

# Community Resources Guide



YMCAs of Cambridge and Kitchener-Waterloo

## Immigrant Services



Funded by:

Financé par :



Citizenship and  
Immigration Canada

Citoyenneté et  
Immigration Canada



United Way  
Kitchener Waterloo & Area

# Community Resources Guide

## Services for Newcomers

[www.211ontario.ca](http://www.211ontario.ca)

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

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

[www.settlement.org/welcome-to-ontario](http://www.settlement.org/welcome-to-ontario)

### Citizenship & Immigration

29 Duke St. E., Kitchener

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

1-888-242-2100

### Citizenship Practice Test

[www.yourlibrary.ca/citizenship/index.cfm](http://www.yourlibrary.ca/citizenship/index.cfm)

### Passport Office

40 Weber St. E., Kitchener

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

1-800 567-6868

### YMCA Immigrant & Employment Services

800 King St. W., Kitchener

519-579-9622

258 Hespeler Rd., Cambridge

519-621-1621

77 Young St., Kitchener (SWIS)

519-742-8220

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

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

[Orientation To Ontario](#)

### KW Multicultural Centre

102 King St. W., Kitchener

[www.kwmc.on.ca](http://www.kwmc.on.ca)

519-745-2531

### Reception House Waterloo Region

101 David St., Kitchener

[www.kwrcentre.ca](http://www.kwrcentre.ca) (CSS – Client Support Services)

[Refugee Sponsorship](#)

[International Organization for Migration](#)

### Mennonite Coalition (For Refugee Claimants)

43 Queen St. S., Kitchener

519-571-1912

[www.fcjrefugeecentre.org](http://www.fcjrefugeecentre.org)

### Immigration & Refugee Board of Canada

[www.irb-cisr.gc.ca](http://www.irb-cisr.gc.ca)

### YMCAs of Cambridge & Kitchener-Waterloo

#### AR Kaufman Family YMCA

333 Carwood Ave., Kitchener

519-743-5201

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

#### Stork Family YMCA

500 Fischer-Hallman Rd. N., Waterloo

519-725-8783

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

#### Chaplin Family YMCA

250 Hespeler Rd., Cambridge

519-623-9622

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

#### Child Care Connection

[kidsLINK](#)

519-741-1811

[K-W Day Care Locations](#)

#### Kids Ability Centre

500 Hallmark Dr., Waterloo

519-886-8886

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

#### YMCA Ontario Early Year Centre

161 Roger St., Waterloo

519-741-8585

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

#### Ontario Early Years Centre - Our Place

154 Gatewood Rd., Kitchener

519-571-1626

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

#### MOSAIC Counselling + Family Services

400 Queen St. S., Kitchener

519-743-6333

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

#### K-W Counselling

480 Charles St. E., Kitchener

519-884-0000

[www.kwcounselling.com](http://www.kwcounselling.com)

#### The Family Centre

65 Hanson Ave., Kitchener

519-772-4399

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

#### Family and Children Services

200 Ardelt Ave., Kitchener

519-576-0540

[www.facswaterloo.org](http://www.facswaterloo.org)

Funded by:

Financé par :



Citizenship and  
Immigration Canada

Citoyenneté et  
Immigration Canada



United Way  
Kitchener Waterloo & Area

# Community Resources Guide

## Health Services

### Service Ontario Centre

1400 Weber St. E., Kitchener 519-893-3966  
[www.gov.on.ca/health](http://www.gov.on.ca/health)

### Telehealth Ontario

1-866-797-0000

[Health Information in Other Languages](#)  
[Government Forms In Different Languages](#)

### Weber Medical Centre (Walk-in Clinic)

5A-1400 Weber St. E., Kitchener 519-748-6933

### The Centre for Family Medicine

10B Victoria St. S., Kitchener 519-783-0020  
25 Joseph St., Kitchener 519-578-2100  
[www.family-medicine.ca](http://www.family-medicine.ca)

### Urgent Care Clinic

751 Victoria St. S., Kitchener 519-745-2273  
385 Fairway Rd., Kitchener 519-748-2327

### Grand River Hospital

835 King St. W., Kitchener 519-742-3611  
[www.grandriverhospital.on.ca](http://www.grandriverhospital.on.ca)

### St. Mary's General Hospital

911 Queen's Blvd., Kitchener 519-744-3311  
[www.smgh.ca](http://www.smgh.ca)

### Kitchener Downtown Community Health Centre

44-Francis St. S., Kitchener 519-745-4404  
[www.kdchc.org](http://www.kdchc.org)

