613-546-2333 562 Princess St (at Frontenac)

Intake: Mon - Sun 4pm - 11pm

- ✓ Emerg overnight shelter men 18+
- ✓ Check in 4pm for bed availability
- ✓ Free supper, evening snack & breakfast for those staying at shelter

- ✓ Must be clean and sober
- ✓ max10 day stay, check-out 8am

Kingston Youth Unlimited

613-546-9540 255 Kingscourt Ave, Kingston
www.kyu.ca

Every 2nd Tue 630 pm – 830 pm

- ✓ Mentoring Program for Teen Moms

RENT & UTILITY ASSISTANCE

Low Income Assistance Bank Program

Salvation Army

for people not on OW or ODSP:

- ✓ City of Kingston residents
342 Patrick St. 613-548-4411
County of Frontenac 613-376-6477
4419 George St., Sydenham

Municipal Discretionary Residency Benefit

people on ODSP or OW for rent or utility arrears

▪ **City of Kingston**

613-546-2695 362 Montreal St.

fill in Municipal Discretionary Residency Benefit form, also found on-line under: *City of Kingston.ca*; *Resident* (at Top); *Community Service* (on L side) drop down menu to: *Forms* to print out

- ✓ intended to help households maintain their housing when faced with the possibility of eviction due to rental arrears, or to maintain their energy sources when faced with the possibility they may be turned off
- ✓ low income wage earners or on pensions may be eligible
- ✓ OW and ODSP access Municipal Discretionary Residency Benefit for rent and utility arrears through case worker or manager

▪ **Kingston Municipal Non Profit Housing Corp** 542-0443 ext 105 610 Montreal St.

- ✓ providing appropriate mixed-income non-profit homes within the greater Kingston community

DROP-IN CENTRES

Better Beginnings for Kingston Children

(BBKC) 613-542-2835 263 Weller Ave

- ✓ Offers programs and supports for families with children from 0-5 years living in north Kingston.
- ✓ Programs include prenatal education and support, home visiting, parent-child support groups, parenting programs, and school readiness programs.
- ✓ All services are free; assistance with transportation and childcare are provided when needed.
- ✓ BBKC services are available to those who reside N of Princess St, E of Sir John A MacDonald Blvd, S of Hwy 401 & W of Catarauqui R.
- ✓ Mon – Fri 830am-430pm

Boys and Girls Club of Kingston

613-542-3306

559 Bagot St Kingston

- ✓ Mentoring program for youth to age 16

The Gathering Place

613-548-4411 ext 35

Salvation Army 342 Patrick St

Tue, Thu & Sat 2:30 -7:30pm

& Sun 2:30 - 5:30pm

- ✓ A day shelter serving the homeless and those in need

Home Base Housing Help Centre

613-531-3779 540 Montreal St., Kingston

Summer: Mon - Fri 8:00am - 2pm

Winter: Nov 1 - Apr 30

Mon - Fri 8am - 2pm;

Sat & Sun 8am - 1pm

- ✓ Housing resources, listings
- ✓ **Barrie Street Drop-In Centre**

basement of the **540 Montreal St.**, is open to the public to meet for a coffee or juice while receiving assistance in looking for accommodation, information about health-related subjects or making use of the following services: Housing Outreach, phone, internet, affordable housing listings, laundry, and shower facilities. A definite need among the homeless or hard-to-house is the access to a phone in order to keep in contact with family members, landlords, medical services or employers. Clients can request a voice mailbox & password to keep them connected.

Independent Living Centre Kingston

613 542 8353, 540 Montreal St.

www.ilckingston.com

- ✓ Disability Resource Centre
- ✓ We provide information, support, and skills-building programs that address disability issues in the community
- ✓ We support people with disabilities, their families, and the community
- ✓ All programs and services are free

Kingston Senior's Centre

613-548-7810 56 Francis St.

Rendezvous Café

- ✓ Mon – Fri 830am – 4pm
- ✓ Soup (\$2.50), sandwiches (\$2.50-\$3.-) +desserts & beverages
- ✓ Hatter's Cove Restaurant
- ✓ Mon – Fri 1130am – 1pm
- ✓ Full course meals \$9.75
- ✓ Entrees \$6.00/Frozen meals \$6.35

Martha's Table Friendship Room

613-546-0320 629 Princess St

Mon - Fri 10am - 3pm

Sat Nov to Mar only 10am - 3pm

- ✓ Free Sandwiches/ Snacks 11:30am

Nightlight

343-363-0508 666 Princess St (at Victoria)

Mon, Wed, & Thu 6pm – 9 pm

- ✓ Adult drop-in centre
- ✓ Meaningful spirit-filled conversation
- ✓ Seeking to build relationships

