

Education

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

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*

Adult High School

300 Rochester St

Ottawa, ON K1R 7N4

613-239-2707

adulths@ocdsb.ca

<https://adulths.ocdsb.ca/>

Adult High School is a full-time regular high school that specializes in working with adults from a wide variety of backgrounds.

- Classes run from Monday to Friday, 8:30 am - 2:30 pm.
- We offer teacher-led credit courses which lead to an Ontario Secondary School Diploma.
- We promote literacy, numeracy, and technology through all departments: English, English as a Second Language, Social Science, Arts, Physical Education, Guidance/Career and Cooperative Education, Business and Technology, Mathematics, and Science.
- We are a multicultural school that offers ESL to help adult students who are new to Canada or who have been in Canada for a while but still need help to acquire English skills required for success in the workplace or in post-secondary education.
- Our Cooperative Education Program provides opportunities for adult students to gain workplace knowledge and experience while earning credits toward a graduation diploma.

We are located in the heart of the city so there is easy access from many bus routes.

Whether you are coming back to school to earn your high school diploma or to upgrade your skills and knowledge to prepare for work, an apprenticeship, college or university, we have the program for you!

**Free*

ALGONQUIN COLLEGE

Academic Assistance for Adults with Developmental Disabilities (AAADD)

1385 Woodroffe Avenue,

Ottawa, K2G 1V8

Hillary Dolan Program Officer 613-727-4723 ext.5726

dolanh@algonquincollege.com

<http://www.algonquincollege.com/aaadd/>

AAADD offers adults with developmental disabilities the opportunity to further develop their academic skills as well as build social skills within a college environment.

Students work on individualized materials, at their own pace with the assistance of the class counsellor in both literacy and numeracy. The current events, computers, job search and life skills subjects involve group work. AAADD runs 40 weeks per year, beginning at the end of August and running through to the end of June. Students can attend AAADD day courses for a maximum of four years. Depending upon availability, applicants may be offered the option to attend evening courses prior to moving into the day. Online components are also available.

AAADD will be running recreational therapy summer camps for 6 weeks, starting in July until the end of August, for people with Developmental Disabilities aged 16 and older. If you are interested, you can sign up for as many weeks as you would like, up to a maximum of 6 weeks. Passport funding can be used for reimbursement. Please contact Hillary Dolan for more information.

**Fee for service*

Algonquin College Continued

Transition Support Centre

613-727-4723 ext. 7200

<https://www.algonquincollege.com/cal/transition-support-centre/>

Jason Summers summerj@algonquincollege.com

613-727-4723 ext. 5441

Transition Support Centre (TSC) is a specialized service that responds to the growing need of supporting Algonquin College students with Autism Spectrum Disorder (ASD). It is a pilot project, funded by the Ministry of Advanced Education and Skills Development, with the aim of assisting students with ASD as they transition to post-secondary education. The TSC provides students with a physical space and timely access to staff to assist with the many academic, social, and personal transitions that can be associated with adjusting to college life. Our center operates on a drop-in or appointment basis including options to access regular check-in times and coaching, as well as to relax and work in the space.

**Free*

ALTERNATIVE LEARNING STYLES AND OUTLOOKS (ALSO)

HeartwoodHouse
404 McArthur Ave.,
Ottawa, ON K1K 1G8
613-233-8660

<http://www.also-ottawa.org/>

Kim Oastler

kim@also-ottawa.org/

ALSO is a program for adults that provide skills upgrading and tools towards work, education, and training. We are a small program that offers one-to-one teaching in literacy, math, and life skills. We have three Deaf teachers who do all their instruction in ASL. In order to encourage and sustain self-confidence, ALSO instructors work to build on the skills learners already have. ALSO offers many programs and opportunities for adult learners such as:

- Adult upgrading (in English)
- Deaf Adult Upgrading (in ASL)
- E-learning Grade 12 equivalency (high school credit program)
- Supported volunteering in Heartwood House
- Variety of workshops in job searching, cooking, & more...
- Family literacy support for parents

**Free*

English Language Tutoring for the Ottawa Community

Heartwood House
108-404 McArthur Ave.
Ottawa, Ontario, K1K 1G8
613-232-8566 or 613-796-8566
admin@eltoc.ca

English Language Tutoring for the Ottawa Community (ELTOC) makes a significant difference in the lives of more than 200 newcomers each year by offering Language Instruction for Newcomers to Canada (LINC), an English language training program funded by Immigration, Refugees and Citizenship Canada (IRCC) that facilitates the integration of newcomers to Canada. Since 1992, ELTOC has been providing individualized and accessible home-based LINC tutoring to eligible newcomers who cannot attend regular ESL classes, thereby helping them gain the confidence and community ties that will help them integrate into Canadian society.

