

2010- 2011

Cambridge and North Dumfries Directory of Employment Resources

Compiled by:
Information Cambridge and North Dumfries,
A service of



Social Planning Council
of Cambridge and North Dumfries

20
YEARS

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Introduction

The Social Planning Council of Cambridge and North Dumfries is pleased to present the first volume of Employment Resources of Cambridge and North Dumfries. This publication is a comprehensive listing of all employment services offered within Cambridge and the surrounding areas, including employment resource centres, employment workshops and counselling, and volunteer information. It is the hope that you will find this information useful when embarking on a job search for yourself or for a client.

While this is a comprehensive list, there are still even more options available to individuals in need of work. Youth can make an appointment with their guidance counsellor. Most neighbourhood community centres offer employment support services to residents within their catchment area. The Popcorn House and Greenway-Chaplin Community Centre are excellent examples of community centres providing employment services. Another great source of information when searching for a job can be your own friends, family, neighbours, and other members of your community.

The criterion for being included in this directory is that all organizations must be non-profit, with the exception of organizations that provide a unique for-profit service to the community. The listed organizations must provide a direct service to the members of the Cambridge and North Dumfries community. Finally, the organizations listed must have at least one area of the organization that provides an employment-related service.

It is the hope of the Social Planning Council of Cambridge and North Dumfries that you find this directory to be useful and informative. If you know of any organizations that meet the criteria that are not listed in this directory, feel free to give us a call at 519-623-1713 Ext. 225

Sincerely,

The Social Planning Council of Cambridge and North Dumfries

Employment Resource Centres

Cambridge Action Centre

519-621-6777

1001 Langs Dr Unit #3 Cambridge, ON N1R 7K7

www.cambridgeactioncentrec.ca

Provides employment outreach to the community.

Cambridge Now

www.cambridgenow.ca

Job Seekers: Find the job you have been looking for or even change careers! Quickly search for jobs to find the perfect fit. People that live or work in Cambridge can post resumes without charge! It's easy to upload your full resume if desired. Find a new job close to home today!

Family & Community Connections, Ayr

519-632-9737

80 Stanley St Ayr, ON N0B 1E0

Providing outreach services to low income families with resources such as food, clothing, shelter, recreation, transportation, childcare and counselling. They also offer summer camp, seniors program, job search program, employment counselling, local job postings, counselling for individuals and families.

John Howard Society of Waterloo-Wellington, Cambridge Career Connections

519-622-0815

40 Ainslie St S Cambridge, ON N1R 3K1

Website: www.cambridgecareerconnections.com

Email: ccc@waterloo.johnhoward.on.ca

Services include: Cambridge Career Connections, Employment Ontario Employment Services (Employment counselling and resources for anyone out of school or work), Specializes in youth services but open to all community members.

Resource Centre: Fully equipped to assist with every job search need. Computers with internet access, telephone, fax, photocopier, career development resources. ACCESS: One to one support for individuals with learning difficulties or behavioural problems. Provides pre-employment skills, job placement and on the site job coaching. Workshops: Employability workshops - interview skills, resume development, job search and networking. Information Sessions - Second Career and Apprenticeships Training - WHMIS training, Smart Serve*, Basic computer skills

L'association canadienne-française de l'Ontario, Francophone Employment Resource Centre

519-623-2822

647 Franklin Blvd, 2nd Flr Cambridge, ON N1R 7Z1

Website: www.acfo-hamilton.on.ca

Assistance in finding bilingual employment and resume preparation.

Lutherwood Employment Services

519-623-9380

35 Dickson St Cambridge, ON N1R 7A6

Website: www.lutherwood.ca

Job search and career development assistance. Outplacement assistance to companies and employees impacted by downsizing or closures. Fully equipped resource centre.

