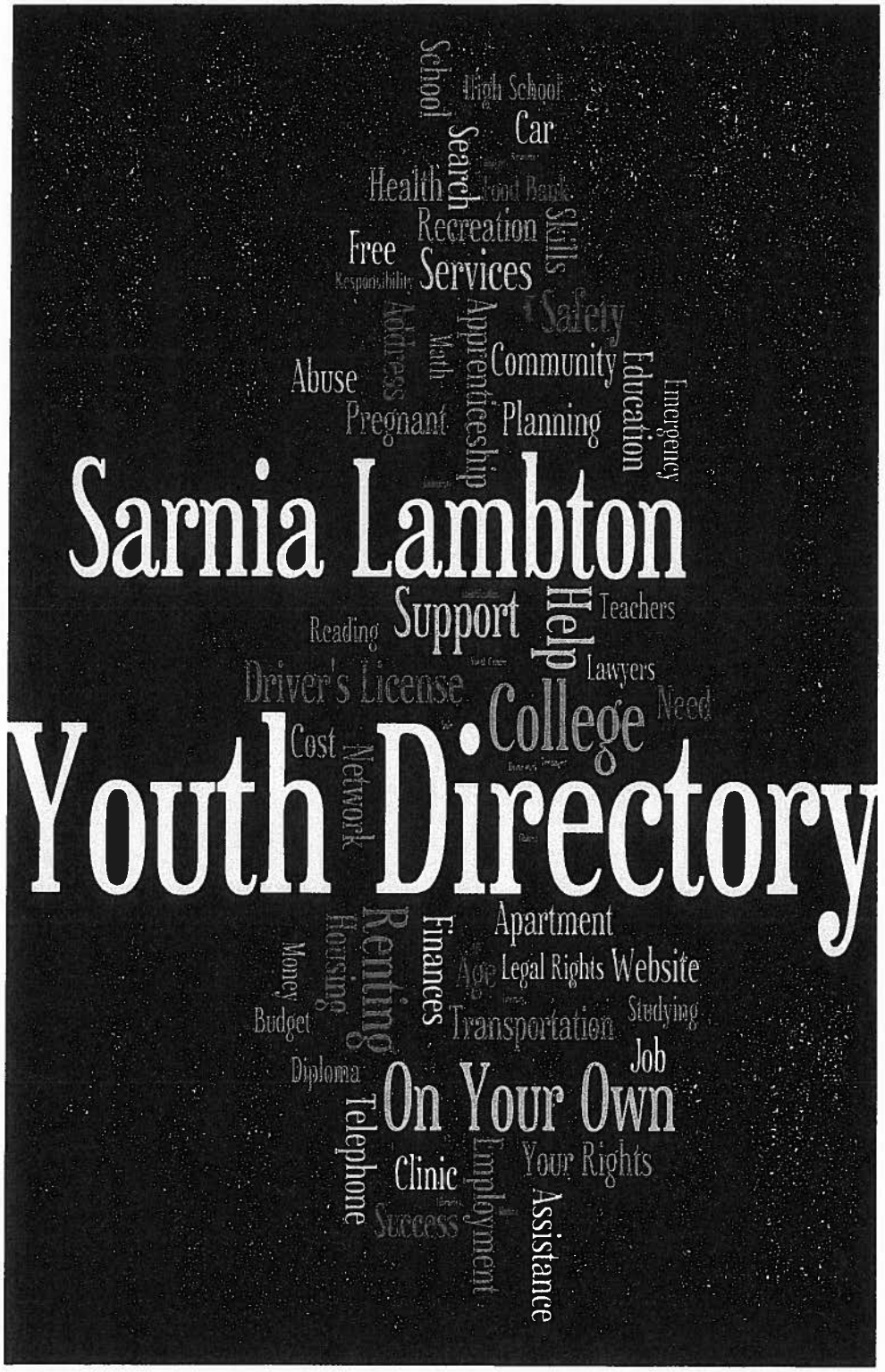
Sarnia Lambton
Youth Directory
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This youth directory is written as a source of information only. The information contained in this directory should not be considered a substitute for the advice of qualified professionals. All efforts have been made to ensure the accuracy of the information as of March 2015
Please note: this is **not** intended to be a complete listing of organizations, services or contacts in Sarnia Lambton.

The authors expressly disclaim responsibility for any adverse effects arising from the use of the information contained herein.

EMPLOYMENT ONTARIO

The views expressed in this document do not necessarily reflect those of *Employment Ontario*.

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Volunteering

EMPLOYMENT

Volunteering provides a chance to:

- Make friends, help the community and gain valuable life experience
- Build self esteem
- Strengthen your résumé, make valuable contacts
- Gain practical, hands-on experience
- Learn more about a profession you are interested in

Ask yourself what type of work you would like to do and the people you would like to work with (persons with disabilities, elderly, children, etc.) and think of related connections you can make. Call different organizations that appeal to you, tell them you are interested in volunteering and ask what you have to do to get involved.

Sarnia Gives
136 Christina St N., Sarnia, ON
519.328.1491
www.sarniagives.com
Sarnia Gives is a volunteer centre for Sarnia-Lambton, dedicated to helping community members learn about volunteer opportunities.

The United Way of Sarnia-Lambton
420 East Street N., Sarnia, ON
519.336.5452
www.theunitedway.on.ca

Employment Services

Do You Need Help Getting Started in your Job Search? Free Career Counselling Services Include:

- Job search assistance and placement
- Skills assessment and career planning
- Résumé assistance and interview preparation
- Skills upgrades and training opportunities

Aamjiwnaang First Nation Employment & Training Programs & Services
978 Tashmoo Avenue S., Sarnia, ON
519.336.8410
www.aamjiwnaang.ca

Free job search assistance with fax, photocopier, and computers for First Nation members of all ages.

Employment Service Access
9156 Tecumseh Lane, Kettle Point , ON
(between Forest, ON & Grand Bend, ON)
519.786.6780
www.esalambton.com

Free employment planning, job development and placement support programs. Available for adults and youth not in school or working full time.

Goodwill Career Centre
1249 London Road, Sarnia, ON
519.332.4333
www.goodwillekl.com

Services include identification of client's needs, career decision making, information on training and enhancing job search skills.