Newcomers are matched to volunteers in the community who are trained, mentored and supported by ELTOC ESL Education Counsellors that are TESL/OCELT certified. Our program is offered in the learners' homes based on a mutually convenient schedule, i.e. day, evening or on weekends. Learners are taught practical topics such as housing, banking, citizenship, how to get a job, etc. The program is offered to permanent residents and protected persons ages 18 and older.

**Free*

FRONTIER COLLEGE

613-816-1403

ottawa@frontiercollege.ca

<https://www.frontiercollege.ca/Programs/By-Location/Ontario/Ottawa>

In Ottawa, Frontier College runs programs for children, youth, and adults with or without developmental disabilities. For more information or to volunteer with Frontier College in Ottawa, call the number above. Community based or virtual options available.

**Free*

PEOPLE, WORDS & CHANGE

Heartwood House

202-404 McArthur Ave

Ottawa, ON K1K 1G8

613-234-2494

www.pwc-ottawa.ca/

People, Words & Change is a one-on-one, Literacy and Essential Skills program for adults in Ottawa that helps improve an individual's skills in reading and their writing. Our volunteer tutors help adult learners reach their own goals. These goals can be to help find a job, take job training, or become more independent with reading, writing or math independently at work or in the home. Potential referrals must meet eligibility requirements which are listed on our website.

**Free*

OTTAWA CARLETON DISTRICT SCHOOL BOARD

133 Greenbank Road
Ottawa, ON K2H 6L3
613-596-8211
www.ocdsb.on.ca/

Continuing Education
440 Albert St.
Ottawa, Ontario K1R 5B5
613-239-2325

Cont.ed@ocdsb.ca
https://ocdsb.ca/continuing_education/

The OCDSB Continuing Education Department offers a variety of programs throughout the year that support lifelong learning for students of all ages.

**Free*

OTTAWA CATHOLIC SCHOOL BOARD

Upgrading & Adult Literacy Programs
570 West Hunt Club Road
Ottawa, ON K2G 3R4
613-224-2222

info@ocsb.ca
<https://www.ocsb.ca/our-schools/continuing-and-communication-education/>

Continuing & Community Education is a department of the Ottawa Catholic School Board that provides learning opportunities for all ages and backgrounds throughout the city of Ottawa. Whether it's learning a new language, improving your skills, furthering your career or achieving your personal goals, we are ready to support and welcome you! Continuing & Community Education supports the community by offering adult high school, camps and seasonal programs, the International Student Program, the International & Indigenous Languages Program, and more.

Adult Learning & Skills Development
893 Admiral Ave.
Ottawa, Ont. K1Z 6L6
613-224-6281

lbs@ocsb.ca
<http://conted.ocsb.ca/adult-programs/basic-skills>

Adult Learning & Skills Development program is free for Ontario residents over 19 years of age. For those whose first language is not English, a CLB 5 is required for entry.

Our program will help you to:

- Develop your reading, writing and math
- Improve or learn basic computer skills
- Upgrade your skills for employment
- Improve your interpersonal communication skills
- Increase your confidence in your daily tasks, financial literacy and community involvement.

**Free*

ST NICHOLAS HIGH SCHOOL

613-228-8888

<https://stnicholas.ocsb.ca/>
NicholasAdult.High@ocsb.ca

West Location
893 Admiral Avenue
Ottawa, ON K1Z 6L6

Central Location
20 Graham Ave.
Ottawa, Ont. K1S 0B7

St. Nicholas Adult High School is a unique learning facility; we cater exclusively to adults. Our school permits students to earn the necessary credits to receive their Ontario Secondary School Diploma with co-operative education opportunities and virtual courses. Please visit our Courses section on our webpage for more information. Students wishing to register for courses may do so all throughout the school year. Students take one course at a time, students may be eligible to earn high school credits based on knowledge and skills they have already acquired outside an Ontario high school (credits from another province or country, post-secondary courses, or based on life experience). Please visit <https://stnicholas.ocsb.ca/> for more information. Evaluations available.

**Free*

TUTORING FOR STUDENTS WITH SPECIAL NEEDS (TSSN)

Kalyan Kalyanasundaram
613-599-0690
natkal@hotmail.com

Language and math skills are not only important for day-to-day functioning but also for success in finding and keeping a job. At whatever level the student with special needs is, there is room for further improvement. After leaving school, the student can benefit from individualized tutoring provided by TSSN and continue to improve, at an affordable cost. TSSN is a non-profit service founded exclusively for students with special needs.

**Fee for service*