

# Returning to Work in Huron Perth




SERVICES FOR PERSONS WITH STROKE  
PREPARING TO RE-ENTER THE WORKFORCE.

**You've been through a lot** – a trip to the emergency department, a hospital stay, rehabilitation and a return to your home, your family and your community. Recovery from stroke is a journey. For some people, that journey includes a return to the workplace – either to their previous role, a modified position or something entirely new. The following services are available to stroke survivors in Huron Perth who are exploring a return to work.



## BRAINWORKS

79 Ridout Street South, London | Ph: 519-657-1180  
[www.brainworksrehab.com](http://www.brainworksrehab.com)

IN HOME/COMMUNITY   
 FEE FOR SERVICE

You may self-refer to Brainworks, or be referred by a community or government agency. This is a fee-for-service program that may be covered by insurance or other third parties. Brainworks team members create back to work plans tailored specifically for you. Services include: job searches, labour market research, cover letter and resume development, reference preparation, interview techniques, career exploration exercises and more. The community-based vocational placements offered are non-paid, temporary placements with a community host employer. They allow for assessment of your abilities to manage demands in a real work environment. Staff, including social workers, psychologists and rehab therapists, have experience supporting persons with stroke. Learn more online.

## CONESTOGA CAREER CENTRE

130 Young Street, Stratford | Ph: 519-271-5700, 1-800-463-0796  
[www.conestoga.ca](http://www.conestoga.ca)  
[www.conestogac.on.ca/caa/careercentre/index.jspStratfordCareerCentre@conestogac.on.ca](http://www.conestogac.on.ca/caa/careercentre/index.jspStratfordCareerCentre@conestogac.on.ca)

DROP-IN CENTRE   
 BY APPOINTMENT  
 NO COST

This service offers individuals living in Perth and Huron counties resources and programming to support career exploration and planning, job search success, labour market research, accessing government sponsored training programs and connecting to local employers; job coaching, placements and job accommodations are all available. All ages are welcome; specialties include youth, immigrants, people seeking retraining or apprenticeship opportunities and anyone looking to get back to work! Individual counselling and small group workshops available.

## INCLUSIVE HEALTH CARE MANAGEMENT (INCARE)

5730 Williams Street, Grand Bend | Ph: 519-227-0389  
www.incarehealth.com

✓ IN HOME ✓ FEE FOR SERVICE 

You may self-refer to Incare or be referred by a community or government agency. This is a fee-for-service program that covers all of Southwestern Ontario. Services include individualized employment counselling, career exploration exercises, labour market research, resume and cover letter development, reference preparation, interview techniques and job finding clubs. Volunteer placements, job coaching and job accommodation services are also available. Team members include a certified job finding instructor, a social worker and a rehab therapist. Incare has experience working with people with disabilities.

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## LEADS EMPLOYMENT SERVICES

171 Queens Avenue, Suite 410, London | Ph: 1-866-955-3237  
51 Front Street East, Strathroy | Ph: 1-866-955-3237  
www.leadsservices.com

✓ IN OFFICE ✓ FEE FOR SERVICE 

Over 40 Employment Specialists with diverse backgrounds, credentials and specializations provide one to one support in customized services: developing skills to prepare for and retain employment, identifying employment opportunities that fit abilities and experience, job coaching and mentoring to build strong relationships with employers and coworkers, facilitating follow up reviews and problem resolution to help achieve success. Leads provide services both in government funded and fee-for service formats in London Middlesex, Elgin, Oxford, Huron, Perth and Lambton counties. Individuals & advocates can contact or apply in person at Leads or at the Leads website.

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## MOVING TOWARDS WELLNESS LTD.

Box 1055, Clinton | Ph: 519-482-7181  
www.movingtowardswellness.ca

✓ IN OFFICE ✓ FEE FOR SERVICE 

You may self-refer to Moving Towards Wellness LTD, or be referred by a government, community agency or Family Physician. Services which include reintegration to activities of daily living, Rehabilitation Exercise Program (Home or Community based) and community access skills development, individualized employment counselling, job coaching and shadowing, ergonomic assessments, job site and physical demand assessments are provided. Our staff have experience working with all points of recovery from injury and/or health related issues such a stroke. This fee for service program is open to those in Huron, Perth, Bruce, Grey, Middlesex and Lambton counties.

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## NEW HORIZONS REHABILITATION SERVICES




1100 Wallace Avenue, Listowel | Ph: 519-291-5402  
www.newhorizonsrehab.com

✓ IN OFFICE ✓ NO COST 

Available through self-referral, or referral by a government or community agency, New Horizons is a fee for service program that provides daily living and community access skills, in addition to medical rehabilitation, exercise programs, and physiotherapy and occupational therapy assistance with worksite reintegration issues. It also offers a functional job match program. More information available online.

