

# Employment Supports

## ADAPTIVE LEARNING PROGRAM (ALP)

Ottawa Carleton District School Board

440 Albert St.

Ottawa, ON K1R 5B5

613-239-2325 ext.2022

Denise Delle Palme : [denise.delle.palme@ocdsb.ca](mailto:denise.delle.palme@ocdsb.ca)

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

The goal of the program is to prepare students for job placements and volunteer opportunities. Targeted skills are specific to various workplace environments; food service, office settings, plant care/maintenance, retail, etc. Students must be able to demonstrate a high level of independence, be able to work towards specific goals, follow routines and directions, and have the desire to work or volunteer in the community. Lunch and break times are without supervision. Classes run four days a week. Please call or email Denise Delle Palme to make an appointment to tour.

*\*Free*

## BAIRN CROFT

1344 Youville Drive Unit 3

Orleans, ON K1C 7L1

613-841-6844 ext. 25

<http://bairncroft.com/>

**Work Experience (WE)** Program provides job training and teaches skills which help participants gain full time employment. This program aims to enhance the quality of life of every individual and strengthen their adaptive skills and offers participants a comprehensive variety of activities that are individualized and appropriate for their level of development.

*\*Fee for service*

## CANADIAN HEARING SOCIETY

1541 Merivale Rd. Unit C,

Nepean, Ont. K2G 5W1

1-866-518-0000 or TTY: 1-877-215-9530

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

**Employment Services** help culturally Deaf, oral deaf, deafened and hard of hearing individuals find a job, and works with employees and employers to put the right supports in place to help you both succeed. Our experienced employment consultants can communicate in the language of your choice and provide help with:

- Job search challenges related to hearing loss
- Career planning
- Résumé and cover letter services
- Leads and referrals to potential job opportunities
- Preparing for interviews
- Arranging an interpreter or live translation of speech to text (CART) for your interviews

*\*Free*

## **CANADIAN NATIONAL INSTITUTE FOR THE BLIND (CNIB)**

425 Marché Way, Suite 104  
Lansdowne Park  
Ottawa ON K1S 5J3  
613-563-4021  
[www.cnib.ca](http://www.cnib.ca)

In partnership with employers, CNIB's Come to Work Program creates opportunities for people wanting to enter or re-enter the workforce.

*\*Free*

## **CATHOLIC CENTRE FOR IMMIGRANTS OTTAWA (CCI)**

219 Argyle Avenue  
Ottawa, ON K2P 2H4  
613-232-9634  
Ana Lopez: [ana.lopez@cciottawa.ca](mailto:ana.lopez@cciottawa.ca)  
<http://cciottawa.ca>  
fb: <https://www.facebook.com/cciyouth.ottawa/>

CCI Ottawa's Employment Team helps adults and youth find employment in Ottawa. We work with newcomers who have low levels of English or limited work experience. All services available via online. Please make an appointment with our Employment Team counsellors, Gaudence or Janice. Contact us at [employment@cciottawa.ca](mailto:employment@cciottawa.ca). We assist you with the following areas: learning how to create a professional resume, interview preparation, mock interviews, job searching, applying for jobs, education support, entrepreneurship, workplace culture, and post-employment support. Please see our website for more details.

*\*Free*

## **CAUSEWAY WORK CENTRE**

22 O'Meara St.  
Ottawa, ON K1Y 4N6  
613-725-3494 ext.115  
613-277-5018  
[intake@causewayworkcentre.org](mailto:intake@causewayworkcentre.org)  
[www.causewayworkcentre.org](http://www.causewayworkcentre.org)

A Community Economic Development Corporation providing a variety of supported employment, educational, wellness programs and other services.