### Ontario Midwives

1-866-418-3773

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

### Canada Mental Health Association

67 King St. E., Kitchener 519-744-7645  
[www.cmhawdb.on.ca](http://www.cmhawdb.on.ca)

### Community Care Access Centre

141 Weber St. S. Waterloo 519-748-2222  
73 Water St. N., Suite 501, Cambridge  
[www.ccacwat.on.ca](http://www.ccacwat.on.ca)

### Canada Red Cross

186 King St. S. Waterloo 519-742-2785  
[www.redcross.ca](http://www.redcross.ca)

### Hospice of Waterloo Region

298 Lawrence Ave., Kitchener 519-743-4114  
[www.hospicewaterloo.ca](http://www.hospicewaterloo.ca)

### Trillium Drug Program

[www.trilliumfoundation.org](http://www.trilliumfoundation.org) 1-800-575-5386

### Planned Parenthood

151 Frederick St., Kitchener 519-743-6461  
[www.ppwr.on.ca](http://www.ppwr.on.ca)

### ACCKWA (AIDS-HIV Committee)

625 King St. E., Kitchener 519-570-3687  
[www.acckwa.com](http://www.acckwa.com)

### Public Health Region of Waterloo

99 Regina St. S., Waterloo  
[www.region.waterloo.on.ca](http://www.region.waterloo.on.ca)

### Dental Clinics

519-883-2222  
[Child & Family Health](#) 519-883-2245  
[Immunization Clinic](#) 519-883-2007  
[Child Care Subsidy](#) 519-883-2200  
[Community Outreach Program](#) 519-883-2290

Funded by:

Financé par :



Citizenship and  
Immigration Canada

Citoyenneté et  
Immigration Canada



United Way  
Kitchener Waterloo & Area

# Community Resources Guide

## Government & Legal Services

[Ontario Government Help Website](#)  
[Service Ontario Centre Locations](#)

1-800-267-8097

**Grand River Transit**

15 Charles St. Kitchener  
[www.grt.ca](http://www.grt.ca)

519-585-7555

**Service Canada Centre (SIN, EI)**

409 Weber St. W., Kitchener

519-579-1550

**Waterloo Regional Police Services**

200 Maple Grove Rd., Cambridge

519-653-7700

134 Frederick St., Kitchener

519-570-3000

[Employment Insurance \(EI\)](#)

[Kitchener Service Canada Centre](#)

[www.wrps.on.ca](http://www.wrps.on.ca)

**Canada Revenue Agency**

166 Frederick St., Kitchener

1-800-959-8281

**Waterloo Region Community Legal Services**

450 Frederick St S. Kitchener

519-743-0254

[www.cra-arc.gc.ca/bnfts/cctb/menu-eng.html](http://www.cra-arc.gc.ca/bnfts/cctb/menu-eng.html)

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

**Ontario Works (Welfare)**

99 Regina St. S. 4th Floor Waterloo

519-883-2100

**Legal Aid Ontario**

1-800-668-8258

[Ontario Works](#)

[www.legalaid.on.ca](http://www.legalaid.on.ca)

[Online Application For Social Assistance](#)

**Community Legal Education On-CLEO**

[Human Rights](#)

**Ontario Disability Support**

715 Fischer Hallman Rd. Kitchener

[Ontario Disability Support Program](#)

519-886-4700

**Waterloo Regional Provincial Offences Court**

77 Queen St. N., Kitchener

519-745-9446

150 Main St., Cambridge

519-740-5796

**Canada Pension & Old Age Security**

[Services For Seniors](#)

1-800-277-9914

[Provincial Offences Court](#)

[Canadian Pension Plan \(CPP\)](#)

[Old Age Security \(OAS\)](#)

**Family Superior Court**

20 Weber St. East, Kitchener

519-741-3300

[Ontario Child Care Supplement for Working Families](#)

1-800-263-7965

**Ontario Court of Justice**

200 Frederick St., Kitchener

[www.ontariocourts.on.ca/ocj/en](http://www.ontariocourts.on.ca/ocj/en)

519-741-3300

**Driver Examination Centre**

11-1405 Ottawa St. N., Kitchener

1-888-570-6110

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

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

[www.yourlibrary.ca/driving](http://www.yourlibrary.ca/driving) (Practice Test)

[www.g1test.com/g1test](http://www.g1test.com/g1test)

[Small Claims Court](#)

519-741-3270

[Family Law Information Centre](#)

519-741-3355

**Community Justice Initiatives**

49 Queen St. N., Kitchener

[www.cjiwr.com](http://www.cjiwr.com)

519-744-6549

Funded by:

Financé par :



