



**A Resource Guide To  
Business Development**

**A Resource Guide**

**To**

**Business Development**

**And Disability  
Organizations**

**In Ontario**

**And Disability Organizations In Ontario**

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## BUSINESS DEVELOPMENT ORGANIZATIONS IN ONTARIO



There are three primary types of business development organizations listed in the Resource Guide, each having been established to meet the economic development needs of their communities or regions.

1. Community Futures Development Corporations (CFDCs) offer services that help Ontario's rural and northern communities expand their economies. As community-based, not-for-profit organizations, CFDCs are run by boards of local volunteers and are staffed by business professionals who encourage entrepreneurship and the pursuit of economic opportunity.

Through Industry Canada and FedNor, the Federal Government provides funding, advice and support to a network of CFDCs across Ontario who provide: business development and counselling services; investment in local businesses; and, community economic planning and development. For more information contact:

Ontario Association of Community Futures Development Corporations (OACFDC)  
300 South Edgeware Rd.  
St. Thomas, Ontario  
N5P 4L1  
Tel: 519 633-2326; 888 633-2326  
[www.oacfdc.com](http://www.oacfdc.com)

2. The Government of Ontario's Ministry of Economic Development and Trade and the Ministry of Agriculture, Food and Rural Affairs, in partnership with local municipalities, operate Business Self-Help Offices and Small Business Enterprise Centres in communities across Ontario. In Northern Ontario the offices are co-ordinated by the Ministry of Northern Development and Mines. At each office there is a knowledgeable general business consultant, capable of advising new and start-up businesses on the key aspects of planning and start-up requirements. There are also many practical, straight forward publications and information booklets that cover everything from preparing a business plan and creating a marketing plan, to record keeping for small business and financial assistance programs.

The Canada-Ontario Business Service Centre (COBSC) is a joint federal-provincial information centre for new and established entrepreneurs. Information is available on government programs, business services and regulations on starting and operating a business in Ontario. Regional access sites are located



throughout Ontario. For more information about Ontario and Federal Government business programs and services contact:

CANADA ONTARIO BUSINESS SERVICE CENTRE (COBSC)

TEL: 416 954-4636; 800 567-2345

info@cobsc.org

www.cobsc.org/ontario

3. Business Incubators and Business Development Centres have been established to meet the economic development challenges, such as the loss of heavy industry, of specific urban areas or communities.

### **Other Sources of Business Information**

There are many sources of business information in Ontario, Canada and the United States, not specifically listed in the Resource Guide, that provide information on starting a small business. These include community colleges and universities, public libraries and associations. The following are just a few of those sources, some of which provide business information specifically for people with disabilities.

Canadian Chamber of Commerce

BCE Place

181 Bay St.

P.O. Box 818

Toronto, Ontario M5J 2T3

Tel: 416 868-6415

www.chamber.ca

Canadian Federation of Independent Business (CFIB)

4141 Yonge St., Suite 401

Toronto, Ontario M2P 2A6

Tel: 416 222-8022

www.cfib.ca

Canadian Importers Association

438 University Ave., Suite 1618

Box 60

Toronto, Ontario M5G 2K8

Tel: 416 595-5333

www.importers.ca



Business Development Bank of Canada  
Suite 100  
150 King St. W.  
Toronto, Ontario M5H 1J9  
Tel: 416 952-6094  
Tel: 1 888-info-bdc  
Tel: 1 888 463-6232  
Fax: 416 954-5009  
www.bdc.ca

Equifax Canada Inc.  
Box 190, Station Jean Talon  
Montreal, Quebec H1S 2Z2  
Tel: 1 800 278-0278  
inquiries@equifax.com  
www.equifax.com

Ontario Chamber of Commerce  
2345 Yonge St., Suite 808  
Toronto, Ontario M4P 2E5  
Tel: 416 482-5222  
www.occ.on.ca

### Web Sites

The following web sites offer information sources and resources for entrepreneurs with disabilities.

[www.accessibilitydirectory.ca](http://www.accessibilitydirectory.ca) – Ontario Ministry of Citizenship’s and Ontario March of Dimes – lists Ontario based services that assist businesses make the workplace accessible

[www.equalopportunity.on.ca](http://www.equalopportunity.on.ca) – Ontario Ministry of Citizenship Gateway to Diversity – provides information to business on recruiting, accommodating and retaining people with disabilities

[www.sedi.org](http://www.sedi.org) – Social and Enterprise Development Innovations - provides business resource information and links to business development organizations

[www.royalbank.com](http://www.royalbank.com) – RBC Royal Bank – provides information on planning, starting and operating a small business

[www.entrepreneurdisability.com](http://www.entrepreneurdisability.com) – provides information of interest to a network for entrepreneurs with disabilities

[www.ucalgary.ca/~aced](http://www.ucalgary.ca/~aced) – Alberta Centre on Entrepreneurship and Disabilities – provides links, contacts and publications for entrepreneurs with disabilities

[www.jobsearchcanada.about.com/aboutcanada/jobsearchcanada/cs/self-employment](http://www.jobsearchcanada.about.com/aboutcanada/jobsearchcanada/cs/self-employment) – provides links to Self Employment sites

[www.direct.ca/orw/whatnew/tindex.html](http://www.direct.ca/orw/whatnew/tindex.html) – provides links to Self Employment sites

[www.ceed.ednet.ns.ca/What/Entrepreneur.html](http://www.ceed.ednet.ns.ca/What/Entrepreneur.html) – Centre for Entrepreneurship and Educational Development – provides a self-assessment tool on-line for entrepreneurs with disabilities

<http://ab.workink.com> – Alberta Workink – provides self-employment information and other consumer materials for business development by people with disabilities (Alberta Workink site only)

<http://janweb.icdi.wvu.edu/sbses> – Job Accommodation Network (U.S.) – provides links to small business development sites and special needs accommodation information for people with disabilities. There is a Canadian branch – JANCAN

<http://www.hrdc-drhc.gc.ca/hrib/sdd-dds/odi/menu/home.shtml> – Human Resources Development Canada's Office for Disabilities Issues – provides an on-line business development booklet, *Minding Your Own Business*

[www.empowermentzone.com](http://www.empowermentzone.com) – (U.S.) provides links for people with disabilities, including small business development links

[www.oldcity.com/trn](http://www.oldcity.com/trn) – for information on the publication *No More Job Interviews! Self-Employment Strategies for People with Disabilities*, Alice Weiss Doyle, Training Resource Network Inc.

[www.csa-intl.org/onlinestore.welcome.asp](http://www.csa-intl.org/onlinestore.welcome.asp) – the Canadian Standards Association – publishes a standard for universal/accessibility design

[www.tbdc.com](http://www.tbdc.com) – Toronto Business Development Centre – provides business resources information and links on starting and operating a small business

# ONTARIO BUSINESS DEVELOPMENT ORGANIZATIONS

## Eastern Ontario

### North

#### Canadian Federation of Business and Professional

##### Women's Clubs

56 Sparks St., Suite 308  
Ottawa, Ontario K1P 5A9  
Tel: 613 234-7619  
Fax: 613 524-2060

#### The Entrepreneurship Centre (Ottawa-Carleton)

111 Lisgar St. – Main Fl.  
Ottawa, Ontario K2P 2L7  
Tel: 613 560-6065 x 2706  
Fax: 613 560-2102  
www.entrepreneurship.com

#### Hawkesbury Business Self Help Office

519 Main St. E.  
Hawkesbury, Ontario K6A 1B3  
Tel: 613 632-7057  
Fax: 613 632-7385

#### Prescott-Russell Community Development Corp.

519 Main St. E.  
Hawkesbury, Ontario K6A 1B3  
Tel: 613 632-0918  
Fax: 613 632-7385

#### Renfrew Business Self Help Office

161 Raglan St. S.  
Renfrew, Ontario K7V 1R2  
Tel: 613 432-6848  
Fax: 613 432-9710

#### Renfrew County Community Futures Development Corp.

270 Lake St.  
Pembroke, Ontario K8A 7Y9  
Tel: 613 735-3951  
Fax: 613 735-7840

### Central

#### Haliburton County Development Corporation

P.O. Box 210  
Haliburton, Ontario KOM 1S0  
Tel: 705 457-3555  
Fax: 705 457-3398

#### Land O'Lakes Small Business Corporation

Box 209  
Sharbot Lake, Ontario K0H 2P0  
Tel: 613 279-2056  
Fax: 613 279-2609

#### CFBC of North & Central Hastings & South Algoma Development Corp.

Box 517  
Bancroft, Ontario K0L 1C0  
Tel: 613 332-5564  
Fax: 613 332-5628

#### Smiths Falls Business Self Help Office

77 Beckwith St. N.  
Smiths Falls, Ontario K7A 2B8  
Tel: 613 283-4124  
Fax: 613 283-4764

#### Valley Heartland Community Dev. Corporation

28 Main St. W.  
Smiths Falls, Ontario K7A 1M6  
Tel: 613 283-7002

#### Peterborough Business Advisory Centre

(Small Bus. Enterprise Centre)  
210 Wolfe St.  
Peterborough, Ontario K9J 2K9  
Tel: 705 743-0777 x 225  
Fax: 705 743-3093

#### S. D. & G. Community Development Corporation

26 Pitt St.  
Cornwall, Ontario K6J 3P2  
Tel: 613 932-4333  
Fax: 613 932-0596



## **South**

### **Cornwall Business Self Help Office**

340 Pitt St., P.O. Box 877  
Cornwall, Ontario K6H 5T9  
Tel: 613 933-0074  
Fax: 613 933-0745

### **Greater Peterborough Business Development Centre Inc.**

351 Charlotte St.  
Peterborough, Ontario K9J 2W1  
Tel: 705 745-5434  
Fax: 705 745-2369

### **Grenville Community Dev. Centre**

Box 309  
Prescott, Ontario KOE 1T0  
Tel: 613 925-4275  
Fax: 613 925-3758

### **Kingston Small Business Enterprise Centre**

200-181 Wellington St.  
Canada Trust Bldg.  
Kingston, Ontario K7L 3E3  
Tel: 613 544-2725 x 229  
Fax: 613 546-2882  
Email: schell@kingstonarea.on.ca

### **Northumberland Business Assistance**

P.O. Box 304 - 1011 William St.  
Cobourg, Ontario K9A 4K8  
Tel: 905 372-8315  
Fax: 905 372-2238

### **Northumberland Business Self Help Office**

Dressler House  
212 King St. W.  
Cobourg, Ontario K9A 2N1  
Tel: 905 372-9279  
Fax: 905 372-1306

### **Peterborough Business Advisory Centre**

(Small Bus. Enterprise Centre)  
210 Wolfe St.  
Peterborough, Ontario K9J 2K9  
Tel: 705 743-0777 x 225  
Fax: 705 743-3093

### **S. D. & G. Community Development Corporation**

26 Pitt St.  
Cornwall, Ontario K6J 3P2  
Tel: 613 932-4333  
Fax: 613 932-0596

### **Prince Edward County Community Development Corporation**

P.O. Box 2559  
Picton, Ontario K0K 2T0  
Tel: 613 476-7901  
Fax: 613 476-7235

### **Quinte Business Self Help Office**

Quinte Business Development Centre  
284 B Wallbridge-Loyalist Rd., P.O. Box 610  
Belleville, Ontario K8N 5B3  
Tel: 613 961-0590  
Fax: 613 961-7998  
Email: bizhelp@citybelleville.com

### **Trenval Business Dev. Corporation**

284B Wallbridge Loyalist Rd.  
Belleville, Ontario K8N 5B3  
Tel: 613 961-7999  
Fax: 613 961-7998

### **1000 Islands Community Dev. Corp.**

3 Market St. W., Suite 3  
Brockville, Ontario K6V 7L2  
Tel: 613 345-6216  
Fax: 613 345-2391

### **Kawartha Lakes CFDC**

189 Kent St. W., Suite 211  
Lindsay, Ontario K9V 5G6  
Tel: 705 328-0261  
Fax: 705 328-3684

**North**

**Huntsville Business Self Help Office**

37 Main St. E.  
Huntsville, Ontario P1H 1A1  
Tel: 705 789-1751 x 2256  
Fax: 705 789-6689

**Muskoka Business Development Corporation**

42 King William Street  
Huntsville, Ontario P1H 1G3  
Tel: 705 789-8821  
Fax: 705 789-6114

**North Simcoe Business Dev. Centre**

355 Cranston Cres.  
P.O. Box 8,  
Midland, Ontario L4R 4K6  
Tel: 705 526-1371  
Fax: 705 526-4993

**Orillia Area- Community Development Corporation**

P.O. Box 2525  
Orillia, Ontario L3V 7A3  
Tel: 705 325-4903  
Fax: 705-325-6817  
Email: oacdc@csolve.net