- Solutions for Youth Project: paid pre-employment program
- Employment Supports Program: job placement and retention
- Social Enterprises: provides employment opportunities to consumers (Krackers Katering, Good Nature, Grounds keeping, Cycle Salvation, and Causeway Commercial Cleaning)
- Job Quest: rapid supported employment program for individuals with barriers to employment (12 weeks)
- including those with disabilities, addictions, as well as those who are homeless or at risk of homelessness
- Supported Employment in Rural Ottawa: program for persons with severe mental illnesses living in rural areas of Ottawa
- Wellness program: certified trainer will assist participants in reaching their personal fitness goals in a user friendly low-key facility

*\*Free – Both referrals through ODSP and self-referrals accepted*

## **CHRISTIAN HORIZONS**

1950 Merivale Road Unit #3

Nepean, ON K2G 5T5

David Hudson Boulard

613-526-9995

[dboulard@christian-horizons.org](mailto:dboulard@christian-horizons.org)

**Capable Employment Services** reaches out to individuals in the community who experience barriers to employment. Capable offers employment support in the following areas:

- Resume and Cover Letter Construction
- Job Applications
- Interview Preparation
- On-site Job Training and Coaching
- Career Exploration programs
- Employment Training
- Furthering Education

*\*DSOER Referral required/Fee for Service Option*

## **COMMUNITY LAUNDRY CO-OP (CLC)**

Heartwood House 404 McArthur Ave.

Ottawa, ON K1K 1G8

613-244-4762

Beatriz: [beatriz@communitylaundrycoop.ca](mailto:beatriz@communitylaundrycoop.ca)

<http://communitylaundrycoop.ca/>

The Community Laundry Co-operative offers professional wash and fold services for individuals and businesses. Our clients include doctors' offices, clinics, spas, and restaurants as well as individual customers. We can save busy individuals and family's time and effort by washing and folding your personal and household laundry. We are fully equipped to handle large volumes of laundry in a timely manner and are compliant with hygiene standards for commercial laundry facilities.

You can join our team to earn some additional income, learn some skills, and get job experience or you can lend a hand by volunteering. You can volunteer at the front desk and receive free laundry vouchers, help out with social activities, and take part in fundraising activities like BBQs and bake sales!

Provides low-cost self-service laundry for people in the community who otherwise might not be able to afford clean clothes. CLC members enjoy a sense of community and a network of support making us a valuable alternative to coin-operated washers and dryers.

*\*Fee for service (\$2.00 per load of laundry)*

## **EMPLOYMENT ONTARIO**

414-326-5656 or Toll Free: 1-800-387-5656

<https://www.ontario.ca/page/employment-ontario>  
[contactEO@ontario.ca](mailto:contactEO@ontario.ca)

There are multiple agencies in a number of locations across Ottawa can offer you a full range of employment services in both official languages. You can access the employment assistance that you need at a location in your area. We offer a range of resources and supports to respond to any career and employment need. We are open to all and there is no charge for services. We can help you by providing: Daily job postings, individualized job search assistance, computers with high speed Internet access, employment workshops, resume and cover letter help, personalized career assessments, apprenticeship information, access to photocopier, telephones and fax machines, latest labor market information, resource room open to the public.

### **PARTNER AGENCIES:**

Youth Service Bureau (YSB) Employment Services

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

1355 Bank St. Suite 703  
Ottawa, ON  
613-236-8244

OR

301 Moodie Drive, Suite 203  
Kanata, ON  
ITO 2.0 Employment services  
613-688-0440

### **Community Employment Resource Centre (West)**

415 Hazeldean Road, Kanata  
613-828-2123

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

### **Employment Service (East/Central)- St. Lawrence College Employment Services**

200 Elgin St. Suite 903 floor Ottawa  
613-232-0022 ext. 1770

[www.employmentservice.sl.on.ca](http://www.employmentservice.sl.on.ca)

### **City of Ottawa**

370 Catherine Street, Suite 100 Ottawa  
613-580-2424 ext. 14372

[www.ottawa.ca/EmploymentOntario](http://www.ottawa.ca/EmploymentOntario)