Citizenship and  
Immigration Canada

Citoyenneté et  
Immigration Canada



**United Way**  
Kitchener Waterloo & Area

# Community Resources Guide

## Used Clothing & Furniture

### Found Locally

#### [Thrift Stores & Consignment Shops Directory](#)

#### Twice is Nice & Twice the Man

The Atrium, 33 Erb St. W., Waterloo 519-747-1189  
[www.twiceisnicewaterloo.com](http://www.twiceisnicewaterloo.com)

#### Goodwill Retail Store

1348 Weber St. E., Kitchener 519-894-0620  
[www.goodwillindustries.ca](http://www.goodwillindustries.ca)

#### Talize

1144 Courtland Ave. E., Kitchener 519-744-4300  
[www.talize.com](http://www.talize.com)

#### 2nd Time Around Children Store

417 King St. W., Kitchener 519-579-8970

#### Hand Me Downs (Children's Clothes/Toys)

324 Highland Rd. W., Kitchener 519-742-5437

#### The Children's Needs Distribution Centre

135 Highland Rd. W., Kitchener 519-745-9461  
[www.highlandbaptist.ca/missions/cndc](http://www.highlandbaptist.ca/missions/cndc)

#### MCC Thrift Shop

335 Lancaster St. W., Kitchener 519-743-5021

#### Waterloo Generations

50 Bridgeport Rd. E., Waterloo 519-886-6226

#### Maycourt Nearly New Shop

714 Belmont Ave. W., Kitchener 519-745-4412

#### Blessing Centre (Clothes/House Ware)

659 King St., E., Kitchener 519-742-8622

#### Value Village

120 Ottawa St. N. Kitchener 519-576-4403  
[www.valuevillage.com](http://www.valuevillage.com)

#### St. Vincent De Paul (Furniture)

97 Victoria St. N., Kitchener 519-742-8622

## Food Hampers & Meals

### Foodlink Waterloo Region

[www.foodlink.ca](http://www.foodlink.ca)  
[www.thefoodbank.ca](http://www.thefoodbank.ca)  
[Sources Of Emergency Food \(pdf\)](#)

### Emergency Food Hampers

807 Guelph St., Kitchener 519-742-0662  
[www.houseoffriendship.org](http://www.houseoffriendship.org)

### Salvation Army Family Services

1-300 Gage Ave., Kitchener 519-745-4215  
[www.salvationarmy.ca](http://www.salvationarmy.ca)

### St. John's Kitchen

97 Victoria St. N., Kitchener 519-745-8928  
[St. John's Kitchen – The Working Centre](#)

### Glencairn Church

725 Erinbrook Dr., Kitchener 519-579-8741  
[Bridges Centre Food Program](#)

### Kitchener Church of God

533 Weber St. E., Kitchener 519-745-8561  
[www.kitchenercog.org](http://www.kitchenercog.org)

### St. Vincent De Paul (Emergency Food)

328 King St. W., Kitchener 519-743-8911

### Community Support Connections

40 Shirley Ave., Kitchener 519-772-8787  
[www.communitysupportconnections.org](http://www.communitysupportconnections.org)

### Welcome Home [www.welcomehome.iteams.ca](http://www.welcomehome.iteams.ca)

260 King St. E., Kitchener 519-568-8696

### Ray of Hope [www.rayofhope.net](http://www.rayofhope.net)

230-659 King St., Kitchener 519-578-8018

### Extend-A-Family [www.eafwr.on.ca](http://www.eafwr.on.ca)

91 Moore Ave., Kitchener 519-741-0190

### K-W Habilitation Services [www.kwhab.ca](http://www.kwhab.ca)

108 Sydney St. S., Kitchener 519-744-6307

Funded by:

Financé par :



Citizenship and  
Immigration Canada

Citoyenneté et  
Immigration Canada



United Way  
Kitchener Waterloo & Area

# Community Resources Guide

## Temporary Shelter

- St. Monica House (Pregnant Youth -19rs)**  
231 Herbert St. Waterloo 519-743-0291  
[www.saintmonicahouse.org](http://www.saintmonicahouse.org)
- House of Friendship (Man's Shelter)**  
63 Charles St. E. Kitchener 519-742-8327
- Anselma House (Women's Shelter/Services)**  
[www.wcswr.org](http://www.wcswr.org) 519-742-5894
- YWCA: Mary's Place (Women's Shelter)**  
84 Frederick St Kitchener 519-744-0120  
[www.ywcakw.on.ca](http://www.ywcakw.on.ca)
- Betty Thompson Youth Center**  
41 Weber St. W. Kitchener 519-749-1450  
[Betty Thompson Youth Centre](http://BettyThompsonYouthCentre)
- Marillac Place (Youth/Mom)**  
109 Young St. Kitchener 519-571-0722  
[www.marillacplace.ca](http://www.marillacplace.ca)
- R.O.O.F. (Youth 12-25 Food Hampers)**  
242 Queen St. S. Kitchener 519-742-2788  
[www.roof-agency.net](http://www.roof-agency.net)

