

# ADULT UPGRADING OPPORTUNITIES IN KINGSTON AND AREA



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CREATED FOR THE ADULT LEARNING NETWORK BY  
**KINGSTON LITERACY & SKILLS**  
**SEPTEMBER 2017**

UPDATED THREE TIMES PER YEAR:  
JUNE (SUMMER PROGRAMS), AUGUST (FALL PROGRAMS)  
AND JANUARY (WINTER PROGRAMS)

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OR CALL 613-547-2012

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Specialized  
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# Adult Upgrading Opportunities in Kingston and Area

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#### PLEASE NOTE:

KL&S strives to keep the information contained in this guide as up-to-date as possible. Should there be any errors or omissions, please notify us by sending an email to: [mrudden@klandskills.ca](mailto:mrudden@klandskills.ca).

Non-Credit Programs

Credit Programs

Specialized Upgrading

Computer Courses

## Non-Credit Programs

Adult Literacy and Basic Skills training programs for adults 18 years and older. Offering Essential Skills training in English, Math and Computers, as well as career preparation for a variety of occupations.

- 1. Kingston Literacy & Skills (KL&S)**  
16 Bath Road, 613-547-2012  
Available at the following locations:
  - a. **KL&S Kingston**  
16 Bath Road, 613-547-2012 and Rideau Heights
  - b. **KL&S Napanee**  
55 Dundas Street East, 613-354-0226
- 2. Limestone District School Board**  
Available at the following locations:
  - a. **Limestone Education Centre**  
164 Van Order Drive, 613-542-7369
  - b. **Katarokwi Learning Centre (formerly Second Chance)**  
38 Cowdy Street, 613-548-3462
  - c. **Gateway Community Education (CLOSED PERMANENTLY)**  
33 Advance Avenue, Napanee, 613-354-1549
  - d. **Limestone Education Centre**  
2779 Rutledge Road, Sydenham, 613-376-1053 x 106
- 3. Algonquin & Lakeshore Catholic District School Board**  
**Open Book**  
559 Bagot Street, 613-544-3361  
1440 Princess Street, 613-544-3361
- 4. St. Lawrence College**  
King & Portsmouth, 613-544-5400 x 1252
- 5. Connections Adult Learning**  
24719 Hwy. 7, Sharbot Lake, 613-279-2499



## Non-Credit Programs

Free Adult Essential Skills training programs for adults 18 years and older in small group or one-to-one environments. Offering courses in Essential Skills English, Math and Computers, as well as career preparation for a variety of occupations.

**Kingston Literacy & Skills** ([www.klandskills.ca](http://www.klandskills.ca))

**a. KL&S Kingston**

16 Bath Road, 613-547-2012

**Contact:** Martha Rudden (mrudden@klandskills.ca)

**Program Content:** Assessment followed by individualized training plan development, then training in Essential Skills reading, writing, math and computers as well as Occupational Curricula (career preparation)

**Delivery Format:** Small group and one-to-one tutoring

**Enrolment Timing:** Continuous intake

**Parking:** Free parking at front and rear of the building

**Accessibility:** First floor wheelchair accessible

**Available Weekly Hours:** 2 to 20 hours per week

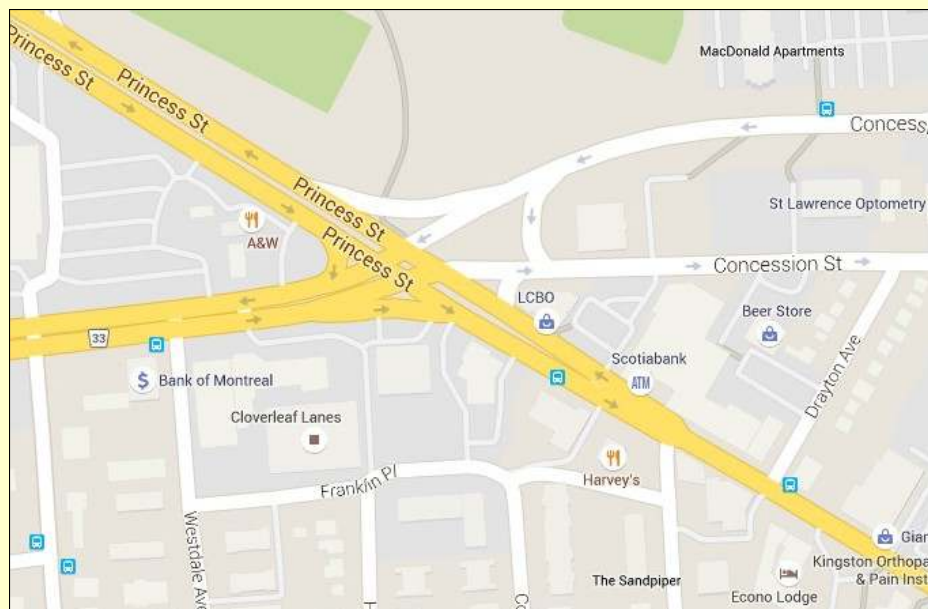
**Childcare:** Not available

**Hours:** Mon. and Thurs. 9 am to 4:30 pm., Tues. & Wedn. evening until 8:30 pm

**In a nutshell:** KL&S helps people to upgrade their skills and move on to college, credit courses, a new career path or re-entering the workforce. We have the flexibility to adapt programs to people's needs.

**Good candidates for referral:** Small group – people with clear goals who need to develop, expand or enrich their skills before moving on to credit courses, college upgrading or work.

One-to-one – people not yet ready to work in a small group setting, but have clear and achievable goals. Good for people with specific needs that might not be met by a generalized approach, or working people on shifts who need night-time programming.



**Directions:**

- Located across from the Canadian Tire gas bar at Bath Rd. and Princess St.
- Ample parking
- Walking distance from bus transfer point at the Kingston Centre

## Non-Credit Programs

Free upgrading programs for adults 18 years and older in small group environments. Offering courses in Essential Skills English, Math and limited Computers.

**Kingston Literacy & Skills** ([www.klandskills.ca](http://www.klandskills.ca))

**a. KL&S Kingston, Rideau Heights**

263 Weller Ave. at Wiley St., 613-547-2012

**Contact:** Martha Rudden ([mrudden@klandskills.ca](mailto:mrudden@klandskills.ca))

**Program Content:** Individualized training plan, followed by training in Essential Skills reading, writing, math and limited computers

**Delivery Format:** Small group environment

**Enrolment Timing:** Continuous intake

**Parking:** Free parking

**Accessibility:** Fully wheelchair accessible

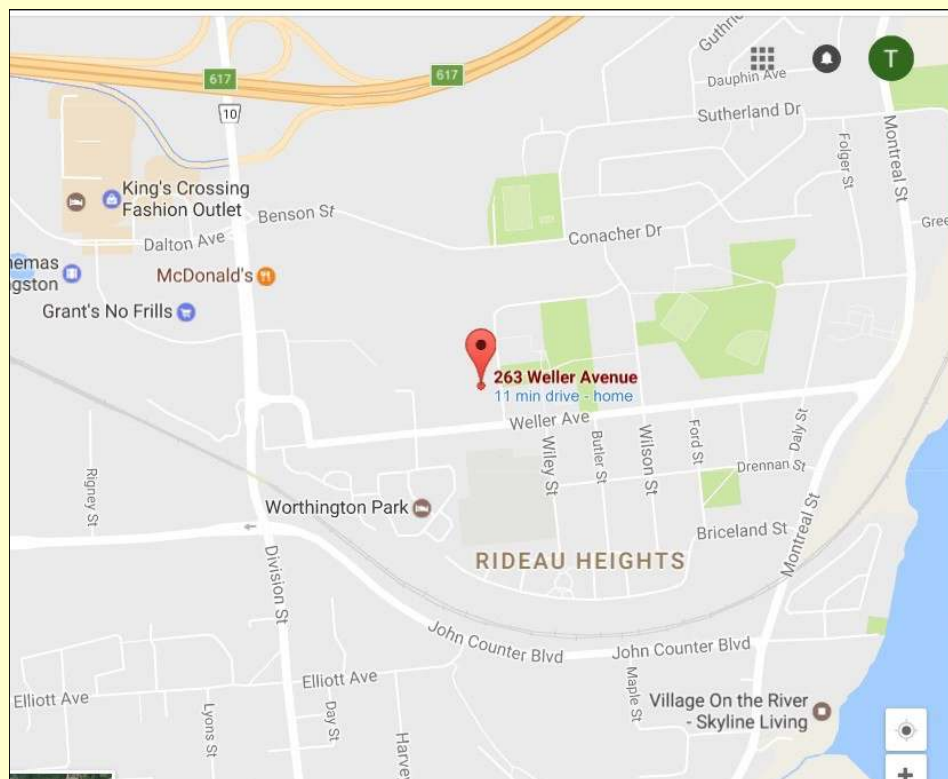
**Available Weekly Hours:** 9 hours per week

**Childcare:** Not available

**Hours:** Mon. and Weds. 9 am to noon

**In a nutshell:** Helps people upgrade their skills and move on to college, credit courses, a new career path or re-entering the workforce. Offers the flexibility to adapt programs to people's needs.

**Good candidates for referral:** People with clear goals who need to develop, expand or enrich their skills before moving on to credit courses, college upgrading or work.



**Directions:**

- Located at Weller Ave. and Wiley St.. in Kingston's North End
- Accessible from Division St. or John Counter Blvd. via Weller Ave.



## Non-Credit Programs

Free Adult Essential Skills training programs for adults 18 years and older in small group environments. Offering courses in Essential Skills English, Math and Computers, as well as career preparation for a variety of occupations.

**Kingston Literacy & Skills** ([www.klandskills.ca](http://www.klandskills.ca))

**b. KL&S Napanee**

55 Dundas Street East, 613-354-0226

**Contact:** Laurie DesLauriers ([ldeslauriers@klandskills.ca](mailto:ldeslauriers@klandskills.ca))

**Program Content:** Assessment followed by individualized training plan development and training in Essential Skills reading, writing, math and computers as well as Occupational Curricula (career preparation)

**Delivery Format:** Small group

**Enrolment Timing:** Continuous intake

**Parking:** Metered parking, free parking within walking distance

**Accessibility:** Not accessible

**Available Weekly Hours:** Up to 10 hours per week

**Childcare:** Not available

**Hours:** Mon. and Tue. 8:30 am to 4:30 pm, Weds. 8:30 am to 7 pm, Thurs. 8:30 am to 4:00 pm, Fri. 10 am to noon

**In a nutshell:** KL&S helps people to upgrade their skills and move on to college, credit courses, a new career path or re-entering the workforce. We have the flexibility to adapt programs to people's needs.

**Good candidates for referral:** People with clear goals who need to develop, expand or enrich their skills before moving on to credit courses, college upgrading or work.



Directions:

- From Kingston, Hwy. 2 east to Napanee
- Centre is located on Dundas St. East across from the New York Restaurant

## Non-Credit Programs

Academic upgrading in English, math, computers, pre-PLAR and workforce training (pre-PSW, retail and food sector) courses are available.