Rideau Heights Friendship Cafe

613-541-3947 Salvation Army, 183 Weller Ave

Mon - Fri 12noon - 3pm

- ✓ Activities and events for adults 40+
- ✓ Wed - Lunch 11:30am - 2pm

St Vincent de Paul Society

613-546-3333, 85A Stephen St, Kingston

Mon - Fri 9 – 11:30am and Fri 5-8pm

Canadian Mental Health Association

613-549-7027 6 Ordnance St

Hours 9am - 4pm Drop-in visits welcomed

- ✓ Support programs & services for bereavement, suicide & personal growth

DROP-IN HEALTH SERVICES

Addiction and Mental Health Services

- **KFLA** www.amhs-kfla.ca

Info/Registration: 613-544-1356/613-354-7521

- ✓ A range of services and supports for those with mental health and/or addiction concerns.
- ✓ 24/7 Crisis lines available
613-544-4229 (Kingston area)
613-354-7388 (L&A area)

Grtr Kingston After Hrs Medical Clinic

8-775 Strand Blvd (at Taylor Kidd Blvd)

769 Bayridge Dr (Bayridge Plaza)

Mon - Fri 6 - 9:30pm Sat, Sun & Holidays

9:30am - 4:30pm

Hotel Dieu Hospital, Urgent Care Centre

613-544-3310 166 Brock St & Bagot St.

Daily 8am - 8pm All patients registered before 8pm will be assessed & treated.

- ✓ For ambulatory patients with non-life threatening illness or injury such as fever, ear aches, coughs, colds, eye injuries, abdominal pain, cuts, burns, sprains, broken bones or any injury that should not wait for a visit to your family physician. If a medical emergency arises during a visit health providers are trained and equipped to stabilize patients and arrange for transport to KGH ER.

Hotel Dieu Pediatric Urgent Care Clinic In COPC

613-544-3310 166 Brock St at Montreal St

Mon - Fri 9am - 4pm No appointmt. required

Kingston Community Health Centres

613-542-2949 263 Weller Ave

Dental Clinic Mon, Tues, Fri 8:30pm to 4:30pm

Dental Health Program

613-507-6064, 263 Weller Ave.

3rd Wed of month 1pm to 4pm

- ✓ No cost dental program for 17 & under
- ✓ To register bring with you:
- ✓ Annual Canada Child Tax Benefit and Ontario child Tax Benefit notice from the current year or annual GST Credit
- ✓ Your ID (health card, driver's license, passport, etc) Your Child's ID/OHIP

Kingston General Hospital,

Emergency Depart. 24hours/7days a Wk

76 Stuart St

- ✓ Critical and Trauma care
- ✓ Sexual Assault/Domestic Violence program
- ✓ Cares for patients with serious illnesses, major traumas and other medical emergencies that will result in admission to the hospital

Street Health Centre

Office: 613-549-1440; Pager: 613-548-9901

115 Barrack St

- ✓ Community health centre
- ✓ Needle exchange
- ✓ Methadone & Hep. treatment
- ✓ Counseling and outreach

Urgent Care & Family Medicine Centre

Catarauqui Town Centre (Beside Food Crt)

613-389-3348

Mon, Thu & Fri 10am - 8pm;

Tue & Wed 9:30am - 8pm; Sat 10am - 3pm;

Sun 12noon - 3pm

- ✓ For urgent, minor, non-life threatening medical problems

ISKA: Immigrant Services, Kingston & Area

613-544-4661 837 Princess St. 5th Fl. 8:30-4:30

Kids Help Phone (24hrs)

1-800-668-6868

Kingston Community Chaplaincy (24hrs)

613-549-8899

Kingston Community Legal Clinic

613-541-0777 345 Bagot St.

Kingston Duty Counsel (Family)

613-531-7888 469 Montreal St.

Kingston Interval House (24hrs)

1-800-267-9445 crisis 613-546-1777

Jolie Brant, Aboriginal Counsellor

Kingston Pregnancy Care Ctr

613-545-0425 Mon - Thu 9-3

Legal Aid - Kingston Community Clinic

613-541-0777 345 Bagot St.

Mental Health Service Information Ont (24hrs)

1-866-531-2600

Ontario Problem Gambling Helpline (24hrs)

1-888-230-3505

Sexual Assault Centre Kingston (24hrs)

1-877-544-6424 or 613-544-6424

Talk Line Kingston (Previously Tel Aid Line)

613-544-1771 (Mon - Sun 7pm - 3am)

Victims Services of Kingston – Frontenac

613-548-4834

WALK-IN EMPLOYMENT CENTRES

Manpower

613-384-9675 645 Gardiners Rd., Unit 1

www.manpower.ca

- ✓ free skills training
- ✓ new job postings on Mondays

Drake International

613-542-3790 or 1-800-463-7253

370 King St. E. www.drakejobs.com

- ✓ temporary placements

Ontario March of Dimes

Employment Resource Centre

613-549-4141 920 Princess St. 3rd fl.