Employment Services

Lambton College Employment and Learning Centre
4248 Oil Heritage Road, Petrolia, ON
519.882.4333 or toll free at 1-877-797-4333
www.lambton.on.ca/elc
Youth Employment Fund—provides young people with an entry point to long-term employment through job placements that offer the chance to learn work skills while earning an income.

Summer Jobs Service—free job search and self marketing support to help students find summer jobs.

Sarnia Employment Resource Centre
150 N. Christina Street, Bayside Centre, Sarnia, ON
519.344.9303
www.ercsarnia.ca

The WorkPlace
265 Front Street N,. Suite 107, Sarnia, ON
519.337.7377
www.theworkplacegroup.ca
Provides free employment consulting, job search and career workshops, job placement assistance and an Employment Resource Centre.

YMCA Learning & Career Centre
660 Oakdale Avenue, Sarnia, ON
519.336.5950 (Employment Services - Press 1)
www.ymcaswo.ca

- **Newcomer Settlement Services (NSP)**
  519.336.5950

Employment Planning: Persons with Disabilities

Employment Transitions
551 Exmouth Street, Suite 105, Sarnia, ON
519.332.0560
www.employment-transitions.com

Assists people with disabilities to obtain and maintain full-time, part-time and summer jobs.

jobStart
660 Oakdale Avenue, Sarnia, ON
519.332.4004
www.jobstartsarnia.com

Series of free workshops and field trips to help people with disabilities prepare for employment.

Employment Agencies:

Express Employment Professionals
519.336.7962
www.expresspros.com

Kelly Services
www.kellyservices.ca

SOS Personnel Inc. (Sarnia)
519.336.6620
www.sospersonnelinc.com

Online Job Search

Federal, Provincial, County & Municipal sites

County of Lambton Job Board
www.lambtononline.ca — Employment

Job Bank
www.jobbank.gc.ca

Federal Student Work Experience Program
www.jobs-emplois.gc.ca

Live in Lambton
www.liveinlambton.ca

Provincial Job Bank
www.ontario.ca — Jobs and Employment

Youth Opportunities Ontario
www.youthconnect.ca

Career Exploration Sites

Canadian Employment Search Network
www.canjob.com

Career Cruising
www.careercruising.com

Career Owl
www.careerowl.ca

Charity Village
www.charityvillage.com

Eluta
www.eluta.ca

Indeed
www.indeed.com

Kijiji
www.kijiji.ca — Jobs

Knighthunter Network
www.knighthunter.com

Monster.ca
www.monster.ca

Workopolis
www.workopolis.com

Wow Jobs
www.wowjobs.ca

Newspaper Classifieds

Online Newspapers
www.onlinenewspapers.com

The Chatham Daily News
www.chathamdailynews.ca

The London Free Press
www.lfpress.com

The Sarnia Observer
www.theobserver.ca

The Windsor Star
www.windsorstar.com

Job Interview Tips

Before the interview:

Practice explaining out loud why you want the job and why you would be a good choice for the company by talking about your:

- Education, training and skills
- Desirable personality traits
- Work and volunteer experience

Learn as much as you can about the job and the company before the interview. Looking at their website can help you learn a lot about the company and their business.

Be prepared to give names, addresses and phone numbers of references.

Have your résumé up-to-date and error-free and take copies with you.

Make sure you arrive on time. Know where you are going and how long it will take to get there. Try to visit the location the day before.

Get enough sleep. Be clean and neat. Prepare your clothes the night before. Dress appropriately for the type of job for which you are applying.

Job Interview Tips

At the interview:

Smile sincerely. Introduce yourself. Shake hands firmly and warmly.

Maintain eye contact in a way that you would with a friend during a casual conversation.

Relax and sit naturally, but do not slouch in your chair or lean on the interviewer's desk.

Maintain a positive attitude and never make negative comments about previous employers or work experiences.

Listen carefully to the questions you are asked. Answer them clearly and completely. Do not stray off topic and do not share irrelevant personal information.

Remember that employers want to hire reliable, positive and hardworking employees. Even if you don't have much work experience, you may still have a lot to offer and be a good candidate for the position.

Your Rights at Work

- General Minimum Wage* (18 and over) is $11.00 per hour as of June1, 2014.
- Student Minimum Wage** is $10.30 per hour.
- For up to date information on minimum wage go to: **www.labour.gov.on.ca/info/minimumwage**
- You cannot be forced to work more than 48 hours per week; however, you can agree in writing to work more hours.
- In most jobs, if you work over 44 hours in a week, you should be paid 1½ times your hourly pay for each extra hour.
- You must be paid on a regular, recurring payday and given a statement showing your wages and deductions for that pay period.
- You can be fired without notice if you have worked less than three months or if you have done something illegal on the job.
- An employer must give you advance written notice and/or termination pay instead of notice if you have been working continuously for three months or more and your job is terminated.
- Your employer cannot fire you if you become pregnant and have been employed for at least 13 weeks before the due date.

- Employees earn a minimum of two weeks vacation time upon completion of every 12-month vacation entitlement per year.

- Ontario has legislation called the Pay Equity Act to ensure that women and men receive equal pay for performing jobs that may be very different but are of equal value.

- You have the right to refuse to do unsafe work without repercussion. You must tell your supervisor about your concerns right away. During the investigation, you should remain in a safe place. For more information on health and safety in the workplace visit:
http://www.youth.gc.ca/eng/topics/jobs/safety.shtml

- For more information about your rights and responsibilities as an employee, call the Ontario Ministry of Labour-Employment Standards Information Centre at **1-800-531-5551** or visit **www.labour.gov.on.ca**

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* Minimum wage is different for liquor servers and home workers.

** Student minimum wage applies to employees under 18 and work less than 28 hours per week.

Entrepreneurship

Ever thought about starting your own business or being your own boss? Here are some helpful community resources to get you started and help turn your dream into a career.

Go Your Own Way!

Visit **www.digitalnapkin.ca**—one stop on-line shop of resources for Sarnia Lambton entrepreneurs.
See Page 51 for the Entrepreneurship Pipeline!