**Limestone District School Board** ([www.limestone.on.ca](http://www.limestone.on.ca))

a. **Limestone Education Centre**

164 Van Order Drive, 613-542-7369, ext. 287

**Program Content:** Essential Skills, Academic Upgrading, Employment Readiness

**Delivery Format:** Small group instruction with one-to-one attention, individual training plans and self-paced study

**Enrolment Timing:** Continuous intake

**Parking:** Free parking

**Accessibility:** Not accessible

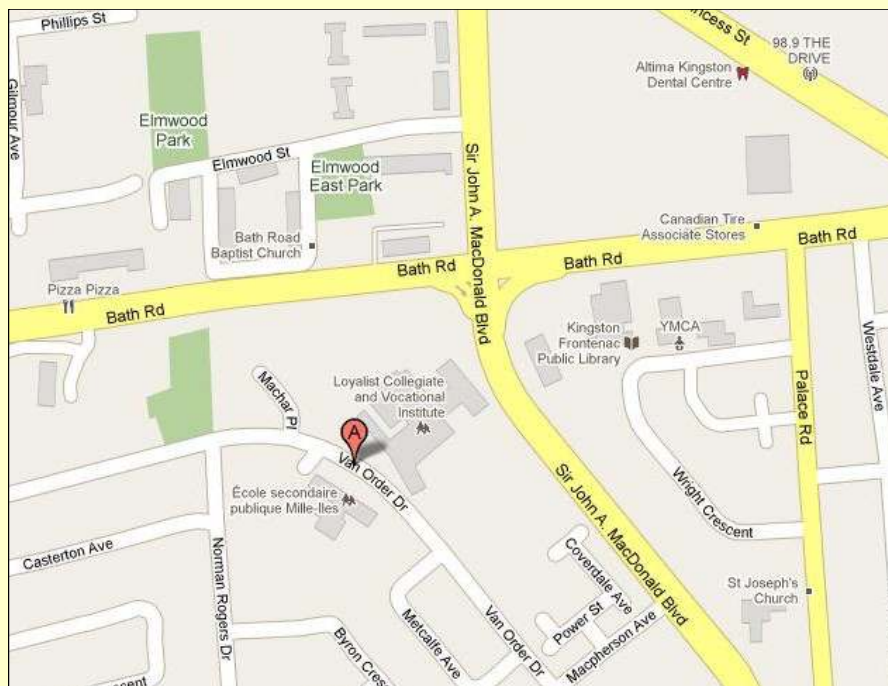
**Available Weekly Hours:** Up to 27 hours per week

**Childcare:** Not available

**Hours:** Mon. to Thurs. 8:30 am to 2:30 pm, Fri. 8:30 am to 2:00 pm

**In a nutshell:** Learners identify educational goals and work on improving comprehension (reading, writing and numeracy) to successfully apply increased skills at home and in the community

**Good candidates for referral:** Open to adults 18+ years of age, Employment Insurance (EI) recipients and displaced workers, persons re-entering the work force and resuming their education



**Directions:**

- Sir John A. Macdonald Blvd. south, west on Norman Rogers Dr. to Van Order
- Within walking distance of Kingston Centre bus transfer point



## Non-Credit Programs

Academic upgrading in English, math, computers, pre-PLAR and workforce training (pre-PSW, retail and food sector) courses are available.

### Limestone District School Board

b. Katarokwi Learning Centre ([www.limestone.on.ca](http://www.limestone.on.ca))

**MOVED to:** 38 Cowdy Street, 613-548-3462

**Program Content:** Essential Skills, Academic Upgrading, Employment Readiness

**Delivery Format:** Small group instruction with one-to-one attention, individual training plans and self-paced study

**Enrolment Timing:** Continuous intake

**Parking:** Free parking

**Accessibility:** Wheelchair accessible

**Available Weekly Hours:** Up to 27 hours per week

**Childcare:** Childcare available on-site for a fee-for-service basis

**Hours:** Mon. to Thurs. 8:30 am to 2:30 pm, Fri. 8:30 am to 2:00 pm

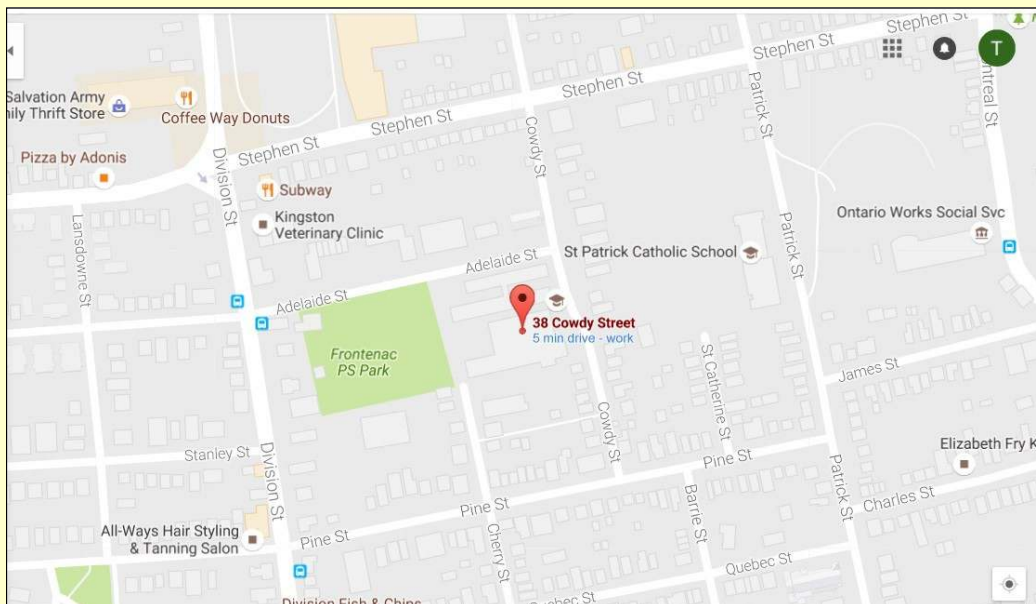
**In a nutshell:** Learners identify educational goals and work on improving comprehension (reading, writing and numeracy) to successfully apply increased skills at home and in the community

**Good candidates for referral:** Open to adults 18+ years, Employment Insurance (EI) recipients and displaced workers, persons re-entering the work force and resuming their education



#### Directions:

- Located in the old Frontenac Public School Building
- Corner of Cowdy and Adelaide Streets
- One block south of Stephen St., east of Division.





## Non-Credit Programs

Academic upgrading in English, math, computers, pre-PLAR and workforce training (pre-PSW, retail and food sector) courses are available.

**Limestone District School Board** ([www.limestone.on.ca](http://www.limestone.on.ca))

c. **Gateway Community Centre**

35 Advance Avenue, Napanee, 613-354-1549

**Program Content:** Offers reading, writing, math and computers in small groups

**Delivery Format:** Small group (6 students or less)

**Enrolment Timing:** Continuous intake

**Parking:** Free parking

**Accessibility:** Wheelchair accessible (parking, entrance, washrooms)

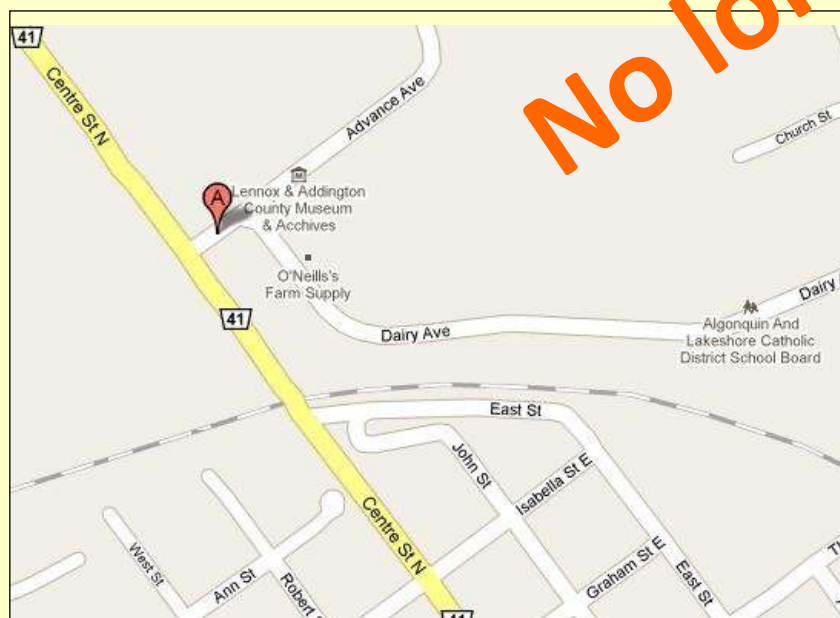
**Available Weekly Hours:** Up to 27 hours per week

**Childcare:** Not available

**Hours:** Mon. to Thurs. 8:30 am to 2:30 pm, Fri. 8:30 am to 2:00 pm

**In a nutshell:** Learners identify educational goals and work on improving comprehension (reading, writing and numeracy) to successfully apply increased skills at home and in the community

**Good candidates for referral:** Open to adults 18+ years, Employment Insurance (EI) recipients and displaced workers, persons re-entering the work force and resuming their education



No longer offered in Napanee

**Directions:**

- From Hwy. 401, exit at Hwy. 41 Napanee. Go south to Advance Ave. West on Advance Ave.
- From Hwy. 2, continue west through town to Centre St. N. (Hwy. 41)
- North to Advance Ave. and turn east

## Non-Credit Programs

Academic upgrading in English, math, computers, pre-PLAR, and workforce training (pre-PSW, retail and food sector) courses are available.

**Limestone District School Board** ([www.limestone.on.ca](http://www.limestone.on.ca))

d. **Limestone Community Education Centre**

2779 Rutledge Road, Sydenham, 613-376-1053, ext. 106

**Program Content:** Offers reading, writing, math and computers in small groups

**Delivery Format:** Small group

**Enrolment Timing:** Continuous intake

**Parking:** Free parking

**Accessibility:** Ground floor access

**Available Weekly Hours:** 10 to 27 hours per week

**Childcare:** Not available

**Hours:** Tues., Weds. and Thurs. 8:30 am to 4:30 pm

**In a nutshell:** Learners identify educational goals and work on improving comprehension (reading, writing and numeracy) to successfully apply increased skills at home and in the community

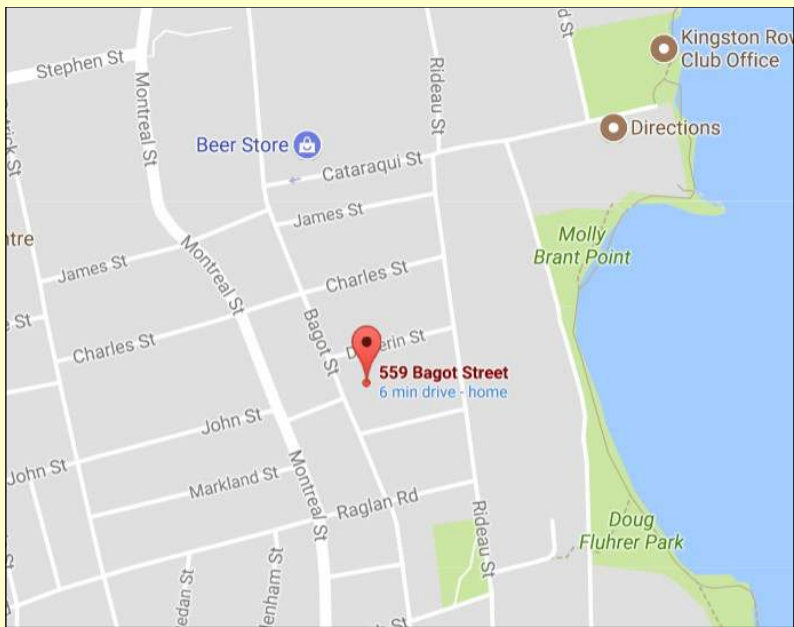
**Good candidates for referral:** Open to adults 18+ years, Employment Insurance (EI) recipients and displaced workers, persons re-entering the work force and resuming their education

Directions:

- North on Sydenham Road (CR 9) to village of Sydenham, left on Rutledge Rd.
- Centre is on south side of highway







New site at 559 Bagot Street!



