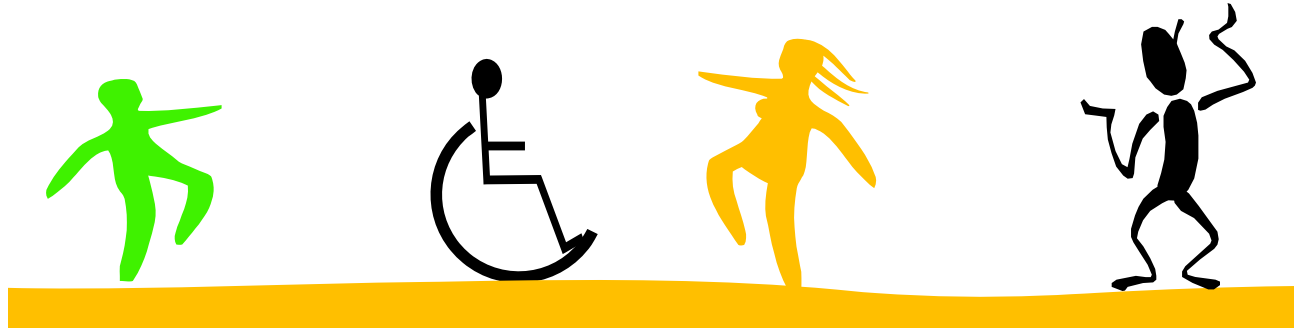




FAMILY SERVICE TORONTO
For People. For Change.



COMMUNITY RESOURCES & INFORMATION

for

❖ **LEARNING**

❖ **EMPLOYMENT PREPARATION & SKILLS ENHANCEMENT**

❖ **VOLUNTEERING**

❖ **RECREATION, SELF INTEREST & PERSONAL EXPRESSION**

❖ **COMMUNITY RESOURCES ACCESS INFORMATION**

In the Toronto-area



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FAMILY SERVICE TORONTO
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INTRODUCTION

Family Service Toronto is pleased to release this second edition of **Community Resources and Information** guide that may give you ideas and information about some of the services and resources available for you in your community. Accessing and networking with services and resources in your community; including self-interest, personal expression and learning new skills, are factors that may add to your quality of life.

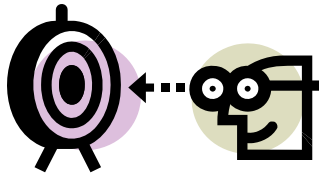
The information in this guide is divided into the following sections: Learning; Employment Preparation and Skills Enhancement; Volunteering; Recreation, Self Interest and Personal Expression; and Community Resources Access Information. All of the resources listed in this guide are open for participation by everyone, pending program or service eligibility requirements.

Prepared by: Family Service Toronto Passport Initiative (May 2009):

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DEFINING VALUES, NEEDS and SETTING GOALS

Since no one knows you better than you know yourself; it can be helpful to define your VALUES and NEEDS to decide your GOALS. Listed below are definitions of values and needs, and information on setting goals with some general examples.

Values:

Values define you. They are the qualities, attributes, and beliefs that you consider important. Some examples of values:

Career: accomplishment, adventure, creativity, money

Relationships: affection, belonging, loyalty

Personal growth: ambition, fitness, technical ability

List or think about your ‘values.’ Think about things that are important for you in your living, learning, and/or working environments.

Needs:

Needs also define you and shape your world. They are your requirements for living. Some examples of needs:

Economic: life-style, wealth, security, possessions

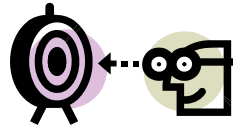
Social: family, friends, children

Health: allergies, handicaps, fitness, nutrition

Environment: indoors, big company, urban setting

Leisure: free-time, hobbies, religion, community

List or think about your ‘needs.’ Think about what you need in your life to fulfill your goals.



Setting Goals:

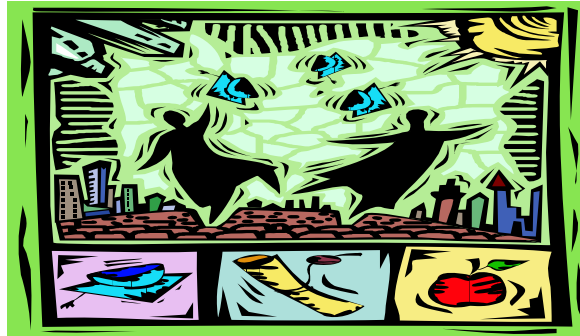
Goals are defined by understanding your values and needs. Goals can be short-term or long-term. Both types of goals are important. With long-term goals, it may be easier to break them down into small steps. This way you have something to work towards. Before you know it, you'll be on your way towards accomplishing the big goal.

Remember to define goals that you can stick to over time. By breaking goals up into smaller tasks, you ensure that your goals are reasonable. For example, if your long-term goal is to learn a trade and become an apprentice, you may need to start with academic upgrading to make sure that you have the skills required to achieve your long-term goal... Remember to constantly reevaluate your goals to determine if they are still in line with your values and needs.

Listed below is a suggestion to set any goal whether personal or professional:

- Identify your goal by writing it down
- Set a deadline for each step of your goal
- List the skills and resources required to reach your goal. What do you need to know?
- Develop a plan of action to reach your goal.

After you have decided on a goal or want to explore a goal, think about the types of information or resources you may need to know (remember to think of your values and needs), for you to decide to choose a course of action; for example things like costs/fees, location, types of supports offered, length of service / program / course.



LEARNING

Learning is acquiring new knowledge, behaviors, skills, values, preferences or understanding. The ability to learn is possessed by humans, with many styles and methods to process and attain the necessary information you want or need. Learning may occur as part of education or personal expression; it can be in a formal setting or part of your everyday life. Learning is a life-long process, can be creative and often challenging. Listed on the following pages is some information that may be useful to support you with exploring your learning goals.

Literacy and Basic Skills

The Literacy and Basic Skills (LBS) Program provides literacy, numeric and essential skills services that help learners achieve their goals related to further education or training, employment or independence.

The LBS services are provided at no cost to learners and focus on people whose literacy skills are below Grade 9 of the Ontario Curriculum. The LBS Program also provides academic upgrading to assist individuals to access post-secondary training programs or employment.

The LBS Program is open to individuals who are out of school and have a facility in English or French. Listed below are 3 program locations/service descriptions. You can also telephone the **Ministry of Training, Colleges and Universities Employment Ontario Hotline at (416) 326-5656** in the Toronto-area to speak with an Information Counselor for information about a location nearest you. This information is also available online at <http://www.edu.gov.on.ca/eng/tcu/apprentices/lbs.html>

For additional information concerning literacy, please contact **Metro Toronto Movement for Literacy - Literacy Access Network Hotline at (416) 961-5557 / TTY: (905) 897-6772** to find literacy programs in your area.
Online: <http://www.mtml.ca/searchpr/ASPsearch/gtapage.asp>

AGENCY / SERVICE INFORMATION	DETAILS	CONTACT INFORMATION
<p>Centennial College Career & College Transition (formerly LBS)</p> <p>This tuition-free program offers the opportunity to get hands-on experience for the job market, along with help reaching</p>	<p>Start date: Continuous intake</p> <p>Program length: Average length is 16 weeks or more</p>	<p>Address: Ashtonbee Campus 75 Ashtonbee Road, Toronto (Scarborough), Ontario, M1L 4N4</p> <p>Contact Name: Denise Andrews, Program Officer</p>

AGENCY / SERVICE INFORMATION	DETAILS	CONTACT INFORMATION
<p>employment goals. Improve communications, math and computer skills while preparing to enter college programs or employment.</p>		<p>Telephone: (416) 289-5000 ext. 7022 <i>please note: leave a message if there is no answer and you will be called back</i></p> <p>Email: dandrews@centennialcollege.ca</p> <p>Website: http://www.centennialcollege.ca/advancement/upgrading</p> <p>Hours: Mon. – Fri.: 8:30AM – 3:30PM <i>(please note: there is some flexibility)</i></p> <p>Wheelchair Accessible Building: Yes</p>
<p>LAMP Community Health Centre Lakeshore Adult Learning Program</p> <p>Free one on one and small group tutoring in reading, writing and basic math by trained volunteers.</p> <p>Offered to people who are 16 years of age or older, are out of school, and speak English as a first language or who are fluent in speaking English and need help with reading/writing.</p>	<p>Start Date: Continuous Intake</p> <p>Program length: One year commitment Participants must commit to 2-4 hours / week</p> <p>Area Served: Etobicoke south of Queensway</p>	<p>Address: 185 Fifth Street, Toronto, ON, M8V 2Z5</p> <p>Contact Name: Johanna, Coordinator Adult Literacy Program</p> <p>Telephone: (416) 252-6471 ext. 243 <i>please note: leave a message if there is no answer and you will be called back</i></p> <p>Email: best to call</p> <p>Website: http://www.lampchc.org/adultlearning</p> <p>Hours: Mon. – Fri.: 9:00 AM - 9:00 PM</p> <p>Wheelchair Accessible Building: Yes</p>

