

Returning to Work in KFLA

Services for persons with stroke preparing to re-enter the workforce



You've been through a lot – a trip to the emergency department, a hospital stay, rehabilitation and a return to your home, your family and your community. Recovery from stroke is a journey. For some people, that journey includes a return to the workplace – either to their previous role, a modified position or something entirely new. The following services are available to stroke survivors in Kingston, Frontenac, Lennox & Addington who are exploring a return to work. Eligibility for each program must be determined on an individual basis. Please contact program for further details.

ONTARIO MINISTRY OF COMMUNITY & SOCIAL SERVICES – DISABILITY SUPPORT PROGRAM KINGSTON

✓ No fee

Website: [Ontario. Ministry of Community and Social Services. Kingston. Ontario Disability Support Program - Employment Support](#)

Address: 1479 John Counter Blvd, Kingston, ON K7M 7J3

Phone: 613-545-4553

Services:

Employment supports (including job development and job retention supports) are available to persons with disabilities who may or may not be receiving income support, and require goods and services that will allow them to pursue their competitive employment or self employment goals.

- employment can be part time, full time, or temporary
- students with disabilities who are seeking part time employment while in school may also be eligible

RURAL FRONTENAC COMMUNITY SERVICES – ONTARIO DISABILITY SUPPORT PROGRAM

Website: [Rural Frontenac Community Services. Sharbot Lake - Elizabeth St. Ontario Disability Support Program](#)

Address: 1020 Elizabeth St, Sharbot Lake, ON K0H 2P0

Phone: 613-279-3151

Services:

Outreach location for the delivery of the Ontario Disability Support Program (ODSP).

- provides financial and employment supports for persons with disabilities. Financial supports include income to support basic needs, shelter costs, drug and dental benefits, medical supplies and further benefits.
- employment supports offers community based employment services to obtain, and maintain competitive employment. Services can include: employment planning, job search supports and job retention services. ODSP recipients can be employed and remain on ODSP; income changes would apply.

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RESTART – ONTARIO EMPLOYMENT SERVICES

√ No fee

Website: [Restart. Ontario Employment Services](#)

Address: 900 Montreal St, Kingston, ON K7K 3J9

Phone: 613-542-7373

Services:

Comprehensive employment and job search services.

- assessment of skills, interests and experience
- job search strategies, including resume preparation * information about careers and occupations, local labour market, employment and training opportunities
- on-the-job training, work experience
- help in maintaining employment
- information and referral to other employment and community services

ONTARIO WORKS

√ No fee

Website: [Prince Edward-Lennox & Addington. Social Services. Amherstview. Ontario Works](#)

Address: 20 Manitou Cres West, Amherstview, ON K7N 1B4

Phone: 613-354-0957

OR

Website: [Prince Edward-Lennox & Addington. Social Services. Napanee - Advance Ave. Ontario Works](#)

Address: 95 Advance Ave, Napanee, ON K7R 3Y5

Phone: Main Office 613-354-0957

OR

Website: [Prince Edward-Lennox & Addington. Social Services. Northbrook. Ontario Works](#)

Address: 12497 A Hwy 41 Unit 1, Northbrook, ON K0H 2G0

Phone: 613-336-3300 * toll free 1-866-615-4888

Services:

Financial assistance and employment supports including training and skills development, academic upgrading and work placements.

- monthly allowance based on family size, housing costs and income, monthly drug benefit card
- Employment Start-Up Benefit covers costs related to starting a job or work placement
- Community Start-Up Benefit helps with housing or moving costs
- Health-Related Benefits may include dentures, emergency dental services, eyeglasses, special diet allowance, health care supplies, medical transportation funds, prosthetic devices, funerals and burials
- Employment Resource Centre with walk-in job search centre, access to computers, Internet, fax, photocopier, telephone, resource materials, job banks, labour market information, assistance with resumes, referrals to job counselling and training
- Community Participation volunteer placements
- Job Search Programs based on individual's skills, experience and circumstances
- Employment Placement job matching service
- Job Skills Training development of skills for specific jobs, on-the-job training

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KEYS JOB CENTRE KINGSTON

√ **No fee**

Website: [KEYS Job Centre. Kingston - Sydenham St N. Opportunities Fund Program](#)

Address: 182 Sydenham St, Kingston, ON K7K 3M2

Phone: 613-546-5559

OR

Address: The Peachtree Plaza, 1187 Princess St Unit 6, Kingston, ON K7M 3E1

Phone: 613-546-5559

Services:

Program that assists persons with disabilities to prepare for, obtain and keep employment.