## Affordable Housing

- [Moving to Kitchener](#)
- Community Housing Access Centre**  
235 King St. E., 6th Floor, Kitchener 519-575-4833  
[www.region.waterloo.on.ca/housing](http://www.region.waterloo.on.ca/housing)
- Kitchener Housing Inc.**  
11 Weber St. W. Kitchener 519-744-6655  
[Ministry Of Municipal Affairs & Housing](#)
- Landlord & Tenant Board**  
30 Duke St. W., Kitchener 1-888-332-3234  
[www.ltb.gov.on.ca](http://www.ltb.gov.on.ca)  
[www.kitchener.kijiji.ca](http://www.kitchener.kijiji.ca) (Free Local Classifieds)  
[www.ontariotenants.ca](http://www.ontariotenants.ca) (On Tenants Rights)

## Community Centres

### [Kitchener Community Centres](#)

- Breithaupt Centre**  
350 Margaret Ave., Kitchener 519-741-2502
- Cameron Heights Pool**  
301 Charles St., Kitchener 519-741-2482
- Chandler-Mowat Community Centre**  
222 Chandler Dr., Kitchener 519-741-2733  
[Brochure](#)
- Courtland-Shelly Community Centre**  
1064g Courtland Ave., Kitchener 519-571-7953  
[Brochure](#)
- Centreville-Chicopee Community Centre**  
141 Morgan Ave., Kitchener 519-741-2490
- Country Hills Community Centre**  
100 Rittenhouse Rd., Kitchener 519-741-2596
- Downtown Community Centre**  
35 Weber St. W., Kitchener 519-741-2501
- Doon Pioneer Community Centre**  
150 Pioneer Park Dr., Kitchener 519-741-2641  
[www.dppca.ca/](http://www.dppca.ca/)
- Forest Heights Pool**  
255 Fisher-Hallman Rd., Kitchener 519-741-2493
- Forest Heights Community Centre**  
1700 Queen's Blvd., Kitchener 519-741-2621  
[www.fhcakitchener.ca](http://www.fhcakitchener.ca)
- Grand River Recreation Complex**  
600 Heritage Dr., Kitchener 519-741-2670
- Grand River Arena**  
55 Heritage Dr., Kitchener 519-741-2900
- Kingsdale Community Centre**  
80 Wilson Ave. Kitchener 519-748-6463  
[www.kingsdalecc.com](http://www.kingsdalecc.com)

Funded by:

Financé par :



Citizenship and  
Immigration Canada

Citoyenneté et  
Immigration Canada



**United Way**  
Kitchener Waterloo & Area

# Community Resources Guide

## Community Centres Cont'd

<b>Mill-Courtland Community Centre</b> 216 Mill St., Kitchener	<b>519-741-2491</b>
<b>Rockway Centre</b> 1405 King St. E. Kitchener	<b>519-741-2507</b>
<b>Stanley Park Community Centre</b> 505 Franklin St. N. Kitchener <a href="http://www.spcakitchener.ca">www.spcakitchener.ca</a>	<b>519-741-2504</b>
<b>Sunnydale Community Centre</b> 508-H Sunnydale Pl. Waterloo <a href="#">Brochure</a>	<b>519-883-0410</b>
<b>Victoria Hills Community Centre</b> 10 Chopin Dr. Kitchener <a href="http://www.vhna.ca">www.vhna.ca</a>	<b>519-741-2717</b>
<b>Williamsburg Community Centre</b> 600-1187 Fischer-Hallman Rd., Suite 620, Kitchener <a href="http://www.williamsburgcommunity.ca/">www.williamsburgcommunity.ca/</a>	<b>519-741-2240</b>
<b>Albert McCormick Community Centre</b> 500 Parkside Dr., Waterloo	<b>519-885-1700</b>
<b>Moses Springer Community Centre</b> 150 Lincoln Rd., Waterloo	<b>519-886-7122</b>
<a href="#">Fee Assistance</a> 200 King St. W., Kitchener	<b>519-741-2382</b>
<a href="#">Assistance Leisure Access Program Waterloo</a> 100 Regina St S., Waterloo	<b>519-747-8512</b>

## Telephone/Cable/Internet

<a href="#">Rogers - TV/Phone/Mobile/Internet</a>	<b>1-888-764-3771</b>
<a href="#">Bell - TV/Phone/Mobile/Internet</a>	<b>310-BELL(2355)</b>
<b>Online Telephone Directory</b> <a href="http://www.canada411.ca">www.canada411.ca</a>	

