

# Return to Work: Resource Guide



**Stroke Network**  
Southwestern Ontario

This guide is intended to provide an overview of services that may support your return-to-work journey. Every effort has been made to ensure that this guide is up to date and comprehensive; however, if you have additional questions and/or require alternative resource information please reach out to your health care team.

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 within Southwestern Ontario who are exploring the return to work.



## REGIONAL RESOURCES

These resources are centrally located in London, ON and/or offer multiple locations within Southwestern Ontario. These resources may be accessed by self-referral and/or a community/government-based agency. These resources may be free and/or have a fee for service. For more information, please refer to the resource contact information.

### Goodwill Career Centre

IN OFFICE  FEE FOR SERVICE  NO COST

**Website:** [www.goodwillindustries.ca](http://www.goodwillindustries.ca)

The Goodwill Career Centre offers free services and programs to help navigate career options, strengthen your resume, prepare for job interviews or look at education and skills training opportunities to get you working. If you have a disability or self-identified barrier to employment, free services include employment counselling and planning, vocational assessments, work placements, job shadowing, supportive coaching and more.

#### Locations and Phone Numbers:

**London:** 255 Horton St E, 2nd Floor. Phone 519-850-9000, press 3

**Chatham:** 300 Lacroix St. Phone: 519-354-4400

**Sarnia:** 1249 London Road. Phone: 519-332-4333

### March of Dimes

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

**920 Commissioners Rd. East London | Ph: 519-642-3999 | Toll Free: 1-866-496-8603 | Website:** <https://www.marchofdimes.ca/en-ca/programs/es/>

March of Dimes Employment Services work with several different contracts including: Veterans Affairs Canada, Ontario Disability Employment Supports Program (ODSP), Workplace Safety and Insurance Board (WSIB), Ontario Works, and Private Insurers. March of Dimes provides a variety of placement, assessment and case management services to support individuals in return to work.

## Leads Employment Services

IN COMMUNITY/OFFICE  FEE FOR SERVICE  NO COST

**Phone:** 1-866-955-3237 | **Website:** [www.leadsservices.com](http://www.leadsservices.com) | **Email:** [info2@leadsservices.com](mailto:info2@leadsservices.com)

Individualized skills development and employment support services. Leads employment specialists have diverse backgrounds, credentials and specializations for providing one to one support in customized services, including: 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 provides services both in government funded and fee-for-service formats. Individuals & advocates can contact or apply in person at Leads or at the Leads website.

### Locations

**London:** 171 Queens Ave., Ste. 410

**Stratford:** 32 Erie St.

**Strathroy:** 67 Front Street West

**Owen Sound:** 1051 2nd Ave. E., Ste. 205

**Sarnia:** 180 College Avenue North

**St. Thomas:** 300 S Edgeware Rd., Ste. 121

**Woodstock:** 18 Vansittart Ave.

## Pursuit Health Management

IN COMMUNITY/OFFICE  FEE FOR SERVICE

**1 – 121 Oxford Street E., London | Ph: 519-672-1048 | Toll-Free: 1-877-488-3771**  
| **Website:** [www.pursuithealth.ca](http://www.pursuithealth.ca)

Pursuit Health Management offers vocational rehabilitation services to support you in the process of identifying vocational abilities, assessing transferable skills and understanding functional/cognitive limitations. The goal of their vocational rehabilitation consultants is to facilitate your return to suitable employment by providing you with the necessary to seek employment independently and compete in the labour market.

## Pathways Employment Help Centre

IN OFFICE  FEE FOR SERVICE  NO COST

**Website:** [www.pathwaysehc.ca](http://www.pathwaysehc.ca)

Pathways Employment Help Centre offers a wide variety of workshops, tools, training programs and certificates to help you achieve your employment goals. Workshops are taught by experienced facilitators, where you can learn about the skills and paths available to you on your employment journey.

### Locations and Phone Numbers:

**London:** Horton Campus 100-205 Horton Street East. Phone: 519.667.7795

**London:** Dufferin Campus 100-150 Dufferin Avenue. Phone: 519.439.050

## DMA Reability

IN OFFICE/HOME  FEE FOR SERVICE  NO COST

Toll- Free: [1\(866\) 802-5518](tel:18668025518) | Email: [info@dmarehability.com](mailto:info@dmarehability.com) | Website: <https://www.dmarehability.com/services/vocational-rehabilitation-services/>

DMA Reability offers vocational rehabilitation services to support you in understanding your current abilities, interests, education, experience, and other qualifications while considering return to employment.