Jr. Achievement Programs
www.jaswont.org

Sarnia Lambton Economic Partnership (SLEP)
- Business Enterprise Centre of Sarnia Lambton
Make Your Pitch
Summer Company Program
Starter Company
Futurepreneur Canada Programs
519.332.2504 www.sarnialambton.on.ca

Lambton College, The Cube: @TheCubeLC

Sarnia Lambton Business Development Corporation
519.383.1371 or 1.800.263.7047
www.slbdc.com

Self-Employment Benefits
www.servicecanada.gc.ca

Ready.Set.Work. Ontario.ca/readysetwork
Smart Start Seed Fund
Strategic Community Entrepreneurship projects
Youth Investment Accelerator Fund

I want to work in the skilled trades:

Apprenticeship is hands-on training for people who enjoy learning by doing. Apprentices are paid while gaining work experience in the skilled trades, and their wages increase with their level of expertise.

Ministry of Training, Colleges and Universities—Labour Market and Training Division
150 Christina Street North, Sarnia, ON
519.542.7705 or 1.800.363.8453

http://www.tcu.gov.on.ca/eng/apprentices/

High school students 16 years of age have the opportunity to register as an apprentice through the Ontario Youth Apprenticeship Program (OYAP). You must be in a cooperative education program at your school and sponsored by the employer during the cooperative education placement.

For more information about OYAP, speak to a cooperative education teacher or guidance counselor at your school.

www.oyap.com

High School Diploma

If you have difficulty attending regular programs at high school but still want to earn credits, the local school boards offer alternative and continuing education programs that will help you earn your high school diploma.

Alternative and Continuing Education Centre
660 Oakdale Avenue, Sarnia, ON
www.acec.lkdsb.net 519-383-8787

Alternative Education: Students who are under 18 years of age are referred to these programs by their home school principal. Information on available programs can be obtained from Student Services.

Adult Education: Attend school in an adult learning environment and earn your Ontario Secondary School Diploma (OSSD). You must be over the age of 18 and not currently registered in a secondary school. Work at your own pace and start anytime. Daytime and some evening classes available. County sites in Forest , Kettle Point, Aamjiwnaang First Nation and Petrolia. Both online and self-study format available.

School Within A College: For students 18-21 who have left secondary school early (for various reasons) and are looking to complete their OSSD. Usually, they need to have at least 22 credits to be accepted into the program. Students are enrolled as full-time high school students and part time college students. For more information contact student services at your high school.

Specialized Cooperative Education: For those who are under 21 years of age and are working. Earn credits through practical experience. Information can be obtained from student services.

Independent Learning Centre
Correspondence courses are available at the Independent Learning Centre
1.800.573.7022 www.ilc.org

Visit your high school guidance counselor or contact the school boards for more information:

Conseil scolaire Viamonde
116 Cornelius Parkway, Toronto, ON
416.614.0844 www.csviamonde.ca

Conseil Scolaire Catholiques Providence
7515 promenade Forest Glade, Windsor, ON
519.948.9227 www.cscProvidence.ca

Lambton Kent District School Board
Sarnia Education Centre
200 Wellington Street, Sarnia, ON
1.800.754.7125
www.lkdsb.net

St. Clair Catholic District School Board
420 Creek Street, Wallaceburg, ON
519.627.6762 or 1.866.336.6139 www.st-clair.net

Upgrading Skills

Alternative & Continuing Education
660 Oakdale Avenue, Sarnia, ON
519.383.8787 www.acec.lkdsb.net
Programs are designed for those who need to **upgrade** their skills before starting credit courses or to improve employment skills such as computer skills. Work at your own pace and start anytime.

English as a Second Language (ESL) and Language Instruction for Newcomers to Canada (LINC) programs.
Classes offered for adults 19 and older at the Alternative & Continuing Education Centre. Skills learned include listening, speaking, reading and writing which can lead to high school credit courses, better employment opportunities, upgrading professional and trade courses or IELTS and other professional exams.

Academic & Career Entrance (ACE) program:
Is designed for anyone 19 years of age or older to **upgrade** their academic skills in order to meet post-secondary college program admission requirements.
For further information contact:
Lambton College
519.542.7751 Ext. 3535 au@lambtoncollege.ca

St. Clair Catholic District School Board
Adult Basic Literacy Program assists adults 19 years of age and over with employment preparation, maintenance and greater independence.
1.866.336.6139 ext. 282
www.st-clair.net 'Programs'
Alternative Education: students are provided with individualized, flexible programming based on needs. Contact your home secondary school.

Aamjiwnaang Alternative and Continuing Education Program
Aamjiwnaang First Nation, Resource Centre
978 Tashmoo Ave.
Sarnia, ON N7T 7H5
519.336.8410 ext. 285
An adult education program for First Nation adults in Sarnia Lambton. The goal of the program is to increase the essential skills needed for employment, apprenticeship, secondary school credits, or independence purposes. Transportation to and from class is available.

Organization for Literacy in Lambton
180 College Avenue N, Sarnia, ON
519.332.4876
www.readsarnia.com
The One-to-One program pairs adults with a volunteer tutor to improve literacy skills at his/her own pace.

Mature Student Status

Mature Student Status at College and University

If you have not obtained an Ontario Secondary School Diploma (OSSD) or equivalent and will be 19 years old by the program start date, you may be considered for admission to college or university as a mature student. Mature students are considered on an individual basis and testing may be conducted for an evaluation of your academic potential. For further information contact the Counselling Department at the college or university you are considering.

Lambton College
www.lambton.on.ca → 'Counselling'

University of Western Ontario
www.welcome.uwo.ca/preview/admissions/index.html

University of Windsor
www.uwindsor.ca/flexible → 'Admissions' → 'Mature Students'

Libraries

A library offers books, magazines, DVDs, music and story CDs, free internet access, etc. Knowledgeable staff can assist you with finding information and specific programs.

Sarnia-Lambton
www.lclibrary.ca

Headquarters	519.845.3324
Alvinston	519.898.2921
Arkona	519.828.3406
Brigden	519.864.1142
Bright's Grove	519.869.2351
Camlachie	519.899.2202
Corunna	519.862.1132
Courtright	519.867.2712
Florence	519.692.3213
Forest	519.786.5152
Grand Bend	519.238.2067
Inwood	519.844.2491
Mallroad	519.542.2580
Mandaumin	519.383.8085
Mooretown	519.867.2823
Oil Springs	519.834.2670
Petrolia	519.882.0771
Point Edward	519.336.3291
Port Franks	519.243.2820
Port Lambton	519.677.5217
Sarnia	519.337.3291
Shetland	519.695.3330
Sombra	519.892.3711
Thedford	519.296.4459
Watford	519.876.2204
Wilkesport	519.864.4000
Wyoming	519.845.0181

Youth Centres & Activities

4-H Clubs of Ontario
www.4-hontario.ca

4-H helps youth age 10 to 21 develop self-confidence, a sense of responsibility, as well as learn useful skills in communications, leadership, problem solving and goal setting. More than 60 projects offered.

