



FAR NORTHEAST TRAINING BOARD (FNETB)
your **Local Employment Planning Council**

COMMISSION DE FORMATION DU NORD-EST (CFNE)
votre **Conseil Local de Planification de l'Emploi**

Directory of Employment, Training, Business and Related Services

**in the North Claybelt Community
Development Corporation Region
Cochrane, Iroquois Falls and Area**

July 2019





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your **Local Employment Planning Council**

COMMISSION DE FORMATION DU NORD-EST (CFNE)
votre **Conseil Local de Planification de l'Emploi**

FAR NORTHEAST TRAINING BOARD (FNETB)
1425 Front Street, P.O. Box 2198, Hearst, ON P0L 1N0
Telephone: 705.362.5788 or 800.530.9176

www.fnetb.com



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The information presented in this document is current at the time of printing.
This directory is also available online at www.fnetb.com

DIRECTORY OF EMPLOYMENT, TRAINING, BUSINESS AND RELATED SERVICES

In an effort to support local service coordination, the Far Northeast Training Board (FNETB) is pleased to provide this local directory. It is design to provide a listing of employment, training and related services in the North Claybelt Community Futures Development Corporation Region, Cochrane / Iroquois Falls and area.

The information contained in this document is current at the time of its publication. The FNETB will update the directory annually. Any changes or additions that are required beyond the annual update will be made if/when requested by service providers.



NORTH CLAYBELT

Community Futures Development Corporation
Société d'aide au développement des collectivités

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APATISIWIN ININEW FRIENDSHIP CENTRE

APATISIWIN

Your Urban Aboriginal Employment Service Provider



Website: www.ininewfriendshipcentre.ca

Email: employmentunit@ininewfriendshipcentre.ca

190 Third Avenue – Cochrane

Phone: 705.272.4497

Fax: 705.272.3597

Business Hours:

Monday to Friday from 8:30 am to 4:00 pm

- Assists Aboriginal individuals prepare for, obtain and keep jobs
- Offers the Career Cruising online career guidance and planning system

Employment Services

- Offers employment counselling
- Provides job information
- Offers resume/cover letter assistance

Employment and Training Program Interventions

Provides financial assistance for the following programs:

- Apprenticeship skill training
- Career experience/job shadowing
- Community capacity building
- Employment support
- Income supports
- Mobility assistance
- On-the-job training
- Purchase of training
- Self-employment assistance
- Targeted wages subsidies

Youth-Specific Interventions

- Stay in School Program
- Student Career Program
- Summer Career Program
- Youth Internships

COCHRANE DISTRICT SOCIAL SERVICES ADMINISTRATION BOARD (CDSSAB) – EMPLOYMENT SERVICES



Website: www.cdssab.on.ca
Email: webinquiries@cdssab.on.ca

Cochrane

149 Fifth Avenue

Phone: 705.272.5745

Toll Free: 800.626.1538

Fax: 705.272.5748

Iroquois Falls

33 Ambridge Drive

Phone: 705.232.4095

Toll Free: 800.461.2009

Fax: 705.232.5471

Matheson

385 Railway Street

Phone: 705.273.2334

Fax: 705.273.2767

Business Hours:

September to June

Monday to Friday: 8:30 am to 4:15 pm

July to August

Monday to Friday: 8:00 am to 3:45 pm

Ontario Employment Services:

- Provides comprehensive employment and job search services
- Offers assessment of skills, interest and experience
- Provides job search strategies, including résumé preparation
- Offers information about careers and occupations, local labour market, employment and training opportunities
- Coordinates on-the-job training, work experience
- Offers help in maintaining employment
- Provides information and referral to other employment and community services

Programs and Services:

- Second Career Program
- Services for employers
- Canada-Ontario Job Grant
- Youth Job Connection
- Youth Job Connection Summer

NORTH EAST ASSOCIATION FOR COMMUNITY LIVING



Website: www.neacl.ca

18 Aurora Avenue – Cochrane

Phone: 705.272.2999

Fax: 705.272.4983

Business Hours:

Monday to Friday from 8:00 am to 4:00 pm

COMMUNITY LIVING – IROQUOIS FALLS



Website: www.communitylivingontario.ca

Email: ifacl@onlink.net

9 Veterans Drive – Iroquois Falls

Phone: 705.258-3971

Fax: 705.258.3119

Business Hours:

Monday to Friday from 8:00 am to 4:00 pm

- Provides support to individuals with an intellectual and/or development disability to find full-time and part-time employment
- Explores options with the individual to determine abilities as well as preferences
- Assists employers in accessing available wage subsidies
- Provides recruitment, job searching services, job analysis, on-the-job training and job support
- Continues to provide support as required to the employer/co-workers, as well as to new employee once the training is complete
- Maintains regular visits to the job site to evaluate the employee's performance and to discuss any concerns or any new job skills that may be needed.