### Locations and Phone Numbers:

**London:** 1151 Florence St #300. Phone: 519-452-004 **Windsor:** 1682 Howard Ave. Phone: (519) 974-7399

## The Life Skills Centre

IN OFFICE  FEE FOR SERVICE

111 Belmont Drive, Suite 102, London | Ph: 519-680-3808 | Website: [www.lifeskillscentre.ca](http://www.lifeskillscentre.ca)

The Life Skills Centre can you with employment counselling, career exploration exercises, labour market research, resume and cover letter development, reference preparation, interview techniques and job finding clubs.

## ATN Access Inc.

IN OFFICE/VIRTUALLY  NO COST

15-1 Adelaide St N, London | Ph: 519-433-7950 | Email: [info@atn.ca](mailto:info@atn.ca) | Website: [www.atn.on.ca](http://www.atn.on.ca)

The ATN Employment & Learning Specialists offer one-to-one employment preparation and job retention services. They can support you in exploring new or different career opportunities and create a step-by-step employment action plan for success based on your needs and situation. They offer a drop-in computer resource centre with height-adjustable workstations and adaptive hardware and software, and their services include career exploration exercises, resume development, interview techniques, digital literacy training, as well as employer consultations to remove barriers to employment and create inclusive work environments.

## Moving Towards Wellness

IN OFFICE/HOME  FEE FOR SERVICE

P.O. Box 1055 Clinton | Ph: 519-482-7181 | Fax: 519 482 3799 | Email: [mtw@mtwld.ca](mailto:mtw@mtwld.ca) | Website: [www.movingtowardswellness.ca](http://www.movingtowardswellness.ca)

Moving Towards Wellness provides support through individualized employment counselling, job coaching and shadowing, ergonomic assessments, job site and physical demand assessments.

## Tungasuvvingat Inuit

1071 Richmond Rd., Ottawa | Ph: 613-565-5885 | Website: [www.tiontario.ca/programs/employment](http://www.tiontario.ca/programs/employment)

Providing the highest quality career and training programs to help clients achieve their goals. The Employment Team assists unemployed and underemployed Inuit in a number of ways as they offer: career counselling, job search and training opportunities that will lead to meaningful employment.

## ADDITIONAL RESOURCES

These additional resources are more broadly based. They are available for individuals that are geographically located within or outside of Southwestern Ontario.

### The Healthline

**Website:** <https://www.thehealthline.ca/>

The Healthline provides health-based resources, including vocational support services based on your geography.

### Gowan Consulting

**Toll Free:** 1-888-752-9954 | **Website:** <https://www.gowanhealth.com/who-we-are>

### Rehab First

**Toll Free:** 1-888-734-2290 | **Website:** <https://www.rehabfirst.ca/workpathways>

### Lifemark Therapy Services

**Toll Free:** 1-855-444-0834 | **Website** [www.lifemarkworkhealth.ca](http://www.lifemarkworkhealth.ca)

### Bartimaeus Rehabilitation Services

**Toll Free:** 1-877-542- 9990 | **Website**

<http://www.bartimaeusrehab.com/rehabilitation-services/vocational/>

This resource was developed by the members of the Southwestern Ontario Occupational Therapy Stroke Network. All efforts have been made to ensure that this resource is comprehensive, however, it may not be inclusive of all resources applicable to your situation. **Remember**, an unexpected health event such as a stroke can have a significant impact on your mental health and mood which can also be heightened by the potential loss of the ability to return to work. Your new functional status may change how you care for yourself and interact with others. Connecting with therapy resources (ie. counselling) within your community may also be helpful when learning how to cope with this change and reframe your new way of living. For more information on local resources and supports, please contact your primary health care provider. Additional inquiries can be made to [swosn@lhsc.on.ca](mailto:swosn@lhsc.on.ca); Last Updated: July, 2024

[www.swostroke.ca](http://www.swostroke.ca) | [swosn@lhsc.on.ca](mailto:swosn@lhsc.on.ca)

# Huron Perth: Resources

## The Centre for Employment and Learning

**Website:** [www.thecentreforemploymentandlearning.ca](http://www.thecentreforemploymentandlearning.ca)

The Centre for Employment and Learning offers individualized employment counselling, career exploration exercises, resume and cover letter development, skills development and employment workshops. The center can assist you in upgrading reading, writing, math, computer, communication and essential workplace skills. You may self-refer and/or be referred by a government/ community agency.