**Central**

**Barrie Area Native Advisory Circle BANAC**

Aboriginal Business Service Network  
431 Huronia Rd., Unit 10  
Barrie, Ontario L4N 9B3  
Tel: 705 734-1818

**Business Enterprise Resource Network of Barrie and  
South Simcoe**

24 Maple Ave. P.O. Box 8  
Barrie, Ontario L4N 7W4  
Tel: 705 792-0989  
Fax: 705 792-0988  
Email: SSEnterprise@canada.com

**Business Loans Centre**

183 The Queensway  
Keswick, Ontario L4P 2A3  
Tel: 905 476-1244  
Fax: 905 476-9978

**South**

**Brampton Small Business Enterprise Centre**

33 Queen St. W., 1<sup>st</sup> Fl.  
Brampton, Ontario L6Y 1L9  
Tel: 905 874-2650  
Fax: 905 874-2670

**Business Advisory Centre Durham**

1601 Hopkins St. S.  
Whitby, Ontario L1N 9N1  
Tel: 905 665-6402  
Fax: 905 665-6403

**Centre for Business Development**

Vaughan Business Self-Help Office  
28 Roytec Road, Unit 1  
Woodbridge, Ontario L4L 8E4  
Tel: 905 417-0412  
Fax: 905 417-0410  
vaughan@on.aibn.com

**Halton Business Development Centre**

Ministry of Economic Development and Trade  
1151 Bronte Rd.  
Oakville, Ontario L6M 3L1  
Tel: 905 825-6123, x7229  
Fax: 905 825-8839

**Markham Business Self Help Office**

Markham Civic Centre  
101 Town Centre Blvd.  
Markham, Ontario L3R 9W3  
Tel: 905 475-4890  
Fax: 905 475-4708

**Mississauga Business Enterprise Centre, Central  
Library**

301 Burnhamthorpe Rd. W., 4<sup>th</sup> Fl.  
Mississauga, Ontario L5B 3Y3  
Tel: 905 615-3275  
Fax: 905 615-4447

**Toronto**

**Canadian Business Resource Centre**

145 Front St. E., Suite 101  
Toronto, Ontario M5A 1E3  
Tel: 416 415-2370  
Fax: 416 415-2371  
www.cbrc.com

**Enterprise Toronto - North**

North York Civic Centre (Head Office)  
5100 Yonge Street, Main Floor  
Toronto, Ontario M2N 5V7  
Tel: 416 395-7434  
Fax: 416 395-7444  
www.enterprisetoronto.com

**Enterprise Toronto – East**

Scarborough Civic Centre  
150 Borough Dr., Main Floor  
Toronto, Ontario M1P 4N7  
Tel: 416 396-7169  
www.enterprisetoronto.com

**Enterprise Toronto – West**

Etobicoke Civic Centre  
399 The West Mall  
Toronto, Ontario M9C 2Y2  
Tel: 905 394-8949  
www.enterprisetoronto.com

**Enterprise Toronto – City Hall**

Toronto City Hall, Main Floor  
100 Queen St. W.  
Toronto, Ontario M5H 2N2  
Tel: 416 392-6646  
www.enterprisetoronto.com

**Centre of Entrepreneurship**

Centre for Creative Communications  
Centennial College  
951 Carlaw Ave., Room 107  
Toronto, Ontario M4K 3M2  
Tel: 416 289-5000  
www.cencol.on.ca/coe

**J V S of Greater Toronto**

1280 Finch Ave. W., 6<sup>th</sup> Floor  
Toronto, Ontario M3J 3K6  
Tel: 416 661-3010  
Fax: 416 661-5716  
www.jvstoronto.org

**Microskills Employment Resource Centre**

1 Vulcan Street  
Rexdale, Ontario M9W 1L3  
Tel: 416 247-7181  
Fax: 416 247-1877  
Email: admin@microskills.ca  
www.microskills.ca

**Riverdale Business Centre**

1007 Gerrard St. E.  
Toronto, Ontario M4M 1Z4  
Tel: 416 462-0496  
Fax: 416 462-3601  
Email: rcbc@riverdale.org  
www.riverdale.org

**Toronto Business Development Centre**

1071 King St. W., Suite 113  
Toronto, Ontario M6K 3K2  
Tel: 416 345-9437  
Fax: 416 345-9044  
Email: torbiz@tbdc.com  
www.tbdc.com

**YMCA Enterprise Centre**

42 Charles St. E., 4th Floor  
Toronto, Ontario M4Y 1T4  
Tel: 416 928-3362  
Fax: 416 928-3325  
www.ymcautoronto.net

**York Business Opportunities Centre**

116 Industry St.  
Toronto, Ontario M6M 4L8  
Tel: 416 767-1855  
Fax: 416 767-7572 (SEA)  
www.lefca.org

**Youth Business Services**

(Youth Employment Service) Y.E.S.  
555 Richmond St. W., Suite 714  
Toronto, Ontario M5V 3B1  
Tel: 416 504-5303  
Fax: 416 504-7496  
www.yes.on.ca

**Western Ontario****North****Georgian Triangle Economic Development Corporation**

450 Hume St., Unit 2  
Collingwood, Ontario L9Y 1W6  
Tel: 705 445-8410  
Fax: 705 445-6082

**Port Elgin Resource Centre**

Ministry of Economic Development and Trade  
515 Goderich St.  
Port Elgin, Ontario N0H 2C4  
Tel: 519 832-2008  
Fax: 519 832-2140

**Owen Sound & Area Business Self Help Office**

Ministry of Economic Development and Trade  
163 - 8<sup>th</sup> St. E.  
Owen Sound, Ontario N4K 1K9  
Tel: 519 371-3232  
Tel: 519 371-8436  
Fax: 519 371-2060  
Email: osbuship@log.on.ca

**Saugeen Economic Development Corporation**

554 – Seventh Ave.  
Hanover, Ontario N4N 2J7  
Tel: 519 364-3694  
Fax: 519 364-6384

**Saugeen Shores Business Self Help Office**

Town of Saugeen Shores  
600 Tomlinson, Box 820  
Port Elgin, Ontario N0H 2C3  
Tel: 519 832-2008  
Fax: 519 832-2140  
www.town.saugeenshores.on.ca

**East****Business Advisory Centre of Hamilton-Wentworth**

64 King St. E.  
Hamilton, Ontario L8N 1A6  
Tel: 905 527-2752 x 23  
Fax: 905 527-4878  
www.bac.net

**Business Development Centre of Greater Fort Erie**

45 Jarvis Street  
Fort Erie, Ontario L2A 3S3  
Tel: 905 871-7331  
Fax: 905-871-5284

**Hamilton-Wentworth Self Help Centre**

7 Innovation Drive, Suite 102  
Hamilton, Ontario L9H 7H9  
Tel: 905 689-2888  
Fax: 905 689-1874

**Niagara Falls & Area Business Self Help Centre**

Ministry of Economic Development and Trade  
4310 Queen St.  
P.O. Box 1023  
Niagara Falls, Ontario L2E 6X5  
Tel: 905 356-7521 x 5001  
Fax: 905 357-9293  
www.niagarafalls.on.ca

**Port Colborne-Wainfleet Community Dev. Corp.**

296 Fielden Ave. Mailing Address: P.O. Box 519  
Port Colborne, Ontario L3K 5X7  
Tel: 905 834-7572  
Fax: 905 834-4225

**St. Catharines/Niagara Business Self-Help Office**

Ministry of Economic Dev. And Trade  
City Hall  
50 Church St., 2<sup>nd</sup> Fl.  
St. Catharines, Ontario L2R 7C2  
Tel: 905 688-5601 x 1761  
Fax: 905 682-3631

**Welland Business & Community Development Corp.**

46 King St., Suite 201  
Welland, Ontario L3B 3H9  
Tel: 905 735-8085  
Fax: 905 735-7252

## **Central**

### **Brantford Business Self-Help Office**

Brantford Public Library  
Ministry of Economic Development and Trade  
173 Colborne St.,  
Brantford, Ontario N3T 5R7  
Tel: 519 756-4269  
Fax: 519 756-4979

### **Brantford Self-Help Office**

City Hall  
100 Wellington Square  
Brantford, Ontario N3T 2M3  
Tel: 519 759-4150 x 256  
Fax: 519 752-6775

### **The Business Enterprise Centre for Waterloo Region**

Ministry of Economic Development and Trade  
200 King St. W.,  
P.O. Box 1118  
Kitchener, Ontario N2G 4G7  
Tel: 519 741-2604  
Fax: 519 741-2722  
Cambridge: 519 740-4536 x 4615  
www.bizenterprisecentre.com

### **Enterprise Brant**

330 West St., #10  
Brantford, Ontario N3R 7V5  
Tel: 519 752-4636  
Fax: 519 759-0098

### **Grand Erie Business Centre**

11 Argyle St. North, Unit 207  
Caledonia, Ontario N3W 1B6  
Tel: 905 765-5005  
Fax: 905 765-5750

### **Guelph Business Enterprise Centre**

Ministry of Economic Development and Trade  
The Atrium  
One Stone Rd. W.  
Guelph, Ontario N1G 4Y2  
Tel: 519 826-4701  
Fax: 519 826-4721  
Email: success@guelphbusiness.com

### **Lutherwood/CODA**

165 King St. E.  
Kitchener N2G 2K8  
Tel: 519 742-1782

### **Norfolk District Business Development Corporation**

P.O. Box 732  
Simcoe, Ontario N3Y 4T2  
Tel: 519 428-2323  
Fax: 519 428-0074

### **Two Rivers Community Development Centre**

P.O. Box 225  
Oshweken, Ontario N0A 1M0  
Tel: 519 445-4567  
Fax: 519 445-2154

## **West**

### **Bruce Community Development Corporation**

PO Box 208  
Kincardine, Ontario N2Z 2Y7  
Tel: 519 396-8141

### **Chatham/Kent Business & Community Dev. Corp.**

P. O. Box 192  
Blenheim, Ontario N0P 1A0  
Tel: 519 676-7775  
Fax: 519 676-9732

### **Chatham-Kent Business Self-Help Office**

Ministry of Economic Development and Trade  
445 Grand Ave. W.  
Chatham, Ontario N7M 5L5  
Tel: 519 351-1228 x 2039  
Fax: 519 351-7852  
www.city.chatham-tent.on.ca

### **Elgin Community Development Corp.**

300 South Edgeware Rd.  
St. Thomas, Ontario N5P 4L1  
Tel: 519 633-7597  
Fax: 519 633-5070

### **Huron Business Development Corporation**

Ministry of Economic Development and Trade  
138 Main St. S.  
P.O. Box 1120  
Seaforth, Ontario N0K 1W0  
Tel: 519 527-0305  
Fax: 519 527-2240/2245

### **London Community Small Business Centre**

Ministry of Economic Development and Trade  
1764 Oxford St. E.  
London, Ontario N5V 3R6  
Tel: 519 659-2882 x 225

**Oxford Small Business Support Centre Inc.**

118 Oxford St.  
Ingersoll, Ontario N5C 2V5  
Tel: 519 425-0401  
Fax: 519 425-0803

**Sarnia-Lambton Business Development Corporation**

1362 Lambton Mall Road, Unit 16  
Sarnia, Ontario N7S 5A1  
Tel: 519 542-2292  
Fax: 519 542-7144

**Sarnia-Lambton Business Self Help Office**

Sarnia-Lambton Council for Economic Renewal  
265 Front St. N., Suite 107  
Sarnia, Ontario N7T 7X1  
Tel: 519 332-4261  
Fax: 519 332-1636  
www.sarnialambton.on.ca

