

# WHERE TO TURN FOR ASSISTANCE

IN KINGSTON & SURROUNDING AREA

UPDATED: JUNE 21, 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 TABLE \$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

Breakfast: 9:30 - 11am - free

Dinner : 3:30 - 5:15pm - \$1

- ✓ **Restaurant style meal**
- ✓ 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, 3<sup>rd</sup> 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

613-766-8432

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 3<sup>rd</sup> 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**

613-766-8432

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 &amp; 1 - 4pm

- ✓ Appointments needed
- ✓ ID, income/expense stmts needed
- ✓ Christmas baskets
- ✓ After school program grades 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

**Birthright**

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  
✓ clothing, toys, linens, housewares etc.

**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 231  
(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)**

613-766-8432 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](http://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](mailto: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 2<sup>nd</sup> 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 Cataraqui 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.ilckington.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**

613-766-8432, 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

### **Addiction and Mental Health Services**

#### **DROP-IN 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.

3<sup>rd</sup> 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**

Cataraqi 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

## **HELPFUL NUMBERS**

**Alcoholics Anonymous** (24hrs)

613-549-9380 613-384-2134

**Al-A-Teen** 613-389-5465;

[www.al-anon.alateen.on.ca](http://www.al-anon.alateen.on.ca)

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

**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](http://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

**ISKA: Immigrant Services, Kingston & Area**

613-544-4661 837 Princess St. 5<sup>th</sup> Fl 8:30-4:30

**Kids Help Phone** (24hrs)

1-800-668-6868

**Kingston Community Chaplaincy** (24hrs)

613-549-8899

**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 Centre**

613-545-0425 Mon -Thu 9-3

**Learning Disabilities Kingston**

613- 546-8524 817 Division St. Unit 108

**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

**Pathways for Children & Youth**

613-546-8535 ext. 1

Walk-in counseling clinics Tuesdays noon to 6:45pm for children, youth (under 18) parents, grandparents and families from the community.

One hour with counselor to work toward a solution to a problem or concern, decrease stress and get things moving in the right direction.

**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**

**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 **Drake**

**International**

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

370 King St. E. [www.drakejobs.com](http://www.drakejobs.com)

- ✓ temporary placements

**Kelly Services**

[www.kellyservices.ca](http://www.kellyservices.ca)

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

- ✓ temporary & temp placements

**KEYS Job Centre**

613-546-5559 182 Sydenham St., Kingston

[www.keys.ca](http://www.keys.ca)

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

**Manpower**

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

[www.manpower.ca](http://www.manpower.ca)

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

**Ontario March of Dimes**

**Employment Resource Centre**

613-549-4141 920 Princess St. 3<sup>rd</sup> fl.

- ✓ Job Finding Club 613-544-9410 ext 27/ 25

- ✓ Employment Resource Centre (open to general public Mon-Fri 8:45-4:15)

### 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](http://www.servicecanada.gc.ca); [www.youth.gc.ca](http://www.youth.gc.ca)

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

### St. Lawrence College

613-545-3949, ext 1674

100 Portsmouth Ave., Kingston

[www.employmentservice.sl.on.ca](http://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

### 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.canada.jobs.com](http://www.canada.jobs.com)

[www.employmentservice.sl.on.ca](http://www.employmentservice.sl.on.ca)

(St. Lawrence College) see listing under walk-in search

[www.eluta.ca/jobs-in-kingston-ON](http://www.eluta.ca/jobs-in-kingston-ON)

[www.forces.ca/Jobs](http://www.forces.ca/Jobs) (Canadian Forces)

[www.gojobs.gov.on.ca](http://www.gojobs.gov.on.ca)

[www.ca.indeed.com](http://www.ca.indeed.com)

[www.jobs.ca](http://www.jobs.ca)

[www.jobbank.gc.ca](http://www.jobbank.gc.ca)

[www.labourmarketinformation.ca](http://www.labourmarketinformation.ca)

[www.CityofKingston.ca/careers](http://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](http://www.monster.ca)

[www.monster.ca](http://www.monster.ca)

[www.psc-cfp.gc.ca](http://www.psc-cfp.gc.ca)

[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca) (Service Canada Job Bk)

[www.wowjobs.ca/](http://www.wowjobs.ca/) (Adecco Employment Agency)

[www.workopolis.com](http://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](http://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](http://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](http://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](http://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](http://www.stlawrencecollege.ca)

- ✓ opportunities for upgrading job skills & to work towards a part-time certificate

### UPGRADING PROGRAMS AND BASIC COMPUTER SKILLS & EDUCATION

#### 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 H.S. Diploma.
- ✓ For adults: complete High School or take computer courses to upgrade their skills and employability profile.

### Katarokwi Learning Centre

613-548-3462 38 Cowdy St. (old Frontenac P.S.)

#### ▪ 2<sup>nd</sup> 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.

#### ▪ 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.

#### ▪ Katarokwi Aboriginal School

- ✓ program is intended to provide First Nation, Metis and Inuit students with a safe,

inclusive and culturally rich learning environment.

- ✓ focus is on respect for self, others, Indigenous traditions, and community.
- ✓ program has regular visits by Elders and a curriculum that reflects Indigenous cultures, histories and perspectives.
- ✓ offers four credits per semester.

## 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/](http://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](http://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](http://www.k3c.org)