## Waterloo Region Libraries

<b>Kitchener Public Library</b> 85 Queen St. N., Kitchener <a href="http://www.kpl.org">www.kpl.org</a>	<b>519-743-0271</b>
<b>Waterloo Public Library</b> 35 Albert St., Waterloo <a href="http://www.wpl.ca">www.wpl.ca</a>	<b>519-886-1310</b>
<b>Queen's Square Library</b> 1 North Square, Cambridge <a href="http://www.cambridgelibraries.ca">www.cambridgelibraries.ca</a>	<b>519-621-0460</b>
<b>Clemens Mill Library</b> 50 Saginaw Pkwy., Cambridge	<b>519-740-6294</b>
<b>Country Hills Library</b> 1500 Block Line Rd., Kitchener	<b>519-743-3558</b>
<b>Forest Heights Library</b> 251 Fischer-Hallman Rd., Kitchener	<b>519-743-0644</b>
<b>Grand River Library</b> 175 Indian Rd., Kitchener	<b>519-896-1736</b>
<b>Hespeler Library</b> 5 Tannery St., Cambridge	<b>519-658-4412</b>
<b>John M. Harper Branch</b> 500 Fischer-Hallman Rd. N., Waterloo	<b>519-886-1310</b>
<b>McCormick Branch Library</b> 500 Parkside Dr., Waterloo	<b>519-885-1920</b>
<b>Pioneer Park Library</b> 150 Pioneer Dr., Kitchener	<b>519-748-2740</b>
<b>Preston Library</b> 435 King St., Cambridge	<b>519-653-3632</b>

## Credential Assessments

<b>World Education Services (WES)</b> 2 Carlton St, Suite 1400, Toronto <a href="http://www.wes.org/ca">www.wes.org/ca</a>	<b>416-972-0070</b>
<b>ICAS of Canada</b> 303-100 Stone Rd. W., Guelph <a href="http://www.icascanada.ca">www.icascanada.ca</a>	<b>519-763-6964</b>

Funded by: Financé par :



Citizenship and  
Immigration Canada

Citoyenneté et  
Immigration Canada



**United Way**  
Kitchener Waterloo & Area

# Community Resources Guide

## Education in Waterloo Region

**Waterloo Region District School Board**  
51 Ardelt Ave., Kitchener 519-570-0003  
[www.wrdsb.on.ca](http://www.wrdsb.on.ca)

**Waterloo Region Catholic School Board**  
35 Weber St. W., Kitchener 519-578-3660  
[www.wcdsb.ca](http://www.wcdsb.ca)

**French Public School Board**  
116 Cornelius Pkwy., Toronto 1-888-583-5383  
[www.csdco.on.ca](http://www.csdco.on.ca)

**French Catholic District School Board**  
110 Drewry Ave., Toronto 1-800-274-3764  
[www.csdccs.edu.on.ca](http://www.csdccs.edu.on.ca)

**Student Transportation Services of Waterloo Region**  
[www.stswr.ca](http://www.stswr.ca)

**Welcome Centre for Newcomers**  
At Margaret Avenue Public School  
325 Louisa St. W., Kitchener 519-576-3018  
[Newcomers Welcome Centre](#)

**Specialist High Skills Major (Grade 11 + 12)**  
[www.highskills.ca](http://www.highskills.ca)

**Catholic Board - Newcomer Reception Centre**  
104 Ontario St. N., Kitchener 519-743-3328  
[www.newcomer.wcdsb.ca](http://www.newcomer.wcdsb.ca)

**SEPWR (Settlement Workers in School)**  
77 Young St., Rm 101, Kitchener 519-742-8220  
[www.swisontario.ca/1/home](http://www.swisontario.ca/1/home)

## Adult English Schools

**Centre for Canadian Language Benchmarks**  
[www.language.ca](http://www.language.ca)

**The Centre for Education and Training**  
LINC Home Study & Language Education at a Distance  
[www.tcet.com/linc\\_homestudy/](http://www.tcet.com/linc_homestudy/)

**St. Louis Adult Learning Center**  
80 Young St., Kitchener 519-745-1201  
[www.stlouis.wcdsb.ca](http://www.stlouis.wcdsb.ca)