AGENCY / SERVICE INFORMATION	DETAILS	CONTACT INFORMATION
<p>YMCA of Greater Toronto YMCA Literacy Services - Literacy and Basic Skills</p> <p>The YMCA Literacy Services – Learning Opportunities Program provides many services:</p> <ul style="list-style-type: none"> -Literacy and basic skills education -Training in reading, writing, and math -Computer and life skills instruction <p>Because everyone has different learning needs, there is a choice to learn through private tutoring, as part of a small group, or on your own using the computer.</p> <ul style="list-style-type: none"> -Adults 18 years and over -must speak fluent English (no ESL courses) -Individuals who are out of school 	<p>Start Date: Ongoing Telephone for initial interview then an appointment will be scheduled for an in person interview</p> <p>Program Length: expected minimum 6 month commitment</p>	<p>Address: 42 Charles Street East, 2nd Floor, Toronto, ON, M4Y 1T4 <i>please note: programs delivered in various locations</i></p> <p>Contact Name: Tara or Vilma, Literacy Specialists Jacqueline Gibson, Director</p> <p>Telephone: (416) 928-3362 ext. 4141</p> <p>Email: Taraneh.pishghadam@ymcagta.org vilma.wright@ymcagta.org</p> <p>Website: http://www.ymcatoronto.org/en/youth/learning-training/literacy.html</p> <p>Hours: Mon. – Thurs.: 9:00AM – 9:00PM <i>please note: best time to call is the evenings</i></p> <p>Wheelchair Accessible Building: Yes</p>



GED

The GED (General Educational Development) is the Ontario High School Equivalency Certificate issued by the Ministry of Education. Employers and colleges recognize it as equivalent to the Ontario Secondary School Diploma (OSSD).

The GED Tests are for adults who did not finish high school in Canada or in the United States of America. The Ontario High School Equivalency Certificate is awarded following successful completion of five standardized tests in the areas of reading, social studies (reading), science (reading), writing and mathematics. Except for part of the mathematics and the essay, all questions on the GED Tests are multiple choices.

The GED recognizes that learning always continues and allows someone to get the maximum value from the skills he or she has gained from: original schooling, upgrading, lifelong learning, on-the-job experiences, industry training, college courses, and union courses. To pass the GED Tests you need to be able to read, to think about what you have read, and be able to express an opinion in an essay.


The GED is for Ontario residents 18 years or older who have been out of full time high school for at least one year.

Listed on the following pages are some places to receive academic upgrading/GED preparation to assist you when you are ready to write the tests.

If you require general information about the GED Tests (including testing schedules, other locations and policies in Ontario) please call the **GED Automated Telephone System (416) 484-2737**.

AGENCY / SERVICE INFORMATION	DETAILS	CONTACT INFORMATION
<p>St. Christopher House: St. Christopher House is a Toronto-based neighbourhood centre.</p> <p>Design Your Schedule: You get to build your own schedule by choosing from the following 3 timeslots: Monday to Friday: 9am – 1 pm Monday to Friday: 1pm – 5 pm Monday to Thursday: 5pm – 9 pm <i>(please note: there is some flexibility with timeslots)</i></p> <p>The program begins when your chosen schedule becomes available. Wait times vary.</p>	<p>Start Date: Continuous Intake</p> <p>Program Length: Approximately 4 – 6 months -program runs part time 12 hours per week</p> <p>Languages of Service: English</p> <p>Step 1: Attend an Information Session This one-hour session provides an overview of the GED & Academic Upgrading Program as well as other St. Christopher House programs. At the end of the session, you will also sign-up to write an assessment test. Please call St. Christopher House to be added to the wait list for the next available session. -Information sessions occur approximately 2 times / week and they are usually Wed @ 6:00pm or Fri. @ 2:00pm <i>(note: there is some flexibility with times)</i></p> <p>Step 2: Write an Assessment Depending on the results, participants are accepted into the program or referred for further upgrading.</p> <p>Step 3: The Program The GED & Academic Upgrading Program uses self-directed computer software called</p>	<p>Address: 1033 King Street West, Toronto, ON, M6K 3N3</p> <p>Contact Name: Linda or Evelyn, GED Program</p> <p>Telephone: (416) 848-7980</p> <p>Email: lindahu@stchristhouse.org</p> <p>Web site: http://www.stchristhouse.org/adults/GedAcademicUpgrading/</p> <p>Hours: Mon. – Thurs.: 9:00 AM – 9:00 PM Mon. – Fri.: 9:00 AM – 5:00PM</p> <p>Wheelchair Accessible Building: Yes</p>

AGENCY / SERVICE INFORMATION	DETAILS	CONTACT INFORMATION
	<p>Learnscape to facilitate learning for each participant. Learnscape provides instruction in the five GED subject areas through a series of lessons, activities, and quizzes. There is also support available from volunteers and staff.</p> <p>Fees payable to St. Christopher House are subsidized and available on a sliding scale as determined by financial need. Transportation assistance is available. Program Fee = \$50.00 (sliding scale, includes transportation assistance) Exam Fee: \$80.00 (payable to TVOntario) <i>note: there is no fee to begin the intake process or to talk with program staff</i></p>	
<p>Frontier College: Independent Studies</p> <p>The Independent Studies Program is a community-based adult literacy program located in downtown Toronto that provides learning opportunities for people with intellectual and developmental disabilities. The program supports students to work towards greater self-confidence and personal independence through 1:1 tutoring as well as a classroom setting.</p> <p>Learners work on learning outcomes such as</p>	<p>Start Date: 1:1 tutoring - continuous intake Classroom – September starts lesson theme <i>note: there is some flexibility with the start date</i></p> <p>Program: 1:1 tutoring or classroom setting</p> <p>Program Length: summer service still available but structure differs – call for details</p> <p>Telephone for an intake appointment</p>	<p>Address: 35 Jackes Avenue, TO, ON, M4T 1E2</p> <p>Contact Name: Susan MacDonald, co-ordinator for students Independent Studies</p> <p>Telephone: (416) 923-3591 ext. 321</p> <p>Email: smacdonald@frontiercollege.ca</p> <p>Web site: http://www.frontiercollege.ca/english/learn/programs_independent.html</p>

AGENCY / SERVICE INFORMATION	DETAILS	CONTACT INFORMATION
<p>reading, writing, math and basic computer skills in a creative project-based way. These learning outcomes also include interpersonal skills, life skills, learning how to learn skills, improving confidence, self-esteem, and practical living skills.</p>	<p>Classes are on Tuesday, Wednesday, Thursdays from 10:00AM – 12:00PM</p> <p>Monday night class & Tutoring: 6:00 PM – 8:00 PM</p>	<p>Hours: Mon. – Fri.: 9:00 AM - 4:30 PM</p> <p>Wheelchair Accessible Building: Yes</p>
<p>Frontier College: Beat the Street (BTS)</p> <p>Students are encouraged to gain skills and acquire the tools they will need to move on in their lives and develop greater self-confidence, and the ability to access services.</p> <p>Literacy, computer skills training and GED preparation for youth 16-29 years who are homeless, at risk or street-involved; individuals who are out of school and not currently enrolled in school.</p> <p>Frontier College offers programs for youth at several Toronto locations. The Beat the Street services include:</p> <ol style="list-style-type: none"> 1) literacy and basic skills 2) GED preparation course 3) computer skills training <p>Focus will be on 1 of these programs.</p>	<p>Fees: None</p> <p>Telephone for an intake appointment for the program you are interested in</p> <p>Languages: English</p> 	<p>Address: 35 Jackes Avenue, Toronto, ON, M4T 1E2</p> <p>Contact Name: LBS – Rosita Bacchus ext. 360 GED – Judy Perry ext. 361 Computer Skills –Kense Pefere ext. 362</p> <p>Telephone: (416) 923-3591</p> <p>Email: rbacchus@frontiercollege.ca jperry@frontiercollege.ca Kpefere@frontiercollege.ca</p> <p>Web site: http://www.frontiercollege.ca/english/learn/programs_beat_the_street.html</p> <p>Hours: Mon. – Fri.: 9:00 AM - 4:30 PM <i>please leave a message if no answer and you will be called back</i></p> <p>Wheelchair Accessible Building: Yes</p>

Toronto District School Board

For local elementary, alternative and secondary school, including community access programs, please telephone: **Access Toronto 416-338-0338**, or **the TDSB inquiry number at: 416-397-3000**.