Boys and Girls Club
180 N College Ave, Sarnia, ON N7T 7X2
519.337.3651
www.bgcsarnia.com

Teen Drop-In Centre for youth ages 13 and up includes dance classes, after school programs, summer day camp, etc.

Sarnia-Lambton Native Friendship Centre
233 Lochiel St. , Sarnia, ON N7T 4C9
519.344.6164 www.slnfc.org

Rotary Club of Sarnia
- **Rotary — Interact Group for Youth**

1210 Michigan, Sarnia, ON N7S 2B6
519.490.1066
www.rotarysarnia.com

Harmony for Youth
251 Campbell Street, Sarnia, ON N7T 8A8
519.336.0344
www.harmonyforyouth.org
Wide range of musical activities and training for youth. No pre-requisites, waiting lists or financial fees; for each hour of programming, participants must donate one hour of community service.

John Howard Society
300 Christina St. N., Sarnia, ON N7T 5V5
519.336.1020 www.johnhowardsarnia.com

Jerry McCaw Family Centre YMCA
1015 Finch Drive, Sarnia, ON N7S 6G5
519.336.9622 www.ymcaswo.ca
Regular scheduled events, after school sports, activity/hobby lessons, youth groups etc. for youth.

YMCA Learning & Career Centre
- **Leadership Challenge Centre**

660 Oakdale Ave., Sarnia
519.336.5950 www.ymcaswo.ca

Junior Achievement
109 Durand St., Sarnia, On N7T 5A1 519-336-1484
www.jaswont.org

Junior Achievement of South Western Ontario is a Not-For-Profit organization dedicated to inspiring and educating youth to value free enterprise, understand business and economics and develop entrepreneurial and leadership skills.

Junior Conservationists
www.lambtonwildlife.com

Stones 'N Bones Museum
223 N. Christina St., Sarnia ON N7T 5V1
519.336.2100
www.stonesnbones.ca

Learning Disabilities Association of Lambton County
560 Exmouth St., Suite 109A, Sarnia ON N7T 5P5
519.344.4919
www.sarnia.com/groups/lda-lc

Youth Centres & Activities

Sea Cadets
Commanding Officer 132 RC (Sea)
CCP.O Box 2071, Sarnia, ON N7T 7L3
www.sarniaseacadets.com
Email: info@sarniaseacadets.com

Army Cadets
574 Confederation St., Sarnia, ON N7T 2C3
519.336.4362 www.armycadetleague.on.ca

Royal Canadian Air Cadets
302 Devine St., P.O. Box 434, Sarnia, ON N7T 7J2
519.344.7131 www.cadets.ca

Sarnia Lambton Rebound
c/o Dow Centre for Youth
10 Lorne Crescent, Sarnia, ON N7S 1H8
519-344-2841 www.reboundonline.com

Scouts Canada
1.886.568.7422
ww.scouts.ca
Sarnia: www.23rdsarniascouting.ca

Girl Guides of Canada
1.800.565.8111
www.girlguides.ca
Sarnia: www.sarnia.com

Judith & Norman Alix Art gallery
147 Lochiel St. , Sarnia, ON N7T 0B4
519.336.8127 www.jnaag.ca

RAAW Random Acts of Art Workshop and Volunteer opportunities

Lambton County Library - www.lclibrary.ca

Driver's Licence

To apply for a driver's licence in Ontario, you must visit a DriveTest centre and:

- be at least 16 years old (birth date proof)
- pass an eye test
- pass a written knowledge test about the rules of the road and traffic signs.

Once you pass the above tests, you receive a G1 licence. You are considered a beginner driver and need to practice driving and gain experience over time.

Before you get a full G licence, you have to:

- finish two learning levels: G1 and G2
- pass two road tests

Licence fees:

- G1 written knowledge test $15.25
- G2 road test $50.75
- Five year license $80

You must bring I.D. which shows proof of your legal name, date of birth and signature. You may need to bring two pieces of ID to fulfill the requirement. The following documents are acceptable:

- Passport (Canadian or foreign)
- Canadian Citizenship Card with photo
- Secure Certificate of Indian Status Card
- Ontario Photo Card

DriveTest Centre—Sarnia—519-542-4214
Open Monday to Friday 8:30 a.m. to 5 p.m.
1362 Lambton Mall Road, Suite 5, Sarnia, ON
Automated Phone Booking: 1.888.570.6110

Public Transit

The Government of Canada is encouraging Canadians to use public transit with a tax credit on the cost of monthly or longer duration transit passes. **www.transitpass.ca**

Sarnia Transit
519.336.3271
www.city.sarnia.on.ca

Remember: Student fares require valid student I.D.

You can obtain route maps on buses, at local ticket agents, from community centres, and at your local high school. You can also print out any schedule or map you need directly from the transit system's website.

Tips for Staying Safe

Take care when walking to or from a bus stop.

Walk with confidence and be alert to your surroundings.

Avoid taking short cuts or walking in unlit areas at night.

Use the Request Stop Program: if you are riding transit after 9:00 p.m. you can get off the bus between stops closer to your destination.

Tell the driver at least one stop ahead of where you want to get off. The driver must be able to stop safely in order to meet your request.

If you're interested in buying a new or used car, here are a few things to keep in mind:

1. Consider which options and features you need and want in a car.
2. Visit a dealership to test drive the model you would like to buy.
3. Once you have decided on a car, check with your insurance company to find out how much it would cost to insure it. If the car costs $3000 but insurance costs $2000/year, you may want to look at other cars.
4. Find out how much the car is really worth by researching on these sites:
   - www.edmunds.com (prices in US$)
   - www.autotrader.ca
5. If you are planning to buy privately (instead of from a dealership), ensure that none of the following has happened:
   - the car is stolen (if it was and the police find it, it will go back to the original owner and you will be out what you paid to buy it)
   - the odometer was turned back
   - there is money owing on the car (if there is, you would have to pay it off)
   - the car was in an accident and you have not been told. The Ministry of Transportation can provide a vehicle history for a small fee.
6. Have the car inspected by a certified mechanic. It may cost you a small amount up front, but it could save you money and problems down the road.