### **Pinecrest-Queensway Employment Services**

2529 Carling Avenue, 2<sup>nd</sup> Floor Ottawa  
613-288-3880

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

Email: [employment.info@pqchc.com](mailto:employment.info@pqchc.com)

### **La Cité Collégiale Employment Resource Centre**

Diane Bertrand

240 Blvd. Centrum Boul., Unit 105 Orleans  
613-741-9042

[whafsa@lacitec.on.ca](mailto:whafsa@lacitec.on.ca)

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

### **YMCA-YWCA Employment Access Centre**

<https://www.ymcaywca.ca/employment-immigrant-services/employment-services/employment-access-centres/>

#### **West Location**

1642 Merivale Road, 2nd floor (Merivale Mall)  
613-688-2150

[eac.west@ymcaywca.ca](mailto:eac.west@ymcaywca.ca)

OR

#### **Central Location**

150 Isabella Street, Suite 201  
613-788-5001

[eac.central@ymcaywca.ca](mailto:eac.central@ymcaywca.ca)

## **Employment Ontario Partner Agencies Continued**

**Agilec (formerly Northern Lights)**  
1900 City Park Drive, Suite 100 Ottawa  
613-688-1072 --- 1-800-361-4642  
[www.agilec.ca](http://www.agilec.ca)

**Vanier Community Service Centre**  
270 Marier Avenue, 2nd floor, Vanier  
613-742-4400  
[www.tosucceed.ca](http://www.tosucceed.ca)  
[tosucceed@scsvanier.com](mailto:tosucceed@scsvanier.com)

*\*Free*

## **Family Harmonies Familiales**

**“Nurturing a community of support for life”**

**Montgomery Legion**  
330 Kent St.

**Ottawa, ON K2P 2A6**  
**Angèle 613-302-5943**

[fhf@rogers.com](mailto:fhf@rogers.com)

<https://www.familyharmoniesfamiliales.ca/employability>

<https://www.facebook.com/familyharmoniesfamiliales/>

<https://www.instagram.com/ottfhf/?hl=en>

**Employability:** Our Employability program allows participants to learn and practise transferable skills, to build concrete experience for a resume while contributing to the program as a whole. For some of our participants, Employability is an opportunity to take on extra responsibilities according to their strengths in a supportive environment where they can hone their skills, comfortable to make mistakes and learn from them. These efforts help offset their program fees to keep them within their budget. Please see our website or contact Angèle for pricing (fee is waived for existing daytime program members).

To register for Employability, we start with an assessment of interests, skills. The information gathered is used to build a tailored goals and skills list which is the basis for monthly task lists and to determine the most appropriate supports to accomplish them.

For more information, please contact Angèle at 613-302-5943 or [fhf@rogers.com](mailto:fhf@rogers.com) and check out their website, Facebook page, and Instagram page linked above.

*\*Fee for service*

## **INNOVATIVE COMMUNITY SUPPORT SERVICES (ICSS)**

2025 Lanthier Drive Suite A.  
Orleans, ON K4A 3V3  
613-824-9424

<https://icss.ca/how-we-help/employment-support-services/>

ICSS Employment Solutions mission is to work with and support job seekers in finding and retaining meaningful employment. We recognize the complex barriers to employment that individuals with disabilities face. Our team advocates with job seekers to improve their access to employment. We intend to address and dispel myths held by employers about people who have developmental disabilities in order to improve quality of life and encourage community integration.

ICSS Employment Solutions staff will facilitate job development and build partnerships within the community, and connect with employers to promote employment opportunities. Please call or visit our website for more details.