Listed below is information concerning the 5 Toronto District School Board's Adult Day Schools. Please call the specific schools for more information or for clarification of requirements or necessary documentation.



The following documentation may be required at registration: status in Canada (i.e. permanent resident card, valid student permit, citizenship card), home address and postal code, photo ID, birth certificate, current Ontario transcript. Please confirm with the school for their specific requirements. Please note a registration fee will be charged.

The start date is four times a year (September, November, February and April) and classes are divided into quads which are approximately 45 days. Classes are separated into 2 hour blocks.

It is best to check with the school to ensure when you can start as many of the Adult Day Schools require you to be 21 and older; however some schools only require you to be turning 21 by the end of the year for the September or November start dates.

The TDSB Placement Centre helps students 21 and under who are having difficulty with gaining admission to secondary schools. Placement Centre staff will meet with students individually, assess their unique learning needs, and make referrals to appropriate secondary schools/programs. You can call the **TDSB Placement Centre at (416) 393-9300**.

AGENCY / SERVICE INFORMATION	DETAILS	CONTACT INFORMATION
<p>Burnhamthorpe Collegiate Adult Learning Centre offers both employment related training and credit courses for the completion of the Ontario Secondary School Diploma. You may prepare for college or university or you can combine some industry essentials like literacy training with a skill-training program in Co-operative education.</p>	<p>Classroom Hours: Mon. – Fri: 8:40 AM – 3:30 PM.</p> <p>Registration: Check with the Burnhamthorpe school for a list of registration dates (typically registration starts a month before classes).</p>	<p>Address: Assessment and Counselling Centre / Student Services Department – 500 The East Mall Etobicoke, Ontario M9B 2C4</p> <p>Contact Name: main administration staff or Ms. Siegel, vice principal</p> <p>Telephone: (416) 394-7130</p> <p>Website: http://www.burnhamthorpe.org/</p> <p>Hours: Mon. – Fri.: 8:00 AM to 4:00 PM</p> <p>Wheelchair Accessible Building: Not for all classrooms</p>
<p>City Adult Learning Centre (CALC) offers a variety of credit courses for adult students wishing to complete their Ontario Secondary School Diploma, prepare for post-secondary education, or gain job related training.</p> <p>Typically the decision to return to school is a difficult one for adult learners who</p>	<p>Classroom Hours: Mon. – Fri.: 8:25 AM – 3:10 PM</p> <p>Registration: Contact CALC for registration dates (occur 4 times a year starting approximately 1 month before classes start)</p> <p>However to register as a new student an appointment must be picked up at CALC the week BEFORE registration. Information for the appointment pick up is available by contacting CALC or online.</p> <p>Registration occurs the day specified on your appointment</p>	<p>Address: 1 Danforth Ave., TO, ON M4K 1M8</p> <p>Contact Name: Guidance Office</p> <p>Telephone: (416) 393-9740</p> <p>Website: http://www.calconline.net</p> <p>Hours: Mon. – Fri.: 8:00 AM – 4:00 PM</p> <p>Wheelchair Accessible Building: Yes</p>

AGENCY / SERVICE INFORMATION	DETAILS	CONTACT INFORMATION
<p>face a variety of barriers. Each adult school has a supportive staff, flexible services and programs designed to help adult learners overcome these barriers and succeed.</p>	<p>sheet. Registration is a 4-5 hour process during which you may be required to take an assessment to determine what grade level is appropriate for your courses. Counsellors are available to help you register and pick courses.</p> <p>Be sure to check the appointment sheet for any other required documentation as it will provide specific information</p>	
<p>Emery Adult Learning Centre Reasons to come to Emery include a variety of programs available in courses at all grades and levels, from grade 9 to university preparation - academic, applied, open, employment.</p> <p>A Student Services department which offers a variety of comprehensive support for students: volunteer work, tutoring, academic and career counseling.</p> <p>Each student's program is individualized according to his or her need.</p>	<p>Classroom Hours: Mon. – Fri.: 8:10 AM– 3:00 PM</p> <p>Registration: Tuesday and Thursdays for three weeks before the new term begins, there are assessment sessions. Please phone the school to check for the date of the next session.</p> <p>Here's what happens at an assessment:</p> <p>1. Information Meeting: school day, times of classes, expectations, OSSD</p> <p>2. Assessment</p> <ul style="list-style-type: none"> -writing sample from everyone -grammar test for ESL learners -reading comprehension for native speakers -math (intermediate or senior) for all 	<p>Address: 3395 Weston Road, Toronto, Ontario M9M 2V9</p> <p>Contact Name: Administration Staff</p> <p>Telephone: (416) 395-3225</p> <p>Email: Emeryadult@tdsb.on.ca</p> <p>Website: http://www.emeryadult.com/</p> <p>Hours: Mon. – Fri.: 8:00 AM – 4:00PM</p> <p>Wheelchair Accessible Building: Yes</p> 

AGENCY / SERVICE INFORMATION	DETAILS	CONTACT INFORMATION
<p>Scarborough Centre for Alternative Studies (Adult)</p> <p>SCAS is an Adult Day School offering credits leading to college or the workplace. At SCAS, students work towards receiving an Ontario high school diploma.</p> <p>Educated in a nurturing environment, the students of the Scarborough Centre for Alternative Studies embark on new beginnings leading to apprenticeship, the workplace, further study, and other personal endeavours, through a variety of learning opportunities.</p>	<p>Classroom Hours: Mon. – Fri.: 8:30 AM to 3:20 PM</p> <p>For more information / dates or for a spot at the next Orientation / Registration session please visit SCAS online form or you can sign up at SCAS Main Office.</p> <p>Registration: You must attend an Orientation / Registration session. At this session you will:</p> <ul style="list-style-type: none"> -Fill out/submit a registration form -Pay a \$20 assessment fee (Visa, MasterCard, Debit Only) -Write assessment tests in English and Math -Obtain an appointment to return for an individual intake interview with a counsellor. <p>Go to An Individual Intake Interview This is a 45-minute interview with a Guidance Counsellor</p>	<p>Address: 939 Progress Avenue, Toronto, Ontario, M1G 3T8</p> <p>Contact Name: Valerie, Guidance Secretary for Adult Program</p> <p>Telephone: (416) 396-6921</p> <p>Email: Phoning is best</p> <p>Website: http://www.scasonline.com</p> <p>Hours: Mon. – Fri.: 8:00 AM – 4:15 PM</p> <p>Wheelchair accessible Building: Yes</p>
<p>Yorkdale Adult Learning Centre / SS</p> <p>The mission of Yorkdale Adult Learning Centre is to meet the diverse educational needs of the community by</p>	<p>Classroom Hours: Mon. – Fri.: 8:30 AM to 3:20 PM</p> <p>Registration:</p> <ul style="list-style-type: none"> -First come to Yorkdale on Letter Day between 8:00 am and 1:00 pm for an appointment letter -letter day is approximately 1 month before classes start but check with the school for the next letter day 	<p>Address: 38 Orfus Road, Toronto, Ontario, M6A 1L6</p> <p>Contact Name: Mary Moore, head of guidance</p>

AGENCY / SERVICE INFORMATION	DETAILS	CONTACT INFORMATION
empowering lifelong learners to reach their professional, personal and family goals.	Registration Day: -complete the registration form (personal information) -write an English and mathematics assessments	Telephone: (416) 395-3350 Website: http://www.yorkdale.net/web/index.htm Hours: Mon. – Fri.: 8:00AM – 4:00 PM Wheel chair accessible: No

Continuing Education

The Community Education Department of the Toronto District School Board is the community's key provider of alternative, life-long opportunities for learning. Their mission is to enable and equip learners to develop personal skills, build relationships and have fun through flexible, accessible and responsive programming. Whether your interest is computers or crafts, sports or languages, whether you want to upgrade a skill or learn a new one, there is sure to be many and varied choices of courses offered in your neighbourhood.

