

## Job Search Training and Employment

### **Conestoga College, Institute of Technology and Advanced Learning Discover Your Future**

- 180 Main St, Suite 402, Cambridge  
Phone: 519-623-4890
- 108 University Ave E, Waterloo  
Phone: 519-885-0300 ext. 5248

Academic Upgrading, Employment/Training  
Readiness

### **Conestoga Career Centre**

- 108 University Ave E, Waterloo  
Phone: 519-885-0300 ext. 5226
- Other locations:  
Kitchener: Doon Campus, 299 Doon Valley Dr,  
Elmira (Wed): Woolwich Community Services,  
New Hamburg (Tues): Wilmot Family Resource  
Centre,  
Wellesley (Mon): Wellesley Twp Community  
Health Centre

Employment Ontario services

### **John Howard Society of Waterloo- Wellington; Employment Programs: Cambridge Career Connections, Employment Ontario services,**

40 Ainslie St. S., Cambridge  
Phone: 519-622-0815

Information on employment and training

### **Kinbridge Community Association**

- 200 Christopher Dr, 2nd Flr, Cambridge  
Phone: 519-624-3855
- 12 Champlain Blvd Unit 8, Cambridge  
Phone: 519-740-8565
- 241 Southwood Dr, Unit 1, Cambridge  
Phone: 519-621-2930

Job Resource Centre: counselling, job search

### **Lutherwood Employment Services**

- 165 King St E, Kitchener  
Phone: 519-743-2460
- 35 Dickson St, Cambridge  
Phone: 519-623-9380

Free programs to assist people to prepare for,  
secure and maintain sustainable employment

### **Ray of Hope Morning Glory Cafe/Bakery**

100-659 King St E, Kitchener

Phone: 519-578-8018

Cafe and bakery provides training opportunities  
for youth and adults 15-30 years

### **Langs Resource Centre**

1145 Concession Rd, Cambridge

Phone: 519-653-1182

Access to job bank and employment counselling

### **The Salvation Army Community and Family Services**

1-300 Gage Ave, Kitchener

Phone: 519-745-4215

Computer training and assistance for job  
readiness

### **Greenway-Chaplin Community Centre**

116 Rouse Ave, Cambridge

Phone: 519-623-4220

Job Resource Centre; employment counselling

### **The Working Centre Employment Services**

58 Queen St S, Kitchener

Phone: 519-743-1151

Vocational counselling and assessment, job  
search training

### **Woolwich Community Services Community Information Centre**

5 Memorial Ave, Elmira

Phone: 519-669-5139

Employment resource centre, job search,  
resume services

### **Waterloo Region Small Business Centre**

- Cambridge City Hall, 50 Dickson St, 1st  
floor, 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

### **Waterloo Region Social Services**

#### **Department**

#### **Employment Ontario**

- 235 King St E, 1st floor, Kitchener
  - 99 Regina St S, Waterloo
- Phone: 519-883-2101 ext. 5655

#### **Women**

### **Conestoga College Institute of Technology and Advanced Learning Focus for Change**

- 150 Main St, Cambridge  
Phone: 519-623-4890
- 108 University Ave E, Waterloo  
Phone: 519-885-0300 ext. 353

Women 19 years and over who are receiving  
Ontario Works or Ontario Disability Support  
Program benefits

### **Focus for Ethnic Women, Waterloo Region**

550 Parkside Dr. Unit 8A, Waterloo

Phone: 519-746-3411

Skills assessment, employment preparation, life  
skills, job search assistance and placement for  
women immigrants and visible minorities

### **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 re-entering the workforce

#### **Immigrants**

### **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
- 258 Hespeler Rd, Cambridge  
Phone: 519-621-1621

Newcomers to Canada who are unemployed.  
Interpretation and limited translation services

## First Nations

### Anishnabeg Outreach

151 Frederick St, 5th floor, Kitchener

Phone: 519-742-0300 ~

Toll-free phone: 1-866-888-8808

Employment counselling, training and employment services for native people

## People with Disabilities

### K-W Habilitation Services

#### Community Participation and Employment Support

99 Ottawa St S, Kitchener

Phone: 519-744-6307

Provides job search assistance to adults 18 and over with developmental disabilities

### Canadian Hearing Society

#### Employment Assistance Services

120 Ottawa St N, Kitchener

Phone: 519-744-6811 TTY: 1-888-697-3611

Job search training, employment planning, job development for individuals who are deaf, deafened or hard of hearing

### Canadian Mental Health Association

#### Grand River Branch

##### Centre for Mental Health

- 67 King St E, Kitchener

Phone: 519-744-7645 ~

Toll-free phone: 1-877-627-2642

- 9 Wellington St, Unit 3, Cambridge

Phone: 519-740-7782

Bridging Employment Supports: needs identification, assessment and planning for those experiencing barriers to employment ~

Links To Work: job development, coaching and preparation

### Extend-A-Family Waterloo Region

#### Working Adults Learning Empowering Skills

91 Moore Ave, Kitchener

Phone: 519-741-0190 ext. 306

Employment preparation program for adults with developmental disabilities who have completed high school.

### Lutherwood Employment Services

165 King St E, Kitchener

Phone: 519-743-2460

ACE Program: job placement and self-employment coaching services for individuals 15-30 years with disabilities

### Community Living Cambridge

#### Job Track

5 Manitou Dr, Unit 15A, Kitchener

Phone: 519-743-8111

Adults with barriers to employment (developmental, physical, or learning disabilities)

### Community Living Cambridge - Community Networks

160 Hespeler Rd, Cambridge

Phone: 519-623-7490

Adults 18 and over with developmental disabilities

### Ontario Disability Support Program

- Cambridge Place, 73 Water St N, 4th floor, Cambridge

Phone: 519-623-1230

Toll-free phone: 1-888-214-0738

- 715 Fischer-Hallman Rd, 3rd floor, Kitchener

Phone: 519-886-4700

Toll-free phone: 1-800-441-9820

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

### Ontario March of Dimes—Waterloo Office

180 Kings St S, Suite 200, Waterloo

Phone: 519-579-5530

Employment services for adults with disabilities

Link to:



Community Services



Settlement Services

# Job Search Training and Employment Resources



- Job Search Training and Employment
- Women
- New Canadians
- First Nations
- People with Disabilities

For more information, call, visit or email:

**Phone/TTY: 519-579-3800**

From outside Waterloo Region: 1-877-579-3859  
74 Frederick St Kitchener, N2H 2L7

**Email: [info@waterlooregion.org](mailto:info@waterlooregion.org)**

**Website: [www.waterlooregion.org](http://www.waterlooregion.org)**



Social Development Centre  
— WATERLOO REGION —