**South Essex Economic Development Corporation**

33 Princess St., Suite 212  
Leamington, Ontario N8H 5C5  
Tel: 519 326-1863  
Fax: 519 326-5521

**Techumseh Community Development Corporation**

R.R. #1  
Muncey, Ontario N0L 1Y0  
Tel: 519 289-2122  
Fax: 519 289-5550

**Windsor-Essex Business Self-Help Office**

Radisson Riverfront Hotel & City Centre  
333 Riverside Dr. W., Suite 217  
Windsor N9A 5K4  
Tel: 519 253-6900  
Fax: 519 255-9987  
www.choosewindsor.com

**Windsor-Essex County Development Commission**

City Centre, Suite 217  
333 Riverside Dr. West  
Windsor, Ontario N9A 5K4  
Tel: 519 253-6900

**Women & Rural Economic Development (WRED)**

423 Erie St.  
Stratford, Ontario  
N5A 2N3  
Tel: 519 273-5017  
Fax: 519 273-4826  
www.wred.org

**Northeastern Ontario****East****Absolute Abilities Business Initiatives Centre**

576 Hay Street  
Sudbury, Ontario P3E 5P8  
Tel: 705 675-2121  
Fax: 705 675-1283  
Email: info@absoluteabilities.on.ca

**Aboriginal Business Service Network**

Ontario Métis Aboriginal Association  
452 Albert Street, E., 2<sup>nd</sup> Floor  
Sault Ste. Marie, Ontario P6B 2J8  
Tel: 705 946-5900;  
Tel: 1 800 423-3361

**Blue Sky Regional Business Self Help Office**

200 McIntyre St. E., Box 360  
North Bay P1B 8H8  
Tel: 705 474-0400  
Tel: 1 800 465-6892  
Fax: 705 474-4493  
Email: northbay@cobsc.org

**Community Development Corporation of Sault Ste. Marie & Area**

672 Queen St. E.  
Sault Ste. Marie, Ontario P6A 2A4  
Tel: 705 942-9000  
Fax: 705 942-0274

**Discovery North Centre for Business**

126 Ontario Ave.  
Elliot Lake, Ontario P5A 1Y2  
Tel: 705 848-2908  
Fax: 705 848-3867  
Email: info@discoverynorth.com

**Economic Partners Sudbury East/West Nippissing Inc.**

Box 208, 30 Front St.  
Sturgeon Falls, Ontario P0H 2G0  
Tel: 705 753-5450  
Fax: 705 753-3456

**Enterprise Centre Sault Ste. Marie**

99 Foster Dr., 3<sup>rd</sup> Fl.  
Sault Ste. Marie, Ontario P6A 5X6  
Tel: 705 759-5461  
Tel 1 800 565-4507  
Fax: 705 759-2185  
Email: ecsm@soonet.ca



**Lacloche Manitoulin Business Assistance Corporation**

P.O. Box 130  
Gore Bay, Ontario P0P 1H0  
Tel: 705 282-3215  
Fax: 705 282-2989

**Nipissing East Community Opportunities**

510 Main St., Suite 204  
North Bay, Ontario P1B 1B8  
Tel: 705 476-1013  
Fax: 705 495-6038

**Parry Sound Area Community Business & Dev. Centre Inc.**

1A Church St.  
Parry Sound, Ontario P2A 1Y2  
Tel: 705 746-4455  
Fax: 705 746-4435

**South Temiskaming Community Business Corp.**

467 Ferguson Ave., Box 339  
Haileybury, Ontario P0J 1K0  
Tel: 705 672-3021  
Tel: 1 800 361-2281  
Fax: 705 672-5959  
Email: tdbsho@ntl.sympatico.ca

**Sudbury Regional Business Centre**

Tom Davies Square  
200 Brady St.  
Sudbury, Ontario P3E 5K3  
Tel: 705 688-7582  
Tel: 1 800 668-7582  
Fax: 705 671-6767

**Superior East Community Development Corporation**

P.O. Box 709  
Wawa, Ontario P0S 1K0  
Tel: 705 856-1105  
Fax: 705 856-1107

**The Community Dev. Centre for Blind River East Algoma**

One Industrial Park Rd. E., Suite 106  
Blind River, Ontario P0R 1B0  
Tel: 705 356-1152  
Fax: 705 356-7711

**Waubetek Business Development Corporation**

General Delivery  
Birch Island, Ontario P0P 1A0  
Tel: 705 285-4275  
Fax: 705 285-4584

**West**

**Kirkland & District Community Business Corporation**

P.O. Box 128  
Kirkland, Ontario P2N 3M6  
Tel: 705 567-3331  
Fax: 705 567-6565

**Nord-Aski Regional Economic Development Corp.**

P.O. Box 6000  
Hearst, Ontario P0L 1N0  
Tel: 705 362-7355  
Fax: 705 362-8246

**North Claybelt Community & Business Dev. Corp. Inc.**

6 Ash St.  
Kapusksing, Ontario P5N 2C8  
Tel: 705 337-1407  
Fax: 705 337-6285

**Wakenagun Community Futures Development Corporation**

P.O. Box 308  
Moose Factory, Ontario P0L 1W0  
Tel: 705 658-4428  
Fax: 705 658-4672

**Timmins Business Self Help Office**

54 Spruce St. S.  
Timmins, Ontario P4N 2M5  
Tel: 705 360-8482;  
Tel: 1 800 461-2936  
Fax: 705 360-1394

**The Venture Centre**

38 Pine St. N.  
The 101 Mall, Suite 134  
Timmins, Ontario P4N 6K6  
Tel: 705 360-5800  
Fax: 705 360-5656

**Atikokan Economic Development Corporation**

115 Main Street, Lower Level, Voyageur Mall  
P.O. Box 218  
Atikokan, Ontario P0T 1C0  
Tel: 807 597-2757  
Fax: 807 597-2726

**Chukuni Communities Development Corporation**

137 Howey Street  
P.O. Box 250  
Red Lake, Ontario P0V 2M0  
Tel: 807 727-3275  
Fax: 807 727-3285

**Greenstone Economic Dev. Corp.**

1409 Main Street  
P.O. Box 1018  
Geraldton, Ontario P0T 1M0  
Tel: 807 854-2273  
Fax: 807 854-2474

**Lake Of The Woods Business Incentive Corporation**

Northwestern Ontario Business Self-Help Office  
227 ½ Second St. S.  
Kenora, Ontario P9N 1G1  
Tel: 807 467-4640  
Fax: 807 467-4645

**Patricia Area Community Endeavours**

P.O. Box 668, Unit 2  
66 Keith Ave.  
Dryden, Ontario P8N 2Z3  
Tel: 807 221-3293  
Fax: 807 221-3294

**Rainy River Future Development Corporation**

400 Scott St.  
Fort Francis, Ontario P9A 1H2  
Tel: 807 274-3276  
Fax: 807 274-6989

**Superior North Community Development Corporation**

P.O. Box 716  
Terrace Bay, Ontario P0T 2W0  
Tel: 807 825-4505  
Fax: 807 825-9664

**Thunder Bay & Area Small Business Help Office**

200 Syndicate Ave. S. – Suite. 102  
Thunder Bay, Ontario P7E 1C9  
Tel: 807 625-3972  
Tel: 1 800 668-9360  
Fax: 807 623-3962  
www.developthunderbay.com

**Thunder Bay Ventures**

960 William St.  
Conmee Bldg  
P.O. Box 10116  
Thunder Bay, Ontario P7B 6T6  
Tel: 807 768-6650  
Fax: 807 768-6655

**Women Business Owners Organization of  
Northwestern Ontario**

c/o Northwest Enterprise Centre  
P.O. Box 398  
Thunder Bay, Ontario P7C 4W1  
Tel: 807 475-6392  
Tel: 800 475-3893



## **DISABILITY ORGANIZATIONS IN ONTARIO**



There are many disability organizations and associations in Ontario. Some provide services to individuals with a specific disability. Others provide services to individuals with any disability. A cross section of government programs and services and primary organizations serving people with disabilities Ontario-wide are listed here with a brief description of the organization and main services provided.

### **GOVERNMENT PROGRAMS**

#### **The Ontario Ministry of Community and Social Services (MCSS) - Ontario Disability Support Program**

Employment Supports, a component of the Ontario Disability Support Program (ODSP), provides people with disabilities the supports they need to get and keep jobs. One of the key objectives is to reduce or eliminate disability-related barriers to competitive employment for people with disabilities. Self-employment planning is considered an employment support. Available supports include employment preparation and training, technical aids, interpreters, route and orientation training, job placement support, job coaching and on-the-job training.

To be eligible for employment supports a person must:

- have a physical or mental impairment that is expected to last one year or more, and presents a substantial barrier to getting a job;
- be 16 years of age or older, a resident of Ontario, and legally entitled to work in Canada; and,
- not be receiving or eligible for disability or rehabilitation benefit from other public or private sources.

Application packages for ODSP Employment Supports are available at MCSS offices. More information on ODSP employment supports is available at: [www.gov.on.ca/CSS/page/brochure/odspempsup.html](http://www.gov.on.ca/CSS/page/brochure/odspempsup.html)

#### **MCSS – Home and Vehicle Modification Program**

The Home and Vehicle Modifications Program (HVMP) provides funding up to \$15,000 toward the cost of home and/or vehicle modifications required to eliminate imminent life safety risk, prevent hospitalization or institutionalization, permit discharge from institution or avoid loss of employment and income. For more information call: 1 877 369-HVMP or refer to the Ontario March of Dimes in this guide.



## **The Ontario Ministry of Health and Long-Term Care – Assistive Devices Program**

The Assistive Devices Program (ADP) and the Home Oxygen Program (HOP) are administered by the Operational Support Branch of the Ontario Ministry of Health and Long-Term Care. The objective of both ADP and HOP is to financially assist Ontario residents with long term physical disabilities to obtain basic, competitively priced, personalized assistive devices appropriate for the individual's needs and essential for independent living. ADP covers up to 75% or a fixed amount toward the cost of over 15,000 separate pieces of equipment. Most devices must be authorized by a qualified health care professional registered with the program. More information on ADP or HOP is available at [www.gov.on.ca/health](http://www.gov.on.ca/health), or by contacting:

Assistive Devices Program  
5700 Yonge Street, 7th Floor  
Toronto, Ontario M2M 4K5

Or call :  
Toronto : 416 327-8804  
Toll Free : 1 800 268-6021  
TDD/TTY : 416 327-4282  
Toll Free : 1 800 387-5559

## **The Ontario Ministry of Health and Long Term Care – Attendant Services**

The Ministry of Health and Long-Term Care has two programs that provide trained attendants to help people with physical disabilities live independently at home. The Attendant Outreach Program provides visitation attendant services to people with severe or serious physical disabilities. For information contact your local Community Care Access Centre or Long-Term Care Programs listed below. The Self-Managed Attendant Services program lets people with disabilities choose and hire their own attendants. For information on this program, contact the Centre For Independent Living in Toronto at 416 599-2458 or the Ontario March of Dimes (Toronto) at 416 425-3463; toll free 1 800 263-3463.

For more information on long-term care programs contact:

Long-Term Care Program  
Hepburn Block, 5th Floor  
80 Grosvenor Street  
Toronto, Ontario M7A 1E9  
Tel: 416 327-7361  
Fax: 416 326-0888  
Or, call the Ministry INFOLine toll free at 1 800 268-1154  
Toronto: 416 314-5518  
TTY: 1 800 387-5559.  
[www.gov.on.ca/health](http://www.gov.on.ca/health)

## **Human Resources Development Canada (HRDC) – Canada Pension Plan Disability**

The Canada Pension Plan Disability (CPPD) pays a monthly benefit to people who have: made a minimum contribution to the Plan; are under the age of 65; and, are disabled. The disabling condition can be physical or mental but must be “severe and prolonged”. “Severe” means the condition prevents a person from working regularly at any job, and “prolonged” means the condition is long term or may result in death. The Canada Pension Plan supports beneficiaries receiving CPPD benefits who are trying to return to the work force. The program provides services and return to work incentives. The Canada Pension Plan’s Vocational Rehabilitation Program supports selected clients by providing personalized return to work planning and assistance.

More information on the Canada Pension Plan Disability Vocational Rehabilitation Program is available by calling free of charge at 1 800 461-3422; TDD/TTY device: 1 800 255-4786; or at, [www.hrdc-drhc.gc.ca](http://www.hrdc-drhc.gc.ca).