Car Accidents

If you get into a car accident:

- Stop. Remain calm.
- Call the police.
- Get the other person's name, address and phone number.
- Get the name of the other person's insurance company and their policy number.
- Write down the type of the other person's car, licence number and where the accident happened.
- If you have a cell phone you could use it to take pictures of the scene.
- Take down the names and phone numbers of witnesses.
- Report the accident to your insurance company.

If you are stopped by the police–in a vehicle or not–here are some things to keep in mind:

- You do not have to answer any questions, but it is a good idea to tell them your name, address and age if asked.
- Ask the police officer why he or she has stopped you.
- If you are stopped while driving, you must show your driver's licence, car registration and insurance if you are asked.
- The police may have the right to search you if they believe you have alcohol, weapons, illegal drugs or stolen property.
- If you feel that you or your property is being searched inappropriately, tell the police. If they continue, do not try to physically stop them. Talk to a lawyer as soon as possible.
- If you are being held by the police, ask them if you are under arrest and on what charges. If you are under arrest, the police must tell you why you are under arrest, and you should call a lawyer as soon as possible.
- If you are under 18 and are arrested, you have the right to consult with a lawyer and a parent and/or guardian.

Lawyers

If you need a lawyer and cannot afford one or do not know where to begin, contact:

Legal Aid Ontario
1.800.668.8258
www.legalaid.on.ca

Community Legal Assistance Sarnia
201 Front Street N, Suite 407, Sarnia, ON
519.332.8055 or 1.888.916.2527
www.sarnialegalclinic.com

Lawyer Referral Service—Ontario
Law Society Referral Service
1.800.268.8326
www.lsuc.on.ca - Law Society Referral Service
The Law Society Referral Service will give you the name of a lawyer or paralegal within or near your community who will provide a free consultation of up to 30 minutes to help you determine your rights and options.

Pardons and Waivers of Canada
1.866.226.8193
www.pardonswaiverscanada.com

Pardons and Waivers of Canada will work with you to determine if you are eligible to have your record cleared or if you need a waiver to cross the U.S. border. Reasons to clear your record may be to further your education or obtain a job.

The Haven
442 & 444 Kathleen Avenue, Sarnia, ON
519.336.5941
www.theinnsarnia.ca
Short-term shelter for young adults , both male and female, between the ages of16 to 21 who are homeless or at risk of becoming homeless. Operated by The Inn of the Good Shepherd.

The Inn of the Good Shepherd
115 John Street, Sarnia, ON (John & Devine Street)
519.344.1746
www.theinnsarnia.ca ·
Short-term emergency housing for adults and families. Provide temporary housing while a housing worker assists in finding permanent housing.

The Good Shepherds Lodge
950 Confederation St., Sarnia, ON
519-344-1679
www.theinnsarnia.ca
Provides emergency shelter to those experiencing a period of homelessness in Sarnia-Lambton. Transitional housing is also available.

Housing Services of Lambton County
150 N Christina Street, 2nd floor,
Bayside Centre, Sarnia, ON
519.332.0998 or 1.800.387.2882
www.lambtononline.ca—Residents, Housing Services
The Housing Services Department provides housing assistance to over 2,000 residents of County of Lambton.

Emergency & Subsidized Housing

Salvation Army
Salvation Army Family Services
970 Confederation Street, Sarnia, ON
519.337.3011
www.thesalvationarmysarnia.com
Provides emergency assistance such as food, vouchers, clothing and shelter.

Women's Interval Home of Sarnia-Lambton Inc.
PO Box 652, Sarnia, ON
24 hour Crisis Line: 519.336.5200 or 1.800.265.1412
www.womensintervalhome.com
Email: info@womensintervalhome.com
Emergency housing for women and their children who are victims of domestic violence. Abuse victims are encouraged to call the shelter for support services.

Food & Household Assistance

Some food banks require that you show I.D. and statements of income and expenses. Call ahead for specific requirements.

Sarnia Food Banks:

Inn of the Good Shepherd (Sarnia) 519.344.1746*
115 John St., Sarnia, ON
St. Vincent de Paul Help Centre 519.337.1058
228 Davis St., Sarnia, ON
Salvation Army (Sarnia) 519.344.1142*
970 Confederation St. Sarnia, ON
Lambton College Food Bank 519.542.7751
Available to college students in need.

County Food Banks:

Contact House Food Bank 519.786.5692
Forest, ON
Petrolia Food Bank 519.882.3950
4156 Petrolia Line, Petrolia, ON
We Care Food Bank 519.834.2917
2554 Elizabeth St, Oil Springs, ON
Corunna Food Bank 519.862.3641
437 Colborne St, Corunna, ON

Soup Kitchens

Inn of the Good Shepherd (Sarnia) 519.344.1746*

Household Items:

Habitat for Humanity Sarnia-Lambton
519.336.7075
Society of St. Vincent de Paul
106 East St. Sarnia, ON 519.337.7089
NeighbourLink 519.336.5465

*Also offer household items

Renting an Apartment/Room

Before you rent an apartment, be sure to know your rights and obligations as a tenant.

Visit **www.ltb.gov.on.ca** and click on "Frequently Asked Questions" for more information.

How much money do I have to pay?

- You and the landlord (the owner or manager of the apartment) decide before you rent the apartment how much rent you will pay. At this time, you also decide what is included in the rent (parking, hydro, laundry, etc.)
- The landlord can ask you to pay one month's rent as a deposit. This means you will have to pay the first and last month's rent before moving into an apartment.
- If you have signed a lease, the landlord cannot increase your rent within the period covered by the lease.
- If the landlord does increase the rent, he or she must give you 90 days notice in writing.
- The landlord can usually only increase rent by a percentage set by the Ontario government.
- If you are planning to move out, you must normally provide the landlord with at least 60 days written notice, unless you and the landlord agree to an earlier date.

What if I think the landlord is not treating me fairly?

It is against the law for landlords, superintendents, or other tenants to discriminate against you because you:

- have a disability
- are single, married or living common-law
- are on welfare or family benefits
- are gay or lesbian

or because of your:

- race
- religion
- gender
- citizenship

If you have a dispute with your landlord:

Ontario Rental Housing Tribunal
Resolves disputes between residential landlords and tenants by providing public education, mediation and adjudication services.
1.888.332.3234
www.ltb.gov.on.ca

For legal services related to housing:

Community Legal Assistance Sarnia (CLAS)
201 Front Street N, Suite 407 Sarnia, ON
519.332.8055 or 1.888.916.2527
www.sarnialegalclinic.com

Ontario Works

Ontario Works provides employment and basic financial assistance to eligible individuals and families. Income support assistance is provided to persons in need to cover the costs of food, shelter, basic needs, prescription drugs and vision care for children.