PROFESSIONS NORTH | NORD



Website: www.professionsnorth.ca

Email : info@professionsnorth.ca

128 Larch Street, Unit 601 – Sudbury

Toll Free: 866.210.3020

Professions North/Nord (PNN) is an initiative of Laurentian University that assists internationally trained professionals (ITPs) find employment in Northern Ontario and employers find qualified candidates.

Employment Services

- Employment connections in Northern Ontario
- Assistance with résumés, cover letters and portfolios
- Interview skills support
- Intercultural Communication for the Canadian Workplace
- Mentorship opportunities
- Access to resources related to your profession
- Information on accreditation

Services for employers

- Recruitment Services
- Résumé Screening
- Job Matching
- Employee Retention
- Mentorship Opportunities

MINISTRY OF TRAINING, COLLEGES AND UNIVERSITIES

Website: www.tcu.gov.on.ca/eng



Ontario Government Complex
122 Government Road West - Kapuskasing

Phone: 705.337.4381

Fax: 705.337.4382

Business Hours:

Monday to Friday from 8:30 am to 4:30 pm

As the operator of Employment Ontario, we:

- Deliverer employment and training services to people across the province
- Develop policy directions for employment and training
- Support apprenticeship, career and employment preparation, and adult literacy and basic skills
- Undertake labour market research and planning

SERVICE CANADA



Toll Free Information: 800.622.6232

Cochrane:

143 Fourth Avenue

Business Hours:

Wednesday from 10:00 am to 3:00 pm

Iroquois Falls

33 Ambridge Drive

Business Hours:

First Wednesday of the month from 10:00 am to 3:00 pm

ADULT LEARNING CENTRE

Website: www.alctraining.ca

Cochrane

Email: alcprogram@gmail.com

146A Sixth Avenue
Phone: 705.272.4860
Fax: 705.272.2760

Business Hours:

Monday to Friday 9 am to 4:30 pm



Iroquois Falls

Email: lrn2read@ntl.sympatico.ca

723 Synagogue Street
Phone: 705.232.5433
Fax: 705.272.7134

Business Hours:

Monday to Thursday 9 am to 4 pm

- Provides literacy, numeracy and essential skills services that help individuals achieve goals related to further education or training, employment or increased independence.
- Provides skills assessment and support in clarifying upgrading goals and developing a training plan to achieve them.
- Offers services to help individuals develop the necessary skills for entry into college upgrading equivalency program, preparation for adult credit, workforce readiness, GED preparedness, personal independence and computer training.
- Operates the Literacy and Basic Skills program.

NORTHERN COLLEGE – LITERACY AND BASIC SKILLS



Website: www.northernnc.on.ca

149 Fifth Avenue – Cochrane
Phone: 705.272.4188
Fax: 705.272.2887

Business Hours:

Monday to Thursday from 9:00 am to 3:00 pm
Friday from 9:00 am to Noon

- Provides literacy and basic skills training, including numeracy, digital, communication and interpersonal skills
- Helps learners prepare for employment, apprenticeship, secondary-school credit, post-secondary education and greater independence

CENTRE DE FORMATION COCHRANE-IROQUOIS FALLS

Centre de formation
Cochrane - Iroquois Falls



Website: www.votrecentre.ca

Email: info@votrecentre.ca

129 Sixth Avenue, Unit B – Cochrane

Phone: 705.272.3513

Business Hours:

Monday to Thursday from 9:00 am to 4:30 pm

Friday from 9:00 am to 3:00 pm

- Assists with improving reading, writing, numeracy skills at Language Basic Skills Levels
- Offers basic computer courses
- Provides a resource centre with computers and internet access and French library
- Offers courses designed for adult learners who want to complete their high school diploma
- Focuses on reading, writing, mathematics, and social sciences
- Offers Literacy and Basic Skills training