## **HRDC – The Self Employment Benefits Program and Opportunities Fund**

The Self Employment Benefits (SEB) Program provides income support, business skills development and business start-up counselling to people who are eligible for or collecting Employment Insurance (EI) benefits; or are unemployed and have collected EI benefits within the past three years, (five years for maternity or parental benefits). People with disabilities who are eligible and have a business idea are encouraged to apply.

The Opportunities Fund assists people with disabilities who are unemployed and not eligible for other HRDC programs, (such as SEB) to prepare for, obtain and keep employment or become self-employed.

For more information on these and other HRDC programs contact your local Human Resource Centre of Canada; or at, [www.hrdc.drhc.gc.ca](http://www.hrdc.drhc.gc.ca).

# THE ONTARIO DISABILITY SUPPORT PROGRAM – MINISTRY OF COMMUNITY AND SOCIAL SERVICES

## Eastern Ontario

### Ministry of Community and Social Services

Ontario Disability Support Program  
11 Beechgrove Lane  
Kingston, Ontario K7M 9A6  
Tel: 613 545-4383  
Tel: 1 800 267-0236  
TTY: 613 545-4532

### Eastern Region, Ministry of Community and Social Services

Ontario Disability Support Program  
10 Rideau Street, 3rd Floor  
Ottawa, Ontario, K1N 9J1  
Tel: 613 787-5250  
Tel: 1 800 267-5111  
TTY: 613 787-5264  
TTY: 1 877 520-2328  
[www.gov.on.ca:80/CSS/page/offices/eastern.html](http://www.gov.on.ca:80/CSS/page/offices/eastern.html)

### MCSS Belleville

Tel: 613 962-9562  
Toll Free: 1 800 267-4355  
TDD/TTY: 613 962-2927

### MCSS Brockville

Tel: 613 345-1200  
Toll Free: 1 800 267-0834  
TD/TTY: 613 345-0751

### MCSS Peterborough

Tel: 705 742-9292  
Toll Free: 1 800 663 8560  
TDD/TTY: 705 742-7507

### MCSS Smiths Falls

Tel: 613 283-1165  
Toll Free: 1 800 267-7911  
TDD/TTY: 613 283-1256

### MCSS Whitby

Tel: 905 665-1030  
Toll Free: 1 800 722-1196  
TDD/TTY: 905 665-1053

## Central Ontario

### Ministry of Community and Social Services

Ontario Disability Support Program  
1140 Burnhamthorpe Rd. West, Suite 212  
Mississauga, Ontario, L5C 4E9  
Tel: 905 897-3146  
Tel: 1 800 361-0897  
TTY: 905 897-3162  
[www.gov.on.ca:80/CSS/page/offices/centralwest.html](http://www.gov.on.ca:80/CSS/page/offices/centralwest.html)

### Ministry of Community and Social Services

Ontario Disability Support Program  
465 Davis Drive  
Newmarket, Ontario L3Y 8T2  
Tel: 905 868-8900  
Tel: 1 877 669-6658  
TTY: 905 715-7759  
[www.gov.on.ca:80/CSS/page/offices/centraleast.html](http://www.gov.on.ca:80/CSS/page/offices/centraleast.html)

### Ministry of Community and Social Services

Ontario Disability Support Program  
2195 Yonge Street, 9th Floor  
Toronto, Ontario M7A 1G1  
Tel: 416 325-0693  
TTY: 416 314-5701  
[www.gov.on.ca:80/CSS/page/offices/toronto.html](http://www.gov.on.ca:80/CSS/page/offices/toronto.html)

### MCSS Burlington

Tel: 905 637-4500 Ext. 4644  
Toll Free: 1 800 567-6388  
TDD/TTY: 905 681-0720

### MCSS Barrie

Tel: 705 737-1311  
Toll Free: 1 800 461-7551  
TDD/TTY: 705 737-9601



**Hamilton/Niagara Region Hamilton/Niagara Region**

Ministry of Community and Social Services  
Ontario Disability Support Program  
119 King Street West, Suite 600  
Hamilton, Ontario L8P 4Y7  
Tel: 905 521-7549  
Tel: 1 800 561-0369  
TTY: 905 546-8276  
[www.gov.on.ca:80/CSS/page/offices/hamnia.html](http://www.gov.on.ca:80/CSS/page/offices/hamnia.html)

**Ministry of Community and Social Services**

Ontario Disability Support Program  
217 York Street, Suite 203  
P.O. Box 5217  
London, Ontario N6A 5R1  
Tel: 519 438-5111  
Tel: 1 800 265-4197  
TTY: 519 663-5276  
[www.gov.on.ca:80/CSS/page/offices/southwest.html](http://www.gov.on.ca:80/CSS/page/offices/southwest.html)

**MCSS Brantford**

Tel: 519 756-5790 Ext. 303  
TDD/TTY: 519 756-3693

**MCSS Guelph**

Tel: 519 822-7500 Ext. 227  
Toll Free: 1 800 833-9951 Ext. 227  
TDD/TTY: 519 822-1561

**MCSS Simcoe**

Tel: 519 426-9350  
Toll Free: 1 800 265-8071  
TDD/TTY: 519 426-0351

**MCSS St.Catharines**

Tel: 905 688-3022 Ext. 224  
Toll Free: 1 800 263-5413  
TDD/TTY: 905 688-3022 Ext. 224

**MCSS Waterloo**

Tel: 519 886-4700 Ext. 223  
Toll Free: 1 800 441-9820 Ext. 223  
TDD/TTY: 519 886-8304

**MCSS Windsor**

Tel: 519 254-1651  
Toll Free: 1 800 419-4919  
TDD/TTY: 519 254-4850

**Ministry of Community and Social Services**

Ontario Disability Support Program  
621 Main Street West  
North Bay, Ontario P1B 2V6  
Tel: 705 474-3540  
Tel: 1 800 461-6977  
TTY: 705 474-7665  
[www.gov.on.ca:80/CSS/page/offices/northeast.html](http://www.gov.on.ca:80/CSS/page/offices/northeast.html)

**Ministry of Community and Social Services**

Ontario Disability Support Program  
199 Larch Street, 10th Floor  
Sudbury, Ontario P3E 5P9  
Tel: 705 564-4515  
Tel: 1 800 461-1167  
TTY: 705 564-3233  
<http://www.gov.on.ca:80/CSS/page/offices/northern.html>

**MCSS Bracebridge**

Tel: 705 645-8718  
Toll Free: 1 800 665-971  
TDD/TTY: 705 645-5717

**MCSS Kenora**

Tel: 807 468-2400  
Toll Free: 1 800 268-2970  
TDD/TTY: 807 468-2866  
Toll Free TDD/TTY: 1 888 524-2220

**MCSS Kirkland Lake**

Tel: 705 567-3391  
Toll Free: 1 800 461-4961  
TDD/TTY: 705 567-4645

**MCSS Sault Ste. Marie**

Tel: 705 253-2001  
Toll Free: 1 800 825-7593  
TDD/TTY: 705 253-2091

**MCSS Thunder Bay**

Tel: 807 473-3130  
Toll Free: 1 800 465-5561  
TDD/TTY: 807 473-3151  
Toll Free TDD/TTY: 1 800 544-6443

**MCSS Timmins**

Tel: 705 235-1700  
Toll Free: 1 800 461-9843  
TDD/TTY: 705 235-1786



## **CANADIAN HEARING SOCIETY**



The Canadian Hearing Society (CHS) provides a wide range of services to meet the needs of deaf, deafened and hard of hearing people. Services are offered in a fully accessible and supportive environment by professionals experienced in meeting the consumer's needs.

Employment services provides specialized employment services for deaf, deafened and hard of hearing consumers, 16 years of age and older, for whom barriers often include: difficulty accessing information over the telephone; difficulty in securing sign language interpreting services; and, serious attitudinal barriers regarding the employability of deaf, deafened and hard of hearing people. Specially trained counsellors, include staff who can communicate directly with consumers, because they are themselves are deaf, deafened or hard of hearing, as well as hearing staff who use sign language, understand the culture and have the expertise to meet their communication needs.

A full range of employment services are offered by CHS. Please contact the CHS office closest to you to find out more about CHS services. In some offices employment services are offered directly and indirectly through partnerships with outside agencies. For more information contact:

Canadian Hearing Society  
Ontario Head Office  
271 Spadina Road  
Toronto, Ontario M5R 2V3  
Tel: 416 964-9595  
TTY: 416 964-0023  
Fax: 416 928-2525  
[www.chs.ca](http://www.chs.ca)



## Eastern Ontario

### North

**The Canadian Hearing Society  
La Société canadienne de l'ouïe  
Ottawa Regional Office**

**Bureau régional d'Ottawa**

2197 Riverside Drive, Suite 502

2197, Prom. Riverside, Suite 502

Ottawa, Ontario K1H 7X3

Tel: 613 521-0509

TTY: 613 521-0634

Fax: 613 521-083

Email: office@ottawa.chs.ca

**Hearing Aid Program**

Programme de prothèses auditives

Tel: 613 521-2319

TTY: 613 521-0634

### South

**The Canadian Hearing Society  
Kingston Regional Office**

299 Concession Street, Suite 203

Kingston, Ontario K7K 2B9

Tel: 613 544-1927

TTY: 613 544-2765

Fax: 613 544-1975

Email: office@kingston.chs.ca

**Belleville Sub-office**

Suite 208 - 200 Dundas Street E.

Belleville, Ontario K8N 1E3

Tel: 613 966-8995

TTY: 613 966-7381

Fax: 613 966-8365

Email: office@belleville.chs.ca

**Brockville Sub-office**

54 King Street East

Brockville, Ontario K6V 1B1

Tel/TTY: 613 498-3933

Fax: 613 498-0363

Email: office@brockville.chs.ca

**Peterborough Regional Office**

315 Reid Street,

Peterborough, Ontario, K9J 3R2

Tel: 705 743-1573

TTY: 705 743-1621

Fax: 705 741-0708

Hearing Aid Program 705 743-1876

Email: office@peterborough.chs.ca

## Central Ontario

### North/Central

**The Canadian Hearing Society**

54 Cedar Pointe Drive

Suite 1205

Barrie, Ontario L4N 5R7

Tel/TTY: 705 737-3190

Fax: 705 722-0381

Email: office@barrie.chs.ca

### South

**The Canadian Hearing Society**

**York Regional Office**

16655 Yonge Street Weston Produce Plaza

Unit 3 with YMCA - beside TD Bank

Newmarket, Ontario, L3X 1V6

Tel: 905 715-7511

Toll Free: 1 877 715-7511

TTY: 905 898-6646

Toll Free TTY: 1 877 967-5247

Fax: 905 715-7109

**The Canadian Hearing Society**

178 Simcoe St. N. - Basement

Oshawa, Ontario, L1G 4S9

Tel: 905 404-8490

TTY: 905 404-0468

Fax: 905 404-2012

## **Toronto**

**Toronto Regional Office  
Ontario Head Office**  
271 Spadina Road  
Toronto, Ontario, M5R 2V3  
Tel: 416 964-9595  
TTY: 416 964-0023  
Fax: 416 928-2525

## **East**

**Hamilton Regional Office**  
255 West Ave. N.  
Hamilton, Ontario, L8L 5C8  
Tel: 905 522-0755  
TTY: 905 522-1128  
Fax: 905 522-1336  
Email: office@hamilton.chs.ca

**Niagara Area Office**  
Niagara Rehab Centre  
547 Glenridge Ave  
St. Catharines, Ontario, L2T 4C2  
Tel: 905 984-4412  
TTY: 905 984-8916  
Fax: 905 984-8298  
Email: office@niagara.chs.ca

## **Central**

**The Canadian Hearing Society  
Waterloo Regional Office**  
222 Frederick Street  
Kitchener, Ontario, N2H 2M8  
Tel: 519 744-6811  
TTY: 519 744-6901  
Fax: 519 744-2390  
Tel/TTY: 1 800 668-5815  
Email: office@waterloo.chs.ca

**Brantford Area Office**  
225 Colborne Street, Suite 139  
Brantford, Ontario, N3T 2H2  
Tel/TTY: 519 753-3162  
Fax : 519 753-7447  
Email: office@brantford.chs.ca

## **West**

**The Canadian Hearing Society  
Chatham Office**  
48 Fifth Street, Suite 308  
Chatham, Ontario, N7M 4V8  
Tel/TTY: 519 354-9347  
Fax: 519 354-2083  
Email: office@chatham.chs.ca