1440 Princess Street  
Directions:

- South side of Princess St. between Portsmouth Ave. and Parkway Ave.



## Non-Credit Programs

Part of the Loyola School of Adult and Continuing Education, programs designed for adults in a condensed and active learning environment

**Open Book** ([www.learningatloyola.ca](http://www.learningatloyola.ca))

559 Bagot Street, 613-544-3361

and

1440 Princess Street, 613-544-3361

**Program Content:** Offers Essential Skills, Academic Upgrading, Employment Readiness, Occupational Curricula, Pre-PSW and Point-of-Sale training

**Delivery Format:** Reading, writing, math and computers in small groups, with one-to-one instruction on an as-needed basis (when available)

**Enrolment Timing:** September to June continuous intake

**Parking:** Free parking

**Accessibility:** Accessible at both sites

**Available Weekly Hours:** 3 to 30 hours per week

**Childcare:** Not available

**Hours:** Bagot St - Mon. to Fri. 8:30 am to 11:30 am

Princess St - Mon. to Fri. 12:30 pm to 3:30 pm

**In a nutshell:** For people who want to upgrade, are comfortable in a classroom and free to work at their own pace

**Good candidates for referral:** People who want to upgrade their skills in a classroom setting, while working at their own pace



## Non-Credit Programs

Designed for out-of-school adults and tailored to meet individual needs. The Career/College Prep Program helps students develop communication, mathematics, science and computer skills in preparation for college and apprenticeship programs, and future employment.

### St. Lawrence College ([www.stlawrencecollege.ca](http://www.stlawrencecollege.ca))

King & Portsmouth, 613-544-5400 x 1126

**Contact:** Ruth MacIntyre

**Program Content:** Preparation for college, apprenticeship and workforce. Courses include computers, self-management, self-direction, Algebra, Biology, Business Math and Technical Math, Chemistry, Communications, math for Health Sciences and Physics. Academic Career Entrance (ACE) online courses available for grade 12 equivalency

**Delivery Format:** Personal assessment and preparation of individualized curriculum followed by self-paced study; each upgrading level takes approx. 16 weeks to complete

**Enrolment Timing:** Continuous intake

**Parking:** Pay parking

**Accessibility:** Wheelchair accessible

**Available Weekly Hours:** Up to 27 hours per week

**Childcare:** Not available

**Hours:** Day, evening, full-time and part-time available

**In a nutshell:** Specifically designed for adults to develop the necessary skills in a supportive environment for the purpose of enhancing career and employment opportunities

**Good candidates for referral:** People with clear goals who need to develop, expand or enrich their skills for further education or employment. Flexible delivery makes this program ideal for people working part-time or who have family commitments.



Directions:

- Portsmouth Avenue between Johnson and King St.

## Non-Credit Programs

Offering literacy, numeracy and Essential Skills services designed to help students achieve goals related to further education, training, employment or increased independence. Also, academic upgrading for entry into college or post-secondary education and training programs (apprenticeship). Specialized workshops such as SmartServe and WHMIS are offered as the need arises.

### Connections Adult Learning ([www.ncalc.ca](http://www.ncalc.ca))

24719 Hwy. 7, Sharbot Lake, 613-279-2499

12497A Hwy. 41 (Main St.), Northbrook, 613-336-0691

**Contact:** Joyce Bigelow

**Program Content:** Academic upgrading (reading, writing, math), computers, Essential Skills and workforce. E-lab facilities for online OntarioLearn college courses

**Delivery Format:** One-to-one and small group instruction

**Enrolment Timing:** Continuous intake

**Parking:** Free parking

**Accessibility:** Partially accessible

**Available Weekly Hours:** 20 to 24 hours per week

**Childcare:** Childcare not available, but training support can be obtained for those who qualify; travel allowances also available for those who qualify

**Hours:** Mon. to Thurs. 8:30 am to 4 pm

**In a nutshell:** For anyone interested in learning new skills

**Good candidates for referral:** Individuals with a wide range of skill levels and life goals are welcome to attend.



Directions:

- Hwy. 38 north to Hwy. 7. West on Hwy. 7, just before Round Lake Rd.

## Credit Programs

High School Diploma programs designed for adults aged 18 years and older who have not completed high school. Personal Support Worker (PSW) training available as well as Teacher Assisted Self Study (TASS).

### 1. Limestone District School Board

Available at the following locations:

- a. **Amherstview Community Education Centre (CLOSED)**  
Unit 201 Loyalist Plaza, 4499 Bath Road, 613-389-0099
- b. **Bayridge Community Education Resource Centre**  
1059 Taylor-Kidd Blvd., 613-389-9449
- c. **Central Frontenac Community Education Centre**  
2779 Rutledge Road, Sydenham, 613-376-6866
- d. **Gateway Community Education Centre**  
33 Advance Avenue, 613-354-1549
- e. **Limestone Community Education Centre**  
164 Van Order Drive, 613-542-7369
- f. **North Addington Community Education Centre**  
14196 Hwy. 41, Cloyne, 613-336-8991
- g. **Katarokwi Learning Centre (formerly Second Chance)**  
38 Cowdy Street, 613-548-3462
- h. **Granite Ridge Education Centre**  
14432 Hwy. 38, Sharbot Lake, 613-279-2131

### 2. Algonquin & Lakeshore Catholic District School Board

**Loyola Community Learning Centre**

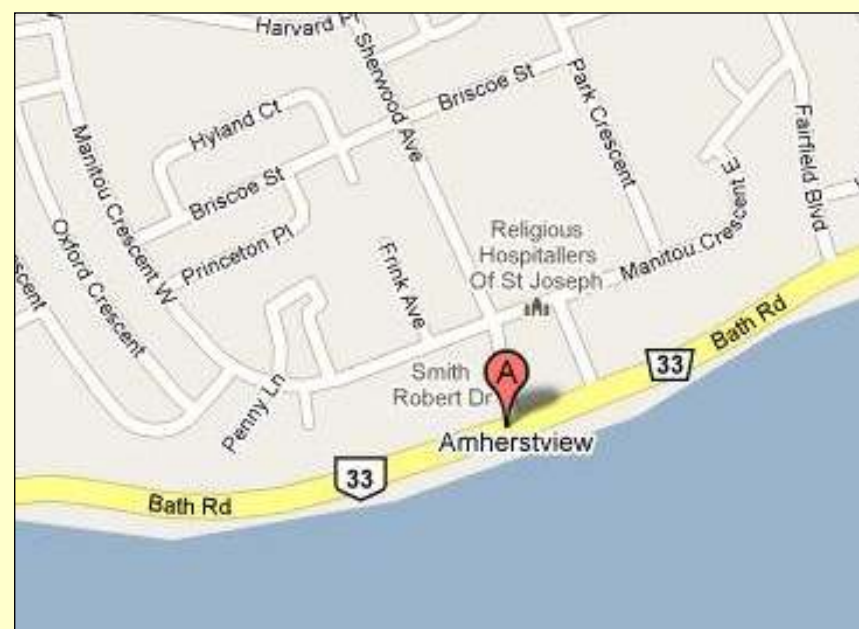
Adult Secondary School Credit Program

1440 Princess Street, 613-544-3361

(sites also in Belleville, Trenton, Napanee)



**CLOSED**



Directions:

- Bath Rd. west (Hwy. 33) to Sherwood Ave., turn right, then left on Manitou

## Credit Programs

Limestone District School Board ([www.limestone.on.ca](http://www.limestone.on.ca))

**a. Amherstview Community Education Centre**

Unit 201 Loyalist Plaza, 4499 Bath Road, 613-389-0099

Contact: [amcec@limestone.on.ca](mailto:amcec@limestone.on.ca)

**Program Content:** Adult and alternative education; Grade 9-12 courses to complete OSSD; Computers; Introduction to Computers; Microsoft Office, Simply Accounting; Working Co-op; Mature assessments for students who have been out of school for awhile

**Delivery Format:** Self-paced study with teacher assistance

**Enrolment Timing:** Continuous intake from Sept. to April

**Parking:** Free parking

**Accessibility:** Partially accessible

**Available Weekly Hours:** Up to 25 hours per week

**Childcare:** Not available

**Hours:** Mon. to Fri. 9:30 am to 2:30 pm

**In a nutshell:** Offers academic upgrading courses or credits courses for completion of high school diploma

**Good candidates for referral:** Open to adults 18 years and older who are returning to school or those who wish to complete their high school diploma. Students under the age of 18 are usually referred by a school administrator.

**CLOSED**

## Credit Programs

Programs are open to adults and youth ages 14 years and older.

Limestone District School Board ([www.limestone.on.ca](http://www.limestone.on.ca))

b. **Bayridge Community Education Resource Centre**

654 Progress Avenue, 613-384-9449

Mailing Address: Bayridge Secondary School

1059 Taylor-Kidd Blvd., 613-389-8932

**Program Content:** Offering English and Math credit courses in the Locally Developed, Applied, Workplace, College and University Levels, excluding Grade 12 University courses. Elective credits in Health for Life and Parenting courses are popular.

**Delivery Format:** Students may obtain regular Co-op or “Co-op for work” credits. The Centre provides students with the opportunity to gain credits in a non-semester time frame, enabling them to work and also complete their High School Diploma.

**Enrolment Timing:** Continuous intake

**Parking:** Free parking

**Accessibility:** Wheelchair accessible (parking, entrance, washrooms)

**Available Weekly Hours:** Up to 20 hours per week

**Childcare:** Not available

**Hours:** September to June, Mon. to Thurs. 9 to 11:30 am, 12:15 to 2:30 pm, no classes Fri.

**In a nutshell:** Offers a series of courses for people who need academic upgrading or require credits for completion of high school diploma

**Good candidates for referral:** Open to adults and youth 14 years and older, displaced workers, persons re-entering the work force and resuming their education or for specific work-related purposes.