- ✓ Job Finding Club 613-544-9410ext27/ 25
- ✓ Employment Resource Centre (open to general public Mon-Fri 8.45-4.15)

Employment Services

ACFOMI Employment Service

613-384-9695, Barriefield Plaza, 760 Hwy 15

613-546-7863, Woodbine Plaza, 2795 Princess St

- ✓ employment services for the job seeker in both official languages
- ✓ Mon. – Fri. 9am – 4:30pm

CERC/ReStart

(Community Employment Resource Centre)

613-542-7373 (press 2) 900 Montreal St.

- ✓ info for job seekers in north Kingston

Kelly Services

613-548-3116 203-797 Princess St. Kingston

www.kellyservices.ca

- ✓ temporary & temp placements

HELPFUL NUMBERS

Al-Anon 613-384-2134

Al-A-Teen 613-389-5465;

www.al-anon.alateen.on.ca

- ✓ 8pm, upstairs in Sydenham Street United Church, 82 Sydenham St.

Alcoholics Anonymous (24hrs)

613-549-9380

Assaulted Women's Helpline (24hrs)

1-866-863-0511

Child & Baby Talk Line (M- F 8am - 4:30pm)

1-800-267-7875

CFCN – Canadian Families Corrections Network

English 1-888-371-2326 & French 1-877-875-1285

www.cfcn-rcafd.org

Building stronger and safer communities by assisting families affected by criminal behaviour, incarceration and community reintegration.

Drug & Alcohol Registry of Treatment (24hrs)

1-800-865-8603

Elizabeth Fry - on call 24 hours

613-544-1744 (8:30 – 4:30)

Women's Correctional Support Agency

KEYS Job Centre

613-546-5559 182 Sydenham St., Kingston
www.keys.ca

- ✓ employment counselling & career exploration
- ✓ job search coaching & assistance
- ✓ employment resource centre
- ✓ youth employment services (training, academic upgrading, job placement)

St. Lawrence College

613-545-3949, ext 1674
100 Portsmouth Ave., Kingston
www.employmentservice.sl.on.ca

- ✓ youth employment services (training, counselling, academic upgrading, job placement)

St. Lawrence Employment Service

613-545-3949, ext 1603
785 Midpark Dr or on campus at Portsmouth Ave

- ✓ web site where employers register
- ✓ free employment services

Ontario Works

613-546-2695 x4900
362 Montreal St

- ✓ offer employment & financial assistance

Service Canada Job Bank

Frontenac Mall, 1300 Bath Rd 1st Fl 8:30am–4pm
www.servicecanada.gc.ca; www.youth.gc.ca

- ✓ Youth and Students (Canada Summer Jobs, Career Focus,
- ✓ Job Search Assistance, Skills Link,
- ✓ Youth Awareness)

VOCEC Voices Opportunities & Choices Employment Club

613-531-4912 525 Montreal St

BULLETIN BOARDS - CASUAL WORK

In grocery stores, only at these locations

Food Basics Metro

613-544-8202 613-542-5795
33 Barrack St. 310 Barrie St.

ON-LINE EMPLOYMENT SUPPORT

www.employmentservice.sl.on.ca
(St. Lawrence College) see listing under walk-in search
www.eluta.ca/jobs-in-kingston-ON
www.forces.ca/Jobs (Canadian Forces)
www.gojobs.gov.on.ca
www.ca.indeed.com
www.jobbank.gc.ca
www.labourmarketinformation.ca
www.CityofKingston.ca/careers (City of Kingston)

- ✓ search for jobs, create career profile, apply for jobs, create alert for positions of interest, on-line applications only
www.monster.ca

www.monster.ca
www.psc-cfp.gc.ca
www.servicecanada.gc.ca (Service Canada Job Bk)
www.wowjobs.ca/ (Adecco Employment Agency)
www.workopolis.com

JOB FAIRS

Keep watch for advertised Job Fairs in your local newspapers.

COMPUTERS AVAILABLE FOR PUBLIC USE AT KINGSTON PUBLIC LIBRARIES

- ✓ Kingston Frontenac Public Library
613-549-8888, 130 Johnson St.
- ✓ Calvin Park Library, 613-546-2582
88 Wright Cres.
- ✓ Kingston Frontenac Public Library
613-542-8222, 80 Gore Road

RESOURCES FOR CAREER SUPPORT THROUGH FURTHER EDUCATION

Employment Ontario

613-547-2012
www.klandskills.com

- ✓ assistance to with moving on to employment or further education for 19+

Trillium College

613-531-5138
1300 Bath Rd.
www.trilliumcollege.ca

- ✓ college diploma programs in Health, Business, Social & I.T.