How to apply for Ontario Works:

You will meet with an Intake Caseworker who will gather information and make an assessment on whether you may be eligible to receive Ontario Works assistance. You will be asked to provide a range of information such as:

- Date of Birth
- Social Insurance Number
- Health Card Number
- Accommodation Expenses (i.e. rent or mortgage details, utilities, insurance)
- Assets (i.e. bank accounts, vehicles, RRSP's, life Insurance, investments, property)
- Income from other sources

There are **three** ways to apply for Ontario works in Lambton County;

1. online at **www.ontario.ca/socialassistance**
2. by telephone **519.332.4906 or 1.866.879.6750**
3. in person **150 Christina St. N., Sarnia, ON N7T 8H3**

What do I have to do on Ontario Works?

If you receive assistance, you may be required to take part in one or more of the following programs to help you:

Community Placement
- gain experience through volunteering

Employment Placement
- with the support you need to find work when you are job-ready

Employment Support
- with job search tools and strategies, educational services, and training opportunities

LEAP *(Learning, Earning, Parenting)*

LEAP is mandatory for: 16 and 17 year old parents in receipt of Ontario Works or living with parents who are receiving Ontario Works. LEAP is recommended for those who have not completed their Ontario Secondary School Diploma and are 16-25 years of age.
www.lambtononline.ca-Ontario Works-LEAP

County of Lambton, Ontario Works Department
150 Christina St. N., Sarnia, ON N7T 8H3
Bayside Centre
519.344.2057 or Toll free: 1.800.387.2882

Getting ID

If you need help applying for or replacing identification, visit:

Service Canada
www.servicecanada.gc.ca
1.800.926.9105 or 1.800.622.6232
Service Canada Sarnia—529 Exmouth St.

Service Canada helps the public find answers to questions about federal programs and activities. This service improves accessibility to the federal government, helps the public track down information with a minimum number of calls and greatly reduces misdirected inquiries.

Service Canada provides information and services in a range of areas: income assistance, starting a business, personal documents, employment resources, health information, and more.

Lambton Shared Services Centre
ServiceOntario Centre
150 N Christina Street, Bayside Centre, Sarnia, ON
519.332.0998
www.ontario.ca

Most common requests:
Driver's Licence—renew or change address
Licence Plate Sticker
Ontario Health Card (apply and renew)
Ontario Photo Card

Local option to what Service Canada offers. Call or visit for specific information.

Financial Credit

Credit information is gathered by credit reporting agencies called credit bureaus. They maintain credit information about individuals for use by banks, financing companies, auto leasing companies, credit card companies, retailers, etc.

Your credit file contains information about whether you make or miss payments, information from collection agencies, public records from courthouses, and even a record of who has checked your credit rating.

When you give permission to a business to look at your credit file, this history is available for them to review.

To maintain a good credit rating:

- Pay your bills promptly and always meet payment due dates
- Borrow only the amount that you can afford to repay
- Draw up a budget to control your spending
- If you have debts, pay them off as scheduled or even ahead of schedule

Financial Credit

Review your credit file regularly to stay informed about the details of your credit file. ***To obtain a copy of your credit file, call:***

Equifax Canada
1.800.465.7166
www.consumer.equifax.ca

For help getting out of debt and planning a budget, contact:

Financial Fitness Centre
Sarnia Lambton
519.542.1130
www.financialfitnesssarnia.ca

This is a not-for-profit organization offering financial counseling to those in need, with an end to eliminating debt and financial distress and giving participants the tools to gain financial stability.

Nutrition & Cooking

Now that you're on your own, have you discovered that your knowledge of cooking is limited to the preset buttons on your microwave? Knowing which foods to buy and how to prepare them can not only improve your health, but can also ease the strain on your wallet. Buying fresh produce and cooking it at home is a good way to make sure that you are taking care of both your health and your finances.

Lambton Public Health
160 Exmouth Street, Point Edward, ON
519.383.8331 www.lambtonhealth.on.ca
Nutrition & Healthy Eating

Community Health Centres
www.nlchc.com
North Lambton (Forest): 519.786.4545
Kettle Point: 519.786.2700
West Lambton (Sarnia): 519.344.3017
East Lambton (Watford): 519.333.2747

Budgeting

A budget allows you to see where your money is coming from and where it's going. Use this chart as a guide to help you take control of your finances.

Monthly Income	Total
Pay (after taxes / deductions)	
Commissions or Tips	
Bonuses	
Tax Credits (e.g. GST rebate)	
Child Support	
Student Loan Income	
Other Income	
Total Monthly Income	**$**

Monthly Expenses	Total
Rent	
Utilities	
Internet	
Cable/Satellite T.V.	
Telephone/Cell Phone	
Car Payment/Bus Pass	
Car Fuel/Maintenance	
Insurance (Car/Home)	
Parking	
Groceries	
Clothing	
Hair Cuts/Personal Expenses	
Tuition	
Day Care/Babysitting	
Income Tax	
Recreation (movies, sports, magazines)	
Dining Out	
Alcohol	
Tobacco	
Other	
Total Monthly Expenses	**$**
Total Monthly Income	**$**
— Total Monthly Expenses	**$**
=Cash Remaining	**$**

What to do if...