Service Canada, Cambridge Service Canada Centre

519-621-7150

Employment Insurance: 1-800-206-7218

350 Conestoga Blvd, Unit C2 Cambridge, ON N1R 7L7

Website: www.servicecanada.gc.ca

All Canadian Job Bank available as well as Workers Employment Insurance Regular Benefits

YMCA of Cambridge, the Z Beside the Y, Cambridge Youth Leadership Development Centre

519-623-YMCA ext 306

258 Hespeler Rd Cambridge, ON N1R 3H3

Website: www.zbesidethey.ca

Email: ymcacambridge@ckwymca.ca

Offering a safe and positive place for teens to meet and enjoy recreation, volunteering and fundraising, leadership development, art, employment services, resource area, counselling, workshops, and public health information.

Employment Workshops/ Counselling

Cambridge Self-Help Food Bank

519-622-6550

54 Ainslie St S Cambridge, ON N1R 3K3

Website: www.cambridgefoodbank.on.ca

Email: info@cambridgefoodbank.on.ca

Employment Counselling helps one gain employment where the main focus of attention is career counselling, accessing appropriate education and training, and developing effective job search skills.

Small Steps to Success is a pre-employment program created to help women 25 years or older to strengthen self-confidence and self-esteem, recognize strengths and skills, and learn new skills in a supportive group atmosphere with work experience opportunity.

Conestoga College Institute of Technology and Advanced Learning, Cambridge Campus

519-623-4890

150 Main St, 4th Flr Cambridge, ON N1R 8R7

Website: www.conestogac.on.ca

Post-secondary Polytechnic Institute; employment preparation; literacy and basic academic skills training.

Employment Ontario

www.edu.gov.on.ca

Connect with services across Ontario including Second Career, job banks, and education opportunities.

Focus for Change: Conestoga College

519-623-4890

150 Main St, Unit 402, 4th Flr. Cambridge, ON N1R 6P9

Website: www.conestogac.on.ca

Email: dmurphy@conestogac.on.ca

15-week program designed for women on Ontario Works. It provides an opportunity to explore personal development, career building and employment strategies as well as academic upgrading and computer introduction. A 2-week work shadow is also included. Upon completion women are ready to create a realistic action plan to reach their goals. Childcare assistance and transportation funds are available.

John Howard Society of Waterloo-Wellington, Cambridge Office

519-622-0815

40 Ainslie St S Cambridge, ON N1R 3K1

Website: www.waterloo.johnhoward.on.ca

Email: ccc@waterloo.johnhoward.on.ca

Employment programs include: Cambridge Career Connections (CCC) For Students and Youth, Job Connect, Employment and Training Programs, Summer Job Service, Housing Registry and Assisted Career Coaching Through Employment Support Services (A.C.C.E.S.S.)

(The) Literacy Group of Waterloo Region, Adult Literacy Services

519-621-7993

Arthur White Building, 89 Main St, Unit 1 Cambridge, ON N1R 1W1

Website: www.theliteracygroup.com

Email: joyce@theliteracygroup.com

The Literacy Group of Waterloo Region is a volunteer, non-profit, charitable organization dedicated to helping adults 18 years and older improve their basic reading, writing and math skills. Services include: One-to-one learning, Small group programming (8-10 people), Skills upgrading in reading, writing, math, computer and workplace essential skills.

Waterloo Region Social Services Department, Cambridge Office

519-740-5700

150 Main St Cambridge, ON N1R 8H6

Website: www.region.waterloo.on.ca

The Waterloo Region Social Services Department (Cambridge Branch) provides resources on the topics of: Income Support (e.g. Ontario Works), Family Support, Employment Services, and Special Services

YMCA of Cambridge Immigrant Services, Employment Services

519-621-1621

258 Hespeler Rd Cambridge, ON N1R 3H3

Website: www.ymcacambridgekw.ca

Employment Services: Culturally appropriate employment assistance, one on one support plus group session provided to immigrants and refugees to enhance employment opportunities. Employment resource Centre, Community Programs and Special Initiatives, Language interpretation

YWCA of Cambridge

519-622-6550 ext 115

55 Dickson St Cambridge, ON

Website: www.ywcacambridge.ca

YWCA Cambridge is a multi-service agency focusing its programs and services on women and their families. The YWCA also focuses on Women's employment (Small Steps to Success). This 12 week supportive experience offers workshops designed to prepare participants to move into employment, training or further education. The program focuses on life skills, job search techniques, and education.