Directions:

- Princess St. to Gardiners Rd. South on Gardiners to Progress Ave. West on Progress Ave.
- From Bath Rd., north on Gardiners to Progress Ave., west on Progress



## Credit Programs

Limestone District School Board ([www.limestone.on.ca](http://www.limestone.on.ca))

c. **Central Frontenac Community Education Centre (at the Log Cabin)**

2860 Rutledge Road, Sydenham, 613-376-3612

**Program Content:** Secondary School Credit Courses (grades 9-12) in Mathematics, English, Business, Social Studies, History, Science Health; Employment and Workplace Prep

**Delivery Format:** Small group instruction with one-to-one assistance, individual learning plans, self-paced learning and credit counselling

**Enrolment Timing:** Continuous intake throughout the school year

**Parking:** Free parking

**Accessibility:** Ground floor access

**Available Weekly Hours:** Up to 27 1/2 hrs. per week

**Childcare:** Not available

**Hours:** Mon. to Fri. 8:30 am to 2:00 pm

**In a nutshell:** Offers courses for those wishing to complete high school or upgrade their skills for better employment opportunities. Prior learning assessments and career counselling available. Diploma credit requirements and apprenticeship, college and university information.

**Good candidates for referral:** Self-motivated learners

Directions:

- North on Sydenham Road (CR 9) to village of Sydenham. Left on Rutledge Rd.
- High School is on the north side of road at Stagecoach Rd.





## Credit Programs

Limestone District School Board ([www.limestone.on.ca](http://www.limestone.on.ca))

d. **Gateway Community Education Centre**

33 Advance Avenue, Napanee, 613-354-1549

Contact: Bob Childs

**Program Content:** Offering English and Math credit courses in the Locally Developed, Applied, Workplace, College and University Levels, excluding Grade 12 University courses.

**Delivery Format:** Students may obtain regular Co-op or “Co-op for work” credits. The Centre provides students with the opportunity to gain credits in a non-semester time frame, enabling them to work and also complete their High School Diploma.

**Enrolment Timing:** Continuous intake throughout the school year

**Parking:** Free parking

**Accessibility:** Ground floor access

**Available Weekly Hours:** 35+ hrs. per week

**Childcare:** Not available

**Hours:** Mon. to Fri. 8:30 am to 3:00 pm, Tues. 6:30 pm to 8:30 pm

**In a nutshell:** Offers a series of courses for people who need academic upgrading or require credits for completion of high school diploma

**Good candidates for referral:** Open to adults and youth under 21 years of age, requiring an alternate style of learning. Features the Y.E.S program (Youth Experiencing Success).



Directions:

- From Hwy. 401, exit at Hwy. 41 Napanee. Go south to Advance Ave. West on Advance Ave.
- From Hwy. 2, continue west through town to Centre St. N. (Hwy. 41)
- North to Advance Ave. and turn east

## Credit Programs

Limestone District School Board ([www.limestone.on.ca](http://www.limestone.on.ca))

d. **Limestone Community Education Centre**  
164 Van Order Drive, 613-542-7369

**Program Content:** Academic upgrading

**Delivery Format:** Small group or Teacher Assisted Self Study (TASS) correspondence program

**Enrolment Timing:** Continuous intake

**Parking:** Free parking

**Accessibility:** Not accessible

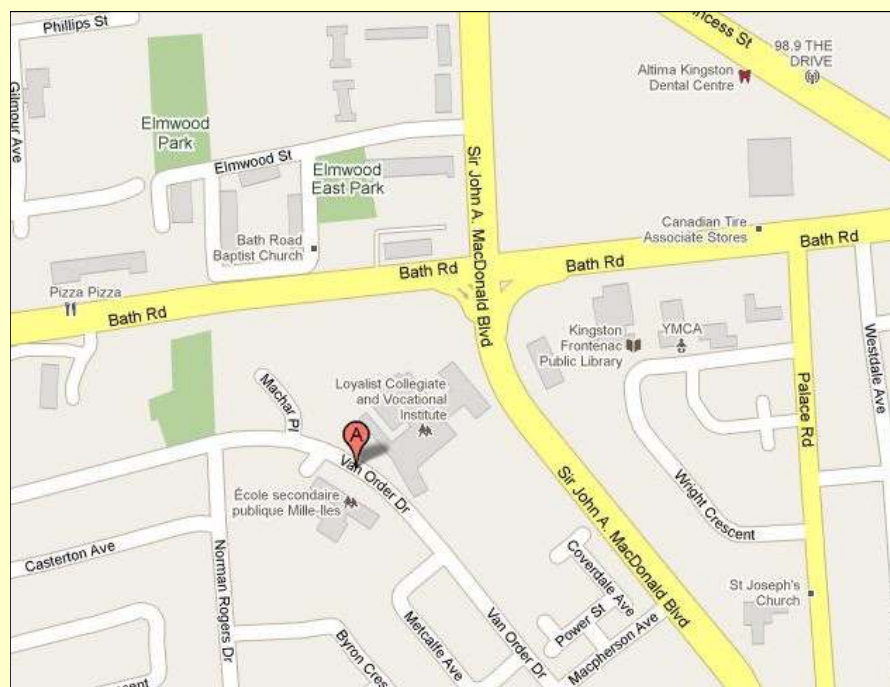
**Available Weekly Hours:** Up to 32 hr/wk

**Childcare:** Not available

**Hours:** Mon. to Fri. 8:30 am to 2:30 pm; Teacher Assisted Self Study (TASS) correspondence program on Weds. 5:30 pm to 7:30 pm

**In a nutshell:** Offers a series of courses for adults who need academic upgrading or require credits for completion of high school diploma, and an accredited personal support worker program.

**Good candidates for referral:** Open to adults 18+ years, Employment Insurance (EI) recipients and displaced workers, persons re-entering the work force and resuming their education.



Directions:

- Sir John A. Macdonald Blvd. south, west on Norman Rogers Dr. to Van Order
- Within walking distance of Kingston Centre bus terminal





## Credit Programs

Limestone District School Board ([www.limestone.on.ca](http://www.limestone.on.ca))

e. **North Addington Community Education Centre**  
12497A Hwy. 41, Northbrook, 613-336-0691

**Program Content:** Academic upgrading

**Delivery Format:** Teacher Assisted Self Study (TASS)

**Enrolment Timing:** Continuous intake

**Parking:** Free parking

**Accessibility:** Partially accessible, small step outside

**Available Weekly Hours:** 8 hrs. per week for TASS; Northern Connections open Mon. to Fri.

**Childcare:** May be available for those who qualify

**Hours:** Tues. and Thurs. 8 am to 1 pm

**In a nutshell:** Offers courses for those needing academic upgrading or require credits for completion of high school diploma.

**Good candidates for referral:** Open to adults and youth 14 years and older, persons re-entering the workforce, resuming their education or for specific work-related purposes.



### Directions:

- From Napanee, Hwy. 41 north to Kaladar. Continue north of Hwy. 7 on Hwy. 41, to village of Northbrook.
- Centre is on east side of Hwy. 41

## Credit Programs

Limestone District School Board ([www.limestone.on.ca](http://www.limestone.on.ca))

- f. **Katarokwi Learning Centre (formerly Second Chance and Street Smart)**  
38 Cowdy Street, 613-548-3462

**Program Content:** Academic upgrading

**Delivery Format:** Small group

**Enrolment Timing:** Continuous intake

**Parking:** Free parking

**Accessibility:** Wheelchair accessible

**Available Weekly Hours:** 29.5 hr/wk

**Childcare:** Childcare available on-site for a fee-for-service basis

**Hours:** Mon. to Thurs. 8:30 am to 2:30 pm, Fri. 8:30 am to 2:00 pm

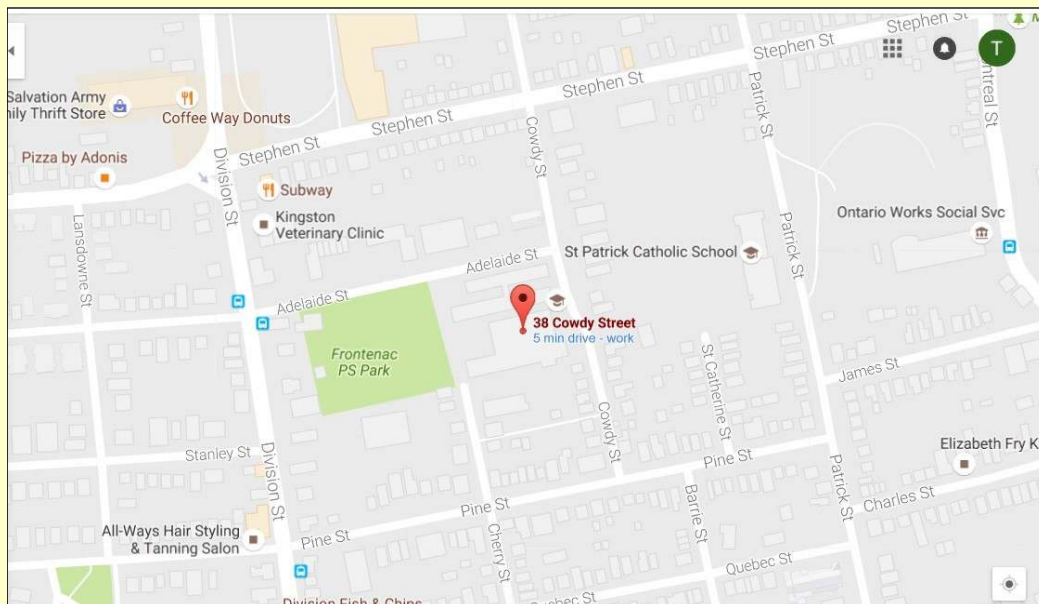
**In a nutshell:** Offers a series of courses for adults who need academic upgrading or require credits for completion of high school diploma

**Good candidates for referral:** Open to adults 18+ years, Employment Insurance (EI) recipients and displaced workers, persons re-entering the workforce and resuming their education.

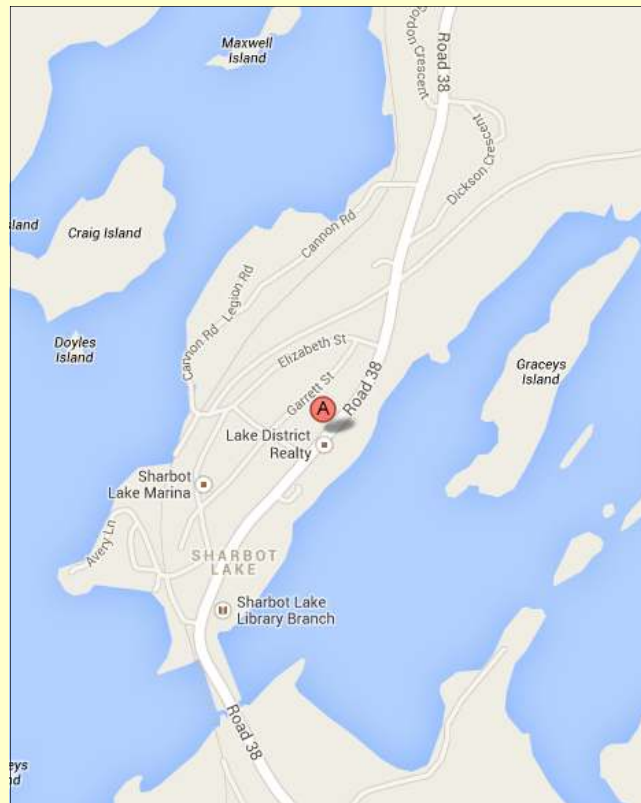


### Directions:

- Located in the old Frontenac Public School Building
- Corner of Cowdy and Adelaide Streets
- One block south of Stephen St., east of Division.