Registration and Course Information: Please note that you can register via internet at www.tdsb.on.ca select "Programs" → "Continuing Education" → "Community Programs" and choose the programs you are interested in. You can register up until the start time and date of the course, if the course is still available. You can also call the **Community Programs for the General Interest & Seniors Daytime Programs at 416-338-4111** to register, for more information, or to speak to an agent.

Toronto Catholic School Board

Mission Statement:

"In a school community formed by Catholic beliefs and traditions, our Mission is to educate students to their full potential." In addition to offering quality education from junior kindergarten through grade 12/OAC, the Toronto Catholic School Board provides a number of services to parents, young children and the community at large.

These include before- and after-school programs, child care, family resource centres, nutrition programs, summer literacy camps and ESL programs. For further information about suitable programs and services contact:

General Inquiries:

Toronto Catholic School Board

80 Sheppard Ave. East

Toronto, Ontario, M2N 6E8

Web site: <http://www.tcdsb.org/>

Telephone: 416 222-8282

Email: webmaster@tcdsb.org

Colleges of Applied Arts and Technology

Ontario's colleges of applied arts and technology, provide students with the opportunity to develop the skills that can lead to rewarding careers in business, applied arts, technology, and health sciences.

Colleges offer a variety of full- and part-time career-oriented programs for secondary school graduates and for mature students who may not have completed secondary school. Most college programs are either diploma programs (which may be either two or three years in length) or certificate programs (which run one year or less). Some courses of study lead to official certification in skilled trades that are regulated by professional associations. In addition, many colleges offer programs of study leading to bachelor degrees in applied areas of study.

To be eligible to apply for admission to college programs, you must hold at least an Ontario Secondary School Diploma or the equivalent, or be a mature student (at least 19 years of age on or before the date of enrolment). Beyond this basic requirement, colleges may identify additional entrance requirements for specific programs. Admission requirements vary from program to program, and applicants are advised to consult course calendars of the college they plan to attend. Calendars may be obtained from secondary school guidance offices, from the college's registrar, or through the college's website.

Listed on the following pages is information about the community colleges in the Toronto-area.

AGENCY / SERVICE INFORMATION	DETAILS	CONTACT INFORMATION
<p>Centennial College: Strives to provide a safe, respectful and accessible environment and develop services based on the student's identified needs with the goal of enhancing both student engagement and success.</p>	<p>You can find out more about what you'll study by talking to an Admission Representative. The representative can explain the knowledge and prerequisites you should bring to the program, what subjects you'll study and the kinds of assignments you'll be expected to complete.</p> <p>For more information contact Enrolment Services Call Centre at 416-289-5300 email: success@centennialcollege.ca http://www.centennialcollege.ca/howtoapply</p> <p>If you would like to visit any of the four campuses, tours can be arranged by calling the Liaison and Student Recruitment Office at (416) 289-5325</p> <p>If you have a documented learning disability, medical or mental health condition, physical, visual, hearing or mobility impairment, the college can help. For more information applicants can contact the Centre for Students with Disabilities. The service is free and confidential, but you should call well in advance of classes to allow time to arrange for help at the campus you will be attending.</p>	<p>Address: Centennial College, PO Box 631, Station A, Toronto, Ontario M1K 5E9</p> <p><i>Note: There are 4 campus locations:</i></p> <ol style="list-style-type: none"> 1. Centre for Creative Communications – 951 Carlaw Avenue, Toronto, Ontario, M4K 3M2 2. Ashtonbee – 75 Ashtonbee Road, Toronto, Ontario, M1L 4N4 3. Progress – 941 Progress Avenue, Toronto, Ontario, M1G 3T8 4. HP Science and Technology Centre – 755 Morningside Avenue, Toronto, Ontario, M1C 5J9 <p>Telephone: (416) 289-5000 or 1-800-268-4419</p> <p>Centre for Students with Disabilities -Centre for Creative Comm: ext. 8664 -Ashtonbee: ext. 7252 -Progress: ext. 2627 -HP Science & Tech: ext. 8025</p> <p>Email for admissions: to ask specific questions about the college application process for your chosen program: admissions@centennialcollege.ca</p> <p>Website: www.centennialcollege.ca/</p> <p>Hours: Mon. – Fri.: 9:00AM – 4:30 PM</p> <p>Wheelchair accessible Buildings: Yes</p>

AGENCY / SERVICE INFORMATION	DETAILS	CONTACT INFORMATION
<p>George Brown College: Working closely with partners from all sectors of our society, George Brown College will provide high-quality education that meets the evolving social and economic development needs of the communities we serve, enabling students to succeed in achieving their individual career and life goals.</p>	<p>For more information, register for an information session at http://www.georgebrown.ca/info_sessions.aspx</p> <p>Or for general information please call the Admissions Inquiry Line (416) 415-2000 ext. 4805 or online: http://www.georgebrown.ca/globalnav/guide/generalinfo.aspx</p> <p>George Brown College is committed to providing equal access to education for students with disabilities. To access Accommodations at GBC you must register with Disability / Deaf and Hard of Hearing Services.</p>	<p>Address: George Brown College of Applied Arts and Technology, PO Box 1015, Station B, Toronto, Ontario M5T 2T9 <i>please note there are 8 campus locations</i></p> <p>Telephone: (416) 415-2000</p> <p>Disability Services: ext. 2622. Deaf and Hard-of-Hearing Services: 416-415-5000, ext. 4654 (voice) 416-864-0535 (TTY)</p> <p>Email for academic inquiries: info@georgebrown.ca</p> <p>Website: www.georgebrown.ca</p> <p>Hours: Mon. – Fri.: 8:30 AM – 4:30 PM</p> <p>Wheelchair Accessible Buildings: Yes</p>
<p>Humber: A member of Polytechnics Canada, Humber is committed to student success through excellence in teaching and learning. Humber's broad range of career-focused, educational</p>	<p>At Humber admission requirements can vary from one program to another. Use the link below to begin your research as it outlines the admissions process and requirements. http://admissions.humber.ca/</p> <p>Students or potential students who would like assistance with exploring academic and career options should contact</p>	<p>Address: Humber North Campus 205 Humber College Blvd., Toronto, Ontario, Canada M9W 5L7</p> <p>Humber Lakeshore Campus 3199 Lake Shore Blvd. W., Toronto, Ontario, Canada M8V 1K8</p>

AGENCY / SERVICE INFORMATION	DETAILS	CONTACT INFORMATION
<p>programs include: apprenticeship, certificates, diplomas, bachelor's degrees and postgraduate certificates. With over 350 programs to choose from, the 19,000 full-time and 55,000 part-time students of Humber have access to many opportunities for continuous learning.</p>	<p>the Counselling and Student Development Service (416) 675-5090. studentservices.humber.ca/counselling</p> <p>Services for Students with Disabilities provides assistance to students who have mobility, vision and hearing impairments; psychiatric/psychological disabilities; specific learning disabilities; or serious medical conditions. Specialized staff and resources are available. Our services are free and confidential.</p>	<p>Enquiry Centre Telephone: (416) 675-5000</p> <p>Services for Students with Disabilities: (416) 675-6622 North Campus ext 5180 Lakeshore Campus ext 3265. Email: disability.services@humber.ca</p> <p>General Email: enquiry@humber.ca</p> <p>Website: http://www.humber.ca/</p> <p>Hours: Mon. –Thurs.: 8:30 AM – 6:30 PM Friday – 8: 30 AM – 4:30 PM <i>please note: best time to call is early morning or after 4:30</i></p> <p>Wheelchair Accessible Buildings: Yes</p>
<p>Humber College - Community Integration through Co-Operative Education (CICE)</p>	<p>The Community Integration through Co-operative Education program provides adults with developmental disabilities the opportunity to experience college life. You will have the opportunity to acquire skills you can use at college, work, home, and in the community. The CICE program offers both integrated and segregated learning opportunities. Classes with peers from the CICE program focus on developing independent skills in areas such as writing, basic mathematics, communications, life skills and human relations.</p>	<p>North Campus - 205 Humber College Blvd., Toronto, Ontario, Canada M9W 5L7</p> <p>Contact: Rosanna, program co-ordinator (416) 675-6622 ext. 4288</p> <p>http://postsecondary.humber.ca/cice.htm</p>