Academy of Learning Career & Business College

613-544-8973 1464 Princess St.
www.academyoflearning.com

- ✓ Min. of Training, Colleges & Universities
appr. programs - business, technology & medical fields

KLC College

613-384-6194 742 Arlington Park Place
✓ www.klccollege.ca
✓ financial assistance available if eligible
✓ diploma programs in business & admin.
health care & dental, education

St. Lawrence College

613-545-3949 100 Portsmouth Ave.
www.stlawrencecollege.ca

- ✓ opportunities for upgrading job skills &

UPGRADING PROGRAMS AND BASIC COMPUTER SKILLS& EDUCATION

to work towards a part-time certificate

Academy of Learning

1469 Princess St. 613-544-8973

Adult Learning Network

Info Line 613-547-2012

Open Book Program

613-530-636-6158 Patrick St.

Kingston Literacy and Skills

547-2012 859 Princess St.

Limestone Community Education

542-7369 x240 164 Van Order Dr. Kingston

- ✓ English as a Second Language
- ✓ Literacy and Basic Skills (LBS)

Loyola Community Learning (A&LCDSB)

613-544-3361 1440 Princess St.

- ✓ a secondary school through which adult students can obtain an Ont. Secondary School Diploma.
- ✓ provides adults with opportunities to advance their basic literacy skills & acquire English as a 2nd Language.
- ✓ staff recognize the challenge of returning to school as an adult, dedicated to helping adults achieve goals.

HIGH SCHOOL CREDIT PROGRAMS

Amherstview Community Education Centre

313-389-0099 4449 Bath Rd

- ✓ Adult and alternative education
- ✓ grade 9-12 courses to complete OSSD
 - computers • introduction to computers
 - Microsoft Office • Simply Accounting
- ✓ working co-op - students can be working at a job and earn credits towards OSSD
- ✓ Mature assessments done for students who have been out of school for awhile

Bayridge Community Education Centre

613-384-9449 652 Progress Ave.

- ✓ All English and Math credit courses excluding Gr 12 University courses.
- ✓ Elective credits in Health for Life and Parenting courses are popular.
- ✓ Students may obtain regular Co-op credits or "Co-op for work" credits. The Centre provides students the opportunity to gain credits within a non-semestered timeframe. This enables students to work and also complete their High School Diploma.
- ✓ For adults: complete High School or take computer courses to upgrade their skills and employability profile.

Queen Elizabeth Community Education Centre

613-548-3462 72 Harvey St.

2nd Chance Program

- ✓ continuing Education to adult students
- ✓ educational centre for people wishing to complete Gr. 12 Diploma requirements
- ✓ computer courses for seniors,
- ✓ or upgrading for entrance to College. Participants attend full time and work at their own pace consulting teachers as required and attending optional workshops. Offers free lunch program, some assistance with transportation and co-operative daycare.

KCVI Community Education Centre

613-549-0498 130 Queen St

Street Smart Program

- ✓ an alternative to regular high school program for youth in downtown Kingston. Students can refer themselves or be referred by any school or agency in the community. Youth (primarily 16 to 20 years of age) earn Ontario secondary school credits. Most credits delivered through

independent learning materials. Students are supported on site by three full-time secondary school teachers and a full-time educational assistant, a KAIROS Counsellor. Breakfast, lunch and snacks are available every Wed at 12:00 Free hot lunch.

SELF-EMPLOYMENT INFO AND COUNSELLING

Skebo & Assoc.

613-545-0244 Rockcliffe Plaza, 400 Elliott Ave
KEDCO - Kingston Economic Development Corp.
613-544-2725 x229
Innovation Park, 945 Princess St.

APPRENTICESHIP INFO.

Ministry of Training, Colleges & Universities

613-548-1151

299 Concession St. #201

✓ www.edu.gov.on.ca/eng/tcu/employmentontarotraining/

Employment Ontario Info Line

1-800-387-5656

FINANCIAL ASSISTANCE FOR RETRAINING

Second Career

1-866-607-1336

www.tcu.gov.on.ca/eng/eopg/publications/89-1889E.pdf

- ✓ for recently laid-off unemployed workers for which long-term skills training is the most appropriate intervention to transition into high-skill, demand occupations in labour market.

Ministry of Community & Social Services

ODSP Employment Supports

1-800-263-3463 920 Princess St.

- ✓ ODSP Employment Supports Program is designed for individuals who:
 - have a disability that is expected to last one year or more;
 - are eligible to work in Canada; are 16 yrs of age+ ;
 - are currently not working or have a job but having difficulty keeping the job due to disability related issues

ODSP Community Coordinator Project

- ✓ Have a disability and not eligible for EI
Note: do not have to be receiving ODSP to participate. To find the location nearest you click here or contact 1-800-263-3463

FINANCIAL COUNSELLING

K3C Credit Counselling Kingston

613-549-07850 or 1-800-379-5556

417 Bagot St. www.k3c.org