## ONTARIO MARCH OF DIMES

920 Commissioners Rd. East London | Ph: 519-642-3999 ext. 235  
www.marchofdimes.ca

 NO COST IF ELIGIBLE FOR SERVICES   
 FEE FOR SERVICE FOR PRIVATE INSURERS

You may self refer to Ontario March of Dimes Employment Services Program or be referred by a community or government agency. March of Dimes Employment Services programs work with several different contracts including: Veterans Affairs Canada (CANVET Services), Ontario Disability Employment Supports Program (OSDP), Community Co-ordinator Project (Opportunities Fund) through Service Canada, Workplace Safety and Insurance Board (WSIB), Ontario Works, and Private Insurers. March of Dimes provides a variety of Placement, Assessment and Case Management services that assist individuals with a variety of disabilities to return to work. Such services include development of Return to Work Employment Plans, Employer Based Work Placements both in paid and unpaid settings, Job Search Training Programs, and a variety of Vocational and Functional Assessments. March of Dimes will assist individuals to reach their employment goals and achieve their independence in today's competitive labour market. *Please note: some of our contracts only cover certain areas: ODSP and WSIB is not in Windsor/Essex or Chatham/Kent and ODSP is also not in Sarnia/Lambton or Grey/Bruce.*

## PARTNERS IN EMPLOYMENT

349 Main Street South, Exeter | Ph: 519-235-0471  
www.partnersinemployment.on.ca

 IN OFFICE  NO COST 

Partners in Employment is available through self-referral or referral by a government or community agency. Services include individualized employment counselling, career exploration exercises, labour market research, resume and cover letter development, reference preparation, interview techniques and employment workshops. Job coaching and job finding clubs are also provided by staff that have experience providing job related services to stroke survivors.

Addresses: 75 Waterloo Street, Stratford ON N5A 7B2 519-272-1946  
26 Wellington Street, St.Marys ON N5A 2L2 519-284-0112  
230 Main Street West, Listowel ON N4W 1A1 519-291-2726  
38 East Street, Goderich ON N7A 1N3 519-524-2515  
349 Main Street, Exeter ON N0M 1S1 519-235-0471

## PRACTICAL SOLUTIONS VOCATIONAL SERVICES

30 Adelaide Street North, Unit 13 | Ph: 519-859-2755  
www.practicalsolutions.ca

 IN HOME/COMMUNITY   
 FEE FOR SERVICE

Available by self-referral. Services include Gradual Return to Work programs working with the client, employer and medical professionals to determine suitable positions, accommodations and transitional work programs so individuals can stay at work or return to productive and safe employment as soon as physically possible after a stroke. As well, there is a Vocational Reconditioning Program designed to assess and enhance a client's functional and employment skills in preparation to transition into an alternate career or return to the client's own employer at full capacity.

## PURSUIT HEALTH MANAGEMENT

1 – 121 Oxford Street E., London | Ph: 519-672-1048  
www.pursuithealth.ca

 IN OFFICE/COMMUNITY   
 FEE FOR SERVICE

While individuals from across Southwestern Ontario may self-refer to Pursuit Health Management, referrals are most often made by physicians, hospitals, WSIB, employers, insurance companies or solicitors. Physio and massage therapy can be self funded. Other services, such as occupational therapy, case management and vocational rehabilitation services are usually funded through insurance or other sources. Pursuit supports pre-vocational skills such as daily living and community access skills. Other services include labour market research, resume and cover letter development, career exploration, reference preparation and interview techniques. Therapists on staff have experience with persons with stroke in both hospital and community based settings.

## ST. MARYS COMMUNITY REHABILITATION

268 Maiden Lane, St. Marys | Ph: 519-284-0904  
www.stmarysphysio.com

✓ IN OFFICE ✓ FEE FOR SERVICE



While generally accessed through a physician referral, St. Marys Community Rehabilitation is available through self-referral, or referral by a government or community agency. Staff, who serve individuals from St. Marys and the surrounding area, are interested in supporting stroke survivors with pre-vocational, community access and daily living skills. Services include Physiotherapy, Kinesiology, Registered Massage Therapy, Social Work, Assistive Devices Program Assessments and home care.

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## THE CENTRE FOR EMPLOYMENT AND LEARNING

www.thecentreforemploymentandlearning.ca

✓ IN OFFICE ✓ FEE FOR SERVICE & NO COST



You may self-refer to The Centre for Employment & Learning, or be referred by a government or community agency.

Services in Huron County include individualized employment counselling, career exploration exercises, resume and cover letter development, skills development and employment workshops. Employment Counsellors of the Centre for Employment and Learning, operated by the Avon Maitland District School Board provide client-centred, one-on-one employment counselling, encouragement and support to individuals who find themselves experiencing employment difficulties. The members of the Employment Counsellors' Team have very diverse areas of specialization and are able to respond quickly to a variety of needs and situations. The goal of each counsellor is to help members of the community find employment and attain self-sufficiency. Our counsellors are familiar with current labour market trends, community partners, a variety of training programs and the needs of both employers and their employees.

In Perth County, The Centre assists adults who wish to upgrade their reading, writing, math, computer, communication and essential workplace skills. Staff can also assist adult learners in assessing if they are ready to take the GED (Grade 12 Equivalency Diploma) test. Assistance is also provided in preparing adults for pre-apprenticeship and apprenticeship, and for assorted tasks required by employers.

Addresses:	60 Mary Street, Clinton, ON N0M 1L0	519.482.1700
	349 Main Street, P.O. Box 173, Exeter, ON N0M 1S6	519.235.0471
	38 East Street, Goderich, ON N7A 1N3	519.524.2515
	138 Main Street, South, P.O. Box 1120, Seaforth, ON N0K 1W0	519.527.0305
	431 St. Vincent Street, South, Stratford, ON N5A 2Y5	519.271.4896
	152 Josephine Street, P.O. Box 130, Wingham, ON NOG 2W0	519.357.4995