AGENCY / SERVICE INFORMATION	DETAILS	CONTACT INFORMATION
<p>Seneca College: Offers more than an education. Education should be flexible and accessible, so Seneca also employs various methods of teaching – from in-class lectures and online learning to co-op and field placements – in programs related to applied arts, business, financial services, and technology.</p>	<p>For admission supports or any questions concerning courses and programs contact admissions department at (416) 491-5050 ext. 2800 http://www.senecac.on.ca/academic-policy/0809_02_adm.html</p> <p>Disability Services are available in Counselling and Disability Services at each of our four main campuses. Services include counseling; personal, social, academic and career exploration; vocational assessments; peer tutoring; workshops on study skills; comprehensive health services; complete housing information and registry; employment information and job placement assistance; job-search techniques.</p>	<p>Address: 1750 Finch Avenue East North York, Ontario M2J 2X5 <i>please note there are 9 campus locations</i></p> <p>Telephone: (416) 491-5050 Disability Services: -Newnham Campus ext. 2900 -King Campus ext. 5157 -Seneca@York Campus ext. 3150 -Markham Campus ext. 7190</p> <p>Email Admissions / General: admissions@senecac.on.ca</p> <p>Web Site: http://www.senecac.on.ca/</p> <p>Hours: Mon. – Fri.: 9:00AM – 4:30PM</p> <p>Wheelchair Accessible Building: Yes</p>

Universities

There are 4 publicly assisted universities in the Greater Toronto Area, including the Ontario College of Art & Design. Each university offers undergraduate (bachelor) degrees, and most offer graduate (master's and doctorate) degrees. Each institution operates independent and determines its own academic and admissions policies, programs, and staff appointments. Often, students can combine programs to complete, for example, a degree in two subject areas such as chemistry and physics, English and history, or environmental studies and geography. Some universities and colleges of applied arts and technology have joint programs that let students earn a university degree and a college diploma simultaneously. For additional information about programs, admission requirements, special needs support and fees for each university, you can telephone to schedule an appointment with a pre-admissions counsellor. This info is also available at secondary schools, public libraries, and from the admissions office at the institution that interests you. Information is also available online from the websites of the various publicly assisted universities. Listed below is information for public inquiries concerning University's for the Toronto region.

Ministry of Education,
Public Inquiries Unit
2nd Floor, 880 Bay Street
Toronto, Ontario M7A 1N3
Hours: Monday – Friday 8:30 AM – 5:00 PM
Telephone: (416) 325-2929
Telecommunications Device for the Deaf (TDD/TTY) - 1-800-263-2892
Fax: (416) 325-6348
E-mail: info@edu.gov.on.ca
<http://www.edu.gov.on.ca/eng/general/postsec/univers.html>

Other Contact Information

Regional Offices:
Toronto - (416) 212-0954

AGENCY/SERVICE INFORMATION	DETAILS	CONTACT INFORMATION
<p>Ryerson is Canada's leader in innovative, career-focused education and a university clearly on the move. It is a distinctly urban university with a mission to serve societal need, and a long-standing commitment to engaging its community.</p>	<p>For more information regarding admissions requirement, please call the number below to speak with an admissions specialist Admissions: (416) 979-5036</p> <p>The Access Centre provides students with disabilities accommodation services and supports needed to achieve academic success and access to the university within the provisions of the Ontario Human Rights Code.</p>	<p>Address: 350 Victoria Street, Toronto, ON M5B 2K3</p> <p>Telephone: (416) 979-5000</p> <p>Access Centre: 416-979-5290</p> <p>Email: online Inquiries and Feedback http://www.ryerson.ca/contact/</p> <p>Website: www.ryerson.ca</p> <p>Hours: Mon.–Fri.: 8:00AM –5:30 PM</p> <p>Wheelchair Accessible Building: Yes</p>
<p>York University: is a dynamic, interdisciplinary academic community of researchers, teachers, graduate and undergraduate students from over 155 countries.</p>	<p>For information about York Admissions, the status of your application, application deadlines, transfer credits, language proficiency and other Admissions-related information, please visit http://www.yorku.ca/web/futurestudents/ Or speak with an Admissions Advisor: (416) 736-5000</p> <p>The Office for Persons with Disabilities (OPD) as a direct provider of postsecondary educational services has a legal responsibility to accommodate persons with disabilities under the Ontario Human Rights Code.</p>	<p>Address: 4700 Keele Street, Toronto, ON, M3J 1P3</p> <p>Telephone: (416) 736-2100</p> <p>OPD Phone: (416) 736-5140 OPD TTY: (416) 736-5263 Counselling and Development Centre Tel: (416) 736-5297</p> <p>Email: online “Ask an Admissions Expert” http://www.yorku.ca/web/futurestudents/</p>

AGENCY/SERVICE INFORMATION	DETAILS	CONTACT INFORMATION
	<p>The Learning Disabilities Program provides educational support to university students with documented learning disabilities and can be contacted through Counselling and Development Centre (CDC).</p>	<p>Website: www.yorku.ca</p> <p>Hours: Mon.–Fri.: 8:30 AM–5:00 PM</p> <p>Wheelchair Accessible Building: Yes</p>
<p>OCAD The Ontario College of Art & Design has more depth and breadth in visual arts and design programs than any school of its kind in Canada. OCAD offers its students a unique environment that combines studio-based learning with critical inquiry. Programs lead to a BFA or BDes and, as of 2008/2009, an MA, MFA or MDes.</p>	<p>For information regarding the application process please call Admissions (416) 977-6000 ext. 489 or look online http://www.ocad.ca/prospective_students</p> <p>As an Ontario university, OCAD has a responsibility to comply with accessibility legislation for students with disabilities. The CSD implements accessibility directives from the Human Rights Code and the Ontarians with Disabilities Act (2001).</p> <p>To access our services, please call to book an intake appointment with the Disability Advisor.</p>	<p>Address: 100 McCaul Street, Toronto, ON, M5T 1W1</p> <p>Telephone: (416) 977-6000</p> <p>Disability Advisor: ext. 424</p> <p>Email for admissions: admissions@ocad.ca</p> <p>Website: www.ocad.ca</p> <p>Hours: Mon – Fri: 9:00AM – 5:00 PM</p> <p>Wheelchair Accessible Building: Yes</p>
<p>University of Toronto is a hub for intellectual inquiry with close-knit learning communities offering limitless discovery. It is one of the world’s most highly regarded universities.</p>	<p>If you have questions about admissions, student financial aids, and awards, please call the number below for up-to-date information about applying to the University of Toronto and financing your education.</p> <p>Admissions: (416) 978-2190 http://www.adm.utoronto.ca/adm/default.htm</p>	<p>Address: St. George (downtown campus): 27 King's College Circle, Toronto, Ontario, M5S 1A1</p> <p>Mississauga campus: 3359 Mississauga Road North, Mississauga, ON L5L 1C6</p>

AGENCY/SERVICE INFORMATION	DETAILS	CONTACT INFORMATION
	<p>The University of Toronto is dedicated to the protection of individual human rights and to the principles of equal opportunity. Accessibility Services ensure equal access to all aspects of university life for students with disabilities. The service provides reasonable and appropriate accommodations to persons who have disabilities, and works as a coordinating and advising body to assist with inclusion.</p> <p>You can make an appointment to meet with a counsellor to discuss individual needs, accommodations, and strategies for success.</p>	<p>Scarborough campus: 1265 Military Trail, Toronto, ON M1C 1A4</p> <p>Telephone: (416) 978-2011</p> <p>University of Toronto Mississauga: (905) 569-4455</p> <p>University of Toronto Scarborough: (416) 287-8872</p> <p>Accessibility Services: Robarts Library: (416) 978-8060 TTY: (416) 978-1902 215 Huron Street: (416) 978-7677 TTY: (416) 978-1902</p> <p>Email: General information / comments information.common@utoronto.ca.</p> <p>Website: www.utoronto.ca</p> <p>Hours: Mon – Fri: 8:30 AM–5:00 PM</p> <p>Wheelchair Accessible Buildings: Most buildings</p>

EMPLOYMENT PREPARATION & SKILLS ENHANCEMENT



EMPLOYMENT ONTARIO is your one-stop source of information about upgrading your literacy and basic skills, job search skills, training, becoming an apprentice, career planning, employment preparation programs, job maintenance programs, education, and / or figuring out your next step. You may speak with an **Employment Ontario Counsellor at the Employment Ontario Hotline at 1-800-387-5656** for the phone number of local services in your community or Visit **Employment Ontario** online **<http://www.edu.gov.on.ca/eng/tcu/etlanding.html>** to learn more. Listed on the following pages are some of the programs that can prepare you for part-time and /or full-time paid employment opportunities.

