

**Community Living Cambridge
Supported Employment Services**

160 Hespeler Rd, Cambridge
Phone: 519-623-7490
Adults 18 years and over with developmental disabilities

CNIB—Waterloo Wellington District

Allen Square, 160-180 King St S, Waterloo
Phone: 519-742-3536
For individuals who are visually impaired

Ontario Disability Support Program

Cambridge Place, 73 Water St N, Ste 605, Cambridge
Phone: 519-623-1230

715 Fischer-Hallman Rd, 3rd Flr, Kitchener
Phone: 519-886-4700

Employment Supports Program: includes vocational counselling, individual support, assistive devices

Ontario March of Dimes—Waterloo Office

180 Kings St S, Ste 200, Waterloo
Phone: 519-579-5530
Employment services for individuals with disabilities

Free Internet Access Sites in Waterloo Region

All **Public Libraries** in Waterloo Region and **City of Kitchener Community Centres and Senior Centres** have free internet access available. For a complete list of access sites, call **519-579-3800**.

Anishnabeg Outreach

151 Frederick St, 5th Floor, Kitchener
Phone: 519-742-0300 ~ 1-866-888-8808

Cambridge Active Self Help Organization

9 Wellington St, Unit 1, Cambridge
Phone: 519-623-6024

Christopher-Champlain Resource Centre

8-125 Champlain Blvd, Cambridge
Phone: 519-740-8565

Kitchener Waterloo Multicultural Centre

102 King St W, Kitchener
Phone: 519-745-2531

K-W Access-Ability

105 University Ave E, Waterloo
Phone: 519-885-6640

**Langs Farm Village Association
Resource Centre**

1145 Concession Rd, Cambridge
Phone: 519-653-1182

The Popcorn House Community Resource Centre

292 Shepherd Ave, Cambridge
Phone: 519-654-9444

**Social Planning Council of Kitchener-Waterloo/
Community Information Centre of Waterloo Region**

151 Frederick St, Ste 300, Kitchener
Phone: 519-579-3800

The Working Centre

58 Queen St S, Kitchener
Phone: 519-743-1151

Academic Upgrading

Sometimes it is a matter of updating existing skills before starting the job search. For more information, call the **Community Information Centre 519-579-3800**.

**Conestoga College Institute of Technology and
Advanced Learning
Continuing Education Division**

Doon Campus, 299 Doon Valley Dr, Kitchener
Phone: 519-748-5220 ext 3656

Independent Learning Centre

2180 Yonge St, 7th Flr, Toronto
Phone: 1-800-387-5512 (English) ~
1-800-265-0454 (French)
Elementary and secondary school correspondence courses

The Literacy Group of Waterloo Region

89 Main St, Unit 1, Cambridge
Phone: 519-621-7993

151 Frederick St, Ste 200, Kitchener
Phone: 519-743-6090

For individuals 18 years and over

**Waterloo Catholic District School Board
St Louis Adult Learning Centre and Continuing
Education**

80 Young St, Kitchener
Phone: 519-745-1201

82 Beverly St, Cambridge
Phone: 519-745-1201

**Waterloo Region District School Board
Continuing Education
Essential Skills Upgrading**

151 Weber St S, Waterloo
Phone: 519-885-4356

256 Hespeler Rd, Cambridge
Phone: 519-740-3800

Job Search Training and Employment Resources



Produced by:
**Social Planning Council of
Kitchener-Waterloo/
Community Information Centre
of Waterloo Region**

151 Frederick St, Suite 300
Kitchener, ON N2H 2M2
519-579-3800

From outside Waterloo Region call
1-877-579-3859
www.waterlooregion.org

Ask us Anything!

