
FREE Services – Durham Region

Services:

- Employment
- Training
- Housing
- Financial
- Addictions
- Counselling
- Newcomer
- Legal

Prepared by  Agilec™

Employment Service Centres

Free one-on-one and/or group assistance/funding for men, women, youth, mature workers, and/or persons with disabilities with Career Decision Making, Job Search Tools, Strategies, and Techniques, Training, and Job Maintenance.

Organization	Address	Contact Information
 Agilec Ajax Location	250 Bayly St. W., Unit 19 Ajax L1S 3V4	905-426-8337 durham@agilec.ca www.agilec.ca/ajax
 Agilec Courtice Location	1403 King St. E., Unit 6 Courtice L1E 2J6	905-720-3111 durham@agilec.ca www.agilec.ca/courtice
Centre d'emploi francophone de Durham	57 Simcoe St. S., Suite 2H Oshawa L1H 4G4	905-436-6989 centredemplacement@cofrd.org www.emploi.cofrd.org
Durham College - Bowmanville	219 King St. E., Unit 4 Bowmanville L1C 1P7	905-697-4472 bowmanville@employmenthelp.ca www.employmenthelp.ca
Durham College - Oshawa	300 Taunton Rd. E., Unit 18 Oshawa L1G 7T4	905-438-1041 oshawa@employmenthelp.ca www.employmenthelp.ca
Durham College - Port Perry	84 Water Street Port Perry L9L 1J2	289-485-1014 uxbridge@employmenthelp.ca www.employmenthelp.ca
Durham College - Uxbridge	29 Toronto St., Unit 2 Uxbridge L9P 1V9	905-852-7848 uxbridge@employmenthelp.ca www.employmenthelp.ca
Durham Region Unemployed Help Centre - Oshawa	272 King St. E. Oshawa L1H 1C8	905-579-1821 info@unemployedhelp.on.ca www.unemployedhelp.on.ca
Durham Region Unemployed Help Centre - Pickering	1400 Bayly St., Unit 12 Pickering L1W 3R2	905-420-4010 caareadmin@unemployedhelp.on.ca www.unemployedhelp.on.ca
John Howard Society - Oshawa	75 Richmond St. W. Oshawa L1G 1E3	905-579-8482 jhsdurham@jhsd.ca www.jhsdurham.on.ca
John Howard Society - Whitby	114 Dundas St. E., Suite 200 Whitby L1N 2H7	905-666-8847 employmentservices@jhsd.ca jhsdurham.on.ca
VPI - Ajax	289 Kingston Rd. E., Unit 2 Ajax L1Z 0K5	905-683-3529 ajax@vpi-inc.com www.vpi-inc.com
VPI - Oshawa	843 King St. W., Unit 9 Oshawa L1J 2L4	905-571-3301 oshawa@vpi-inc.com www.vpi-inc.com
YMCA - Pickering	1550 Kingston Rd., Suite 16 Pickering L1V 1C3	905-427-7670 memberservices@ymcagta.org www.ymcagta.org
YMCA - Whitby	3000 Garden St., Unit 100A Whitby L1R 2G6	905-668-0044 memberservices@ymcagta.org www.ymcagta.org

Employment Services for Persons with Disabilities

Organization	Address	Contact Information
 Agilec	Offices in: Ajax, Courtice, Oshawa	1-800-361-4642 durham@agilec.ca www.agilec.ca
META Vocational Services	15 Thickson Rd. N., Unit 6 Whitby L1N 8W7	905-725-0087(TTY) / 1-866-794-4677 metaservices@metavocational.com www.metavocational.com
Ontario Workplace Inclusion Program (OWIP)	2 Simcoe St. S., Suite 500 Oshawa L1H 8C1	289-222-0081 / 1-800-664-0925 nbyrne@ccrw.org www.ccrw.org/ontario-workplace-inclusion-program
Ontario Shores	700 Gordon Street Whitby L1N 5S9	905-430-4055 / 1-877-767-9642 CentralizedReferral@ontarioshores.ca www.ontarioshores.ca
Community Living Oshawa/Clarington	39 Wellington Ave. E. Oshawa L1H 3Y1	905-576-3011 info@communitylivingoc.ca www.communitylivingoc.ca
Canadian Hearing Society Durham * for persons deaf, deafened, or hard-of-hearing	575 Thornton Rd. N., Unit 7 Oshawa L1J 8L5	905-404-8490 / 1-888-363-0373 TTY - 1-888-697-3617 info@chs.ca www.chs.ca/locations/durham