**St. Francis School – St. Louis**  
154 Gatewood Rd., Kitchener 519-745-1201

**St. Mary's ESL – St. Louis**  
77 Young St., Kitchener 519-745-1201

**St. Louis Cambridge**  
82 Beverly St., Cambridge 519-745-1201

**Emmanuel United Church – St. Louis**  
22 Bridgeport Rd. W, Waterloo 519-745-1201

**Conestoga College LINC Program**  
800 King St. W., Kitchener 519-886-3300  
[LINC Program](#)

**Lincoln Road Satellite LINC Program**  
145 Lincoln Rd., Waterloo 519-886-3300

**Conestoga LINC Cambridge**  
150 Main St. 1<sup>st</sup> Floor, Cambridge 519-740-8797

**English at First**  
16 William St. W., Waterloo 519-571-0360  
[www.englishatfirst.com](http://www.englishatfirst.com)

Funded by: Financé par :



Citizenship and  
Immigration Canada

Citoyenneté et  
Immigration Canada



**United Way**  
Kitchener Waterloo & Area



# Community Resources Guide

## Post-Secondary Education

### International English Testing System

299 Doon Valley Dr., Kitchener 519-748-3516  
[www.conestogac.on.ca/ielts/index.jsp](http://www.conestogac.on.ca/ielts/index.jsp)

### Trios College

110 King St. E., Kitchener 519- 578-0838  
[www.trios.com](http://www.trios.com)

### University Of Waterloo

200 University Ave. W., Waterloo 519-885-1211  
[www.uwaterloo.ca](http://www.uwaterloo.ca)

### Medix School

248 Sterling Ave. S., Kitchener 519-895-0013  
[www.medixschool.ca](http://www.medixschool.ca)

### School Of Pharmacy

10 Victoria St. S., Kitchener 519-888-4499  
[www.pharmacy.uwaterloo.ca](http://www.pharmacy.uwaterloo.ca)

### Everest College

44 Gaukel St., Kitchener 519-745-1140  
[www.everest.ca/campus/kitchener](http://www.everest.ca/campus/kitchener)

### Wilfrid Laurier University

75 University Ave. W., Waterloo 519-884-1970  
[www.wlu.ca](http://www.wlu.ca)

### Canada's Technology Triangle

260 King St. W., Kitchener 519-747.2541  
[www.techtriangle.com](http://www.techtriangle.com)

### University of Guelph

50 Stone Rd E., Guelph 519-824-4120  
[www.uoguelph.ca](http://www.uoguelph.ca)

### Centre for Community Based Research

202-73 King St. W., Kitchener 519-741-1318  
[www.communitybasedresearch.ca](http://www.communitybasedresearch.ca)

### Conestoga College

299 Doon Valley Dr., Kitchener 519-748-5220  
[www.conestogac.on.ca](http://www.conestogac.on.ca)  
[New to Canada?](#)

### Project Read Literacy Network

298 Frederick St., Kitchener 519-570-3054  
[www.projectread.ca](http://www.projectread.ca)

### Waterloo Campus (Conestoga College)

108 University Ave. E., Waterloo. 519-885-0300  
[Info](#)

### The Literacy Group

200-151 Frederick St., Kitchener 519-743-6090  
[www.theliteracygroup.com](http://www.theliteracygroup.com)

### Apprenticeship Training

4275 King St E., Kitchener 519-653-5758  
[Work in the Trades - MTCU](#)

### Language School & Cultural Services

583 Frederick St., Kitchener 519-576-8839  
Learn Spanish, French or Italian  
[www.palabraslanguageschool.com](http://www.palabraslanguageschool.com)

### St. Jerome's University

290 Westmount Rd. N., Waterloo 519-884-8110  
[www.sju.ca](http://www.sju.ca)

Funded by:

Financé par :



Citizenship and  
Immigration Canada

Citoyenneté et  
Immigration Canada



United Way  
Kitchener Waterloo & Area

# Community Resources Guide

## Other Educational Services

### Ministry of Education

[Government Website](#)

[Report Card Updates](#)

[Tips & Tools for Parents](#)

### Tips and Resources for Parents

[Family Resource Programs](#)

[People for Education](#)

[Reading & Writing with Your Child](#)

### Tutoring Services

[Oxford Learning Centre](#)

[Sylvan Learning Centre](#)

[Kumon Math & Reading Centres](#)

### Language Services

[English Online](#)

[Learn Different Languages](#)

[How to Learn Any Language](#)

[Phrases in Different Languages](#)

[Children's Books in Different Languages](#)

[Language Portal of Canada](#)

[Merriam-Webster Dictionary](#)

[Google Translator](#)

[Settlement Resources in 33 Languages](#)

[Country Profiles](#)

### Religious Services

[Churches and Places of Worship Waterloo](#)

[Churches and Places of Worship Kitchener](#)

### Loans/Scholarships and Other Opportunities

[Katimavik Volunteer Services](#)

[Student Awards](#)

[Student Loans](#)