Job Connect

The program helps people plan, prepare for and succeed in the job market and can help individuals on a path to higher skills training and employment. Services are available across Ontario.

The program has three service components that are tailored to meet individual needs:

The **Information and Resource Service (IRS)** provides information on careers and occupations, the local labour market, training opportunities and job search strategies. There is information on apprenticeship training and resources for Internationally Trained Individuals seeking employment that reflects their skills. Anyone seeking employment and/or training can access this walk-in community resource.

Employment Planning and Preparation (EPP) is for people who are at least 16 years old, out of school and out of work, and not receiving Employment Insurance benefits. This program helps people to clarify their employment needs, establish short- and long-term goals, develop an action plan, and search for a job.

Job Development and Placement Support (JDPS) is for people who are at least 16 years of age, out of school, out of work, not currently in a training program, and not receiving Employment Insurance benefits. This program helps people develop their skills and gain on-the-job work experience.

Most of the organizations that deliver Job Connect also help young people find summer jobs through **the Summer Jobs Service (SJS)**. The service provides jobs for students aged 15 to 24 (up to 29 for a person with a disability) and planning to return to school in the fall. Call **Employment Ontario Hotline at (416) 326-5656** in Toronto, for the name of the organization delivering Job Connect in your area.

AGENCY/SERVICE INFORMATION	DETAILS	CONTACT INFORMATION
<p>St Stephen's Community House Job Connect</p> <p>Eligibility - Persons 16 years and over, out of school and out of work, and not receiving Employment Insurance benefits</p>	<p>Intake/Assessment – takes about 1 hour -no appointment necessary -bring photo ID and information regarding your status in Canada.</p> <p>Fees: None</p> <p>Languages of service: Amharic, Chinese (Mandarin), English, French, Italian, Japanese, Spanish, Swahili, Tigrinya</p>	<p>Address:1415 Bathurst St, Ste 201, Toronto, ON, M5R 3H8</p> <p>Contact Name: Anne-Marie Curran, Manager</p> <p>Telephone: 416-531-4631</p> <p>Email: online Contact Us “Employment & Training Services”: http://www.ststephenshouse.com/cgi-bin/contact.cgi</p> <p>Web site: http://www.ststephenshouse.com/etc.shtml</p> <p>Hours: Mon - Fri 9:00AM -5:00 PM Drop in Hours: Mon – Fri. 9:00 AM – 4:00 PM (no appointment necessary)</p> <p>Wheelchair Accessible Building: Yes <i>including main entrance and barrier free washrooms - lowered elevator buttons</i></p>
<p>ACCES : Job Connect</p> <p>Eligibility: Adults 25 years and over who are employment disadvantaged (unemployed or underemployed)</p>	<p>Intake/Assessment - takes about 1 hour -no appointments necessary -bring photo ID and information regarding your status in Canada Fees: None (small photocopying and printing costs)</p>	<p>Address 489 College St, Ste 100, Toronto, ON, M6G 1A5</p> <p>Contact Name: Job Connect, Manager</p> <p>Telephone: 416-921-1800</p>

AGENCY/SERVICE INFORMATION	DETAILS	CONTACT INFORMATION
		<p>Email: contact through website http://accestrain.com/directory.asp?pageID=261&sendTo=JamesLee</p> <p>Website: www.accestrain.com</p> <p>Hours: Mon-Thu: 9:00AM - 4:00PM Fri: 9:00 AM -2:00PM</p> <p>Wheelchair Accessible Building: Yes including main entrance and barrier free washrooms</p>
<p>Toronto Youth Job Corps Eligibility: Youth 16-29 years who are out of school, out of work, and require support in obtaining and maintaining employment</p> <p>Service Description: 21 week paid employment preparation program delivered in 2 phases: 5 week pre-employment including participation on a community work team, workshops on employment readiness skills, career planning, counselling and referral; followed by 24 weeks supported placement with an employer in the community.</p>	<p>How to Apply: Self referral or referral from employment service programs, schools and social service agencies.</p> <p>Area Served: City of Toronto</p> <p>Languages of Service: English</p>	<p>Address: Toronto City Hall: 100 Queen St West, 15th Fl, East Tower, Toronto, ON, M5H 2N2</p> <p>Contact Name: Janet Chui, Program Support Analyst</p> <p>Telephone: 416-392-0126</p> <p>Website: http://www.toronto.ca/divisions/commdev.htm</p> <p>Hours Monday-Friday: 8:30AM -4:30 PM</p> <p>Wheelchair Accessible Building: Yes</p>

AGENCY/SERVICE INFORMATION	DETAILS	CONTACT INFORMATION
		<p><i>Please Note: the program is delivered by three community agencies across the city:</i></p> <p>1) St. Christopher House 1033 King Street West 416-848-7980 www.stchrishouse.org/children-youth/t-y-j-c/</p> <p>2) West Scarborough Neighbourhood Community Centre 1919 Lawrence Ave. East 416-615-1049 www.wsnc.on.ca</p> <p>3) JVS Toronto 1911 Finch Ave. West, Suite 3 416-636-2481 www.tyjc@jvstoronto.org</p>

ODSP Employment Supports Program

AGENCY/SERVICE INFORMATION	DETAILS	CONTACT INFORMATION
<p>ODSP Employment Supports Program assists persons with disabilities to locate and retain employment. Eligibility for employment supports, include:</p> <ul style="list-style-type: none"> • 16 years of age or older • Residency in Ontario • Ability to work in Canada • Have a disability that is expected to last a year or more, and • Have a disability that makes it hard for you to find or keep a job <p>If you are eligible to receive Employment Supports, Ontario Disability Support Program staff will link you to the service provider of your choice. You will work with your service provider to:</p> <ul style="list-style-type: none"> • Identify an employment plan • Develop an action plan • Figure out the supports you need to achieve your goal. 	<p>How to Apply: There are 3 steps to applying for Ontario Disability Support Program Employment Supports:</p> <p>Step 1: Complete the Employment Supports Application Package. You can:</p> <ul style="list-style-type: none"> -print off a copy of the package and fill out the forms -pick a copy up at the ODSP-ES office -call the ODSP office and have a copy mailed to you. <p>Step 2: In some cases, you may need to verify your disability</p> <ul style="list-style-type: none"> • The Verification of Disability/Impairment form is in the application package. • Sign the Consent to Release Medical Information page • Take the form to doctor to complete. <p>Step 3: Send your completed application package to the ODSP/ES Office. Staff will review your application and let you know the next steps.</p>	<p>Address: Ministry of Community and Social Services Ontario Disability Support Program- Employment Supports 477 Mount Pleasant Road, 3rd Floor Toronto, ON M7A 1G1</p> <p>Contact Name: Program staff-member</p> <p>Telephone: 416-325-0693</p> <p>Website: http://www.mcsc.gov.on.ca/mcsc/english/pillars/social/odsp/employment_supports/</p> <p>Hours: Monday-Friday: 8:30AM -4:30 PM</p> <p>Wheelchair Accessible Building: Yes</p>

Apprenticeship Training



There are currently over 140 apprenticeable trades in Ontario in four sectors: construction, industrial/manufacturing, motive power and service

Apprenticeship is hands-on training for people who enjoy learning by doing. The training provides access to well-paying jobs that demand a high level of skills, judgment and creativity. Apprentices are paid while gaining work experience, and their wages increase with their level of skills. About 90 per cent of apprenticeship training is provided in the workplace by employers or sponsors who provide training to standards of skill and safety set by industry. The remainder involves classroom instruction on theory, which is usually given at a local community college or provided by another approved training organization.