**The Canadian Hearing Society  
London Regional Office**  
261 Piccadilly Street.  
London, Ontario, N6A 1S3  
Tel: 519 667-3325  
TTY: 519 667-3323  
Fax: 519 667-9668  
Email: office@london.chs.ca

**The Canadian Hearing Society  
Sarnia Regional Office**  
704 Mara Street, Suite 117  
Point Edward, Ontario, N7V 1X4  
Tel: 519 337-8307  
TTY: 519 337-5943  
Fax: 519 337-6886  
Email: office@sarnia.chs.ca

**The Canadian Hearing Society  
Windsor Regional Office**  
300 Giles Blvd.  
Windsor, Ontario, N9A 4C4  
Tel: 519 253-7241  
TTY: 519 254-1704  
Fax: 519 253-6630  
Hearing Aid Program 519 253-8831  
Email: office@windsor.chs.ca

**The Canadian Hearing Society  
Elliott Lake Area Office**  
c/o Huron Lodge  
100 Manitoba Road  
Elliott Lake, Ontario, P5A 2T1  
Tel/TTY: 705 848-5306  
Fax: 705 848-1306  
Email: office@elliottlake.chs.ca

## Northeastern Ontario

**The Canadian Hearing Society - Francophone  
La Société canadienne de l'ouïe  
Sudbury Regional Office**

**Bureau Régional Sudbury**  
1233 Paris Street,  
1233, rue Paris  
Sudbury, Ontario  
Canada P3E 3B6  
Tel: 705 522-1020  
Fax: 705 522-1060  
TTY: 705 532-1090  
Toll Free: 1 800 479-4562  
Email: office@sudbury.chs.ca

**The Canadian Hearing Society  
North Bay Area Office**

432-101 Worthington St., E  
North Bay, Ontario, P1B 1G5  
Tel: 705-474-8090  
TTY: 705-494-8487  
Email: office@northbay.chs.ca

**The Canadian Hearing Society  
Sault Ste. Marie Regional Office**

130 Queen St. E.  
Sault Ste. Marie, Ontario P6A 1Y5  
Tel: 705 946-4320  
TTY: 705 256-2752  
Fax: 705 256-7231  
Email: office@saultstemarie.chs.ca

## Northwestern Ontario

**The Canadian Hearing Society  
Fort Frances Area Office**

396 Scott St.  
Fort Frances, Ontario, P9A 1G9  
Tel/TTY: 807 274-4224  
Email: office@fortfrances.chs.ca

**The Canadian Hearing Society  
Kenora Area Office**

136 Main Street South  
Kenora, Ontario, P9N 1S9  
Tel/TTY: 807 468-7230  
Fax: 807 468-8496  
Email: office@kenora.chs.ca

**The Canadian Hearing Society  
Thunder Bay Regional Office**

135 N. Syndicate Avenue  
Suite #300  
Thunder Bay, Ontario, P7C 3V6  
Tel: 807 623-1646  
TTY: 807 623-5639  
Fax: 807 623-4815  
Toll Free: 1 800 469-5608 Northwestern Ontario only  
Email: office@thunderbay.chs.ca



## **CANADIAN MENTAL HEALTH ASSOCIATION – ONTARIO DIVISION**



The Canadian Mental Health Association (CMHA), Ontario Division is a volunteer led, professionally managed charitable organization, with a community focus, dealing with all aspects of mental health and mental illness. The organization's customers are the one in five Ontarians who will experience a mental health problem sometime in their life, as well as all persons in Ontario who may benefit from the promotion of mental health or information about mental health services.

CMHA-Ontario Division, provides programs and services for people with mental disorders, that enhance, maintain and promote the mental health of all individuals and communities in Ontario. This is achieved through public education, social action and advocacy, research and policy development, as well as province-wide programs and services, including consulting and training.

For more information contact:

CMHA Ontario Division  
180 Dundas St, W, Suite 2301,  
Toronto, Ontario M5G 1Z8  
Tel: 416 977-5580  
Tel: 1 800 875-6213  
Fax: 416 977-2264  
Fax: 416 977-2813  
[www.ontario.cmha.ca](http://www.ontario.cmha.ca)

# CANADIAN MENTAL HEALTH ASSOCIATION



## Eastern Ontario

### North

#### Ottawa-Carleton Branch

1355 Bank St.  
Suite 301  
Ottawa, Ontario K1H 8K7  
Tel: 613 737-7791  
Fax: 613 737-7644  
Email: [cmhaottawa@globalserve.net](mailto:cmhaottawa@globalserve.net)

### South

#### Hastings & Prince Edward Counties Branch

199 Front St.  
Century Place, Suite 530  
Belleville, Ontario K8N 5H5  
Tel: 613 969-8874  
Fax: 613 969-8294  
Email: [cmha.hastings@sympatico.ca](mailto:cmha.hastings@sympatico.ca)

#### Kingston Branch

6 Ordnance Street  
Kingston Ontario K7K 5T9  
Tel: 613 549-7027  
Fax: 613 549-7098  
Email: [cmhstaff@adan.kingston.net](mailto:cmhstaff@adan.kingston.net)  
[www.kingston.org/cmha](http://www.kingston.org/cmha)

#### Leeds-Grenville Branch

52 King St. E.  
Brockville, Ontario K6V 1B1  
Tel: 613 345-0950  
Fax: 613 345-6965  
Email: [cmha@recorder.ca](mailto:cmha@recorder.ca)  
[www.recorder.ca/cmha](http://www.recorder.ca/cmha)

#### Peterborough Branch

466 George St. N.  
Peterborough, Ontario K9H 3R7  
Tel: 705 748-6711  
Fax: 705 748-2577  
Email: [info@peterborough.cmha.on.ca](mailto:info@peterborough.cmha.on.ca)  
[www.peterborough.cmha.on.ca](http://www.peterborough.cmha.on.ca)

#### Stormont, Dundas Glengarry/Prescott-Russell Branch

29 Second St. E.  
Cornwall Ontario K6H 1Y2  
Tel: 613 933-5845  
Fax: 613 936-2323  
[www.cmha-east.on.ca](http://www.cmha-east.on.ca)

#### Victoria County Branch

31 Peel St.  
Lindsay, Ontario K9V 3L9  
Tel: 705 328-2704  
Fax: 705 328-2456  
Email: [cmhavcb@nexicom.net](mailto:cmhavcb@nexicom.net)

## Central Ontario

### North/Central

#### Barrie-Simcoe Branch

5 Bell Farm Rd.  
Barrie, Ontario L4M 5G1  
Tel: 705 726-5033  
Fax: 705 726-0636  
[www.mhcvva.on.ca/cmhabar.htm](http://www.mhcvva.on.ca/cmhabar.htm)

### South

#### Durham Region Branch

111 Simcoe St. N.  
Oshawa, Ontario L1G 4S4  
Tel: 905 436-8760  
Fax: 905 436-1569  
Email: [cmha@cmhadurham.org](mailto:cmha@cmhadurham.org)  
[www.cmhadurham.org](http://www.cmhadurham.org) under construction

#### Halton Region Branch

217 Main St.  
Milton, Ontario L9T 1N9  
Tel: 905 693-4270  
Fax: 905 693-0596  
Email: [cmhahalton@interhop.net](mailto:cmhahalton@interhop.net)

**Peel Branch Resource Centre**

3181 Wolfedale Rd. Unit 3  
Mississauga, Ontario L5C 1V8  
Tel: 905 804-0123  
Fax: 905 804-0120  
Email: info@cmhapeel.ca  
www.cmhapeel.ca

**York Region Branch**

200 Davis Dr.  
Newmarket, Ontario L3Y 2N4  
Tel: 905 898-7466,  
Toronto: 416 798-8500  
Fax: 905 898-4390  
Email: yorkregion@cmha-yr.on.ca  
www.yesic.com/~cmhayr

**Toronto****Metro Toronto Branch**

970 Lawrence Ave. W., Suite 205  
Toronto, Ontario M6A 3B6  
Tel: 416 789-7957  
Fax: 416 789-9079  
Email: cmha.toronto@sympatico.ca  
www3.sympatico.ca/cmha.toronto

**North****Grey Bruce Branch**

1024 - 2nd Avenue E.  
Owen Sound, Ontario N4K 2H7  
Tel: 519 371-3642  
Fax: 519 371-6485  
Email: cmhagb@bmts.com

**Western Ontario****East****Hamilton-Wentworth Branch**

182 Rebecca St.  
Hamilton Ontario L8R 1C1  
Tel: 905 521-0090  
Fax: 905 521-0211  
Email: cmhaham@netaccess.on.ca  
www.netaccess.on.ca/~cmhaham

**Niagara Branch**

Fonthill Shopping Centre  
Hwy 20, PO Box 1251  
Fonthill, Ontario L0S 1E0  
Tel: 905 641-5222  
Fax: 905 892-1993  
Email: cmhaniag@iaw.on.ca  
www.iaw.com/cmhansb



## Central

### Brant County Branch

44 King St.  
Suite 203  
Brantford, Ontario N3T 3C7  
Tel: 519 752-2998  
Fax: 519 752-2717  
Email: [mail@cmhabrant.on.ca](mailto:mail@cmhabrant.on.ca)  
[www.cmhabrant.on.ca](http://www.cmhabrant.on.ca)

### Haldimand and Norfolk Branch

365 West Street  
Suite 316  
Simcoe, Ontario N3Y 1T7  
Tel: 519 426-8211  
Fax: 519 426-2621  
Email: [cmha@kwic.com](mailto:cmha@kwic.com)

### Waterloo Region Branch

67 King St. E. Suite 2nd. Fl.  
Kitchener, Ontario N2G 2K4  
Tel: 519 744-7645  
Fax: 519 744-7066  
Email: [admin@cmhawrb.on.ca](mailto:admin@cmhawrb.on.ca)  
<http://www.cmhawrb.on.ca>

### Wellington-Dufferin Branch

147 Wyndham Street N.  
Guelph, Ontario, N1H 4E9  
Tel: 519 836-6220,  
Tel: 1 888-255-2642  
Fax: 519 836-6237  
Email: [admin@cmhawdb.on.ca](mailto:admin@cmhawdb.on.ca)  
<http://www.cmhawdb.on.ca/>

## West

### Chatham-Kent County Branch

240 Grand Avenue West  
Suite 100  
Chatham, Ontario N7L 1C1  
Tel: 519 436-6100  
Fax: 519 351-9203  
[www.cmhakent.com](http://www.cmhakent.com)

### Elgin County Branch

110 Centre Street  
St. Thomas, Ontario N5R 2Z9  
Tel: 519 633-1781  
Fax: 519 631-8273  
Email: [cmhaelgn@execulink.com](mailto:cmhaelgn@execulink.com)

### Huron-Perth Branch

145 Ontario St.  
Stratford, Ontario N5A 3H1  
Tel: 519 273-1391  
Fax: 519 273-0505  
Email: [cmha@cyg.net](mailto:cmha@cyg.net)  
[www.cyg.net/~cmha](http://www.cyg.net/~cmha)

### Lambton County Branch

210 Lochiel Street  
Sarnia, Ontario N7T 4C7  
Tel: 519 337-5411  
Fax: 519 337-2325  
Email: [general@cmha.sarnia.net](mailto:general@cmha.sarnia.net)  
[www.cmhalambton.on.ca](http://www.cmhalambton.on.ca)

### London-Middlesex Branch

648 Huron St.  
London, Ontario N5Y 4J8  
Tel: 519 434-9191  
Fax: 519 438-1167  
Email: [mailbox@london.cmha.ca](mailto:mailbox@london.cmha.ca)  
[www.london.cmha.ca](http://www.london.cmha.ca)

### Oxford County Branch

365 Dundas Street  
Woodstock, Ontario N4S 1B6  
Tel: 519 539-8055  
Fax: 519 539-8317  
Email: [cmhaoxf@execulink.com](mailto:cmhaoxf@execulink.com)

### Windsor-Essex Branch

1400 Windsor Ave.  
Windsor, Ontario N8X 3L9  
Tel: 519 255-7440  
Fax: 519 255-7817  
Email: [bklingel@cmha-wecb.on.ca](mailto:bklingel@cmha-wecb.on.ca)  
<http://www.cmha-wecb.on.ca/>