### Locations and Phone Numbers:

**Clinton:** 171 Queens Ave., Ste. 410 60 Mary Street. Phone: 519.482.1700

**Exeter:** 349 Main Street, P.O. Box 173. Phone: 519.235.0471.

**Goderich:** 41 West Street. Phone: 519.524.2515

**Stratford:** 60 St. Andrew Street. Phone: 519.271.4896

**Wingham:** 152 Josephine Street, P.O. Box 130. Phone: 519.357.4995

**Listowel:** 280 Wallace Avenue South. Phone: 519.291.9453

**Seaforth:** 9 Goderich Street West. Phone: 519.527.2288 or 519-440-6352

## Partners in Employment

**Website:** [www.partnersinemployment.on.ca](http://www.partnersinemployment.on.ca)

Partners in Employment Services include individualized employment counselling, career exploration exercises, labour market research, resume and cover letter development, reference preparation, interview techniques and employment workshops. Services are available through self-referral or referral by a government or community agency.

### Locations and Phone Numbers:

**Stratford:** 75 Waterloo Street. Phone: 519-272-1946

**St. Mary's:** 26 Wellington Street. Phone: 519-284-0112

**Listowel:** 230 Main Street West. Phone: 519-291-2726

**Goderich:** 41 West Street. Phone: 1-888-729-9675

**Exeter:** 349 Main Street. Phone: 519-235-0471

## New Horizons Rehabilitation Services

**1100 Wallace Avenue, Listowel | Ph: 519-291-5402 [www.newhorizonsrehab.com](http://www.newhorizonsrehab.com)**

New Horizons is a fee for service program that provides rehabilitation, exercise programs, and physiotherapy and occupational therapy assistance with worksite reintegration issues. It also offers a functional job match program. Services are available through self-referral, or referral by a government or community agency,

## St. Mary's Physiotherapy and Rehabilitation Clinic

**268 Maiden Lane, St. Mary's | Ph: 519-284-0904 | Fax 519-284-0870 | Email [info@stmarysphysio.com](mailto:info@stmarysphysio.com) | Website: <https://www.stmarysphysio.com/>,**

St. Mary's clinic offers support for 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. St. Mary's Community Rehabilitation is available through self-referral, or referral by a government or community agency.

# Grey Bruce: Resources

## Adult Learning Centre

824 First Avenue West, Owen Sound | Ph: 519-376-7170 | Website:  
[www.adultlearningcentres.ca](http://www.adultlearningcentres.ca)

The Adult Learning Centre provides free pre-vocational skills such as community access skills, daily living skills, computer training, driver's license preparation and money management. Those interested may self-refer.

## VPI Employment Solutions

1450 First Avenue West, Owen Sound | Toll free: 1-877-371-4707 | Website  
[www.vpi-inc.com](http://www.vpi-inc.com)

VPI Employment Solutions services are available at no charge to individuals from Grey and Bruce Counties. Case managers will conduct a needs assessment. Based on this, goals for future employment are identified and a strategy and training plan focused on these goals follows.

## YMCA Employment Resource Centre

450 First Avenue West, Owen Sound | Ph: 519-371-3060  
20 McNab Street, Unit 200, Walkerton | Ph: 519-881-4606

YMCA Employment Resource Centre offers Individualized employment counselling, career exploration exercises, labour market research, resume and cover letter development, reference preparation, interview techniques and job finding workshops.

## Tracks Employment Services

50 Hume Street, Collingwood | Ph: 705-444-1580

Tracks Employment Services provide individualized employment counselling, career exploration exercises, labour market research, cover letter and resume development, reference preparation and interview techniques. There are no fees for these services, and they can be accessed by self-referral.

# Windsor Essex: Resources

## Ontario Ministry of Community & Social Services

**270 Erie Street East, Windsor | Ph: 519-254-1651**

The Ontario Ministry of Community and Social Services is available for individuals aged sixteen and over with proof of a disability (i.e. verified by a doctor). Those on Ontario Works are ineligible. Services are available through self-referral or referral through a community or government agency. If a client is on ODSP, there is no cost. If a client is not on ODSP there is a client contribution based on income. Individuals are then referred to other service providers for supports.

## City of Windsor: Employment and Training Services

**Ph: 519-977-6444, ext. 5520 or 5183 | Website [ets@citywindsor.ca](mailto:ets@citywindsor.ca)**

The City of Windsor's Employment and Training Services (ETS) is an Employment Ontario service provider that provides employment services and one-on-one assessments to the public. They offer high-quality, no-charge employment and client matching services to help reconnect unemployed/under-employed individuals with the right job opportunity.

## UHC: Hub of Opportunities

**955 Cantelon Dr, Windsor | Ph: (519) 944-4900 | Website <https://www.uhc.ca/>**

UHC provides the support and guidance needed to help reach your education and/or employment goals. Many programs are available to assist you including specialized programming related to job searching. UHC offers a walk-in resource and Information Centre to help focus on your job search, as well as one-one career counseling.