To become an apprentice, you must find an employer who is willing to train. Such jobs are rarely advertised, and, instead, employers often rely on word of mouth to attract applicants. People who want to become apprentices usually apply directly to an employer, union, or local apprenticing committee

AGENCY/SERVICE INFORMATION	DETAILS	CONTACT INFORMATION
<p>Apprenticeship Training: Skilled workers are in high demand in many industries.</p> <p>Becoming an apprentice can be an important first step to learning new skills and building a rewarding career. Jobs in the skilled trades pay well, and are interesting and challenging. Plus, you can earn while you learn.</p>	<p>How to Apply: Individuals who have found an employer to sponsor them as an apprentice should contact local apprenticeship office and arrange to sign an apprenticeship contract</p> <p>Call Employment Ontario Hotline for general questions.</p> <p>Fees: \$40 registration fee</p> <p>Languages of Service: English; French</p>	<p>Ontario. Ministry of Training, Colleges and Universities. Employment and Training Division. Apprenticeship Program.</p> <p>Address: 625 Church St, 1st Floor, Toronto, ON, M4Y 2E8</p> <p>Telephone: 416-326-5800 <i>please note: recorded phone message contains a lot of general information</i></p> <p>Employment Ontario Hotline (416) 326-5656</p> <p>Email: contact through website http://www.edu.gov.on.ca/eng/tcu/contact.html</p> <p>Website www.edu.gov.on.ca/eng/training/training.html</p> <p>Hours: Mon-Fri 8:30AM-5:00PM</p> <p>Wheelchair Accessible Building: Yes</p>



VOLUNTEER



VOLUNTEERING

Many community organizations in Toronto use volunteers so they can meet the needs of people in our community. Volunteers may help a student with their homework, pack lunches at food banks, visit housebound people, help patients and their families at hospitals, sit on boards and committees, support new Canadians in their new home/country/community and much more.

WHO

You can volunteer at any age. Want to develop new skills, or use existing skills, explore new opportunities, get involved with current issues, help others, need to perform 40 hours community service?

WHAT

You can choose from thousands of opportunities in child and family services, cultural settings, schools, health, Environmental, multicultural and community organizations, shelters, homes for the aged, leisure activities and more. Volunteer for office work or in direct service. Get involved in mentoring, become a tutor, special friend or a big brother / big sister and many others.

WHERE

Some categories and type of services:

SOCIAL SERVICES includes:

Community Services - Corrections - Children Organizations - Parents/Child Organizations - Food Banks - Resource/Information Centres - Special Needs Organizations - Women's Organizations - Youth Organizations

EDUCATIONAL includes

Education/Literacy/ESL - Libraries - Schools

ARTS AND CULTURE includes:

Arts and Culture - Festival/Entertainment - Historical Site - Museums – Galleries

WHEN

Most volunteer jobs require 3 to 4 hours per week. You can volunteer, weekdays or weekends, after school, after work, at special events or on a short term basis.

WHY

- Learn a new skill: Volunteering will give you valuable experience.
- Explore other opportunities
- Get involved: Learn about the organizations in your community by volunteering. Your volunteer contribution will make a difference.
- Enjoy helping others: In this high-tech, fast paced society; volunteerism opens relationships on a more personal level.
- Expand your horizons: The people you meet and the relationships you form can be for a lifetime.
- Speak the language of those in need

Listed on the following pages are some resources and information for finding volunteer information that may be suitable for you.

Also, remember you can always inquire about volunteer opportunities by contacting your local community agencies/resources in your neighbourhood of choice.





AGENCY/SERVICE INFORMATION	DETAILS	CONTACT INFORMATION
<p>Volunteer Toronto -Recruits and refers volunteers -Provides information on current volunteer opportunities -Offers training and consultation</p> <p>Useful info: -List things that may be important for volunteering prior to your appointment -Bring a resume (if you have a current one available) -Ensure that your contact information is correct and that you have an emergency contact number available</p>	<p>To search for volunteer opportunities:</p> <ul style="list-style-type: none"> • Look online at positions Click on: To Volunteer → Find a Volunteer Position - Browse by Activity, Type of Organization, Clients Served, Search by Location or Postal Code, Special Events & Projects • Make an appointment to speak with an information counselor: -An appointment will be scheduled to meet between 10:00 A.M - 3:00 PM (Monday – Thursday) to discuss your volunteer preferences, time availability, personal suitability, and time commitment. -You can telephone specific agencies after the Volunteer Toronto appointment -Friday there are no appointments scheduled but you can use the internet to search their website for opportunities 	<p>Address: 344 Bloor Street West, Suite 404 Toronto, ON M5S 3A7</p> <p>Contact Name: Program staff member</p> <p>Telephone: (416) 961-6888</p> <p>Email: info@volunteertoronto.ca</p> <p>Website: www.volunteertoronto.on.ca</p> <p>Hours: Mon. –Fri.: 8:30 AM - 4:30 PM <i>please note: please leave a message if there is no answer and you will be called back within 24 hours</i></p> <p>Wheelchair Accessible Building: Yes</p>
<p>Charity Village This site encourages, supports and services registered Canadian charities and nonprofit organizations. This site has an extensive and searchable volunteer opportunity board.</p>	<ol style="list-style-type: none"> 1. Log onto the website 2. Click on “Volunteer and Donate” 3. Search Volunteer Listings 4. Contact the selected agencies/services 	<p>www.charityvillage.ca</p>



RECREATION, SELF INTEREST AND PERSONAL EXPRESSION

Recreation or leisure activities are the refreshment of one's body or mind. While leisure is more likely a form of entertainment, recreation is considered more of a physical pursuit. Research has shown that leisure and recreation activities can contribute to quality of life, health and wellness, and happiness. Some people do leisure and recreation activities to achieve long-term goals (e.g., volunteer paramedics who hope to eventually become professional paramedics). Remember, your immediate community may have many resources that may be worth exploring. Listed on the following pages is information that may be useful for you when planning to participate in leisure and recreation activities.

AGENCY/SERVICE INFORMATION	DETAILS	CONTACT INFORMATION
<p>City of Toronto: Parks and Recreation</p> <p><i>Vision</i> Toronto will be known by the world as the "City within a Park" — a rich fabric of parks, open spaces, rivers and streams that connect our neighbourhoods and join us with our clean, vibrant lakefront.</p> <p><i>Mission</i> The Parks and Recreation Division's mission is to ensure that people in the diverse communities of Toronto have full and equitable access to high-caliber locally responsive recreational programs, efficiently operated facilities, and safe, clean and beautiful parks, open spaces, ravines and forests.</p>	<p>Each program and Community Centre may charge a fee-for-service. However if you cannot afford the fee or are experiencing financial difficulties, you are encouraged to inquire about the ‘Welcome Policy’ that provides confidential financial supports / information as required. You can also speak to staff at your local community centre about Parks, Forests and Recreation no-fee programs; also free programs are offered at Priority Centres and other Parks, Forestry and Recreation facilities.</p> <p>City of Toronto: Parks and Recreation is divided into five geographical operational districts: North, South, East, West and Central Services and Waterfront.</p> 	<p>Address: Parks, Forestry & Recreation - Customer Service, Toronto City Hall, 100 Queen Street West, 1st floor, Toronto, ON M5H 2N2</p> <p>Telephone: Parks General Enquiry (416) 392-1111 <i>For registration and more details on Toronto Parks and Recreation Programs & Facilities</i></p> <p>Welcome Policy Info Line: (416) 338-2000</p> <p>Email: Parks, forestry & recreation inquiries: parks@toronto.ca</p> <p>Hours: Mon. – Fri.: 8:30AM – 4:30PM <i>please note: Program / service hours vary</i></p> <p>Website: http://www.toronto.ca/parks/index.htm</p> <p>Or call Access Toronto, a public information and referral service for the City of Toronto – (416) 338-0338 TTY: 416-338-0TTY (0889)</p> <p>Wheelchair Accessible: Most community centres are accessibility-friendly.</p>