Job Banks

Cambridge Jobs.ca

www.cambridgejobs.ca

Charity Village.com

www.charityvillage.com

(The) Job Bank- Service Canada

<http://jb-ge.hrdc-drhc.gc.ca/>

Jobs in Canada.com

www.jobsincanada.com

Monster

www.monster.ca

Workopolis

www.workopolis.com

Resume Help

Jobstar.ca

<http://jobstar.org/tools/resume/>

Lutherwood Employment Services

519-623-9380

35 Dickson St Cambridge, ON N1R 7A6

Website: www.lutherwood.ca

Job search and career development assistance. Outplacement assistance to companies and employees impacted by downsizing or closures. Fully equipped resource centre.

Monster Resume

<http://resume.monster.com>

Resume-Help.org

www.resume-help.org

Youth Maze Master

www.mazemaster.on.ca

Employment Services for Adults with Disabilities

Cambridge Connection: Vocational and Alternate Day Programming, ARC Industries

519-623-7490

160 Hespeler Rd. Cambridge, ON N1R 6V7

Website: www.communitylivingcambridge.ca

Email: info@communitylivingcambridge.ca

Community Living Cambridge serves those in the community with mental or intellectual disabilities by providing events, activities and programs to enrich their lives and help them participate meaningfully in the community and achieve their goals. Programs are designed to meet individual needs and to provide access to community resources such as residential group homes, employment support programs, pre-school services and alternative day programs.

Canadian Mental Health Association

519-740-7782

Call 519-749-3700 to make an appointment

9 Wellington St, Unit 3 Cambridge, ON N1R 3Y4

Website: www.cmhawrb.on.ca

Email: admin@cmhagrb.on.ca

Community Employment Services provides you with information about employment services in your community and helps you connect to them. This service identifies your employment goals and assists with the development of a personal life plan that focuses on employment. Bridging Employment Supports is a one-year pilot project helping people between the ages of 16 and 65 with disabilities learn about, and access, employment resources to obtain paid, competitive employment.

Community Living Cambridge

519-623-7490

160 Hespeler Rd Cambridge, ON N1R 6V7

Website: www.communitylivingcambridge.ca

Email: info@communitylivingcambridge.ca

Community Living Cambridge serves Cambridge community members with a developmental disability, and provides events and activities to enrich their lives. Support is offered through a variety of programs such as residential group homes, employment support programs, pre-school services and alternative day programs designed to meet each individuals needs.

Kitchener-Waterloo Access-Ability

519-885-6640

105 University Ave E Waterloo, ON N2J 2W1

Website: www.kwa.on.ca

Email: kwaa@kwa.on.ca

KW Access-Ability is a non-profit information and resource centre. They are committed to providing an environment that supports self-determination for physically challenged people, based upon the principles of choice, equality, co-operation and mutual respect. Services include: Small Business Support, Employment Support, Mentor Program, Networking, Hockey Program, and Internet Access.

Ministry of Community and Social Services: Ontario Disability Support Program

519-623-1230

Cambridge Place, 73 Water St N, Ste 605 Cambridge, ON N1R 7L6

Website: www.mcsc.gov.on.ca/en/mcsc/programs/social/index.aspx

The Ontario Disability Support Program (ODSP) provides income support and employment support to people with disabilities in financial need, or who want and are able to work and need support. Ontarians 65 years or older who are not eligible for Old Age Security may qualify for ODSP supports if they are in financial need.

Ontario March of Dimes: West Central Region

519-579-5530

180 King St S, Ste 220 Waterloo, ON N2J 1P8

Website: www.marchofdimes.ca

This non-profit organization offers services for adults with physical disabilities, including the purchase and rental of assistive devices, employment programs, vocational and physical assessments, rehabilitation services and Return to Work program.