CONTACT NORTH | CONTACT NORD

Contact North

Ontario's Distance Education
& Training Network

Website: www.contactnorth.ca

Email: cochrane@contactnorth.ca

Cochrane

2 - 171, 4th Avenue

Toll Free: 855.658.3444

Fax: 705.272.4817

Iroquois Falls

44 Anson Drive

Toll Free: 877.999.9149

Fax: 705.258.3653

Matheson

422, 4th Avenue

Toll Free: 877.999.9149

Fax: 705.272.2862

- 981 online certificates, diploma, undergraduate and graduate programs
- 20,088 online courses
- 7,637 literacy and basic skills and training courses

**NORTH CLAYBELT COMMUNITY FUTURES
DEVELOPMENT CORPORATION**

Website: www.northclaybelt.com

Email: info@northclaybelt.com



NORTH CLAYBELT

Community Futures Development Corporation
Société d'aide au développement des collectivités

6 Ash Street – Kapuskasing

Phone: 705.337.1407

Toll Free: 888.289.4233

Fax: 705.337.6285

Business Hours:

Monday to Friday from 8:30 am to 4:30 pm

- Offers financial and counselling assistance for new and existing small businesses through a variety of programs and services
- Contributes to local economic development by providing information, consulting assistance, loans, loan guarantees, and equity investment

FEDNOR



Website: www.fednor.gc.ca

120 Cedar Street South – Suite 205– Timmins

Toll Free: 877.333.6673

Fax: 705.267.4939

Business Hours:

Monday to Friday from 8:30 am to 4:30 pm

- Functions as a regional development organization
- Delivers the Northern Ontario Development Program, the Community Futures Programs and the Economic Development Initiative

COCHRANE ECONOMIC DEVELOPMENT



Website: www.cochraneontario.com

171 Fourth Avenue – Cochrane

Phone: 705.272.4361

Fax: 705.272.6068

Business Hours:

Monday to Friday from 8:30 am to 4:30 pm

Functions as a business assistance centre providing information related to starting and operating businesses including but not limited to:

- Business registration and incorporation
- Enterprise and empowerment zones for tax credits
- Small business loan

Offers the following supports and services

- Access to government contracts
- Access to credit and financing resources
- Loan form preparation assistance
- Customized training
- Technical assistance on market research, marketing plans and business plans

PARO CENTRE FOR WOMEN'S ENTERPRISE



Website: www.paro.ca

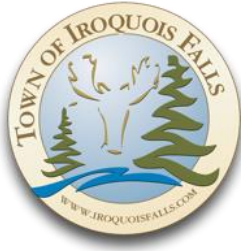
Email: info@paro.ca

101-105 May Street North – Thunder Bay

Phone: 807.625.0328

PARO Centre for Women's Enterprise provides programs and services to women across Northern Ontario who are ready to start, grow or build new opportunities.

IROQUOIS FALLS ECONOMIC DEVELOPMENT



Website: www.iroquoisfalls.com

Email: ecdev@iroquoisfalls.com

253 Main Street – Iroquois Falls

Phone: 705.232.5700

Fax: 705.232.4241

Business Hours:

Monday to Friday from 8:00 am to 4:00 pm

- Business planning and advice
- Work one-on-one with businesses to facilitate the process of expanding
- Provides information on government grants
- Provides information on where to go for loans and financial services
- Assist with market research and demographics
- Provides networking opportunities
- Connects employers with potential funders
- Connects employers with the expertise and resources needed to be successful in Iroquois Falls

Answers questions/provide referrals on:

- General business practices
- Expansion planning

MINISTRY OF ENERGY, NORTHERN DEVELOPMENT AND MINES

Website: www.mndm.gov.on.ca

Cochrane

143 Fourth Avenue

Phone: 705.272.4244

Fax: 705.272.3489



Iroquois Falls

33 Ambridge Drive

Phone: 705.232.4660

Fax: 705.232.4550

- Helps northerners build stronger, more prosperous economies and communities
- Promotes economic growth, investment and job creation in Northern Ontario
- Delivers and promotes Ontario government programs, services and information across the North, including:
 - Northern Ontario Heritage Fund Corporation (NOHFC) programs

NORTH COCHRANE ADDICTION SERVICES

Website: www.addictionservicestoxicomanie.com



**North Cochrane
Addiction Services**

233 Eight Street – Cochrane

Phone: 705.272.3059

Fax: 705.272.3543

Business Hours – September to June:
Monday to Friday 8:30 am to 4:30 pm

Business Hours – July to August:
Monday to Friday 8:30 am to 4:00 pm

- Offers assessments to individuals who have concerns about their alcohol use, drug use/or gambling
- Refers clients to appropriate treatment and/or community resources
- Provides assistance to family and friends who want to understand addictions and learn to cope or deal with the addiction of a significant other