[CanLearn](#)

[Student Scholarships](#)

## Community Services

### Big Brothers Big Sisters of Waterloo Region

7-150 Pinebush Rd., Cambridge

[www.bbbswr.org](http://www.bbbswr.org)

519-629-0180

### Social Planning Council of KW

151 Frederick St., Kitchener

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

519-579-3800

### John Howard Society of Waterloo-Wellington

310 Charles St. E., Kitchener

[www.waterloo.johnhoward.on.ca](http://www.waterloo.johnhoward.on.ca)

519-743-6071

### Learning Disabilities Association of KW

537 Frederick St., Kitchener

[www.ldakw.on.ca](http://www.ldakw.on.ca)

519-743-9091

### Independent Living Centre of Waterloo Region

127 Victoria St S., Kitchener

[www.ilcwr.org](http://www.ilcwr.org)

519-571-6788

### The Kitchener and Waterloo Community Foundation

29 King St. E., Waterloo

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

519-725-1806

### Waterloo Region's Vital Signs

[www.kwcf.ca/vital\\_signs](http://www.kwcf.ca/vital_signs)

### Cambridge & North Dumfries Community Foundation

[www.cambridgefoundation.org](http://www.cambridgefoundation.org)

### Opportunities Waterloo Region

235 King St. E., Kitchener

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

519-883-2353

### Waterloo Region Tourism

102-260 King St. W., Kitchener

[www.explorewaterlooregion.com/](http://www.explorewaterlooregion.com/)

1-877-585-7517

### Welcome Centre - City & Visitor Information

200 King St. W., Kitchener City Hall

[Welcome Centre](#)

519-745-3536

### Grand River Carshare

290 King St E. Kitchener

[www.communitycarshare.ca/grandriver/](http://www.communitycarshare.ca/grandriver/)

519-578-1895

Funded by:

Financé par :



Citizenship and  
Immigration Canada

Citoyenneté et  
Immigration Canada



United Way  
Kitchener Waterloo & Area

# Community Resources Guide

## Employment Resources

### [Working in Canada](#)

### [Immigration Partnership](#)

### [Waterloo Region ASSETS Projects](#)

#### YMCA Employment Services

800 King St. W., 3<sup>rd</sup> Fl., Kitchener 519-579-9622

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

#### Lutherwood Employment Services

165 King St. E., Kitchener 519-743-2460

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

#### K-W Multicultural Centre

102 King St. W., Kitchener 519-745-2531

[www.kwmc.on.ca](http://www.kwmc.on.ca)

#### The Working Centre

58 & 43 Queen St. S., Kitchener 519-743-1151

[www.theworkingcentre.org](http://www.theworkingcentre.org)

#### Focus For Ethnic Women

9-145 Columbia St. W., Waterloo 519-746-3411

[www.few.on.ca](http://www.few.on.ca)

## Youth

### [The Ministry of Training, Colleges & Universities](#)

### [Considering University? eINFO](#)

### [Online Community for Newcomer Youth](#)

### [Youth Connect](#)

### [Newcomer Youth Settlement Guide](#)

### [Justice for Children and Youth](#)

### [Change the World-Ontario Youth Volunteer Challenge](#)

### [Careers in the Federal Public Service](#)

### [KidSport Ontario](#)

#### Volunteer Action Centre

300-151 Frederick St., Kitchener 519-742-8610

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

### [Ontario Internship Program](#)

### [Apprenticeship Opportunities](#)

### [Skills Canada-Ontario](#)

### [Ontario Job Futures](#)

### [Choosing a Career](#)

#### Kitchener City Hall

200 King St. W., Kitchener 519-741-2286

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

#### Waterloo City Hall

100 Regina St. S., Waterloo 519-886-1550

[www.city.waterloo.on.ca](http://www.city.waterloo.on.ca)

#### Greater KW Chamber of Commerce

80 Queen St. N., Kitchener 519-576-5000

[www.greaterkwchamber.com](http://www.greaterkwchamber.com)

#### Kitchener Human Resource of Canada

409 Weber St. W., Kitchener 519-579-1550

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

### [Employment Insurance \(EI\)](#)

#### Kitchener Downtown Business Association

53 Queen S., Kitchener 519-744-4921

[www.kitchenerdowntown.com](http://www.kitchenerdowntown.com)

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

#### Waterloo Region Small Business Centre

200 King St. W., Kitchener 519-741-2604

[www.waterlooregionsmallbusiness.ca/main.cfm](http://www.waterlooregionsmallbusiness.ca/main.cfm)