**Directions to the place you register:**

- Hwy. 38 north to Sharbot Lake., register at 14432 Highway 38, in the new Granite Ridge Education Centre.



**Directions to the place you actually attend classes:**

- Hwy. 38 north to Hwy. 7. West on Hwy. 7, just before Round Lake Rd.

## Credit Programs

Limestone District School Board ([www.limestone.on.ca](http://www.limestone.on.ca))

**g. Granite Ridge Education Centre**

To register: 14432 Hwy. 38, Sharbot Lake, 613-279-2131

To attend classes: 24719 Hwy. 7, Sharbot Lake

**Program Content:** Courses for adults who need academic upgrading or require credits for completion of high school

**Delivery Format:** Self-paced, correspondence

**Enrolment Timing:** Continuous enrolment

**Parking:** Free parking

**Accessibility:** Wheelchair accessible

**Available Weekly Hours:** Self-paced study

**Childcare:** Not available, but training support can be obtained for those who qualify

**Hours:** Mon. to Fri. 8:30 am to 3:30 pm

**In a nutshell:** Students work at their own pace to complete required credits with supervision and help of a teacher advisor.

**Good candidates for referral:** Out-of-school adults, Employment Insurance (EI) recipients and displaced workers, persons re-entering the work force and resuming their education.

## Credit Programs

### Algonquin & Lakeshore Catholic District School Board

Loyola Language and Skills Centre ([www.learningatloyola.ca](http://www.learningatloyola.ca))

Adult Secondary School Credit Program

1440 Princess Street, 613-544-3361

(sites also in Belleville, Trenton, Napanee)

**Program Content:** Courses to complete specific pre-requisites to enter college or complete Grade 12 diploma

**Delivery Format:** Instructor-led in-class or self-paced online study

**Enrolment Timing:** Courses offered every 6 weeks

**Parking:** Free parking

**Accessibility:** Ground level access

**Available Weekly Hours:** Up to 20 hours in class

**Childcare:** Not available

**Hours:** In class, Mon. to Fri. 8:30 to 12:30

**In a nutshell:** A Secondary School through which adults can obtain their Grade 12 diploma

**Good candidates for referral:** Students who need to complete credit courses.



Directions:

- South side of Princess St. between Portsmouth Ave. and Parkway Ave.



## Specialized Upgrading and Services

Offering programs for adults with specialized needs

- 1. H'Art Studio**  
237 Wellington Street, 613-545-1392
- 2. Limestone Community Education Centre**  
164 Van Order Drive, Kingston, 613-542-2796
- 3. Providence Care Mental Health Services (Westwood School)**  
752 King Street West, 613-544-5220, ext. 5449
- 4. Katarokwi Learning Centre (formerly Streetsmart, KCVI Community Education Centre)**  
**Moved to:** 38 Cowdy Street, 613-549-0498
- 5. English as a Second Language (ESL)**
  - Language Instruction for Newcomers to Canada (LINC)
  - LINC Home Study
  - Canadian Language Benchmark Assessment Site
  - Limestone Community Education Centre
  - Open Book
  - Queen's University International Centre (QUIC)
  - Queen's School of English
  - St. Lawrence College
  - Immigrant Services Kingston and Area (ISKA)
- 6. French as a Second Language**  
La Route du Savoir  
711 Dalton Avenue, Bureau 187, 613-544-7447

## Specialized Upgrading and Services

H'art Studio and H'art Prep are structured programs designed for adults with intellectual disabilities who are over the age of 21. Basic literacy, study and social skills are enhanced in a creative setting.

**H'art School of Smiles** ([www.hartschool.ca](http://www.hartschool.ca))

237 Wellington Street, 613-545-1392

**Contact:** Katherine Porter, Executive Director

**Program Content:** Divided into three semesters, H'art Studio provides literacy, computer literacy and life skills lessons based on a particular theme for each semester. Fine arts are incorporated for inspiration and motivation.

H'art Prep students explore goal-setting while pursuing continuing and post-secondary education experiences, and meaningful volunteer opportunities. Semesters correspond with regular school programs.

**Delivery Format:** A wide variety of lesson styles are used including reading, creative writing, peer tutoring, games, music, hands-on activities and field trips

**Enrolment Timing:** Continuous intake

**Parking:** Meter parking

**Accessibility:** Wheelchair access from Wellington Street

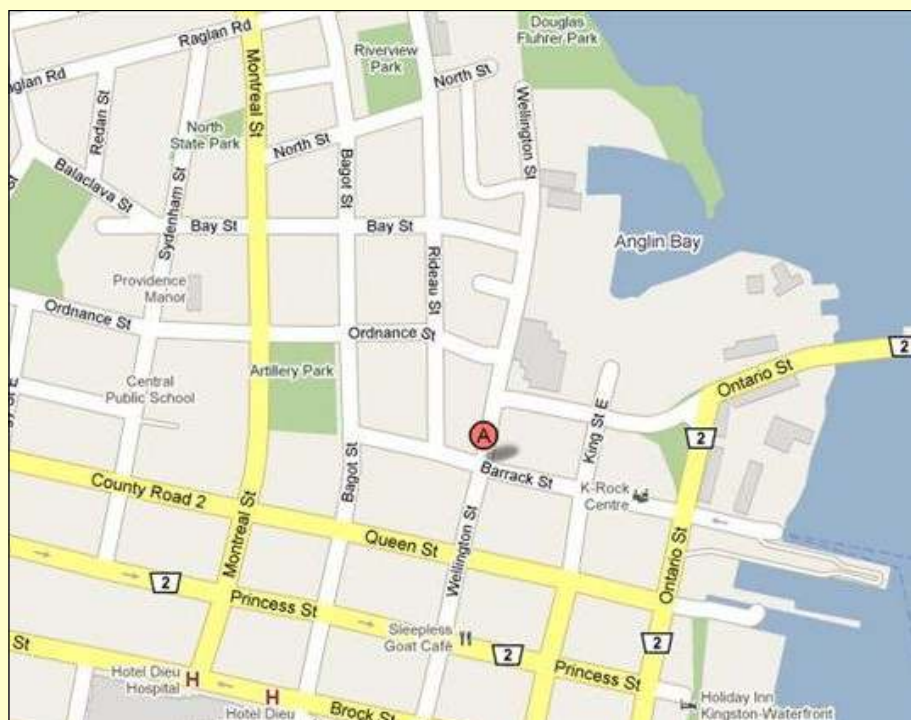
**Available Weekly Hours:** Variable

**Childcare:** Not available

**Hours:** Studio hours are Mon. to Fri. 9 am to 3 pm; H'art Prep is offered 3 days per week from Sept. to June

**In a nutshell:** H'art helps students build literacy and social skills through the creative arts (theatre, dance, music, media arts). Many students work toward participating in the H'art School Inclusive Post Secondary Education Initiative.

**Good candidates for referral:** Individuals with medium needs who can function in a school setting without disruptive behaviours. They should be able to arrange transportation, arrive on time and have education and career goals. Parents, caregivers, community or other support circles would be helpful.



Directions:

- Downtown Kingston at Wellington and Barrack Streets
- Main entrance on Barrack St.
- Wheelchair access on Wellington (locked)

## Specialized Upgrading and Services

Literacy and Essential Skills programs for adults 19 to 25 years of age with developmental and/or physical challenges

### Limestone Community Education Centre

153 Van Order Drive, Kingston, 613-542-7369, ext. 283

**Program Content:** Essential Skills training

**Delivery Format:** Small group

**Enrolment Timing:** By referral

**Parking:** Free parking

**Accessibility:** Accessible

**Available Weekly Hours:** 10 hours per week

**Childcare:** Not available

**Hours:** Mon. to Fri. 12:30 pm to 2:30 pm

**In a nutshell:** Essential Skills training – literacy, pre-employment and life skills training for students with exceptionalities

**Good candidates for referral:** Students between 19-25 years who are exiting high school transition programs with Literacy Level 1 & 2. Referrals should be made in the fall to secure a spot for the next academic year starting in September.



#### Directions:

- Sir John A. Macdonald Blvd. south, west on Norman Rogers Dr. to Van Order
- Within walking distance of Kingston Centre bus transfer point



## Specialized Upgrading and Services

In partnership with Limestone School of Community Education, Westwood School offers Literacy Basic Skills programs and high school credit courses for students with mental health issues. Westwood School is located at the Kingston Psychiatric Hospital at King St. and Portsmouth Avenue. Students must be referred by Addiction and Mental Health Services KFL&A or Providence Care.

### Addiction & Mental Health Services—Kingston, Frontenac, Lennox & Addington

385 Princess Street, 613-544-1356

### Providence Care Mental Health Services (Westwood School)

752 King Street West, 613-544-4900, ext. 52790

**Program Content:** Literacy, numeracy and computer skills, both credit and interest courses

**Delivery Format:** One-to-one tutoring, flexible structure and self-paced learning

**Enrolment Timing:** Continuous intake

**Parking:** Free parking

**Accessibility:** Accessible

**Available Weekly Hours:** Up to 25 hrs/wk, Sept. to June

**Childcare:** Not available

**Hours:** Mon. to Thurs. 8:30 am to 2:30 pm, Fri. 8:30 am to 2 pm

**In a nutshell:** Attendance and program flexibility are key features of this on-site program in which clients study and interact socially in a relaxed, non-threatening environment.

**Good candidates for referral:** Inpatients and outpatients of Providence Care Mental Health Services suffering severe mental illness who are resuming their education within the health care facility.



#### Directions:

- Portsmouth Avenue south to King Street West
- East on King Street to Heakes Lane
- South on Heakes Lane

## Specialized Upgrading and Services

An alternative to regular high school programs for 15- to 21-year olds who want to earn Ontario Secondary School (OSS) credits

### Katarokwi Learning Centre

Community and Alternative Education Centre

[qceec.limestone.on.ca](http://qceec.limestone.on.ca)

38 Cowdy Street, 613-548-3462

**Program Content:** Independent learning material supported on-site by two secondary school teachers and an educational assistant, along with other professionals and special programs. Breakfast, lunch and snacks are available through the provisions of the Food Sharing Program.