- career counsellors are available to assist in defining career goals using vocational assessments and decision making tools
- education goals are also explored to facilitate entrance into employment
- job search support and work placements

MARCH OF DIMES CANADA REHABILITATION FOR THE DISABLED KINGSTON

√ **Variable fees for some services**

Website: [March of Dimes Canada. Kingston. Rehabilitation for the Disabled](#)

Address: 920 Princess St 3rd Flr, Kingston, ON K7L 1H1

Phone: 613-549-4141

Services:

- Disability Support Program (ODSP) Employment Supports program
- Canadian Veterans Vocational Rehabilitation Services
- Continuing Competence Program (CCP) Services
- vocational and functional assessments
- assistive devices assistance and other provincial programs such as home and vehicle modification assistance and conductive education

ST. LAWRENCE COLLEGE ONTARIO EMPLOYMENT SERVICES

√ **No fee**

Website: [St Lawrence College. Kingston - Midpark Dr. Ontario Employment Services](#)

Address: The Park Centre, 785 Midpark Dr Ste 200, Kingston, ON K7M 7G3

Phone: 613-545-3949 ext 1873

Services:

Comprehensive employment and job search services.

- assessment of skills, interests and experience
- job search strategies, including resume preparation
- information about careers and occupations, local labour market, employment and training opportunities
- on-the-job training, work experience
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KINGSTON COMMUNITY SERVICES GROUP

√ No fee

Website: [Kingston. Community Services Group. Kingston - 362 Montreal St, 2nd Flr. Ontario Works - Housing & Social Services Department](#)

Address: 362 Montreal St 2nd Flr, Kingston, ON K7K 3H5

Phone: 613-546-2695

OR

Website: [Kingston. Community Services Group. North Frontenac - Sharbot Lake Satellite Office. Ontario Works - Housing & Social Services Department](#)

Address: Northern Frontenac Community Services Corporation, 1020 Elizabeth St, Sharbot Lake, ON K0H 2P0

Phone: 613-279-3151

OR

Website: [Kingston. Community Services Group. South Frontenac - Sydenham Satellite Office. Ontario Works - Housing & Social Services Department](#)

Address: Community Services, 4295 Stage Coach Rd, Sydenham, ON K0H 2T0

Phone: 613-376-6477

Services:

Temporary financial assistance and employment supports to those most in need residing in the City of Kingston and County of Frontenac while they undertake requirements to become and stay employed.

- monthly financial assistance is available to eligible (needs tested) residents for basic needs and shelter. The amount of assistance paid is determined by family size, income and expenses.
- employment supports are available to help people become and stay employed. Funding and assistance may be available for community and employment placement, job searching, basic education or job-specific skills training, literacy training, supports to self-employment, Employment Readiness Scale, transportation, referrals to workshops and courses.
- benefits prescribed in the Ontario Works provincial regulations include a prescription drug coverage, vision care for dependent children, special diet, pregnancy nutritional allowance, diabetic supplies, incontinence supplies, medical travel and transportation, and guide dog allowance.
- discretionary Health Benefits may include: adult vision and dental care, health and well-being benefits, new born / child benefits, and other items such as ID replacements. Discretionary Residency Benefits may include: funding towards rent arrears, utility arrears, last month's rent deposit, moving expenses and emergency heating fuel.
- emergency assistance may be paid to a person experiencing an extreme, urgent, and unusual situation that jeopardizes the health and well-being of a member of the benefit unit, where all other financial means have been explored and exhausted.

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ASSOCIATION CANADIENNE-FRANÇAISE DE L'ONTARIO, CONSEIL RÉGIONAL DES MILLE-ÎLES. KINGSTON. ONTARIO EMPLOYMENT SERVICES

√ **No fee**

Website: [/eo/en/orginfo/163778/en/?jsessionid=fec174fdf37bd1ca8ea76e0653a0Associationcanadienne-française de l'Ontario, Conseil régional des Mille-Îles. Kingston. Ontario Employment Services](http://eo/en/orginfo/163778/en/?jsessionid=fec174fdf37bd1ca8ea76e0653a0Associationcanadienne-française%20de%20l'Ontario,%20Conseil%20régional%20des%20Mille-Îles.%20Kingston.%20Ontario%20Employment%20Services)

Address: Barriefield Centre, 760 Highway 15 Unit 11, Kingston, ON K7L 0C3

Phone: 613-546-7863

Services provided in French:

Comprehensive employment and job search services.

- assessment of skills, interests and experience
- job search strategies, including resume preparation
- information about careers and occupations, local labour market, employment and training opportunities
- on-the-job training, work experience
- help in maintaining employment
- information and referral to other employment and community services

CAREER LIFE MANAGEMENT GROUP. CAREER COUNSELLING AND VOCATIONAL REHABILITATION - EMPLOYMENT COUNSELLING - PRE-RETIREMENT PLANNING AND COUNSELLING

√ **Variable fees**

Website: None

Email: clmgkingston@gmail.com

Phone: 613-384-2066 or 613-817-6022

Services:

Private company specialized in educational/career planning.