SOUTH COCHRANE ADDICTIONS SERVICES



*South Cochrane
Addictions Services Inc.
Service de toxicomanie
Cochrane-Sud inc.*

Website: www.scasinc.ca

Email: scasinc@ntl.sympatico.ca

Iroquois Falls
58A Anson Drive
Phone: 705.232.4344

Matheson
507 8th Avenue (Bingham Memorial Hospital)
Phone: 705.273.2233

Business Hours:
Monday to Friday from 8:30 am to 4:30 pm

- Offers various community treatment programs for people who have concerns about substance use and gambling
- Provides appropriate referrals based on individualized treatment plans
- Provides assistance to family and friends who have been affected by an individual's substance use or gambling

CRISIS / HELPLINES

ASSAULTED WOMEN'S HELPLINE

www.awhl.org
866.863.0511

DRUG & ALCOHOL HELPLINE

www.drugandalcoholhelpline.ca
800.565.8603

FEM'AIDE

www.femaide.ca
877.336.2433

KIDS HELP PHONE

www.kidshelphone.ca
800.668.6868

LEGAL AID

www.legalaid.on.ca
800.668.8258

MENTAL HEALTH HELPLINE

www.mentalhealthhelpline.ca
866.531.2600

ONTARIO PROBLEM GAMBLING HELPLINE

www.problemgamblinghelpline.ca
888.230.3505

TELEHEALTH

866.797.0000

VICTIM CRISIS ASSISTANCE & REFERRAL SERVICES (VCARS)

888.579.2888

DAYCARE SERVICES

CENTRE D'ÉDUCATION RAYON DE SOLEIL

551 Union Street – Iroquois Falls * Phone: 705.231.0399

COCHRANE CHILD CARE CENTRE

435 Tenth Avenue – Cochrane * Phone: 705.272.6092

GARDERIE D'IROQUOIS FALLS

425 Teefy Street – Iroquois Falls * Phone: 705.232.6019

GARDE D'ENFANTS DE COCHRANE

399 Eight Street – Cochrane * Phone: 705.272.4393

TANIE'S TOTS DAYCARE

59 Main Street – Iroquois Falls * Phone: 705.232.5302

FOOD BANKS

COCHRANE EMERGENCY FOOD AND RESALE

Email: cochranefoodbank@yahoo.ca

141 Railway Street – Cochrane * Phone: 705.272.4300

Business Hours: Tuesday from 10:00 am to 4:00 pm

IROQUOIS FALLS NEW AND USED

565 Diberville Avenue – Iroquois Falls * Phone: 705.232.2133

Business Hours: Last 2 Friday of the month from 10:00 am to 3:00 pm

MATHESON FOOD BANK

Email: mathesonfoodbank@gmail.com

452 Fifth Avenue – Matheson * Phone: 705.273.2342

Business Hours: Second Saturday and Third Thursday of the month from 10 am to noon

HOUSING

COCHRANE DISTRICT SOCIAL SERVICES ADMINISTRATION BOARD



Website: www.cdssab.on.ca
Email: Housing@cdssab.on.ca

33 Ambridge Drive

Phone: 705.232.4095
Toll Free: 800.461.2009
Fax: 705.232.5471

Business Hours:

September to June

Mon to Fri 8:30 am to 4:15 pm

July to August

Mon to Fri 8:00 am to 3:45 pm

- Offers rent geared to income and market rent services
- Processes applications, maintains waiting lists and identifies applicants to tenant selection

COCHRANE TEMISKAMING PRO NATIVE HOUSING

Email: ctnh@puc.net

112 Seventh Avenue South – Cochrane

Phone: 705.272.5718
Toll Free: 800.234.6614
Fax: 705.272.6097

Business Hours:

Monday to Thursday from 8:00 am to 4:30 pm
Friday from 8:00 am to 11:00 am

- Manages rent-geared-to-income rental units for low income Aboriginal families and individuals

ININEW FRIENDSHIP CENTRE



Website: www.ininewfriendshipcentre.ca

190 Third Avenue – Cochrane

Telephone: 705.272.4497

Fax: 705.272.3597

Business Hours:

Monday to Friday from 8:30 am to 4:00 pm

Aboriginal Children's Mental Health Program

Email: youthwellness@ininewfriendshipcentre.ca

- Provides a holistic approach in meeting the needs of Aboriginal children with mental health issues
- Identifies and assesses children in need of healing and wellness services
- Intervenes in crisis situation and provides follow-up and support
- Promotes addictions-free lifestyles and positive mental health through individual counselling, self-help programs, alternative activities programming and aftercare
- Offers traditional ceremonies and healing

Aboriginal Community Mental Health Program

Email: communitymentalhealth@ininewfriendshipcentre.ca

- Provides a holistic approach in meeting the needs of urban Aboriginal people with addictions and mental health issues
- Promotes addictions-free lifestyle and positive mental health through assessments, individualized counselling, planning, and evaluation of services provided to the recipient
- Provides advocacy on the client's behalf as needed

MINTO COUNSELLING CENTRE



Minto Counselling Centre

Website: www.mintocounsellingcentre.org

Email: mcc.cochrane@mintoc.net

Cochrane

233 Eight Street

Tel: 705.272.4245

Fax: 705.272.6737

Iroquois Falls

58 A Anson Drive

Tel: 705.258.2212

Fax: 705.258.2145

Matheson

507 Eight Avenue

Tel: 705.273.2255

Fax: 705.258.2145

Business Hours:

September to May

Mon to Fri 8:30 am to 5:00 pm

June to August

Mon to Fri 8:30 am to 4:30 pm

- Provides a range of bilingual mental health services for individuals 16 years of age or older.

TIMMINS CONSUMER SURVIVOR NETWORK (TCSN)

136B Third Street West – Cochrane

Telephone: 705.272.3547

Fax: 705.272.3540

Business Hours:

Tuesday to Thursday from 10:00 am to 3:00 pm

- Offers a self-help peer support drop-in centre
- Provides peer support to individuals and their families who are experiencing or have previously experienced mental health difficulties
- Provides public education and information to the community, and mental health providers regarding peer support, self-help and other issues relevant to mental health and mental illness

SETTELMENT / NEW COMER SERVICES

TIMMINS & DISTRICT MULTICULTURAL CENTRE



Website: www.timminsmulticultural.ca
119 Pine Street South, Suite 10 – Timmins
Phone: 705.269.8622
Toll Free: 877.890.0901
Fax: 705.269.8624

Business Hours:
Monday to Friday from 8:30 am to 4:30 pm

Offers general settlement and community orientation services for immigrants and refugees.

Settlement Services:

- Conducts a needs assessment and provide referral
- Assists in completing government forms
- Matches newcomers with a Canadian citizen to serve as a professional or community mentor
- Serves as a Commissioner of Oaths for original documents
- Assists with problem solving
- Provides Cultural Transition Counselling

Offers assistance in but not limited to:

- Canadian law
- Education such as school registration issues
- Health issues such as child immunization
- Housing
- Immigration and citizenship application sand classes
- Job preparation skills
- Medical services

Interpretation and Translation Services:

- Maintains a list of volunteer interpreters who speak various languages (languages available are based on the languages volunteers can speak)
- Offers interpretation services to those who are struggling with English or French
- Provides translation services (includes documents)

Resources Centre:

- Provides a variety of print resources relevant to newcomers
- Offers brochures from other social service agencies

SOCIAL ASSISTANCE

ONTARIO WORKS



Cochrane
149 Fifth Avenue

Phone: 705.272.4214
Toll Free: 888.626.1538
Fax: 705.272.2883

Business Hours:
September to June
Monday to Friday 8:30 am to 4:15 pm

Website: www.cdssab.on.ca
Email: OW@cdssab.on.ca

Iroquois Falls
33 Ambridge Drive

Phone: 705.232.4095
Toll Free: 800.461.2009
Fax: 705.232.5471

Business Hours:
July to August
Monday to Friday 8:00 am to 3:45 pm

- Provides short term financial assistance to individuals and families in need
- Offers Extended Health Benefits to qualifying individuals
- Provides information to recipients about participation requirements including seeking employment, basic education, volunteer work, or self employment

ONTARIO DISABILITY SUPPORT PROGRAM (ODSP)



Website: www.mcass.gov.on.ca
Highway 101 East – South Porcupine
Phone: 705.235.1700
TTY Number: 705.235.1786
Toll Free: 800.461.9843
Fax: 705.235.1778

Business Hours:
Monday to Friday from 8:30 am to 5:00 pm

- Offers financial assistance to individuals with disabilities and their families
- Offers benefits including prescriptions drugs and vision care
- Offers employment assistance to help find, keep and maintain a job