**Delivery Format:** One-to-one support, flexible, self-paced study

**Enrolment Timing:** Continuous intake

**Parking:** Meter parking

**Accessibility:** Wheelchair accessible

**Available Weekly Hours:** Maximum 30 hours per week

**Childcare:** Childcare available on-site for a fee-for-service basis

**Hours:** Mon. to Fri. 8:30 am to 2:30 pm

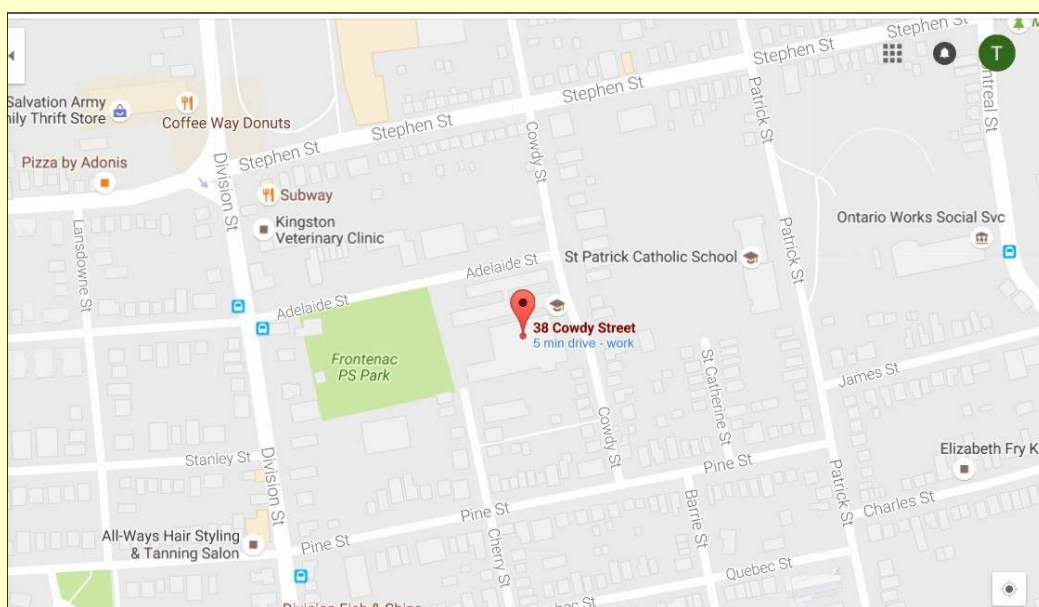
**In a nutshell:** Programming and format accommodates students with special circumstances and learning needs.

**Good candidates for referral:** For young people whose education may have been interrupted for various reasons or who find usual high school settings difficult; requires self discipline.



#### Directions:

- Located in the old Frontenac Public School Building
- Corner of Cowdy and Adelaide Streets
- One block south of Stephen St., east of Division.



## English as a Second Language

Language Instruction for Newcomers to Canada (LINC) and English as a Second Language (ESL) classes are available in a number of different locations. Eligibility requirements vary and some programs have fees.

### Language Instruction for Newcomers to Canada (LINC)

#### Beginner to Intermediate

<http://www.klandskills.ca/programs/english-as-second-language/>

16 Bath Road, 613-547-2255

**Contact:** Robyn German

**Program Content:** Literacy Level to Level 4

**Delivery Format:** Small group

**Enrolment Timing:** Continuous

**Parking:** Free parking

**Accessibility:** Yes

**Available Weekly Hours:** Up to 21 hrs/wk

**Childcare:** Available

**Hours:** Classes at different times during the day and evening, call for details

**Fees:** No fees

**Eligibility:** Permanent residents and convention refugees only

### Language Instruction for Newcomers to Canada (LINC)

#### Intermediate to Advanced [www.keys.ca](http://www.keys.ca)

KEYS, 182 Sydenham Road, 613-546-5559 , ext. 315

**Program Content:** Levels 4 to 8; employment focus and TOEFL preparation

**Delivery Format:** Small group

**Enrolment Timing:** Continuous enrolment

**Parking:** Meter parking on street

**Accessibility:** Yes

**Available Weekly Hours:** Up to 30 hrs/wk

**Childcare:** Not available

**Hours:** Mon. to Fri., 9 am to 11:30 am, 12:30 pm to 3 pm

**Fees:** No fees

**Eligibility:** Permanent residents and convention refugees only

## English as a Second Language

### LINC Home Study

Correspondence/On-line

**Contact:** Kendra Noble, 613-453-8144

**Program Content:** Beginner to Intermediate (Levels 2 to 7)

**Delivery Format:** Home study

**Enrolment Timing:** Continuous

**Parking:** NA

**Accessibility:** NA

**Available Weekly Hours:** Student directed

**Childcare:** NA

**Hours:** NA

**Fees:** No fees

**Eligibility:** Permanent residents and convention refugees only

### Canadian Language Benchmark Assessment, Placement Test and Literacy Assessment Site

Located at Immigration Services Kingston & Area (ISKA)

**237 Weller Avenue**

**Contact:** Kendra Noble, 613-453-8144, [clba@canada.com](mailto:clba@canada.com)

Providing referrals to LINC & ESL classes for Permanent Residents, Convention Refugees, Canadian Citizens, and those with work permits and student visas. There are no fees for this service.

Non-Credit  
Programs

Credit Programs

Specialized  
Upgrading

Computer  
Courses



## English as a Second Language

### Limestone Community Education Centre ([www.limestone.on.ca](http://www.limestone.on.ca))

164 Van Order Drive, 613-542-7369 ext. 275

**Program Content:** Classes available at Beginner, Intermediate and Advanced levels in all skills – reading, writing, listening, speaking, grammar, pronunciation and conversation; workplace ESL also available

**Delivery Format:** Small group

**Enrolment Timing:** Continuous enrolment for day classes: Sept. to June  
Evening classes: Session One – Oct. to Dec., Session Two – Feb. to May)

**Parking:** Free

**Accessibility:** Not accessible

**Available Weekly Hours:** Up to 25 hrs/wk

**Childcare:** Summer sessions only (July and Aug. – fees)

**Hours:** Mon. to Fri. 9:30 am to 3:00 pm; workplace ESL for professionals  
Mon. to Fri. 8:30 am to noon, Tues. & Thurs. 7 pm to 9:30 pm

**Fees:** Variable (\$25 to \$60)

**Eligibility:** Open to adults 18+ years of age; language assessment required before registering

### Limestone International Preparatory College

153 Van Order Drive, 613-546-2050 ext. 310

Program no longer offered.

## English as a Second Language

### Loyola (<http://loyola.alcidsb.on.ca/learnenglish>)

1440 Princess Street, 613-544-3361

**Program Content:** All levels (1-7)

**Delivery Format:** Small group

**Enrolment Timing:** Continuous enrolment

**Parking:** Free parking

**Accessibility:** Wheelchair accessible

**Available Weekly Hours:** Up to 20 hrs/wk

**Childcare:** No childcare

**Hours:** Mon. to Fri. 8:30 am to 2:30 p.m. , call for details

**Fees:** Weekly fee for temporary visitors/workers; student activity fee

**Eligibility:** Canadian Citizens, Live-in Caregivers, Approved Permanent Residents, Refugee Claimants

### Queen's University International Centre (QUIC)

(<http://quic.queensu.ca>)

John Deutsch University Centre

613-533-2604

**Contact:** Hanna Stanbury

**Program Content:** All levels

**Delivery Format:** Small group & one-to-one support

**Enrolment Timing:** Continuous

**Parking:** Pay parking

**Accessibility:** Yes

**Available Weekly Hours:** 1.5 hrs/wk

**Childcare:** No childcare

**Hours:** Thurs. 5 pm to 6:30 pm (Conversation Group)

**Fees:** Free for Queen's students and their families

**Eligibility:** Open to students enrolled in an academic program, visiting scholars at Queen's and their (adult) families.

Non-Credit  
Programs

Credit Programs

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Upgrading

Computer  
Courses

## English as a Second Language

### Queen's School of English ([www.queensu.ca/qsoe](http://www.queensu.ca/qsoe))

96 Albert Street, 613-533-2472

**Contact:** Ola Okomski, [soe@queensu.ca](mailto:soe@queensu.ca)

**Program Content:** 6 levels, Beginner to Advanced

**Delivery Format:** Small classes

**Enrolment Timing:** 12 week sessions, August summer session

**Parking:** Pay parking

**Accessibility:** Accessible depending on location

**Available Weekly Hours:** 23 to 25 hours per week

**Childcare:** Not available

**Hours:** Mon. to Thurs. 8:30 am to 4 pm, Fri. 8:30 to 11:30

**Fees:** \$4100 (12 weeks) plus \$240 for health insurance for each session; contact school directly for other fee options

**Eligibility:** International students 18+ years of age; students are required to take placement test to determine class level

### St. Lawrence College English as a Second Language

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

King and Portsmouth, 613-544-5400

**Contact:** Bev Smith, ext. 6787

**Program Content:** Intermediate, Advanced

**Delivery Format:** 14-week semesters

**Enrolment Timing:** September, January and May

**Parking:** Pay parking

**Accessibility:** Fully accessible

**Available Weekly Hours:** 25 hours/week

**Childcare:** Not available

**Hours:** Mon. to Thurs. 8:30 to 3 pm

**Fees:** For up-to-date information, contact Bev Smith

**Eligibility:** OSSD or equivalent, or High School diploma from home country with English language skills at the intermediate starting level or mature student with English language at the intermediate starting level. Students are thoroughly tested upon enrolment for placement in the appropriate level (intermediate or advanced levels available).

## English as a Second Language

### Additional Information:

#### Immigration Services Kingston and Area (ISKA)

237 Weller Avenue, 613-544-4664

**Contact:** [info@iska.kchc.ca](mailto:info@iska.kchc.ca)

ISKA offers support to immigrants, refugees and newcomers to Kingston including:

- Immigrant Women's Network
- Sewing Club
- Men's Group
- ISKA Potlucks
- International Café
- Ethnic Cooking Classes
- Host Program with English Conversation Circles

**Hours:** Mon. to Fri. 8:30 am to 4:30 pm

**Fees:** All services are free.

Non-Credit Programs

Credit Programs

Specialized Upgrading

Computer Courses



**Directions:**

- Located at Conseil des écoles catholiques du Centre-Est (CECCE)
- West off of Sir John A. MacDonal. Ave. at Dalton Ave.

## French as a Second Language

Offers a variety of upgrading programs and services, conversation language courses, translation and interpretation services

**La Route du Savoir** ([www.laroutedusavoir.org](http://www.laroutedusavoir.org))

Centre scolaire-communautaire de Kingston  
711 Dalton Avenue, Bureau 187, 613-544-7447

**Contact:** Chantal Hudon, Executive Director  
chantalhudon@laroutedusavoir.org

**Program Content:** Literacy and Basic Skills (LBS) program and support for General Equivalency Diploma (GED); computer courses; Family literacy program for francophone parents and children (ages 3-5); conversational language courses (3 levels) in French, English, Spanish, German and Italian; translation and interpretation services

**Delivery Format:** All programs are designed to fit individual needs.

**Enrolment Timing:** Phone to register

**Parking:** Free parking

**Accessibility:** Wheelchair accessible

**Available Weekly Hours:** 2 hours/wk for 10 wks (Fall, Winter, Spring sessions); private instruction available for an hourly rate

**Hours:** Mon. to Fri. 9 am to 4:30 pm

**Fees:** Membership is required to attend day classes, program for second language courses, and to use translation and interpretation services. LBS program and Operation Red Nose are free.