Services for Newcomers

Organization	Information	Contact Information
Durham Region Unemployed Help Centre – Pickering	Job Search Workshop for Newcomer Adults	Pickering - 1400 Bayly St., Unit #5 905-420-3008 jswinfo@unemployedhelp.on.ca www.unemployedhelp.on.ca
Welcome Centre Immigrant Services	A one-stop service designed to guide and support immigrants in Durham and York Regions	Ajax - 289-482-1037 Pickering - 905-420-3600 1-877-761-1155 info@welcomecentre.ca www.welcomecentre.ca
Language Instruction for Newcomers to Canada (LINC)	Full- and part-time classes, with free child-minding while you attend	Ajax - 289-482-1037 Oshawa - 905-440-4489 Pickering - 905-420-3600
Durham Immigration Portal	Information and services within Durham Region	www.durhamimmigration.ca
Carea Community Health Centre	Information/resources for securing primary care medical providers	Ajax - 905-428-1212 Oshawa - 905-723-0036 x1200 info@careachc.ca www.careachc.ca
CLARS – Language Assessment Centre	Free English language assessment and referrals to classes	1-855-330-8655 ysla@tcet.com www.tcet.com/assessments

Computer Training / Access

Organization	Information	Contact Information
Ajax Library Hands-on Technology Training for Seniors	<p>One-hour sessions are available during the following times:</p> <p>Main Branch Wednesdays & Fridays - 1 to 4 p.m.</p> <p>McLean Branch Thursdays - 1 to 4 p.m. Sundays - 1 to 5 p.m.</p>	<p>Branch Locations: Main – 55 Harwood Ave. S. McLean – 95 Magill Dr.</p> <p>905-683-4000 x8813</p>
FREE Online Computer Lessons for Beginners	A range of free online computer training classes, workshops, and tutorials for beginners to advanced learners.	www.meganga.com www.free-computer-tutorials.net www.baycongroup.com www.youtube.com www.teachanolddognewtricks.com
Goodwill Community Foundation Inc.	180+ topics, including 2,000+ lessons, 800+ videos.	www.gcflearnfree.org
Clarington Public Library Oshawa Public Library Pickering Public Library Whitby Public Library	<p>Lynda.com - 3,000+ courses and 150,000 video tutorials. Unlimited access is provided via library computers at the four Durham library locations, as well as to your home with the use of a (free) library card.</p> <p>1:1 computer training and other training resources provided.</p>	<p>Clarington: 905-623-7322 x2712 Oshawa: 905-579-6111 x5200 Pickering: 905-831-6265 Whitby: 905-668-6531 x2020</p> <p>* Call for more information and/or to find a branch near you</p>
Oshawa Senior Citizens Centres (55+)	<p>Numerous computer/technology training at their four Oshawa locations.</p> <p>Centre membership is valid for one year at a cost of \$14</p>	<p>Branch Locations: John St. – 43 John St. W. Northview – 150 Beatrice St. E. Legends – 1661 Harmony Rd. N. Conant – 115 Grassmere Ave. 905-576-6712 x2857 www.oscc.ca info@oscc.ca</p>
South Pickering Seniors' Club (55+)	Membership is valid for one calendar year at a cost of \$20	<p>905-420-5049 www.spsc753.com</p>

* All **Libraries** allow free computer access; a (free) library card is required

Distance Education Options

Organization	Information	Contact Information
(AMDEC) Avon Maitland Distance E-learning Centre	Offer a wide selection of Ontario Secondary School credits online, as well as an online Cooperative Education program.	www.amdec.ca
Contact North – Ontario's Distance Education & Training Network	Access over 20,000 online courses, 7,500 literacy and basic skills training courses, and 981 online certificate, diploma, undergraduate, and graduate programs	www.studyonline.ca 1-877-999-9149
e-Learning Ontario	An e-learning strategy provided to all students in the province with access to high-quality courses and resources through emerging information and communication technologies.	www.courses.elearningontario.ca
Independent Learning Centre	A wide range of distance education courses that allow adults to earn secondary school diploma credits, upgrade basic skills, or study for personal development. The General Educational Development (GED) testing program is also available.	www.ilc.org
Open School Distance Education Website	These self-paced, free resources support grades 10-12 curriculum and are complete with lessons, activities, and assessments.	www.openschool.bc.ca
Tech Boomers	Free educational website that teaches inexperienced users basic computer skills, websites, and apps.	www.techboomers.com
Virtual Learning Centre	A partner with the Ministry of Education and eLearning Ontario, the aim is to provide a full range of courses available to students anywhere.	www.virtuallearning.ca