- information, guidance, coaching, counselling
- career/vocational assessment and counselling
- resume, cover letter and employment self-marketing consultations
- provides outplacement and disability case management services to companies and their employees
- in-home and e-counselling services

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ALGONQUIN & LAKESHORE CATHOLIC DISTRICT SCHOOL BOARD KINGSTON

√ **Activity fee may apply**

Website: [Algonquin and Lakeshore Catholic District School Board. Kingston - Loyola School of Adult and Continuing Education. Literacy and Basic Skills](#)

Address: Loyola School of Adult and Continuing Education, 1440 Princess St, Kingston, ON K7M 3E5

Phone: 613-544-3361

Services:

Courses designed for adult learners who want to complete their high school diploma, focus on reading, writing, mathematics, and social sciences.

- Community adult high school offering an alternative educational setting for adults
- Prior Learning Assessment Recognition (PLAR) for Mature Students
- School to work transition programs
- Computer upgrading

KINGSTON LITERACY & SKILLS

√ **No fee** (child care and transportation subsidies may be available to eligible learners)

Website: [Kingston Literacy & Skills. Kingston - Bath Rd. Literacy and Essential Skills](#)

Address: 16 Bath Rd, Kingston, ON K7L 1C4

Phone: 613-547-2012

Services:

Literacy, numeracy and essential skills services to assist in transitioning to employment, apprenticeship, secondary-school credit, post-secondary education or independence.

- support in clarifying upgrading goals and developing a training plan to achieve them
- academic upgrading that helps individuals develop the necessary skills for entry into post-secondary education, apprenticeship training or employment

LIMESTONE DISTRICT SCHOOL BOARD. KINGSTON

√ **No fee**

Website: [Limestone District School Board. Kingston - Cowdy St. Literacy and Basic Skills - Community Education Centres - Second Chance](#)

Address: 33 Cowdy St, Kingston, ON K7K 3V9

Phone: 613-548-3462

Services:

Literacy and basic skills training, including numeracy, digital, communication and interpersonal skills.

- helps learners prepare for employment, apprenticeship, secondary-school credit, post-secondary education and greater independence

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LIMESTONE DISTRICT SCHOOL BOARD. KINGSTON

√ **No fee (for credit programs)**

Website: [Limestone District School Board. Kingston - Limestone Community Education. Literacy and Basic Skills](#)

Address: 164 Van Order Dr South Entrance, 2nd Flr, Kingston, ON K7M 1C1

Phone: 613-542-7369

Services:

Community education centre.

- continuing education programs
- evening credit program (teacher assisted self study)
- cooperative education programs (work-study)
- literacy and basic skills training, including numeracy, digital, communication and interpersonal skills
- helps learners prepare for employment, apprenticeship, secondary-school credit, post-secondary education and greater independence

OPEN BOOK LITERACY & BASIC SKILLS

√ **No fee**

Website: [Open Book Literacy and Basic Skills. Open Book Language and Skills Centre. Literacy and Basic Skills](#)

Address: Robert Meek Community Centre, 559 Bagot St, Kingston, ON K7K 3E1

Phone: 613-544-3361

Services:

Literacy and basic skills training, including numeracy, digital, communication and interpersonal skills.

- helps learners prepare for employment, apprenticeship, secondary-school credit, post-secondary education and greater independence
- support in clarifying upgrading goals and developing a training plan to achieve them.

ST. LAWRENCE COLLEGE CAREER/COLLEGE PREPARATORY PROGRAM

√ **No fee**

Website: [St Lawrence College. Kingston - Portsmouth Ave. Career/College Preparatory Program \(Adult Upgrading\)](#)

Address: 100 Portsmouth Ave, Kingston, ON K7L 5A6

Phone: General inquiries 613-544-5400 ext 1126

Services:

Literacy, numeracy and essential skills services to assist in transitioning to employment, apprenticeship, secondary-school credit, post-secondary education or independence.

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COMMUNITY BRAIN INJURY SERVICES

√ **No fee**

Website: <http://www.providencecare.ca/community-services/community-brain-injury-services/>

Address: LaSalle Mews Building, 303 Bagot Street, Suite 401, Kingston, ON K7K 5W7

Phone: 613-547-6969

Services

Provides guidance and support around transition to community and meaningful vocations (paid or unpaid).

This information is provided by the **Stroke Network of Southeastern Ontario** and is based on the **Stroke Network of Southwestern Ontario's Return to Work After Stroke Working Group** for the purpose of providing stroke survivors with information on return to work services.