**Eligibility:** 18 years and older; day classes open to anyone whose first language is French; all other programs and services open to French and English speakers

**In a nutshell:** Programs and services for French language speakers and others. Hands-on experience and volunteer opportunities

**Good Candidates:** LBS program for individuals not in school; special emphasis on those receiving social assistance through Ontario Works in support of programming for Francophone learners.



## French as a Second Language

### St. Lawrence College ([www.stlawrencecollege.ca](http://www.stlawrencecollege.ca))

Continuing Education Dept.  
100 Portsmouth Avenue  
613-544-5400 ex. 1503

**Program Content:** Conversational French, including text Levels 1,2,4, 6

**Enrolment Timing:** Sept-Dec and Jan-Apr.

**Fees:** \$291.15

### Limestone Education Centre

613-542-7369

**Program Content:** Beginners French

**Hours:** One night per week

**Fees:** \$150 for 10 weeks

## French as a Second Language

### En ligne

Le service de Formation à distance  
Pour adultes de l'Ontario  
1-888-744-2178  
Free online courses  
<https://www.sefad.ca/>

### Kingston Language Institute

15 Montreal Street  
Kingston  
613-542-5241

**Fees:** 10 wks for \$190 +\$20 text book  
[www.kliweb.com](http://www.kliweb.com)

### Seniors Centre Kingston

56 Francis Street  
Kingston  
613-548-7810  
<http://seniorskingston.ca>

**For Seniors Only:** Many second language courses are available  
Fees apply.

## Computer Courses

Credit and non-credit computer courses ranging from beginner to advanced, workshops, drop-ins

- 1. Kingston Frontenac Public Library**  
130 Johnson Street (site temporarily closed)  
Services available at Calvin Park and Isabel Turner Branches  
613-549-8888
- 2. Kingston Literacy & Skills**  
16 Bath Road, 613-547-2012
- 3. Loyola Language and Skills Centre**  
1440 Princess Street, 613-544-3361
- 4. Kingston Public Library**  
1000 York Street, 613-549-8888
- 5. Seniors' Centre**  
56 Francis Street, 613-548-7810
- 6. St. Lawrence College**  
King & Portsmouth, Kingston,  
613-544-5400
- 7. Seniors Services**  
41 Church Street, Kingston  
613-546-9286
- 8. Martha's Table**  
629 Princess Street, Kingston  
613-546-0320
- 9. Online Learning**



## Computer Courses

### Kingston Frontenac Public Library

Main Branch: 130 Johnson Street, 613-549-8888 (closed temporarily)

### Calvin Park and Isabel Turner Branches

[www.kfpl.ca/events-and-programs/tech-tutors](http://www.kfpl.ca/events-and-programs/tech-tutors)

**Program Content:** Tech Tutor

**Delivery Format:** One-to-one and/or small groups

**Enrolment Timing:** Check website for workshop times and locations, or call 613-549-8888

**Parking:** Available

**Accessibility:** Wheelchair accessible

**Available Weekly Hours:** Variable

**Childcare:** No

**Hours:** Usually in the evenings

**In a nutshell:** Suitable for the novice computer user or for those interested in using library resources.

**Good candidates for referral:** People interested in learning how to use the library's Zinio Digital Magazine Collection or download an eBook to their own computer. For those who want to learn more about computers and the Internet, tutors are available during Drop-in Sessions at the Calvin Park or Isabel Turner branches. Register for a workshop online or by phone.



## Computer Courses

Kingston Literacy & Skills ([www.klandskills.ca](http://www.klandskills.ca))

### KL&S Kingston

16 Bath Road, 613-547-2012

**Contact:** Martha Rudden (mrudden@klandskills.ca)

**Program Content:** Introductory computer course, covering basic Word, Excel, PowerPoint, and various online tools. Can only be taken in conjunction with another KL&S course, like English, math or Occupational Curriculum.

**Delivery Format:** Small group

**Enrolment Timing:** Continuous intake

**Parking:** Free parking at front and rear of the building

**Accessibility:** First floor wheelchair accessible

**Available Weekly Hours:** 4 hours per week

**Childcare:** Not available

**Hours:** Classes vary, call for details

**In a nutshell:** KL&S helps people to upgrade their skills and move on to college, credit courses, a new career path or re-entering the workforce. This computer class is great for adults with other training needs (English or Math) who also have to upgrade their computer skills.

**Good candidates for referral:** This course is perfect for people who also need to upgrade their basic skills. It is self-paced, so good for people at a range of skill levels.



## Computer Courses

Loyola Language and Skills Centre ([www.learningatloyola.ca](http://www.learningatloyola.ca))

1440 Princess Street, 613-544-3361

**Program Content:** General concepts in Office and Google, hardware components and self-directed investigation

**Enrolment Timing:** Computer courses offered twice per year, not continuous intake, check website for specific term dates

**Parking:** Free parking

**Accessibility:** Wheelchair accessible

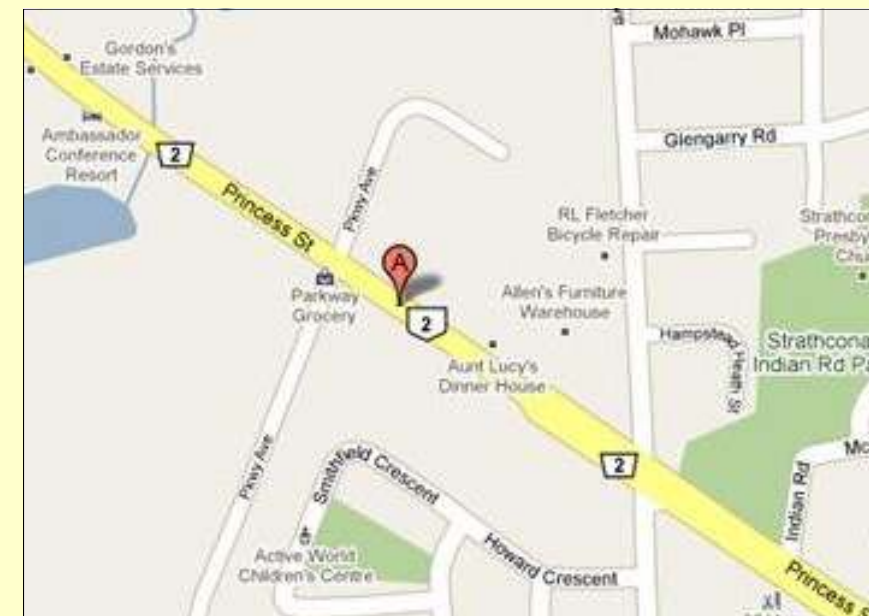
**Available Weekly Hours:** 20 hours per week

**Childcare:** Not available

**Hours:** 8:30 am to 12:30 pm Mon. to Fri.

**In a nutshell:** For students who want to pursue a career in information technology or expand their computer knowledge

**Good candidates for referral:** For adults 18 years of age and older, with basic skills and an interest in computers.



## Computer Courses

**For Seniors Only:** Some computer training programs are available for seniors (55+) on a fee-for-service basis. For membership information, contact the Centre.

### Seniors Centre Kingston

56 Francis Street, 613-548-7810

**Contact:** info@seniorskingston.ca

**NOTE:** Programs and services change regularly. For up-to-date information, call 613-548-7810 or visit the website at <http://seniorskingston.ca>



#### Directions:

- South on Portsmouth Ave. to Churchill
- Left on Churchill to Francis St.



## Computer Courses

For out-of-school adult learners; free for qualified applicants

**St. Lawrence College** ([www.stlawrencecollege.ca](http://www.stlawrencecollege.ca))

King & Portsmouth, 613-544-5400, ext. 1126

**Contact:** Ruth MacIntyre

**Program Content:** Practical Computing is a self-paced course and part of the Academic Career Entrance (ACE) program. Upon completion, the student will achieve a Grade 12 equivalency level in Computers

**Delivery Format:** Instructor-led, self-paced with individualized programming

**Enrolment Timing:** Continuous intake

**Parking:** Pay parking

**Accessibility:** Wheelchair accessible

**Available Weekly Hours:** 6 hours per week

**Childcare:** Not available

**Hours:** Two 3-hour classes per week; days and times vary each semester

**In a nutshell:** slower-paced program covers computer basics to more advanced uses

**Good candidates for referral:** Adults who want to learn the basics or need to brush up their skills. Students will attend an intake interview with the Program Coordinator to determine how they want to begin.

**NOTE:** Short-term courses for specific computer applications are also available on a fee-for-service basis. Consult the St. Lawrence College website for additional information and course descriptions.



Directions:

- Portsmouth Avenue between Johnson and King St.





Directions:

- Off Union St. West between Mowat Ave. and Yonge St.



## Computer Courses

Basic computer and tablet literacy for seniors

### Senior Services Kingston

St. John's Anglican Church  
41 Church Street, Kingston

**Contact:** Sam Laldin, 613-546-9286

**Program Content:** Basic skills in computers and tablets for seniors provided by volunteers

**Delivery Format:** Self-paced

**Enrolment Timing:** Continuous intake

**Parking:** Parking on street

**Accessibility:** Unknown

**Available Weekly Hours:** 4 hours per week

**Childcare:** Not available

**Hours:** Two 2-hour classes per week; call for details

**NOTE:** Looking for students as well as volunteers to help teach.

### Martha's Table

629 Princess Street, Kingston

**Phone:** 613-546-0320

**Program Content:** Basic skills in computers for individuals wanting to learn basic skills. You can bring your own device, or use one of the computers there.

**Delivery Format:** Self-paced

**Enrolment Timing:** Continuous intake

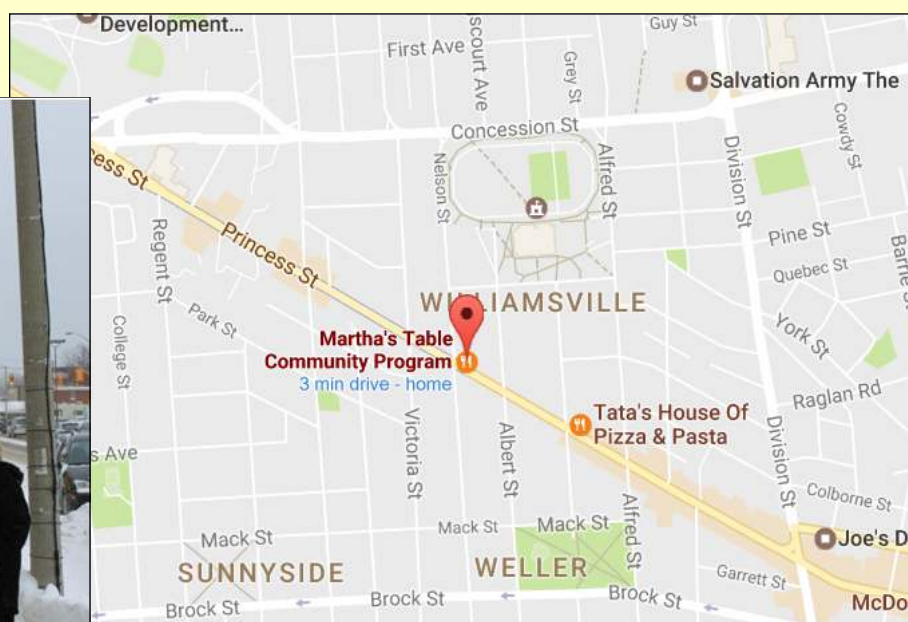
**Parking:** Parking on street

**Accessibility:** Unknown

**Available Weekly Hours:** 1 hour per week

**Childcare:** Not available

**Hours:** One 1-hour session per week, Weds. 3:30 to 4:30 p.m.



## Computer Courses

### Online Learning

#### **The Learning Hub** ([www.learninghub.ca](http://www.learninghub.ca))

This is a free online program available to adult learners across Ontario who want to access a flexible online learning environment. It provides opportunities to upgrade reading, writing, math, computer and other essential skills.