Housing

Organization	Information	Contact Information
Community Development Council Durham	Homelessness prevention by helping Durham residents to find and/or maintain their housing. Assistance with rental, utilities, last month rent, and utilities cost.	458 Fairall Street, Unit 4 Ajax L1S 1R6 905-686-2661 / 1-866-746-3696 www.cdcd.org/housing housinghelp@cdcd.org
Durham Access to Social Housing	You can apply for a market rent unit by contacting the housing provider directly.	605 Rossland Road East Whitby L1N 6A3 905-668-7711 / 1-800-372-1102 www.durham.ca/en/living-here/durham-access-to-social-housing-dash.aspx housingservices@durham.ca
Federal Housing Providers	For federally funded housing units you must apply directly to the housing provider.	www.durham.ca/en/living-here/affordable-housing.aspx
Durham Region Non-Profit Housing Corporation	Practical, well-maintained and affordable housing in Durham Region.	28A Albert St., Oshawa L1H 8S5 905-436-6610 / Ajax - 905-686-1278 drnphc@durham-housing.com www.durham-housing.com
John Howard Society – Housing Services	Some of the free services include: <ul style="list-style-type: none"> ▪ Preventing eviction through mediation/advocacy with landlords ▪ Providing assistance and support in finding housing ▪ Assisting with filling out rental applications for market and “rent geared to income” housing ▪ Referring to emergency housing if you are homeless or about to be 	132 Church Street Bowmanville L1C 1T5 905-623-6814 75 Richmond Street West Oshawa L1G 1E3 905-579-8482 114 Dundas Street East, Suite 200 Whitby L1N 2H7 905-579-8482 http://johnhoward.on.ca/durham/housing-services/housing-services

Financial

Organization	Information	Contact Information
Credit Canada Debt Solutions	Not-for-profit credit counselling and debt management. Workshops and seminars also available.	322 King St. W., Lower Level Oshawa L1J 2J9 905-231-1252 / 1-800-267-2272 info@creditcanada.com www.creditcanada.com
Credit Counselling Society	A not-for-profit consumer credit and debt counselling service providing debt solutions and help in Durham Region.	Monday to Saturday 1-888-527-8999 info@nomoreddebts.org www.nomoreddebts.org online chat & resources
Government of Canada	Resources for managing your money, debt and investments, planning for retirement, and protecting yourself from consumer fraud.	www.canada.ca/en/services/finance.html
Resolve Credit & Financial Counselling Services	Community-based, not-for-profit credit and financial counselling service.	105 Consumers Dr. #2 Whitby L1N 1C4 905-665-6204 / 1-800-379-5556 info@resolvecounselling.org https://resolvecounselling.org/locations/whitby

Addictions

Organization	Information	Contact Information
Alcoholics Anonymous / Al-Anon Family Groups	Individual and family group assistance. 24-hour helpline covers all of Durham.	200 Thornton Road North Oshawa L1J 6T8 905-728-1020 aa.oshawa@live.com www.aadurham.org
Connex Ontario	24/7 Health Services information throughout Ontario. Numerous online resources.	1-866-531-2600 (mental health, drug, alcohol, gambling) www.connexontario.ca (e-mail and web chat options)
HearthStone Clinic	Comprehensive treatment services to assist individuals dealing with street drugs or dependency to narcotic medication. All treatment is OHIP covered.	111 Simcoe St. N., Unit 100, back door Oshawa L1G 4S4 289-316-1715 www.hearthstoneclinic.com HearthStoneClinic@gmail.com
John Howard Society	Support counselling service for individuals struggling with addiction.	Bowmanville, Oshawa, Whitby 905-579-8482 x244 (initial intake) johnhoward.on.ca/durham/services
Narcotics Anonymous	Support group for individuals and family members recovering from drugs. Men only and women only meetings available.	1-888-811-3887 www.cloana.org cloanaweb@gmail.com
Pinewood Centre for Addictions	Pinewood addictions programs help adults and youth work through their substance use, mental health, and problem gambling concerns.	Ajax 905-683-5950 Bowmanville 905-697-2746 Oshawa 905-571-3344 Port Perry 905-985-4721 Scarborough 416-431-8200 x6321 1-888-881-8878
Pinewood Centre - Women's Residential Treatment Program	A residential treatment centre for women with alcohol and other chemical dependencies.	118 Cochrane Street Whitby L1N 5H8 905-668-1858 / 1-800-825-6325
Renascent House - Paul J. Sullivan Centre	Program uses the 12-step treatment model for gender-specific drug, alcohol, and/or food addiction(s).	90 Colston Avenue Brooklin L1M 1C1 905-655-5651 https://renascent.ca info@renascent.ca