## **Northeastern Ontario**

### **East**

#### **Nipissing Regional Branch**

391 Wyld St.  
North Bay, Ontario P1B 1Z3  
Tel: 705 474-1299  
Fax: 705 474-5325  
Email: cmhanip@onlink.net

#### **Sault Ste. Marie Branch**

386 Queen Street East  
Sault Ste. Marie, Ontario P6A 1Z1  
Tel: 705 759-0458  
Fax: 705 945-0261  
Email: general@cmhassm.com  
www.cmhassm.com

#### **Sudbury Branch**

111 Elm Street, Suite 100  
Sudbury, Ontario P3C 1T3  
Tel: 705 675-7252  
Fax: 705 675-7247  
www.cmha.sudbury.on.ca/

### **West**

#### **Cochrane/Timiskaming Branch**

239 Wilson Ave.  
Timmins, Ontario P4N 2T3  
Tel: 705 267-8100  
Fax: 705 268-8742  
Email: cmhatim@ntl.sympatico.ca  
www.cmhatimmins.on.ca

## **Northwestern Ontario**

#### **Fort Frances Branch**

Box 446  
Fort Frances, Ontario  
P9A 3M8  
Tel: 807 274-2347  
Fax: 807 274-2473  
Email: cmha@jam21.net

#### **Thunder Bay Branch**

200 Van Norman St.  
Thunder Bay, Ontario P7A 4B8  
Tel: 807 345-5564  
Fax: 807 345-4458  
Email: cmhatb@norlink.net  
www.cmha-tb.on.ca/

## CANADIAN NATIONAL INSTITUTE FOR THE BLIND – ONTARIO DIVISION



The Canadian National Institute for the Blind (C N I B) is a national voluntary agency providing services to individuals across Canada to whom loss of vision is a central problem in personal and social adjustment. The C N I B also acts as a consultant and resource agency to the helping professions, government departments and private industry.

C N I B's Career Centre provides blind and visually impaired people career guidance and is specifically adapted to meet the needs of blind and visually impaired people who are looking for employment or changing their careers. Programs offered by the Career Centre are highly individualized, based upon the needs of each person. Services are provided to people who: find it difficult to access other career services because of limited vision; are presently employed and experience increased job difficulty because of declining vision; or, feel underemployed because of visual impairment and wish to make a career change.

For more information contact:

Toronto District Office CNIB  
Suite 100-101  
939 Eglinton Ave. E.  
Toronto, Ontario  
M4G 4E8  
Tel: 416 413-9480  
[www.cnib.ca](http://www.cnib.ca)

CNIB Career Centre  
1929 Bayview Avenue  
Toronto, Ontario M4G 3E8  
Tel: 416 480-7025



# CANADIAN NATIONAL INSTITUTE FOR THE BLIND

## Eastern Ontario

### North

#### Ottawa/Carleton and Lanark CNIB

320 McLeod St.,  
Ottawa, Ontario K2P 1A3  
Tel: 613 563-4021  
Fax: 613 563-1898

#### Renfrew County CNIB

Peter White Bldg., Suite 2  
217 Pembroke St. E.,  
Pembroke, Ontario K8A 3J8  
Tel: 613 735-1921  
Fax: 613 735-7010

### South

#### Durham CNIB

1 Mary St. North, Unit D  
Oshawa, Ontario L1G 7W8  
Tel: 905 436-7732  
Fax: 905 436-1202

#### Eastern Counties CNIB

222 Pitt St.  
Cornwall, Ontario K6J 3P6  
Tel: 613 936-2300  
Fax: 613 936-2296

#### Haliburton/Kawartha/Pine Ridge CNIB

236 King St.  
Peterborough, Ontario K9J 7L8  
Tel: 705 745-6918  
Fax: 705 745-9899

#### Hastings/Prince Edward CNIB

11 Victoria Ave.  
Belleville, Ontario K8N 1Z6  
Tel: 613 966-8833  
Fax: 613 966-2731

#### Kingston CNIB

826 Princess St.  
Kingston, Ontario K7L 1G3  
Tel: 613 542-4975  
Fax: 613 542-8639

## Central Ontario

### North/Central

#### Simcoe/Muskoka CNIB

20 Anne St., S., Unit 10  
Barrie, Ontario L4N 2C6  
Tel: 705 728-3352  
Fax: 705 722-5305

### South

#### Halton/Peel CNIB

151 City Centre Dr., Suite 201  
Mississauga, Ontario L5B 1M7  
Tel: 905 275-5332  
Fax: 905 275-7710  
TTY 905 275-4409

#### York Region CNIB

9050 Yonge St., Suite 102,  
Richmond Hill, Ontario L4C 9S6  
Tel: 905 731-6307  
Fax: 905 731-8079

### Toronto

#### Toronto - District Office CNIB

939 Eglinton Ave. E.  
Suite 100-101  
Toronto, Ontario M4G 4E8  
Tel: 416 413-9480



## Western Ontario

### North

#### **Bruce/Dufferin/Grey CNIB**

895 Third Ave. E.  
Owen Sound, Ontario N4K 2K6  
Tel: 519-371-2721  
Fax: 519-371-2741

### East

#### **Hamilton/Wentworth CNIB**

1686 Main St. W.  
Hamilton, Ontario L8S 1G4  
Tel: 905 528-8555  
Fax: 905 527-9536

#### **Niagara CNIB**

63 Church St., Suite 309  
St. Catharines, Ontario L2R 3C4  
Tel: 905 688-0022  
Fax: 905 688-9674

### Central

#### **Brantford CNIB**

67 King St.,  
Brantford, Ontario N3T 3C8  
Tel: 519 752-6831  
Fax: 519 752-4920

#### **Waterloo/Wellington CNIB**

Allen Square, #160-180 King St. S.  
Waterloo, Ontario N2J 1P8  
Tel: 519 742-3536  
Fax: 519 742-4003

### West

#### **Essex/Kent CNIB**

245 Janette Avenue.  
Windsor, Ontario N9A 4Z2  
Tel: 519 253-1900  
Fax: 519 253-4440

#### **London CNIB**

749 Baseline Rd. E.  
London, Ontario N6C 2R6  
Tel: 519 685-8420  
Fax: 519 685-8419

## Northeastern Ontario

### East

#### **Nipissing/Parry Sound CNIB**

573 Fraser St.,  
North Bay, Ontario P1B 3X3  
Tel: 705 472-2710  
Fax: 705 472-7269

#### **Sault/Algoma CNIB**

763 Wellington St. E.,  
Sault Ste. Marie, Ontario P6A 2M9  
Tel: 705 949-2610  
Fax: 705 949-2291

#### **Sudbury/Manitoulin CNIB**

303 York St.,  
Sudbury, Ontario P3E 2A5  
Tel: 705 675-2468  
Fax: 705 675-6635

### West

#### **Timmins CNIB**

303 Fifth Ave.,  
Timmins, Ontario P4N 5L5  
Tel: 705 264-2312  
Fax: 705 264-9851

## Northwestern Ontario

#### **Thunder Bay CNIB**

229 Camelot St.,  
Thunder Bay, Ontario P7A 4B2  
Tel: 807 345-3341  
Fax: 807 345-0786

## ***THE CANADIAN PARAPLEGIC ASSOCIATION OF ONTARIO***



The Canadian Paraplegic Association (CPA) of Ontario assists people with spinal cord injuries and other physical disabilities to achieve independence, self-reliance and full community participation. The Association provides attendant, rehabilitation, employment and assistive technology services through regional offices.

An integral component of CPA's Employment Services is provided through its partnership with the Toronto Rehabilitation Institute Lyndhurst Centre's - Assistive Technology Program (ATP). ATP helps individuals with a mobility impairment find accessible devices to support their personal and employment goals. ATP specializes in adapting electronic devices like computers, home appliances and telephones to maximize productivity and independence. CPA also provides Employment Services including employment counselling and planning services for Clients in all stages of their career development.

For more information contact:

Canadian Paraplegic Association of Ontario  
520 Sutherland Drive  
Toronto, Ontario M4G 3L9  
Tel: 416 422-5644  
Fax: 416 422-5943  
Tel: 1 877-422-1112  
[www.canparaplegic.org/on/](http://www.canparaplegic.org/on/)

# CANADIAN PARAPLEGIC ASSOCIATION OF ONTARIO

## Eastern Ontario

**Ottawa Regional Office**  
1101 Prince of Wales Drive  
Suite 230  
Ottawa, Ontario, K2C 3W7  
Tel: 613 723-1033  
Fax: 613 723-1060

## Central Ontario

**Canadian Paraplegic Association Ontario  
Ontario Head Office**  
520 Sutherland Drive  
Toronto, Ontario, M4G 3V9  
Tel: 416 422-5644  
Fax: 416 422-5943  
Toll Free: 1-877-422-1112  
Email: info@cpaont.org

**Barrie Regional Office**  
81 Bradford Street, Suite 111  
Barrie, Ontario L4N 6S8  
Tel: 705 726-4546  
Tel: 1 800 870-5671  
Fax: 705 726-5054

## Western Ontario

### East

**Hamilton Regional Office**  
1201 Main St. W.  
Chedoke Site, Sanatorium Rd.  
Holbrook Big, Room C1110B  
Hamilton, Ontario L8N 3P6  
Tel: 905 383-0216  
Tel: 1 877 262-3367  
Fax: 905 383-5021

### West

**London Regional Office**  
50 King Street  
London, Ontario, N6A 5L7  
Tel: 519 433-2331  
Fax: 519 433-3987

## Northern Ontario

**Thunder Bay Regional Office**  
1201 Jasper Drive, Ste. B  
Thunderbay, Ontario P7B 6R2  
Tel: 807 344-3743  
Tel: 1 866 344-4159  
Fax: 807 344-9490



## ***EPILEPSY ONTARIO***



Epilepsy Ontario's mission is to improve the quality of life for all people in Ontario affected by epilepsy. Through a network of chapters, contacts and associates, Epilepsy Ontario provides client services, counselling, information and referral services, education and advocacy services for children and adults with epilepsy, and for their families. Long-term programs raise standards of care and support medical research into seizure disorders. For more information contact:

Epilepsy Ontario Provincial Office  
Suite 308  
1 Promenade Circle  
Thornhill, Ontario L4J 4P8  
Tel: 905 764-5099  
Fax: 416 229-2291  
Toll free in Ontario: 800 463-1119  
Fax: 905 764-1231  
[www.epilepsyontario.org](http://www.epilepsyontario.org)

## Eastern Ontario

### North

#### Epilepsy Ottawa-Carleton

Suite 207  
211 Bronson Avenue  
Ottawa, Ontario K1R 6H5  
Tel/Fax: 613 594-9255

### South

#### Epilepsy Kingston & Area

100 Stuart Street  
Kingston, Ontario K7L 2V6  
Tel: 613 542-6222  
Fax: 613 548-4162  
Email: epking@limestone.kosone.com

#### Epilepsy Peterborough & Area

Unit 4, Charlotte Mews  
203 Simcoe Street  
Peterborough, Ontario K9H 2H6  
Tel: 705 876-0311  
Fax: 705 876-0109  
Email: epilepsytbo@hotmail.com

#### Epilepsy Durham Region

Unit 200  
209 Dundas Street East,  
Whitby, Ontario L1N 7H8  
Tel: 905 666-9926  
Tel: 800 350-9069  
Fax: 905 666-4529  
Email: edr@durham.net

### Outreach Offices

#### Epilepsy - Cornwall & Area

Tel: 613 932-4615

#### Prince Edward & Hastings Counties

Tel: 613 542-6222 (Kingston)  
Fax: 613 548-4162  
Email: epking@limestone.kosone.com

#### Epilepsy Lindsay

Tel: 705 324-8139  
Email: epilepsytbo@hotmail.com

#### Epilepsy Muskoka/Haliburton

Tel: 705 385-2161

## Central Ontario

#### Epilepsy Brampton & Area

Suite 201, 37 George Street North,  
Brampton, Ontario L6X 1R5  
Tel: 905 450-5283  
Tel: 800 361-7204 (from area 519 only)  
Fax: 905 450-5340  
Email: epibram@interlog.com