...I think I'm pregnant

- Act as if you are pregnant and avoid alcohol, drugs and tobacco
- Take a pregnancy test
- See your doctor or go to a walk-in clinic
- Talk to someone you trust who can give you support and guidance

Lambton Public Health
160 Exmouth St., Point Edward
519.383.8331 www.lambtonhealth.on.ca

Lambton Crisis Pregnancy Centre
Hot Line: 519.383.7115
1.800.665.0570 www.pregnancycentre.org

Lambton Right to Life
519-542-1132
National 24 hr Help Line: 1.800.665.0570
http://lambtonrighttolife.org

...I have been sexually assaulted

- Understand that it's not your fault
- Go to a safe place
- **Call the police- they will assist you in getting support, Emergency Services 911**
- **Go to the emergency room of the nearest hospital — *Sexual/Domestic Assault Treatment Centre at Bluewater Health also available***

Sexual Assault Survivors Centre Sarnia-Lambton
Chris Dawson Centre Building, 420 East St. N., Unit 11,
Sarnia N7T 6Y5.
519-337-3154 www.sexualassaultsarnia.on.ca
24 hour Crisis Line — 519.337.3320

... I think I'm addicted to drugs or alcohol

- Understand that you are not alone and there are lots of ways to get help and support
- See your doctor or go to a walk-in clinic
- Speak to someone you trust to get support

Lambton County Addiction Services
Bluewater Health, 89 Norman St., Level 6, Sarnia
519.464.4400 x5370 www.bluewaterhealth.ca/addictions

Bluewater Health—Withdrawal Management
519.332.4673 or Toll free: 1 (844) 778-4673

Drug and Alcohol Helpline—Ontario—1.800.565.8603
Alateen 519.337.5211

...I'm being abused at home or in a relationship.

- Go to a safe place
- Call the police
- Confide in a trusted friend or relative
- Call a crisis hotline

Kids Help Phone 1.800.668.6868
www.kidshelpphone.ca

Police—Victim Services of Sarnia Lambton
Emergency: 911
Sarnia: 519.344.8861, ext. 5238
Forest: 519.786.3861
Toll free: 1.888.281.3665 www.victimservices.on.ca

Women's Interval Home
519.336.5200 or 1.800.265.1412

Assaulted Women's Helpline
1.866.863.0511 www.awhl.org

...I'm being abused at home or in a relationship continued

Sexual/Domestic Assault Treatment Centre
Bluewater Health
519.464.4400 ext. 4522 www.bluewaterhealth.ca

Sexual Assault Survivors' Centre Sarnia-Lambton
519.337.3154
Crisis Line: 519.337.3320 or Toll free: 1.888.231.0536
www.sexualassaultsarnia.on.ca

...I need information on HIV/AIDS/STI

- See your doctor or contact the following

Lambton Public Health
160 Exmouth St., Point Edward, ON
519.383.8331 ext. 3547 or toll free 1.800.667.1839
www.lambtonhealth.on.ca

Regional HIV/AIDS Connection
Toll free: 1.866.920.1601
www.hivaidsconnection.ca

...A close friend or family member dies

Understand that you may be in a state of shock and unable to think clearly. Do not drive. Find a friend or family member to talk to.

St. Joseph's Hospice, 475 Christina St. N., Sarnia, ON
Support Groups
519.337.0537

Family Counselling Centre Sarnia Lambton
Office: 519.336.0120
Distress Line 24/7: 519.336.3000 or 1.888.347.8737

.....I'm depressed

- Understand that feeling depressed when things go badly is normal
- If after a couple of weeks you are still feeling depressed, then seek professional help
- Some signs of clinical depression (when depression becomes an illness—like a cold can become an infection) include:
  - Feeling worthless, helpless or hopeless
  - Sleeping or eating a lot more or less than usual
  - Losing interest in your normal activities
  - Avoiding other people
  - Overwhelming feelings of sadness
  - Thoughts of death or suicide

Canadian Mental Health Association (CMHA)—Lambton-Kent http://lambtonkent.cmha.ca
Sarnia Office 519.337.5411
-Lambton Mental Health Crisis Service:
Crisis Line: 519.336.3445 or 1.800.307.4319

Family Counselling Centre Sarnia Lambton
1086 Modeland Rd. , Sarnia, ON N7S 6L2
Office: 519.336.0120
Distress Line 24/7 519.336.3000 or 1.888.347.8737
www.familycounsellingctr.com

Mental Health Service Information Ontario
1.866.531.2600 www.mentalhealthlhelpline.ca

Community Care Access Centre (CCAC)
School Resources: nurses from CCAC are available in schools to help students struggling with depression, addiction or other mental health issues.

Overview of Help & Support Services

If you are in crisis and need immediate assistance call 911 or go to the Emergency Room of the nearest hospital.

Alanon/Alateen
Sarnia 519.337.5211 www.al-anon.alateen.org

Assaulted Women's Helpline
24 hour crisis line: 1.866.863.0511 www.awhl.org

Bluewater Health-Withdrawal Management Program
519.332.4673 or Toll Free: 1.844.778.4673

Bridging the Service Gap
519.337.3154
www.bridgingtheservicegap.com
provides an On-Line Community Resource Guide

Canadian Mental Health Association (CMHA) (Lambton- Kent) http://lambtonkent.cmha.ca
Sarnia Office 519.337.5411
Lambton Mental Health Crisis Services
Crisis Line: 519.336.3445 or 1.800.307.4319

Children's Aid Society Sarnia Lambton
161 Kendall St., Point Edward, ON
519.336.0623 www.slcas.on.ca

Distress Line Sarnia Lambton—Need Help NOW
519.336.3000 or 1.888.347.8737 (24/7 hours)
www.familycounsellingctr.com

Drug & Alcohol Helpline—Ontario
1.800.565.8603 www.drugandalcoholhelpline.ca

Eating Disorders Outreach Program
Bluewater Health, Level 4, 89 Norman St. ,Sarnia
519.464.4400 Ext. 5217

Family Counseling Centre Sarnia Lambton
1086 Modeland Rd., Sarnia,
519.336.0120 x235 www.familycounsellingctr.com

John Howard Society (Sarnia)
519.336.1020 www.johnhowardsarnia.com

Kids Help Phone
1.800.668.6868 www.kidshelpphone.ca

Lambton County Addiction Services
Bluewater Health, 89 Norman St. Level 6, Sarnia
519.464.4400 x 5370
www.bluewaterhealth.ca/addictions

Lambton Family Initiative
519.337.8110
A support service for family members and friends of those with mental illness.