*\*Fee for service*

## **KAGITA MIKAM ABORIGINAL EMPLOYMENT AND TRAINING**

(Formerly) Rideau High School  
815 St Laurent Blvd Room 231  
Ottawa, ON K1K 3A7  
Lydia Belanger: 613-565-8333 ext. 1019

[info@kagitamikam.ca](mailto:info@kagitamikam.ca)

<http://alfdc.on.ca>

Ensures pro-active measures are taken to improve the recruitment, training and employment of all Aboriginal people. Including;

- Information about programs and services available to support training or employment plans or to increase self-marketability
- Assists employers with training proposal preparation
- Referral to employment and training supports in the community
- Assisting Aboriginal individuals with resume writing
- Employment counselling
- Up-to-date labour market information
- Referral to employment and training opportunities

*\*Free*

## **LEBANESE AND ARAB SOCIAL SERVICES**

2410 Holly Lane  
Ottawa, ON K1V 7P1  
613-236-0003 or 613-236-3111 ext.229  
Samia Ben Salah : [sbsalah@lassa.ca](mailto:sbsalah@lassa.ca)  
<http://lassa.ca/services/client-services/>

Since employment and families financial stability is a main component for building strong and healthy communities, LASSA is currently providing the employment search support amongst our various services. The employment service is available under the Job Search Workshop Program JSW. The JSW is funded by IRCC and is delivered in collaboration with Local Agencies Serving Immigrants LASI partnership.

The service consists of two main components: Individual assessment and employment counselling.

The Job Search Workshops:

- Occupation Blueprint
- Job Search

In the JSW the client gets an opportunity to research the local labor market to enable them to assess their qualifications and build a progressive individualized action plan that suits their employment and professional development goals.

Please visit our website for more information.

*\*Free*

## **LIVE WORK PLAY (LWP)**

Suite 402, 2197 Riverside Drive  
Ottawa, ON K1H 7X3  
Anna Nelson 613-702-0324  
<https://liveworkplay.ca/>

Our employment supports are focused on matching the right employee with the right employer for a mutually beneficial and lasting relationship. To achieve this, we have an employment team that focuses on three distinct roles.

- Employment Partnership Development
- Workplace Inclusion Specialists
- Employment Discovery Specialists

*\*Free through ODSP Employment Support*

## **MÉTIS NATION OF ONTARIO**

66 Slater Street Suite 1100

Ottawa, ON K1P 5H1

613-798-1488

<https://www.metisnation.org/programs-and-services/education-training/metis-training-programs/metis-disabilities-support-program/>

The Métis Nation of Ontario (MNO) is pleased to offer the Métis Disabilities Support Program. This Program provides Métis people with disabilities with the support necessary to successfully complete job training in order to prepare for, secure, or maintain employment. This Program allows participants to purchase appropriate training from various accredited training institutions and organizations. To qualify the training must directly enhance a participant's employment marketability.

Training costs that can be covered through this Program include:

- Personal or physical support equipment
- Special needs devices
- Specialized furniture
- Tutoring
- Transportation
- Assessment fees
- 

**To Apply:** Interested applicants should contact their Regional MNO Employment and Training office in order to complete an application. Please see our website for the Métis Disabilities Support Program Fact Sheet.

*\*Free*

## **MINWAASHIN LODGE**

### **AN INDIGENOUS WOMEN'S SUPPORT CENTRE**

1155 Lola Street Suite 100

Ottawa, ON K1K 4C1

613-741-5590 ext. 224

[info@minlodge.com](mailto:info@minlodge.com)

<https://www.minlodge.com/employment-readiness>

**The Employment Readiness Program** is modeled on the teachings of the Medicine Wheel. It is a traditional, Aboriginal program to find meaningful work and/or training. This program is making a difference and continues to be one of Minwaashin's strongest programs.

Women are encouraged to share their dreams and become part of a strong, supportive circle of women exploring ways of: Going back to school, Upgrading, Training, Confidence Building, and Career Guidance.

Every year we have four groups of women graduating. Many have found good jobs and others have gone back to school to become ready for the job market. Some women come to the program to network with other women and build confidence.