Adult Education Options

Conestoga College Institute of Technology and Advanced Learning- Cambridge Campus

519-623-4890

150 Main St. 4th Floor Cambridge, ON N1R 8R7

Website: www.conestogac.on.ca

Email: sgarlick@conestogac.on.ca

Can help prepare for College, as well as assisting with academic upgrading.

Essential Skills Upgrading (WRDSB)

519-740-3800

256 Hespeler Rd, Cambridge ON

Website: www.wrdsb.ca/esu

ESU is an employment-focused adult upgrading program of the Waterloo Region District School Board. ESU can help upgrade skills in math, writing, reading and computer and is free-of charge. Also helps prepare people for writing their GED.

(The) Literacy Group

519-621-7993

89 Main St. Unit 1 Cambridge ON N1R 1W1

Website: www.theliteracygroup.com

Email: joyce@theliteracygroup.com

The Literacy Group of Waterloo Region is a volunteer, non-profit, charitable organization dedicated to helping adults 18 years and older improve their basic reading, writing and math skills. Services include: One-to-one learning, Small group programming (8-10 people), Skills upgrading in reading, writing, math, computer and workplace essential skills.

Ontario Colleges

Website: www.ontariocolleges.ca

Complete, up-to-date listings of all courses and colleges in the area. Can create a wish list, access information, or apply to college on-line for each user account. Keeps records of all applications received and accepted for each user account.

Ontario Student Assistance Program (OSAP)

Website: www.osap.gov.on.ca

Can provide eligible students attending college or university financial assistance in the form of a loan or bursary to help offset the costs of tuition, books, and other school-related expenses. On-line application available.

St. Louis Adult Learning Centre

519-745-1201

82 Beverly St. Cambridge ON N1R 3Z7

Website: www.stlouis.wcdsb.ca

Email: stlouis@wcdsb.ca

Provides adult training and continuing education classes. Daycare on site, self-referrals accepted. Allow older students to obtain their high school diplomas. Also offer special courses such as hairstylist, chef, second languages, and others.

Volunteer Opportunities

Cambridge and District Humane Society

519-623-7722

1650 Dunbar Rd Cambridge, ON N1R 8J5

Website: www.sPCA.cambridgeweb.net

Email: spca@cambridgeweb.net

The Society is supported by the generosity of the community it serves. The Cambridge and District Humane Society depends on volunteers to assist in fulfilling its mandate. It promotes the welfare of all animal life and to educate people to become responsible pet owners/guardians

Cambridge Memorial Hospital, Volunteer Associations, Volunteer Resources

519-621-2333 ext 2368

700 Coronation Blvd

Cambridge, ON N1R 3G2

Website: www.cmh.org

Email: pcorkery@cmh.org

The CMH Volunteer Association provides assistance to Cambridge Memorial Hospital through ongoing support to our patient service and revenue-producing programs. Volunteers are always needed in a variety of areas to enhance services to our patients and visitors. A teen volunteer program is also available.

Volunteer Cambridge, United Way of Cambridge and North Dumfries

519-621-1030

150 Main St, 2nd Floor Cambridge, ON N1R 6P9

Website: www.volunteercambridge.ca

Volunteer Cambridge is a service provided by the United Way of Cambridge and North Dumfries which aims to promote volunteerism and the capacity of the local voluntary sector. We do so through 4 services: Recruitment and Referral, Promoting Volunteerism and the Voluntary Sector, Recognition, and Leadership and Organizational Development.

Libraries and Computer Access

Ayr Public Library

519-632-7298

137 Stanley St Ayr, ON

Public Library with services such as internet stations, photocopier, etc offered

Cambridge Libraries and Galleries

Website: www.cambridgelibraries.ca

Queen's Square 519-621-0460

1 North Sq Cambridge, ON N1S 2K6

Preston Branch 519-653-3632

435 King St E Cambridge, ON N3H 3N1

Hespeler Branch 519-658-4412

5 Tannery St E Cambridge, ON N3C 2C1

Clemens Mill Branch 519-740-6294

50 Saginaw Pkwy Cambridge, ON

Public libraries and galleries; internet access.