Counselling

Organization	Information	Contact Information
Carea Community Health Centre	80 FREE programs and services available for adults and children. Individual, couple, and family therapy. In addition to face-to-face and phone contact with the client, therapy also includes client advocacy, consultation, and collaboration with other service providers (i.e. the judicial system, CAS, etc.).	<p>115 Grassmere Avenue Oshawa L1H 3X7 905-723-0036 x1200</p> <p>360 Bayly Street, Unit 5 Ajax L1S 1P1 905-428-1212</p> <p>info@careachc.ca www.careachc.ca</p>
Catholic Family Services	Fees are based on a sliding scale geared to income, number of dependents in the home, and ability to pay.	<p>250 Bayly Street West, Unit 22 Ajax L1S 3V4 905-428-1984</p> <p>115 Simcoe Street South, 3rd Floor Oshawa L1H 4G7 905-725-3513 / 1-877-282-8932</p> <p>1710 Scugog Street Port Perry L9L 1E2 905-985-4221</p> <p>info@cfsdurham.com www.cfsdurham.com</p>
John Howard Society of Durham Region	Group counselling (anger management/parenting) at the JHS office (four locations) nearest to you.	Contact the Oshawa office for intake: 905-579-8482 x223 johnhoward.on.ca/durham/services
Mental Health Helpline	An information and referral specialist will answer your call 24/7. Numerous online resources.	1-866-531-2600 www.connexontario.ca (email or web chat options)
Oshawa Psychological and Counselling Services	Up to three, free, one-hour counselling sessions for adults and children.	117 King Street East, 2nd Floor, East Wing Oshawa L1H 1B9 905-721-7723 / 1-866-568-9476
Salvation Army Community and Family Services	Sessions available for adults and children. Appointment required.	45 King Street East, 2 nd floor Oshawa L1H 1B2 905-723-7422 x224

Legal

Organization	Information	Contact Information
Durham Community Legal Clinic	<p>Advice given on most topics (except criminal and family law) on the telephone, by appointment, or on a walk-in. There are no financial restrictions when asking for advice.</p> <p>Provide referrals, legal information, legal advice and representation.</p>	<p>111 Simcoe Street North Main Floor, Back Entrance Oshawa L1G 4S4 905-728-7321 / 1-888-297-2202</p> <p>Satellite offices in: Ajax, Uxbridge, Cannington 905-441-1752 dclcinfo@gmail.com www.durhamcommunitylegalclinic.ca</p>
John Howard Society of Durham Region	<p>The term Pardon is now replaced with the title "Record Suspension". Staff at JHS knows the rules, requirements, and contacts to produce a thorough application.</p> <p><i>Extra Judicial Measures Program</i> is designed for youth that fall under the Youth Criminal Justice Act (under the age of 18) as an alternative approach to the court system.</p>	<p>Ajax 905-427-8165 Oshawa 905-579-8482 Bowmanville 905-623-6814</p> <p>johnhoward.on.ca/durham/community-justice-services/record-suspensions-formerly-pardons</p>
Oshawa Legal Aid	Legal Aid assists low income families by providing access to a range of legal services tailored to meet their legal needs.	<p>111 Simcoe Street N., 2nd floor, Suite 200 Oshawa L1G 4S4 905-576-2334 / 1-866-595-0563 info@lao.on.ca www.legalaid.on.ca</p>

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