For more information, please contact the Employment Coordinator at (613) 741-5590 ext. 224

*\*Free*



**NEIL SQUIRE SOCIETY**

**815 St. Laurent Blvd. Room 218**

**Ottawa, ON K1K 3A7**

**613-723-3575**

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

The Neil Squire Society is the only national not-for-profit organization in Canada that has for over thirty years empowered Canadians with disabilities through the use of computer-based assistive technologies, research and development, and various employment programs. Through their work, they help clients remove barriers so that they can live independent lives and become active members of the workplace and our society. The Working Together Program assists youth and adults with various disabilities to obtain employment in their chosen profession.

**Working Together Eligibility:**

- Have a self-declared disability, illness or injury
- Independent decision-making abilities to choose occupations/jobs
- Legally entitled to work in Canada
- Not eligible to receive EI (Employment Insurance) for the past 3 years

**Employment services include:**

- Career exploration (skills and career self-assessments, educational exploration, labor market research, resume and cover letter writing, job search and interviewing techniques)
- Personal wellness techniques
- Health and disability management
- Proper work station set-up
- Assistive technology solutions

Computer and technical skills development as well as follow-up support

*\*Free*

**OTTAWA-CARLETON ASSOCIATION FOR PERSONS WITH DEVELOPMENTAL  
DISABILITIES (OCAPDD)**

**229 Colonnade Rd S.**

**Nepean, ON K2E 7K3**

**613-569-8993**

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

The EmployAbility program supports individuals with a developmental disability to find employment. An initial discovery and assessment period assists the person in determining their strengths and interests. This leads to greater success in matching skill to jobs.

*\*DSOER Referral Required/Fee for Service Option\**

## **ONTARIO DISABILITY SUPPORTED EMPLOYMENT PROGRAM (ODSP)**

351 Preston St., Room 210  
Ottawa, ON K1S 2T7  
613-234-1188

<https://www.ontario.ca/page/ontario-disability-support-program-employment-supports#section-3>

The ODSP **Employment Supports program** works with community service providers to help people with disabilities prepare for and find jobs, keep a job, and advance their career. The program can also help people with disabilities become self-employed.

7 Community service providers offer the services you require to identify your employment goal, develop an action plan and figure out the supports you need to achieve your goal.

**Causeway Work Centre**  
22 O'Meara Street, Ottawa, K1Y 4N6  
613-725-3494

[https://www.causewayworkcentre.org/  
intake@causewayworkcentre.org](https://www.causewayworkcentre.org/intake@causewayworkcentre.org)

**CVE**  
1547 Merivale Road, Suite 420, Ottawa, K2G 4V3  
613-237-7368  
[www.cve.ca](http://www.cve.ca)

**Distinct Programmes**  
222 McArthur Ave., Ottawa, K1L 6P5  
613-260-9059  
[www.distinctprogrammes.com](http://www.distinctprogrammes.com)  
[steve@distinctprogrammes.com](mailto:steve@distinctprogrammes.com)

**LiveWorkPlay**  
2197 Riverside Drive, Suite 402, Ottawa, K1H 7X3  
613-702-0324  
<http://liveworkplay.ca>

**March of Dimes**  
117 CentrepoinTE Drive, Suite 250, Ottawa, K2G 5X3  
613-596-3463  
[www.marchofdimes.ca](http://www.marchofdimes.ca)

**Performance Plus**  
150 Elgin St., 10<sup>th</sup> Floor, Ottawa, K2P 1L4  
613-748-3220  
[www.pprc.ca](http://www.pprc.ca)

**Vanier Community Service Centre**  
270 Marier Ave., Vanier, K1L 5P8  
613-744-2892  
[https://www.cscvanier.com/en/employment/  
tosucceed@cscvanier.com](https://www.cscvanier.com/en/employment/tosucceed@cscvanier.com)

*\*Free- Individuals not in receipt of ODSP Income Support may be required to make a contribution\**

## **(THE) OTTAWA MISSION FOOD SERVICES TRAINING PROGRAM**

384 Rideau St.  
Ottawa, ON K1N 5Y8  
Dylan Critchley: 613-518-1415 ext 1004  
[fstp@ottawamission.com](mailto:fstp@ottawamission.com)  
<http://ottawamission.com>

We offer a 4-month cost-free course that prepares entry-level candidates with the required certifications (WHMIS, BASIC.FST, FIRST-AID LEVEL C ETC;), Practical and Theoretical knowledge to gainfully operate in a commercial kitchen.