Lambton Public Health
160 Exmouth St., Point Edward
519.383.8331 Toll Free: 1.800.667.1839
www.lambtonhealth.on.ca

Lambton Crisis Pregnancy Centre
Hot Line: 519.383.7115
1.800.665.0570 www.pregnancycentre.org

Lambton Right to Life
519-542-1132
National 24 hr Help Line: 1.800.665.0570
http://lambtonrighttolife.org

Help & Support Services

Lesbian Gay Bi Trans Youth Line
1.800.268.9688 www.youthline.ca

Lesbian, Gay, Bisexual, Transgender, Two-Spirited & Questioning (LGBT2SQ):
Rebound (Sarnia Lambton): Spectrum is a positive drop in space open for youth ages 14-24 in Sarnia and Lambton County
519.344.284. www.reboundonline.com

Mental Health Service Information Ontario
1.866.531.2600 www.mentalhealthhelpline.ca

Narcotics Anonymous
Lambton 519.661.0119 www.orscna.org

Ontario Poison Centre
1.800.268.9017
www.ontariopoisoncentre.com

Ontario Problem Gambling Helpline
1.888.230.3505 www.problemgamblinghelpline.ca

Rebound Sarnia-Lambton
519.344.2841 www.reboundonline.com
Rebound offers individual and group programs and services designed to empower youth. Various programs allow youth to develop life skills; practice new coping strategies that fit with real life; learn positive social skills that assist in dealing with the transition from childhood to adulthood and those challenging years in between.

Sexual/Domestic Assault Treatment Centre
Bluewater Health, Sarnia
519.464.4400 ext. 4522 www.bluewaterhealth.ca

Sexual Assault Survivors' Centre Crisis Line (Sarnia)
519.337.3320 (24 hours) or 519.337.3154
1-888-231-0536 www.sexualassaultsarnia.on.ca

St. Clair Child & Youth Services (Point Edward/Sarnia)
519.337.3701 www.stclairchild.ca

St. Joseph's Hospice, 475 Christina St. N., Sarnia, ON
Support Groups 519.337.0537

Victim Services of Sarnia-Lambton - Police
Sarnia: 519.344.8861 x 5238
Forest: 519.786.3861
1.888.281.3665 x 5238
www.victimservices.on.ca

Women's Interval Home
519.336.5200 or 1.800.265.1412

Health Services

The College of Physicians and Surgeons of Ontario
1.800.268.7096 x603
416.967.2603 www.cpso.on.ca

Ontario Ministry of Health and Long-Term Care
www.health.gov.on.ca/en/

Telehealth Ontario
1.877.797.0000
www.health.gov.on.ca/en/public/programs/telehealth/

Trillium Drug Plan
1.800.575.5386
www.health.gov.on.ca

Finding a Doctor in Sarnia Lambton
519.383.7265 www.doctors4sarnialambton.com

Nurse Practitioner-Led Clinic
Twin Bridges www.tbnplc.com
109 Crawford St. Sarnia, ON N7T 2Y7
226-776-9030
Designed to improve access to individuals and families who do not currently have a health care provider.

Emergency Rooms
Bluewater Health,Sarnia
89 Norman Street, Sarnia, ON, N7T 6S3
519.464.4400
www.bluewaterhealth.ca

Charlotte Eleanor Englehart (CEE) Hospital of Bluewater Health
450 Blanche Street, Petrolia, ON
519.882.4325

Lambton Public Health
160 Exmouth St., Point Edward, ON N7T 7Z6
519.383.8331 Toll Free: 1.800.667.1839
www.lambtonhealth.on.ca

Rapids Family Health Team
1150 Pontiac Drive, Sarnia, ON
519.339.8949 www.rapidsfhteam.ca
If your doctor is a member of the Rapids Family Health Team, there are many health care services available to you.
View the website for a listing of doctors and services.

Community Health Centres: www.nlchc.com
Primary health care, health promotion and disease prevention programs and services.

North Lambton 519.786.4545
59 King Street, Forest, ON
West Lambton 519.344.3017
429 Exmouth St., Unit 100, Sarnia, ON
East Lambton 519.333.2747
536 Simcoe St., PO Box 689 Watford ,ON
Kettle Point 519.786.2700
6275 Indian Lane, Kettle & Stony Point FN , ON

Southwest Ontario Aboriginal Health Access Centre
1.877.672.4079
www.soahac.on.ca

Aboriginal Health Access Centres (AHACs) are innovative, Aboriginal specific, Indigenous informed health care agencies. They provide a combination of health and social services to First Nations, Métis and Inuit communities.

[redacted]

SLWDB

The Entrepreneurship and Innovation Pipeline

Entrepreneurship Resources

Digital Napkin:** One stop on-line shop of resources for Sarnia Lambton entrepreneurs* ***digitalnapkin.ca

Eligibility Age — ***Junior Achievement Programs (www.jaswont.org)***

(Elementary Programs – in school)

- 9 to 10 → Our Country: Technology & Innovation (Gr. 4)
- 10 to 11 → Our Business World (Gr. 5)
- 12 to 13 → Dollars with Sense (Gr. 7)
- 13 to 14 → Economics for Success (Gr. 8)

(Secondary Programs)

- 14 to 18 → *After School Company Program:* Grades 9-12)
- 15 to 18 → Be Entrepreneurial (Grades 10-12 – in school program)

Sarnia Lambton Economic Partnership (SLEP)

- ***Business Enterprise Centre (sarnialambton.on.ca)***
  (Provincially funded programs)

- 14 to 18 → Make Your Pitch (Grades 9-12) makeyourpitch.ca
- 15 to 29 → Summer Company Program

- 18 to 29 → Starter Company
- → Futurepreneur Canada Programs: low interest loan and mentoring programs

→ Business Counselling

Under 30 → ***Some of the following entrepreneurship programs are funded through: Ready. Set. Work. ontario.ca/readysetwork***

Smart Start Seed Fund
Strategic Community Entrepreneurship Projects
Youth Investment Accelerator Fund

....and the pipeline continues with

Sarnia-Lambton Business Development Corporation (slbdc.com)
Federally funded programs:

- → Business Counselling
- → Business Plan Outline
- → Business Loans for Entrepreneurs up to $250,000
- → Ontario Self Employment Benefit Program (OSEB)

***Lambton College, The Cube:* @TheCubeLC**

→ *Business Counselling, Networking, Collaboration, Tech-based Start-ups, Applied Research& Innovation*

Notes

SLWDB

SARNIA LAMBTON WORKFORCE DEVELOPMENT BOARD

The Sarnia Lambton Workforce Development Board is a community-directed, not-for-profit corporation leading Sarnia Lambton in its approach to workforce development and labour market planning.

For more information about our local labour market projects, publications and partnerships, please visit our website:

www.slwdb.org
Follow us on Twitter and LinkedIn

519-332-0000

Funded by: EMPLOYMENT ONTARIO

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