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<p>Toronto FUN is the City of Toronto’s Parks, Forestry and Recreation programs for people of all ages at various community centres, swimming pools and arenas across the city – examples include swimming, skating, sports, fitness, camps and seniors programs. Toronto FUN has something for everyone.</p> <p>Toronto FUN programs are listed in the Toronto FUN Guides, published twice a year. The guides are produced according to district: North York, Toronto & East York, Scarborough and Etobicoke/York. There's also information about the City of Toronto’s museums, arts centres and summer camps</p>	<p>Fees: Vary</p> <p>The Welcome Policy allows residents to join recreation programs if they cannot afford the fee.</p> 	<p>Address: Same as Parks, Forestry & Recreation <i>please note: FUN Guide is available at community centres, civic centres, libraries and City Hall</i></p> <p>Telephone: (416) 338-4FUN</p> <p>Welcome Policy Info Line: 416-338-2000</p> <p>Website: http://www.toronto.ca/parks/torontofun/index.htm</p> <p>Hours: Mon. – Fri.: 8:30 AM – 4:30 PM <i>please note: registration period is most difficult time to reach a customer service representative as lines are very busy</i></p>
<p>Fun Guide Integrated Services Participating together in recreation programs enhances the quality of life for everyone. People with disabilities/special needs are encouraged to participate in diverse recreational opportunities within their community, at</p>		<p>Fun Guide Adapted Integrated Services: If you require assistance in locating a recreation activity or identifying available resources call: Adapted and Integrated - North York: (416) 395-6183 TTY (416) 395-6115</p>

AGENCY/SERVICE INFORMATION	DETAILS	CONTACT INFORMATION
<p>a level of participation suitable to their ability, program choice and facility access.</p>		<p>Adapted and Integrated – Etobicoke York: (416) 394-8533 TTY (416) 394-8534</p> <p>Adapted and Integrated – Toronto & East York: (416) 397-4690 TTY (416) 392-4773</p> <p>Adapted and Integrated – Scarborough: (416) 396-7760 TTY (416) 396-4116</p> <p><i>Please note: FunGuide Integrated Services listings are inside the FunGuide</i></p> <p>Website: http://www.toronto.ca/parks/torontofun/fun-guide-descriptions.htm#adapted</p> <p>Hours: Program/Service hours vary.</p> <p>Most community centres are accessibility-friendly. <i>please note: Listing in FUN Guide shows if community centre is accessible</i></p>
<p>YMCA At the YMCA of Greater Toronto, there is a vision to connect people, connect with youth, and connect with the community. The aim is to foster a more inclusive society that welcomes everyone – regardless of his or her background, circumstances, or abilities.</p>	<p>People are helped each year through various core programs for Families, Adults, Youth and Kids such as:</p> <ul style="list-style-type: none"> -YMCA Health, Fitness & Recreation -YMCA Child & Family -YMCA Employment programs -Summer Camps 	<p>Address: Various locations in the city</p> <p>Telephone: (416) 928-9622</p> <p>Email: memberservices@ymcagta.org</p>

AGENCY/SERVICE INFORMATION	DETAILS	CONTACT INFORMATION
	<p>-Youth Services -Newcomer programs</p> <p>Fees: The YMCA strives to include all members of the community. YMCA Membership Assistance is available to anyone who requires financial supports; to apply you can visit your local YMCA and speak with a Membership Representative. A confidential 30 minute interview assessment of your financial situation will be conducted.</p>	<p>Website: http://www.ymcatoronto.org/en/index.html</p> <p>Hours: Mon. – Fri.: 9:00 AM – 8:00PM <i>please note: first thing in the morning (around 9:00) is usually the busiest</i></p> <p>Wheelchair Accessible Buildings: Yes</p>
<p>YWCA Toronto is a multi-service organization by, for and about women and girls.</p> <p>YWCA Canada's mission is to be a voice for women in Canada, one that brings about policy and legislative changes that reflect women's needs.</p>	<p>Services include: Girls & Family, Lifeskills Training, Employment Programs, Shelter Housing & Support and Camp Tapawingo</p>	<p>Address: Administrative Office: 80 Woodlawn Avenue East, Toronto, ON M4T 1C1 <i>please note: services are offered at various locations in Toronto</i></p> <p>Telephone: (416) 961-8100 <i>main number for YWCA – call for further information or numbers regarding any services</i></p> <p>Email: info@ywcatoronto.org</p> <p>Website: http://www.ywcatoronto.org/</p>

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		<p>Hours: Administration Office: Mon. – Fri.: 9:00 AM – 5:00PM</p> <p>Wheelchair Accessible Building: Shelter - Yes</p>
<p>Ontario Camping Association is a voluntary, non-profit organization devoted to maintaining high standards for organized camping, and to sharing information and ideas that maintain these standards.</p>	<p>Provides information about various day and overnight camps in Ontario, such as registration processes, activities, and supports as required. The OCA maintains a registry and referral information of camps in Ontario.</p> <p>The OCA is dedicated to informing families, schools, social welfare agencies, and other members of the public about the benefits of camping and the role that the OCA plays in ensuring safe, fun, exciting camping for all of Ontario's children and youth.</p> <p>On the website, there is a Special Needs search option under “Find a Camp”.</p>	<p>Address: 250 Merton Street , Suite 403, Toronto, ON M4S 1B1</p> <p>Telephone: (416) 485-0425</p> <p>Email: info@ontariocamps.ca</p> <p>Website: http://www.ontariocamps.ca/</p> <p>Hours: Mon. – Fri.: 9:30 AM – 5:00 PM</p> <p>Wheelchair Accessible Building: Yes</p>

COMMUNITY RESOURCES ACCESS INFORMATION



AGENCY/SERVICE INFORMATION	DETAILS	CONTACT INFORMATION
<p>211Toronto.ca has information about nonprofit, community-based or organizations that provide a direct service to the public. It is a directory of over 20,000 community, social, health and government services including topics such as child care, community legal services, home support, low-income housing, immigration, and employment.</p>	<p>By calling 211 from either the 416 or 647 area codes you can reach a referral specialist who will answer your questions and provide you with answers.</p> <p>24 hours service, 7 days per week</p> <p>Multi-lingual services</p>	<p>Website: http://211toronto.ca/splash.jsp</p> <p>Telephone: 211 (from any 647 or 416 area code)</p>
<p>Visit Settlement.Org for Newcomers for: Community and Research, Consumer Information, Education, Employment, Health, Housing, Immigration & Citizenship, Legal Matters and more.</p>	<p>You can also contact local newcomer organizations and Community Information Centre to find out about more local services and resources.</p>	<p>Website: www.settlement.org</p>
<p>Province of Ontario Website</p>	<p>Information on topics such as education and training, home and community, employment, and health. Resources specific for residents includes links for families, women, people with disabilities, newcomers.</p>	<p>Website: http://www.ontario.ca/</p> <p>To call for General Inquiries - Province of Ontario Information Service: (416) 326-1234</p>

<p>Government of Canada Website</p>	<p>Links for Services, Resource Centre (Frequently Asked Questions, On-line Forms and Services, Departments and Agencies)</p>	<p>Website: http://canada.gc.ca/home.html</p> <p>To call for General Inquiries – Government of Canada Information Services 1-800-O-CANADA (622-6232)</p>
<p>Access Toronto provides a wide variety of services to help you get information about events and services in the City of Toronto. It is the public information and referral service for the Toronto Government.</p>	<p>Download a copy of one of their brochures, available in many languages. http://www.toronto.ca/accesstoronto/publications.htm</p> <p>Access Toronto information desks are easily located in every Civic Centre.</p>	<p>Address for Customer Service & Brochure Pick Up: City Hall and Civic Centres:</p> <ul style="list-style-type: none"> • City Hall: 100 Queen Street West, Toronto, ON, M5H 2N2 • East York Civic Centre - 850 Coxwell Avenue, Toronto ON M4C 5R1 • Etobicoke Civic Centre - 399 The West Mall, Toronto ON M9C 2Y2 • North York Civic Centre - 5100 Yonge Street, Toronto, ON M2N 5V7 • Scarborough Civic Centre - 150 Borough Drive, Toronto, ON M1P 4N7 <p>Access Telephone: (416) 338-0338 TTY: (416) 338-OTTY (0889)</p> <p>E-mail: accesstoronto@toronto.ca</p> <p>Website: http://www.toronto.ca/accesstoronto/</p> <p>Hours: Call Centre Mon.– Fri.: 8:00AM – 5:00 PM In Person Mon. – Fri.: 8:30 AM – 4:30 PM</p> <p>Wheelchair Accessible Buildings: Yes – all Civic Centres & City Hall</p>