We have Guest Chefs that attend and perform demonstrations, teach lectures & provide essential understanding of the Hospitality Industry.

We partner with a variety of organizations in the community, (St. Lawrence College, The Culinary Federation, OCSB ETC;) and develop interview skills, resume building, communications & job placement!

Our students are fully vaccinated, regularly wear PPE and log their temperatures. They also have 200+ hours of commercial kitchen training, 10-weeks of Food Theory from the same textbooks as Local Colleges and are ready for the workforce!

Should you be interested in a Food Services Training Program student please reach-out to Dylan Critchley, we currently have graduates seeking employment!

*\*Free*

## **PARTNERS IN PARENTING**

2525 St Laurent Blvd.  
Ottawa, ON K1H 8P5  
613-824-4200

<https://www.partnersinparenting.ca/day-services/life-program/>

**LIFE (Learning in a Fun Environment)** focuses on academic skills and employability for adults with physical, developmental and dual diagnosis abilities. Participants will work at their own level and pace independently or in group settings. We work on literacy and numeracy concepts that are important to real life scenarios. Its provides weekly life skills, employability, self-regulation and academic workshops. LIFE also offers a 7-week long Summer Camp. Please contact Kayla Dunn for more information at [kayladunn@partnersinparenting.ca](mailto:kayladunn@partnersinparenting.ca) or at 613-818-6842.

A qualified Teacher with experience in supporting people with special needs, along with a Job Coach/Job Developer incorporate weekly life-skills workshops, community volunteer placements and outings that support the monthly themes. Each student also has an opportunity to develop their special interests through independent projects via YouTube, presentations or a media outlet of their choice. The LIFE program also hosts community persons that deliver specialty workshops at the request of our students.

*\*Fee for Service*

## **TUNGASUVVINGAT INUIT**

1071 Richmond Road  
Ottawa, ON K2B 6R2  
613-565-5885 ext. 211 or ext.214  
[rtookoome@tontario.ca](mailto:rtookoome@tontario.ca)  
<http://tungasuvvingatinuit.ca/>

Our aim is to provide the highest quality career and training programs to help you achieve your goals. The Employment Team assists unemployed and underemployed Inuit with: Career Counselling, Job Search, and Training opportunities that will lead to meaningful employment.

The Employment Services team at TI can help in a number of ways as we offer an intake and assessment with a counsellor, teach computer skills, help you attain industry recognized certificates, offer computer lab and study rooms, provide funding information and resources, assist with employment related training, coach communication and self-confidence skills.

The TI Employment Readiness Program offers training in First Aid & CPR, iSisters – technology mentoring for women, forklift and warehouse training, construction programs and security guard training. We also offer job start programs and can supply equipment like work boots, union fees, specialized training and computer hardware.

Financial assistance may be provided to employers that provide Inuit on-the-job training or work experience in the form of a targeted wage subsidy.

Individual sponsorships are available if you're looking to apply to university, college or specialized training programs, we can help. Sponsorship includes tuition, residence, meal allowance, program materials, licensing and a living allowance. Some examples of past applicants include: Fire Fighting, Hair Styling, Massage Therapy, Culinary, Early Childhood Educator, and Heavy Equipment Operator / Mechanic

\* *Free*

## **VOLUNTEER OTTAWA**

815 St.Laurent Blvd., Suite 208  
Ottawa, ON K1K 3A7  
613-736-5270  
<http://www.volunteerottawa.ca/>

Volunteer Ottawa connects those who are looking to volunteer and organizations who need volunteers. At any given time, Volunteer Ottawa has hundreds of volunteer positions posted on their website. There is a wide range of opportunities available – from short-term event support to skills-based professional services, to working one-on-one with clients.