Job Search Training and Employment

For more information on these services and more, please call the **Community Information Centre** at **519-579-3800**

Community Support Services of Ayr and North Dumfries

80 Stanley St, Ayr
Phone: 519-632-9737

Use of computers, access to Internet, job bank, counselling

Conestoga College, Academic Upgrading

150 Main St, 4th Flr, Cambridge
Phone: 748-5220 ext 3681

108 University Ave E, Waterloo
Phone: 748-5220 ext 3681

Conestoga College, Career Planning/Testing

108 University Ave E, Waterloo
Phone: 519-885-0300 ext 226
Career planning and evaluations

Intercultural Skills Development Inc. Working for Work

102 King St W, Kitchener
Phone: 519-570-3552

Employment and counselling support, resume writing, interview skills, access to computers

Lutherwood Adult Employment Services

35 Dickson St, Cambridge
Phone: 519-623-9380

For adults 18 years of age and over

Northern Lights Canada, Ontario Employment Services

185 Weber St S, Waterloo
Phone: 519-576-3033

Vocational counseling, assessment, job search training, labour market information, Second Career program

The Salvation Army Community and Family Services

1-300 Gage Ave, Kitchener
Phone: 519-745-4215

Computer training and assistance for job readiness

Waterloo Region Small Business Centre

Cambridge City Hall, 50 Dickson St, First Flr, Cambridge
Phone: 519-740-4615

Kitchener City Hall, 200 King St W, Kitchener
Phone: 519-741-2604

Waterloo City Hall, 100 Regina St S, Main Floor, Waterloo
Phone: 519-747-6265

Small business advice and information ~ free professional counselling about starting or developing small businesses

Woolwich Community Services Community Information Centre

73 Arthur St S, Elmira
Phone: 519-669-5139

Employment resource centre, job search, resume services

The Working Centre Job Search Resource Centre

58 Queen St S, Kitchener
Phone: 519-743-1151

Provides employment counselling, job search support, assistance with resumes, personalized voice mail boxes for job search purposes

Waterloo Region Social Services Department Employment Ontario

235 King St E, 1st flr, Kitchener
Phone: 519-883-2101 ext 5655

Youth

Lutherwood Youth Employment Centre

165 King St E, Kitchener
Phone: 519-743-2460

Services for individuals ages 15-30

Women

World Wide Opportunities for Women

Phone: 519-578-9570

Job search, life skills training

YWCA of Cambridge Small Steps to Success

Cambridge Self Help Food Bank,
54 Ainslie St S, 2nd floor, Cambridge
Phone: 519-622-6550 ext 104

Women 20 years and over seeking employment or experiencing difficulty re-entering the workforce

Focus for Ethnic Women, Waterloo Region Inc

145 Columbia St W, Unit 9, Waterloo
Phone: 519-746-3411

Skills assessment, employment preparation, life skills, job search assistance and work placement

New Canadians

Kitchener-Waterloo Multicultural Centre

102 King St W, Kitchener

Phone: 519-745-2531 ~ 519-745-2593 (interpreters)
Employment services for new Canadians

Kitchener-Waterloo YMCA Employment Services

800 King St W, 3rd Floor, Kitchener
Phone: 519-579-9622

Newcomers to Canada who are unemployed

First Nations

Anishnabeg Outreach

151 Frederick St, 5th Floor, Kitchener

Phone: 519-742-0300 ~ 1-866-888-8808

Employment counselling ~ provides information on and referral to education, training and employment services

Bilingual

Francophone Employment Resource Centre

647 Franklin Blvd, Cambridge
Phone: 519-623-2822

KW- YMCA, 800 King St W, 3rd Floor, Kitchener
Phone: (226) 220-9580

Assistance in finding bilingual employment, resume preparation

Disabilities

K-W Habilitation Services

Community Placement Program

69 Sydney St S, Kitchener
Phone: 519-744-1272

Provides job search assistance to individuals with developmental disabilities

Canadian Mental Health Association Centre for Mental Health

67 King St E, Kitchener
Phone: 519-744-7645

9 Wellington St, Unit 3, Cambridge
Phone: 519-740-7782