Community Access Program

This program allows people of the community who do not have access to a computer at home or at work to do things such as create a resume, find a job, or to see what kind of government services that are available online. There are four CAP sites available to the public:

Cambridge Active Self Help

519-623-6024

9 Wellington St, Unit 1, Cambridge, ON N1R 3Y4

Christopher Champlain Community Centre

519-740-8565

8-125 Champlain Blvd. Cambridge ON N1R 2X6

Langs Farm Village Association

519-653-1470

887 Langs Dr. Unit 1 Cambridge ON N3H 5K4

The YMCA of Cambridge

519-621-3250

250 Hespeler Rd Cambridge, ON N1R 3H3

Family & Community Connections, Ayr

519-632-9739

80 Stanley St. Ayr, ON NOB 1E0

Computer Access as well as resource library

List of Neighbourhood Organizations

The City of Cambridge is rapidly growing and contains many different neighbourhoods. Wherever you live in Cambridge, there is a neighbourhood organization in your area. These organizations usually provide programming for children, youth and adults as well as volunteer opportunities. They also commonly employ an outreach worker who can help those in need of help such as additional food, counselling, and many other needed services. Neighbourhood organizations are a great way to get connected with both your neighbourhood and any additional resources you may need, including help with your job search.

Alison Neighbourhood Association

Located within St. Anne School at:

127 Elgin St. N Cambridge, ON N1R 5H6

519-620-1867

Website: <http://www.alisonneighbourhood.org/>

Email: alisonneighbourhood@on.aibn.com

Blair Road Neighbourhood Association

30 Parkhill Rd, Cambridge, ON N1S 2J4

519-624-0898

Kinbridge Community Association- Christopher Champlain

Resource Centre

125 Champlain Blvd. Unit # 8 Cambridge ON N1R 2X6

519-740-8565

Christopher Champlain McIntosh Loft

200 Christopher Drive, 2nd Floor Cambridge ON N1R 2X6

519-624-3855

Kinbridge Community Association- Southwood

241 Southwood Dr. Unit # 1 Cambridge ON N1S 3S5

519-621-2930

East Hespeler Neighbourhood Association

W.G. Johnson Centre

31 Kribs St, Cambridge, ON N3C 2L3

519-740-4681 ext 4459

Fiddlesticks Community Centre

71 Cowan Blvd, Cambridge, Ontario N1T 1K7

519-621-4040

Website: <http://www.fiddlesticks.ca/>

Email: fiddlesticks@on.aibn.com

Greenway Chaplin Community Centre

116 Rouse Ave, Cambridge, ON N1R 4M8

519-623-4220

Website: <http://www.greenwaychaplin.webs.com/>

Email: greenway@golden.net

Hespeler Village Neighbourhood Association

519-740-4681, ext 7970

Website: <http://www.hespelervillage.org/contact.html>

Email: info@hespelervillage.org

Langs Farm Village Association

519-653-1470

887 Langs Dr. Unit #1, Cambridge, ON N3H 5K4

Website: <http://www.langs.org/locations.php>

Email: info@langs.org

Youth & Teen Community Centre

581-E Langs Dr, Cambridge, ON N3H 5K4

519- 653-1263

Popcorn House Community Resource Centre

292 Shepherd Ave, Cambridge, ON N3C 1V1

519-654-9444

Website: <http://www.popcornhouse.ca/contact-us.html>

Email: popcorn@popcornhouse.ca

Preston Heights Community Group

350 Linden Dr, Cambridge, ON N3H 5N7

519-650-2971

Website: www.prestonheights.ca

Email: phcg@golden.net

Silverheights Neighbourhood Association

Silverheights Public School

390 Scott Rd, Cambridge, ON

519-740-4681

Email: silverheightsna@hotmail.com