#### Epilepsy Mississauga

Suite 208  
90 Dundas St. W.  
Mississauga, Ontario L5B 2T5  
Tel: 905 803-0526  
Fax: 905 803-0739  
Email: office@epilepsymississauga.com

#### Epilepsy Simcoe County

Unit 130, 80 Bradford St.  
Barrie, Ontario L4N 6S7  
Tel: 705 737-3132  
Tel: 800 256-0638  
Fax: 705 737-5045  
Email: epilepsybarry@on.aibn.com

#### Epilepsy Toronto

Suite 400  
2221 Yonge St.  
Toronto, Ontario M4S 2B4  
Tel: 416 964-9095  
Fax: 416 964-2492  
Email: info@epilepsytoronto.com

#### Epilepsy York Region

11181 Yonge St.  
Richmond Hill, Ontario L4S 1L2  
Tel: 905 508-5404  
Fax: 905 508-0920  
Email: epilepsy@eol.ca



## **Western Ontario**

### **East**

#### **Epilepsy Hamilton & District**

Suite 855, 92 King Street East,  
Hamilton, Ontario L8N 1A8  
Tel: 905 522-8487  
Fax: 905 522-8015  
Email: epilepsylhw\_b@on.aibn.com

### **Central**

#### **Epilepsy Waterloo/Wellington**

301 Frederick St.  
Kitchener, Ontario N2H 2N6  
Tel: 519 745-2112  
Fax: 519 745-2435

### **West**

#### **Epilepsy Huron-Perth-Bruce**

52 Huron Street  
PO Box 1058, Clinton, Ontario N0M 1L0  
Tel: 519 482-5527  
Tel: 800 387-5259  
Fax: 519-482-5379  
Email: epilepsy@tcc.on.ca

#### **Epilepsy London & Area**

Suite L-10, 123 St. George Street,  
London, Ontario N6A 3A1  
Tel: 519 433-4073  
Tel: 800 387-5259  
Fax: 519 433-4079  
Email: epilond@gtn.net

#### **Epilepsy Windsor / Essex County**

545 Ouellette Avenue, 2nd Floor  
Windsor, Ontario N9A 4J3  
Tel/Fax: 519 977-6141  
Email: epwind@mnsi.net

### **Outreach Offices**

#### **Fergus**

Tel: 519 843-7000  
Email: epilww@sentex.net

#### **Epilepsy Grey County**

Tel: 519 371-9820

#### **Epilepsy Sarnia/Lambton**

Tel: 866 734-0873  
(866-SEIZURE)

## **Northeastern Ontario**

#### **Epilepsy Sudbury / Manitoulin**

303 York Street  
Sudbury, Ontario P3E 2A5  
Tel: 705 688-0188  
Fax: 705 688-1685  
Email: epilsud@volnetmmp.net

#### **Cochrane Temiskaming Epilepsy Association**

Suite 203, 273 Third Avenue,  
Timmins, Ontario P4N 1E2  
Tel: 705 264-2933  
Tel: 877 856-5661 toll-free (from area 705 only)  
Fax: 705 264-0350

### **Outreach Offices**

#### **Epilepsy North Bay**

Tel: 705 494-8199

#### **Epilepsy Parry Sound**

Tel: 705 746-4293  
Fax: 705 746-7600

## **Northwestern Ontario**

#### **Epilepsy Rainy River District**

P.O. Box 586  
Emo, Ontario P0W 1E0  
Tel: 807 482-1104

## INTELLECTUAL DISABILITIES



Intellectual disabilities or developmental disabilities are disabilities that are the result of an impairment to a person's learning or cognitive processes. A person with an intellectual disability might have difficulty learning, reasoning or remembering. While the common misconception is that people with intellectual disabilities are unable to work, this is far from the truth. In fact the opportunities to lead productive lives and make a contribution to the community through work, open to people with intellectual disabilities, are many and varied – including self-employment. A number of innovative programs have been developed across Canada through which people with intellectual disabilities have become successfully self-employed. These programs range from the establishment of community and cooperative businesses to supported self-employment, in which community organizations, family and friends assist people with intellectual disabilities in the establishment and management of their business.

For more information about intellectual disabilities contact:

Ontario Association for Community Living  
240 Duncan Street  
Toronto, Ontario M3B 1Z4  
Tel: 416 447-4348  
Fax: 416 447-8974  
[www.acl.on.ca](http://www.acl.on.ca)

JVS of Greater Toronto  
74 Tycos Drive  
Toronto, Ontario M6B 1V9  
Tel: 416 787-1151  
Fax: 416 785-7529  
[www.jvstoronto.org](http://www.jvstoronto.org)



## ***LEARNING DISABILITIES ASSOCIATION OF ONTARIO***



The Learning Disabilities Association of Ontario is a charitable non-profit organization dedicated to improving the lives of children, youth and adults with learning disabilities. Local chapters and satellites are located throughout Ontario. The association assists people with learning disabilities and their families in meeting their expressed needs by: providing support, guidance and up-to-date resource information; providing the opportunity for the sharing of information and common concerns; encouraging research in the field of learning disabilities; and, supporting and generating legislative initiatives. While specific services provided vary from site to site, all work to further the educational, social, recreational, legal, medical, vocational and employment opportunities for people with learning disabilities in Ontario. For more information contact:

Learning Disabilities Association of Ontario  
365 Bloor Street East  
Suite 1004, Box 39  
Toronto, Ontario M4W 3L4  
Tel: 416 929-4311  
[www.ldao.on.ca](http://www.ldao.on.ca)

# LEARNING DISABILITIES ASSOCIATION OF ONTARIO

## Eastern Ontario

### North

#### LDA Ottawa-Carleton

160 Percy St  
Ottawa, Ontario K1R 6E5  
Tel: 613 567-5864  
Fax: 613 567-5979  
Email: LDAO-C@freenet.carleton.ca  
Web: www.ncf.ca/ldao-c

### South

#### LDA Peterborough

171 King St, Unit 4,  
Peterborough, Ontario K9J 2R8  
Tel: 705 748-9455  
Fax: 705 748-9455  
Email: ldaptbo@pipcom.com

#### LDA Kingston

417 Bagot St.  
Kingston, Ontario K7K 3C1  
Tel: 613 545-0373  
Fax: 613 549-7855  
Email: ldak@kingston.jkl.net

### Satellite Offices

#### LDA Quinte

Belleville, Ontario  
Tel: 613 969-7426

#### LDA Victoria County

Lindsay, Ontario  
Tel: 705 324-5119

## Central Ontario

#### LDA Durham Region

P.O. Box 346  
Pickering, Ontario L1V 2R6  
Tel: 905 509-4182; 905 686-1790  
Fax: 905 686-3326  
Email: platers@pathcom.com; juka@netcom.ca

#### LDA Halton County

203 - 323 Kerr St.  
Oakville, Ontario L6K 3B6  
Tel: 905 844-6905  
Fax: 905 844-9529  
LDA Mississauga  
110 Dundas St. W.  
Mississauga, Ontario L5B 1H8  
Tel: 905 272-4100  
Fax: 905 272-4863  
Email: ldamiss@idirect.com

#### LDA Newmarket-Aurora and District

17817 Leslie St., Unit 12,  
Newmarket, Ontario L3Y 8C6  
Tel: 905 853-6542  
Email: ldanad@email.com

#### LDA North Peel

104-150 Central Park Dr.  
Bramalea, Ontario L6T 2T9  
Tel: 905 791-4100  
Email: lda@idirect.com  
www.ldanp-peel.org

#### LDA South Simcoe

146 Victoria St. W.  
PO Box 558  
Alliston, Ontario L9R 1V7  
Tel: 705 435-0376  
Fax: 705 435-0069  
Email: lcass@ican.net  
www.ldass.org

#### LDA York Region

221-11181 Yonge St.  
Richmond Hill, Ontario L4S 1L2  
Tel: 905 884-7933  
Fax: 905 770-9377  
Email: ldayr@idirect.com



## **Toronto**

### **LDA North York and Toronto Offices:**

203-121 Willowdale Ave.  
Toronto, Ontario M2N 6A3  
Tel: 416 229-1680  
Fax: 416 229-1681  
Email adult programs: [skye@ldany.on.ca](mailto:skye@ldany.on.ca)  
[www.ldany.on.ca](http://www.ldany.on.ca)

### **Learning Disabilities Association of Ontario**

Head Office  
1004-365 Bloor St. E,  
P.O. Box 39  
Toronto, Ontario M4W 3L4  
Tel: 416 929-4311  
Fax: 416 929-3905

## **Satellite Offices**

### **LDA Muskoka**

Huntsville, Ontario  
Tel: 705 788-7097

## **Western Ontario**

### **LDA Simcoe County**

80 Bradford St.  
Barrie, Ontario L4N 6S7  
Tel: 705 726-5553

## **East**

### **LDA Hamilton-Wentworth**

Box 17, 15 King St. East  
Hamilton, Ontario L8N 1A1  
Tel: 905 523-1332  
Fax: 905 523-6311  
Email: [lda@hwcen.org](mailto:lda@hwcen.org)  
Web: [www.hwcen.org/link/lda/](http://www.hwcen.org/link/lda/)

### **LDA Niagara Fonthill**

PO Box 1292  
Fonthill, Ontario L0S 1E0  
Tel: 905 892-0479  
Email: [ldaniag@becon.org](mailto:ldaniag@becon.org)

### **LDA St. Catharines-Niagara**

366 St. Paul St.  
PO Box 4025  
St. Catharines, Ontario L2R 7S3  
Tel: 905 641-1021  
Fax: 905 641-2336  
Email: [LDA\\_StCatharinesNiagara@hotmail.com](mailto:LDA_StCatharinesNiagara@hotmail.com)

## **Central**

### **LDA Kitchener-Waterloo**

171 Frederick St, Kitchener  
PO Box 34030  
Highland Hills Postal Outlet,  
Kitchener, Ontario N2N 3G2  
Tel: 519 743-9091  
Fax: 519 743-9027  
Email: [ldakw@golden.net](mailto:ldakw@golden.net)  
Web: [www.ldakw.on.ca](http://www.ldakw.on.ca)

### **LDA Wellington County**

PO Box 723  
Guelph, Ontario N1H 6C8  
Tel: 519 837-2050

## **West**

### **LDA Lambton County**

321 Devine St.  
Sarnia, Ontario N7T 1T9  
Tel: 519 344-7745  
Fax: 519 344-8818  
Web: [www.sarnia.com/groups/lda-lc](http://www.sarnia.com/groups/lda-lc)

### **LDA Chatham-Kent**

285 McNaughton Ave. E.  
PO Box 1424  
Chatham, Ontario N7M 5W8  
Tel: 519 352-2024  
Fax: 519 352-0734

### **LDA London-Middlesex**

305-171 Queen's Ave.  
London, Ontario N6A 5J7  
Tel: 519 438-6213  
Fax: 519 438-0368  
Elgin County Committee: 519 438-6213  
Huron County Committee: 519 527-2541

**LDA Windsor-Essex County Satellite**

c/o 5725 Huron Church Line  
Windsor, Ontario N9A 6Z6  
Tel: 519 971-5128  
Email: ldawin\_ess@hotmail.com

**Satellite Office**

**Oxford County Committee:** 519 539-3730  
Email: jfenech@linkd.net

**LDA Owen Sound**

Tel: 519 599-5730  
Tel: 1 877-705-4806  
Email: didimom@hotmail.com

**Northeastern Ontario**

**LDA Sault Ste. Marie**

898 Queen St.  
Sault Ste. Marie, Ontario P6A 2B4  
Tel: 705 942-4310  
Fax: 705 942-9228  
Email: lda-ssm@on.aibn.com  
www.soonet.ca/lda

**Satellite Offices**

**LDA North Bay & District**

Tel: 705 476-8771  
Fax: 705 476-7312  
Email: air.repair@sympatico.ca

**LDA Parry Sound**

Tel/Fax: 705 746-9601

**Northwestern Ontario**

**Satellite Office**

**LDA Thunder Bay**

Tel: 807 622-9741  
Tel: 807 344-7485



## ONTARIO MARCH OF DIMES



The Ontario March of Dimes is a multi-service, charitable organization delivering a wide range of programs united by a single goal: to increase the independence of adults with physical disabilities. Ontario March of Dimes programs address many of the barriers that confront individuals with physical disabilities: accessible and affordable housing with support services; vocational training and job placement; physical mobility and accessibility through the provision of devices and removal of architectural barriers; opportunities for recreation and socialization, and much more. Most important is how the services are delivered. The March of Dimes empowers the consumer through self-directed services and by maximizing their input into program design.