**Contact:** info.learninghub@gmail.com  
613-549-482-7700 x 206

#### **Good Learning Anywhere** (<http://goodlearninganywhere.com>)

Good Learning Anywhere provides free online distance learning opportunities for adult learners in Ontario to assist them in upgrading their reading, writing, math, computer and other Essential Skills. It works with Aboriginal communities, organizations and individuals to identify and meet their learning goals in a flexible online learning environment. The Good Learning Anywhere program is operated by The Sioux Hudson Literacy Council (SHLC), a non-profit, community-based organization.

**Contact:** info@goodlearninganywhere.com  
toll free: 1-866-550-0697

#### **GCF LearnFree** (<http://www.gcflearnfree.org>)

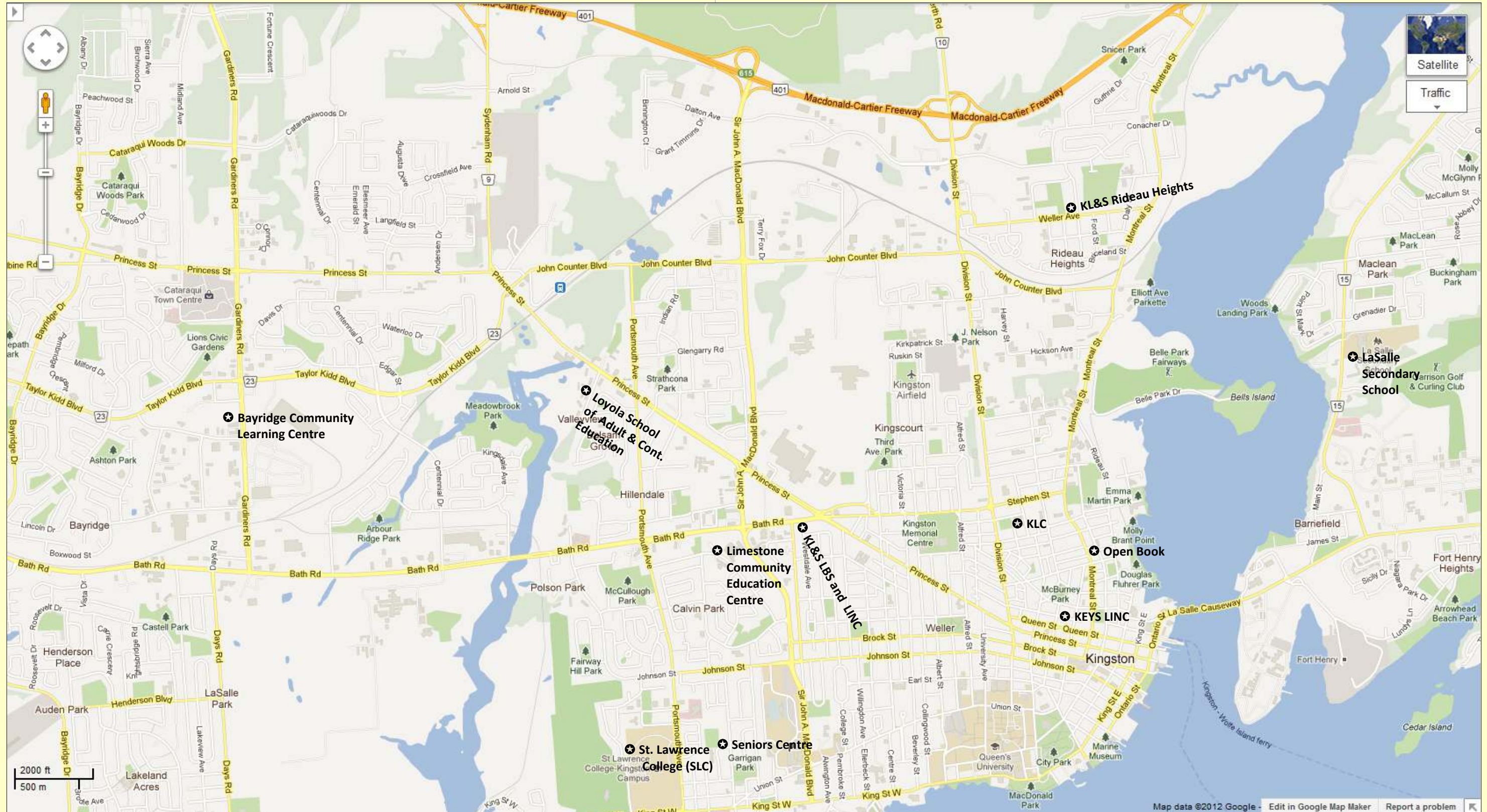
GCFLearnFree.org offers free online training in essential skills, from Microsoft Office and email to reading, math, and more. (This is an American website, so some content may differ from usage in Canada.)

#### **studyonline.ca** (<https://studyonline.ca/>)

This website, coordinated by Contact North, has multiple catalogues for online study programs. On the home page, scroll to the bottom and click on "View program and course guides." There are multiple guides on this page to suit a variety of online learning needs.



## Adult Upgrading Opportunities in Kingston



Bayridge Community Education Centre, 652 Progress Ave.

KEYS LINC, 182 Sydenham St.

Kingston Literacy & Skills, 16 Bath Road

KL&S Rideau Heights, 263 Weller Avenue at Wiley

KL&S LINC, 16 Bath Road

Limestone Community Education Centre, 164 Van Order

Loyola School of Adult Education, 1440 Princess St.

Open Book, 559 Bagot Street

Katarokwi Learning Centre (KLC), 38 Cowdy St.

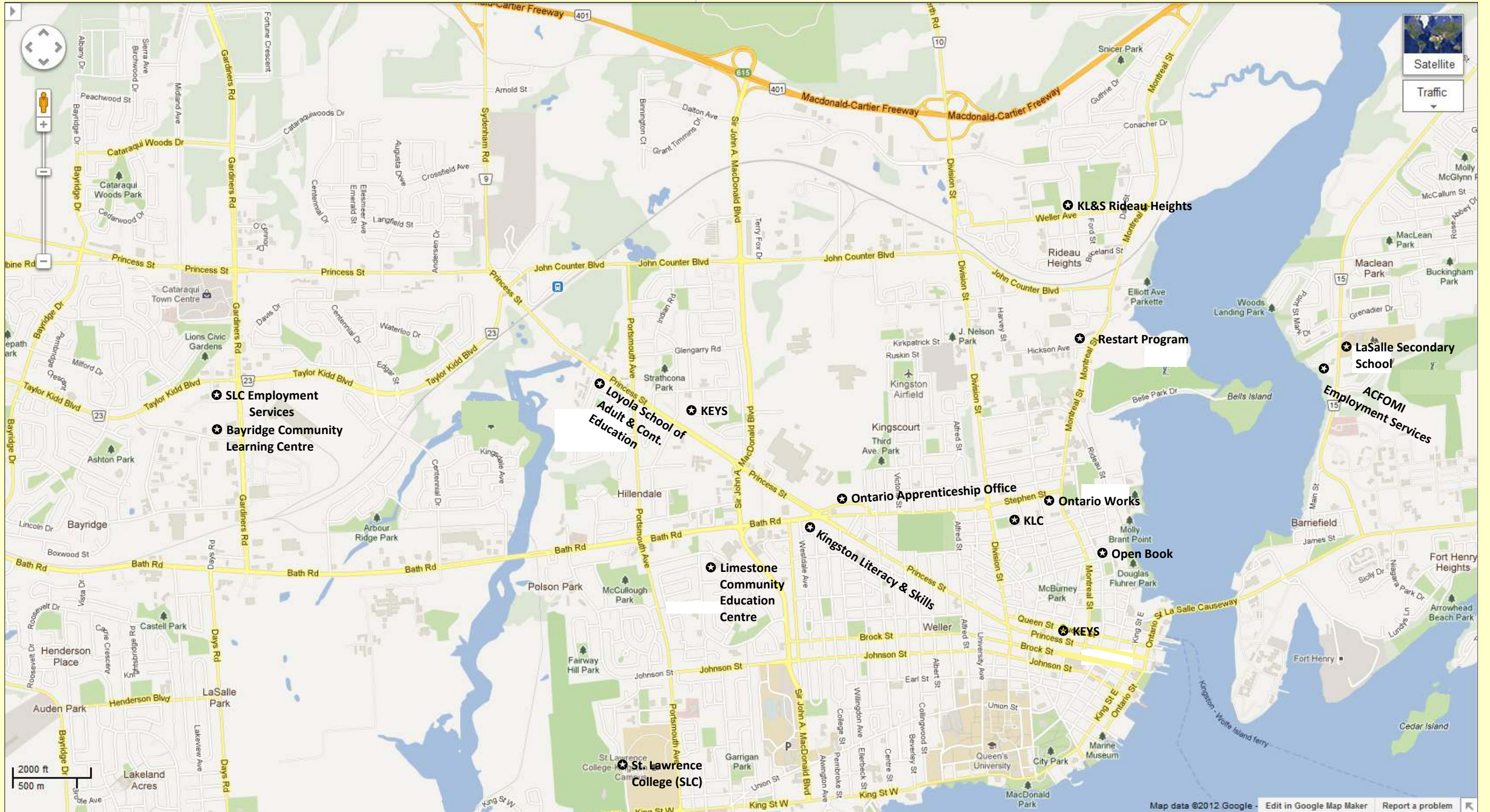
Seniors Centre, 56 Francis St.

St. Lawrence College, Portsmouth Ave. at King

Streetsmart (now part of KLC), 38 Cowdy St.



# Adult Upgrading Opportunities and Employment Services in Kingston



ACFOMI Employment Services, 750 Hwy 15

Bayridge Community Education Centre, 652 Progress Ave.

Retart 900 Montreal St.

KEYS, 182 Sydenham St.

KEYS, 1187 Princess St. (by apt. only)

Kingston Literacy & Skills, 16 Bath Road

KL&S Rideau Heights, 263 Weller Ave. at Wiley

Kingston Literacy & Skills, 16 Bath Road

Limestone Community Education Centre, 164 Van Order

Loyola School of Adult Education, 1440 Princess St.

Ontario Apprenticeship Office, 299 Concession St.

Open Book, 559 Bagot Street

Ontario Works, 362 Montreal St.

Katarokwi Learning Centre (KLC), 38 Cowdy St.

St. Lawrence College (SLC), Portsmouth Ave. at King

SLC Employment Services, 785 Midpark Dr.