### [Small Business Enterprise Centre – Ontario Locations](#)

#### K-W Employment Services Centre

185 Weber St. S., Waterloo 519-576-2681

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

#### Employment Services & Resource

235 King St. E., Kitchener 519-883-2101

[Employment Resource Centres](#)

Funded by:

Financé par :



Citizenship and  
Immigration Canada

Citoyenneté et  
Immigration Canada



United Way  
Kitchener Waterloo & Area

# Community Resources Guide

**Ontario March of Dimes**  
180 King St. S., Waterloo  
[www.marchofdimes.ca](http://www.marchofdimes.ca) 519-579-5530

**Work Place Safety & Insurance Board of Ontario**  
502-55 King St. W., Kitchener 519-576-4130  
[www.wsib.on.ca](http://www.wsib.on.ca)

**Canadian Human Rights Commission**  
[www.chrc-ccdp.gc.ca](http://www.chrc-ccdp.gc.ca) 1-888-214-1090

## Job Search Sites

[www.kitchener.servpro.ca](http://www.kitchener.servpro.ca) (Kitchener Online Company/Businesses Directory)  
[www.jobconnectontario.org](http://www.jobconnectontario.org) (Job Ontario)  
[www.kwcareers.ca](http://www.kwcareers.ca) (K-W Jobs)  
[www.workopolis.com](http://www.workopolis.com)  
[www.jobbank.gc.ca](http://www.jobbank.gc.ca) (Job Bank)  
[www.kwjshop.ca](http://www.kwjshop.ca) (K-W Job Search)  
[www.labour.gov.on.ca](http://www.labour.gov.on.ca) (Ministry Of Labour)  
[www.workforceplanningontario.ca](http://www.workforceplanningontario.ca) (Workforce Planning Ontario)  
[www.wwtab.com](http://www.wwtab.com) (Waterloo Wellington Training & Adjustment Board)  
[www.conestogac.on.ca/careercentre](http://www.conestogac.on.ca/careercentre)  
[www.techtriangle.com](http://www.techtriangle.com) (Canada's Technology Triangle)  
[www.teslontario.org](http://www.teslontario.org) (TESL Ontario Association)  
[www.ilc.org](http://www.ilc.org) (ILC Provider of Distance Education)

## Temporary Agencies

[www.theagencyemployment.com](http://www.theagencyemployment.com)  
[www.kwpages.com/page/consultants.htm](http://www.kwpages.com/page/consultants.htm)  
[www.kitchener.kijiji.ca](http://www.kitchener.kijiji.ca)

**McDonald Green**  
215 Holiday In Dr., Cambridge 519-654-9388  
[www.mcdonaldgreen.com](http://www.mcdonaldgreen.com)

**Wintek Engineering Limited**  
564 Weber St. N. Unit 9 Waterloo  
[www.wintek-eng.com](http://www.wintek-eng.com) 519-884-7999

**Kitchener Executive Consultants Inc.**  
1601 River Rd. E., Kitchener 519-894-3030  
[www.kitchenerexecutive.com](http://www.kitchenerexecutive.com)

**Trebor Personnel Inc.**  
1770 King St. E., Kitchener 519-894-1337  
[www.kitchenerstaffing.com](http://www.kitchenerstaffing.com)

**Grand River Personnel**  
16-842 Victoria St. N., Kitchener  
[www.grandriverpersonnel.ca](http://www.grandriverpersonnel.ca) 519-576-0920

**Kelly Services**  
905-50 Queens St. N., Kitchener 519-579-3360  
[www.kellyservices.ca](http://www.kellyservices.ca)

**Prior Resource Group**  
203-310 King St. E., Kitchener  
[www.priorresource.com](http://www.priorresource.com) 519-570-1100

**Manpower Temporary Services**  
1002-A-589 Fairway Rd. S., Kitchener  
[www.manpower.ca](http://www.manpower.ca) 519-571-7910

**Today's Staffings**  
100-22 Frederick St., Kitchener 519-742-5875

**55 Plus Personnel Placement**  
1405 King St. E., Kitchener 519-741-2509

**The 500 Staffing**  
901-30 Duke St. W., Kitchener 519-568-8300  
[www.the500.com](http://www.the500.com)

**Adecco Employment Services**  
70 Victoria St. N., Kitchener 519-741-5559  
[www.adecco.ca](http://www.adecco.ca)

**Preferred Staffing Services**  
3015 King St. E., Kitchener 519-893-3001

**Better Business Bureau**  
354 Charles St. E., Kitchener 519-579-3080  
[www.kitchener.bbb.org](http://www.kitchener.bbb.org)

Funded by: Financé par :



Citizenship and Immigration Canada

Citoyenneté et Immigration Canada



**United Way**  
Kitchener Waterloo & Area