Ontario March of Dimes provides a continuum of Employment Services from career exploration and vocational assessment through skill training and job placement services. Services are also available for consumers interested in self-employment.

Independent Living Services provide non-medical assistance with daily living-personal care, house cleaning and meal preparation, to adults with disabilities or acquired brain injuries.

AccessAbility Services provides greater personal mobility through the assistive devices and DesignAbility programs, and better accessibility through its Barrier Free Design and Home and Vehicle Modification (HMVP) programs.

Other March of Dimes programs include: Recreation and Integration Services that provide quality residential recreation and one-day outing opportunities; Conductive Education that helps stroke survivors and individuals with acquired brain injury, Multiple Sclerosis or Parkinson's Disease re-learn motor skills and regain self-esteem; and, the Post Polio Program that provides information about the late effects of polio and peer support.

For more information contact:

Ontario March of Dimes  
10 Overlea Blvd.  
Toronto, Ontario M4H 1A4  
Tel: 416 425-3463  
Fax: 416 425-1920  
Toll free: 1 800 263-3463  
HVMP: 1 877 369-4867  
[www.dimes.on.ca](http://www.dimes.on.ca)



**Assistive Devices Program**

**Counties of Bruce, Grey, Dufferin, Simcoe,  
Muskoka, Wellington or the Regional  
Municipalities of Waterloo or Peel**  
Tel: 519 579-5530

**Counties of Manitoulin, Parry Sound,  
Temiskaming, Nipissing, Cochrane, Algoma,  
Thunder Bay, Rainy River and Kenora**  
Tel: 705 949-1945

**Counties of Middlesex, Oxford, Elgin, Kent,  
Lambton, Essex, Perth and Huron**  
Tel: 519 972-9082

**Counties of Ottawa/Carleton, Renfrew, Stormont,  
Dundas, Glengarry, Frontenac,  
Leeds, Grenville, Lanark and Hastings**  
Tel: 613 932-3255

**Counties of Toronto, York, Durham, Victoria,  
Haliburton, Peterborough  
and Northumberland**  
Tel: 905 773-7758 ext. 218

**Regional Municipalities of Niagara, Haldimand-  
Norfolk**  
Tel: 905 687-8484

**Regional Municipalities of Hamilton-Wentworth  
and Counties of Brant and Halton**  
Tel: 905 528-9432 x 219

**Home And Vehicle  
Modifications Program**

Toll free number: 1 877-369-HVMP (4867)  
V/TTY: 519 642-3999  
FAX: 519 642-7665  
Email: hvmp@dimes.on.ca  
Mail: Ontario March of Dimes,  
Home and Vehicle Modification  
Program,  
700 Richmond St., Suite 310,  
London, Ontario  
N6A 5C7

**Eastern Ontario**

**East Region**

303 Bagot Street, 5th Floor  
Kingston, Ontario, K7K 5W7  
Tel: 613 549-4141  
Fax: 613 549-6321

Serving the districts of Frontenac, Hastings, Lennox  
& Addington, Prince Edward, Leeds & Grenville,  
Lanark, Ottawa/Carleton, Prescott, Russell,  
Stormont/Dundas, Glengarry, Renfrew.

**Central Ontario**

**Ontario March of Dimes  
Provincial Office**

10 Overlea Boulevard  
Toronto, Ontario M4H 1A4  
Tel: 416 425-DIME (3463)  
Tel: 1 800-263-3463  
Fax: 416 425-1920  
webmaster@dimes.on.ca

Serving the local districts Toronto, York,  
Peterborough, Northumberland, Durham,  
Victoria & Haliburton

**Ontario March of Dimes**

2227 South Millway, Suite 100  
Mississauga, Ontario, L5L 3R6  
Tel: 905 607-3463  
Fax: 905 607-9856

Serving districts Peel, Waterloo, Bruce, Grey,  
Wellington, Dufferin, Simcoe & Muskoka

## **Western Ontario**

### **East**

#### **Ontario March of Dimes**

20 Jarvis Street  
Hamilton, Ontario, L8R 1M2  
Tel: 905 528-9432  
Fax: 905 528-6585  
Serving the districts of Hamilton/Wentworth,  
Brant & Halton

#### **Ontario March of Dimes**

Brock Business & Industrial Park  
3300 Merrittville Highway  
Thorold, Ontario, L2V 4Y6  
Tel: 905 687-8484  
Tel: 1 800-263-4742  
Fax: 905 685-6651  
TTY: 905 687-9522  
Email: info@omod.niagara.net  
Serving the districts of Niagara & Haldim and Norfolk

### **West**

#### **Ontario March of Dimes**

700 Richmond Street, Suite 310  
London, Ontario, N6A 5C7  
Tel: 519 642-3999  
Fax: 519 642-7665  
Serving the districts of Elgin, Oxford, Kent,  
Middlesex, Lambton, Essex, Huron & Perth

## **Northeastern Ontario**

#### **Ontario March of Dimes**

31 Larch Street, 4th Floor  
Sudbury, Ontario, P3E 1B7  
Tel: 705 674-3377  
Tel: 1 877 705-7854  
Fax: 705 674-2417  
Serving the districts of Algoma, Manitoulin, Parry  
Sound, Sudbury, Cochrane, Temiscaming, Nipissing,  
Sault Ste. Marie

## **Northwestern Ontario**

#### **Ontario March of Dimes**

237 Camelot Street  
Thunder Bay, Ontario, P7A 4B2  
Tel: 807 345-6595  
Fax: 807 345-7086  
Serving the districts of Kenora, Rainy River &  
Thunder Bay

## ONTARIO NETWORK OF INDEPENDENT LIVING CENTERS



The Ontario Network of Independent Living Centres (ONILC) is a provincial umbrella organization which consists of local autonomous Independent Living Resource Centres (ILRCs). Each ILRC is community-based and controlled by and for persons with disabilities. The Independent Living approach recognizes and supports the rights of citizens with disabilities to take control of their lives and actively participate in their communities, by examining choices, making decisions and even taking risks. ILRC's programs include: information and referral services; peer support services; independent living/empowerment skills development; and, research and demonstration projects. For more information contact:

ONILC/ILC Kingston  
859 Princess Street  
Kingston, Ontario K7L 1G7  
Tel: 613 542-8353  
Tel: 1 800 553-4572  
Fax: 613 542-4783  
TTY: 613 542-8371  
[www.kilrc.com](http://www.kilrc.com)



# ONTARIO NETWORK OF INDEPENDENT LIVING CENTRES

## Eastern Ontario

### North

#### Ottawa Carleton Independent Living Centre

75 Albert Street, Suite 207  
Ottawa, Ontario K1P 5E7  
Tel: 613 236-2558  
Fax: 613 236-4562  
Email: ocilc@magma.ca

### South

#### Kingston ILRC

859 Princess Street  
Kingston, Ontario, K7L 1G7  
Tel: 613 542-8353  
Tel: 1 800-553-4572  
Fax: 613 542-4783  
TTY: 613 542-8371  
Email: info@ilckingston.com  
www.kilrc.com

## Central Ontario

### Toronto

#### Centre for Independent Living in Toronto

205 Richmond Street West, Suite 605  
Toronto, Ontario M5V 1V3  
Tel: 416 599-2458  
Tel: 1 800 345-9950  
TTY: 416 599-5077  
Fax: 416 599-3555

## Western Ontario

### North

#### Breaking Down Barriers An Independent Living Centre

18 Schoolhouse Lane  
Collingwood, Ontario L9Y 4H5  
Tel: 705 455-1543  
Fax: 705 445-1656  
TTY: 705 445-1658

### East

#### Niagara Centre for Independent Living

Normandy Resource Centre  
111-A Church Street  
St. Catharines, Ontario, L2R 3C9  
Tel: 905 684-7111  
Fax: 905 684-1199  
Email: ncil@vaxxine.com <http://vaxxine.com/ncil>

### West

#### Independent Living Centre – London

433 King Street  
London, Ontario N6B 3P3  
Fax: 519 666-6818

## Northeastern Ontario

### **East**

#### **RISE**

17D Bay Street  
Parry Sound, Ontario P2A 1S4  
Tel: 1 800-634-6828  
Fax: 705 746-1448  
TTY: 705 746-6996  
Email: rise@vianet.on.ca

### **West**

#### **Kapuskasing Regional Resource**

Centre For Independent Living  
29 Byng Avenue, Suite 5  
Kapuskasing, Ontario P5N 1W6  
Tel: 705 335-8778  
Fax: 705 335-5666

## Northwestern Ontario

#### **Independent Living Centre**

1201 Jasper Drive, Suite B  
Thunder Bay, Ontario P7B 6R2  
Tel: 807 345-6157  
Tel: 1 800 461-3153 (regional)  
Fax: 807 345-0266  
Infoline: 807 344-9634  
TDD: 807 343-2632  
Email: ilrctbay@baynet.net



## **RESOURCE CENTRES AND WEB SITES**



### **Cambrian College - Glenn Crombie Centre for Disability Services**

The Glenn Crombie Centre's mandate is to provide a system of support services designed to allow students with any disability to achieve their potential for education at Cambrian College, Sudbury Ontario. The Centre creates an environment where people with learning, visual, hearing and mobility disabilities have every opportunity to succeed - where personal autonomy, empowerment, and self-advocacy are encouraged and respected - where inclusion is promoted over segregation.

The Glenn Crombie Centre features specialized testing, assessment and personal care rooms along with alternative learning methods and the newest computer, interpreter and visual aid equipment to assist reading, comprehension, writing, and tutoring at the elementary, secondary, and post-secondary levels. It is the catalyst for creating academic and career opportunities for people from all walks of life and from a variety of local, provincial, national and international locales. It is a centre where solutions can be developed and accessed to ensure that society can benefit from everyone's participation. For more information contact:

The Glenn Crombie Centre  
1440 Barrydowne Rd.  
Sudbury, Ontario P3B 1T4  
Voice: 705 566-8101 ext. 7420  
Fax: 705 524-7329  
<http://homepages.cambrianc.on.ca/snrrc/textbase/about.htm>

### **University of Toronto – Adaptive Technology Resource Centre (ATRC)**

The ATRC actively promotes inclusionary design in information networks. The centre works closely with education, government, industry and organizational partners to increase accessibility and awareness of access issues. The centre consults locally, nationally and globally on issues related to access to information technology. The ATRC also provides information, demonstrations, and training in the use of access technology to educators, students, the media and the general public. The centre's Employment Accommodation Service is comprised of a multi-disciplinary support team that is available to assist in the hiring, retraining, retention or advancement of people with disabilities. For more information contact:



The Employment Accommodation Service  
Adaptive Technology Resource Centre  
University of Toronto  
130 St. George Street  
Toronto, Ontario M5S 3H1  
Tel: 416 978-0734  
Fax: 416 971-2629  
[www.utoronto.ca/atrc/service/eas.html](http://www.utoronto.ca/atrc/service/eas.html)

### Web Sites

The following web sites offer material for the development of business opportunities for people with disabilities.

[www.equalopportunity.on.ca](http://www.equalopportunity.on.ca) – Ontario Ministry of Citizenship – Gateway to Diversity provides information to business on recruiting, accommodating and retaining people with disabilities

[www.abilities.ca](http://www.abilities.ca) – Canadian Abilities Foundation – EnableLink provides information, directories and links to government programs and disability organizations across Canada

[www.dd.gov/pcepd/pubs/business/toc.htm](http://www.dd.gov/pcepd/pubs/business/toc.htm) – U.S. Dept of Labor – Blueprint for Creating and Supporting Entrepreneurial Opportunities for individuals with Disabilities

[www.ccer.or/selfemploymt.htm](http://www.ccer.or/selfemploymt.htm) – Developing Self Employment for Entrepreneurs with Disabilities – Western Washington University ( U.S.)

The information in this Resource Guide is provided as a public service. Although we endeavour to ensure that the information is as current and accurate as possible at the time of printing, errors do occasionally occur. Therefore, we cannot guarantee the accuracy of the information. Readers should, where possible, verify the information before acting on it.