\* *Free*

**WAVE PROGRAM**  
**(WORK AND VOLUNTEER EXPERIENCE FOR ADULTS WITH AUTISM)**

411 Dovercourt Ave.,

Ottawa, K2A 0S9

613-798-8950

Caitlin Booth [cbooth@dovercourt.org](mailto:cbooth@dovercourt.org)

<https://www.dovercourt.org/wave/>

WAVE (Work and Volunteer Experience) Ottawa is a work and recreation program for adults with special needs open to participants of all levels of ability. Founded by Dovercourt Recreation Association in April 2013, WAVE operates at the Centre. Through a combination of skills training, volunteer experience, and recreational activities WAVE staff help participants (referred to as apprentices) increase their independence at home, work, and in the community. The program also gives apprentices a chance to develop their social skills and build meaningful relationships with staff and peers.

The WAVE program runs Monday to Friday, 9:00 AM-3:00 PM. A typical day consists of work placements or skills training in the morning, followed by a recreational activity (usually swimming at Dovercourt or a walk through the community) in the afternoon. Throughout the day staff and apprentices work together to develop a wide range of different skills, including:

- Fine and Gross Motor Skills
- Communication and Social Skills
- Travel on Public Transit
- Goal Setting and Completion
- Job Application and Interview Skills

Staff work closely with apprentices to tailor activities to each individual apprentice's abilities, needs, and goals. This ensures that the skills being taught are relevant and sets the apprentices up for success. Please see website for eligibility requirements.

*\*Fee for Service*

**Y'S OWL MACLURE**  
1400 Morrison Drive Suite 100  
Ottawa, ON K2H 7L9  
613-721-1500  
<http://www.ysowlmaclure.org/>

**Foundations:** Designed to help young adults with developmental disabilities make a successful transition from school to a wide range of community participation activities including employment. This is accomplished by facilitating the development of innovative, time-limited supports that strengthen community involvement skills. The Foundations Program helps young people make informed choices about their future life directions for a successful transition from school to community-based activities, including moving out on their own, and work opportunities. People are exposed to a wide range of opportunities considering their interests, goals, and skills. Please call 613-721-1500 or contact Michele Bos at [michele@ysowlmaclure.org](mailto:michele@ysowlmaclure.org) for more information.

**The Owl Learning Centre:** Designed to help young adults explore their interests and gain skills for potential careers. They will also learn necessary life skills that will enhance day to day. Our program consists of a structured daily schedule that will include classroom and direct training in the areas of Social Skills, Healthy Living, Employment Preparation, Self Advocacy, Independent Life skills, among many others. The goal of this program is to help prepare individuals for independent living and employment. Please call 613-721-1500 or contact Julie Dewan at [juliedewan@ysowlmaclure.org](mailto:juliedewan@ysowlmaclure.org) for more information.

**The Owl Employment Program:** OEP provides employment services and supports adults with a developmental disability. Owl Employment is a comprehensive Supported Employment Program that supports people with disabilities find and maintain paid employment, internships and/or work experience in their community. Each person supported receives one-on-one job search assistance, coaching and follow up supports. Please call 613-721-1500 or contact Julie Dewan at [juliedewan@ysowlmaclure.org](mailto:juliedewan@ysowlmaclure.org) for more information.

**The Owl Café and Meeting Place:** One of Ottawa's only social enterprises that specifically hires and trains staff and interns on the autism spectrum. The café also takes in interns through Y's Owl Maclure's 12-week job readiness training program, which provides people with in-class instruction and practical experience. When they graduate, they are offered employment at the café. Please call 613-721-1500 or contact Suzanne Ford at [suzanne@ysowlmaclure.org](mailto:suzanne@ysowlmaclure.org) for more information.

*\*DSOER Referral Required/Fee for Service Option\**