# Elgin Oxford: Resources

## Novus Rehab

15 Barrie Blvd, St Thomas | Ph: (519) 637-0981 | Website <https://novusrehab.ca/>

Novus Rehab team includes vocational experts to support individuals in getting back to sustainable employment safely and successfully.



# Chatham Kent: Resources

## Community Living

101 Stewart Street, PO Box 967, Chatham | Ph: 519-351-0460 extension 223

Website: <https://www.clc-k.ca/jobworx-employment-services/>

Community Living Chatham-Kent assists job seekers with disabilities in the community find meaningful work. Available through self-referral or referral by a community agency. Visit their website or contact them directly to learn more about their employment supports and transitions service options.

## Chatham Kent Employment Resource Centers

120 Wellington Street W, Chatham | Ph: 519-380-9978 | Website:

<https://www.chatham-kent.ca/community/employmentsupport/Pages/CK-Jobs.aspx>

CKERC offers job search resources, information on area employers, free use of computers with high-speed internet, printers, copiers, scanners, and fax machines. In addition, they can support you in resume development, online applications and interview strategies.

## Walpole Island First Nation Employment and Training

118 Tahgahoning Rd, Wallaceburg | Ph: 519-627-7148 | Website:

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

Committed to serving Walpole Island community members, offering a variety of employment and training services tailored to meet each client's needs. Visit their website or contact them directly to learn more about their employment supports and service options.

# Sarnia Lambton: Resources

## Community Living Sarnia-Lambton, Employment Support

551 Exmouth St, Suite 202, Sarnia | Ph: 519-332-4004 | Website:

[www.communitylivingsarnia.org](http://www.communitylivingsarnia.org)

A self-directed employment service developed to help you achieve your employment goals. Community Living Sarnia-Lambton assists job seekers with disabilities in the community, including one-on-one employment counselling, connecting with employers, resume and cover letter development, interview techniques, job coaching and more. Available through self-referral or referral by a community agency for those who live in Sarnia-Lambton. Visit their website or contact them directly to learn more.

## The WorkPlace Group

St Clair Corporate Centre, 265 Front St, Suite 107, Sarnia | Ph: 519-337-9040

By Appointment Only: 417 Lyndock St, Corunna; 61 King St. W, Forest;

4200 Petrolia Line, Petrolia | Ph: 519-337-7377 | Website:

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

Free employment services and support to jobseekers. Professional staff are available to help clients with one-on-one employment consultant support, resume and cover letter building, interview skill coaching, mentoring for self-promotion and networking, referrals for training opportunities, etc. Staff can also assist clients with finding support to address temporary financial barriers to employment, including transportation, workplace accommodation needs for persons with disabilities and more. Registered clients are also able to make appointments to visit their Resource Centre and have free access to a computer with internet, printer, scanner and fax.

## Aamjiwnaang First Nation – Employment and Training

978 West Tashmoo Ave., Sarnia | Ph: 519-336-8410 Ext. 249 | Website:

[www.aamjiwnaang.ca/employment-and-training/](http://www.aamjiwnaang.ca/employment-and-training/)

Offering a variety of aboriginal training programs and services for clients interested in returning to a career or establishing a new career goal. Employment services include but are not limited to career assessments, counselling, job search supports, labour market information, job coaching and assistance with referrals to programs.

## Chippewas of Kettle and Stony Point – Four Winds Community

### Employment Services

9111 West Ipperwash Rd, Unit 8, Kettle & Stony Point FN | Ph: 519-786-6780 |

Website: [www.kettlepoint.org/four-winds-community-employment-services/](http://www.kettlepoint.org/four-winds-community-employment-services/)

Committed to providing the highest quality of services. Four Winds Community Employment Services provides a variety of services for clients including but not limited to: use of computers, internet, telephone and fax, printers, scanners, photocopier; assistance with resumes, cover letters and interview skills; information of education / training opportunities; and assistance with referrals to programs, services and resources offered in and around the community.

## **Goodwill Career Centre**

**1249 London Road, Sarnia | Ph: 519- 332- 4333 | Website:**  
[www.goodwillindustries.ca](http://www.goodwillindustries.ca)

The Goodwill Career Centre offers free services and programs to help navigate career options, strengthen your resume, prepare for job interviews or look at education and skills training opportunities to get you working. If you have a disability or self-identified barrier to employment, free services include employment counselling and planning, vocational assessments, work placements, job shadowing, supportive coaching and more.

## **Leads Employment Services**

**180 College Avenue North, Sarnia | Ph: 1-866-955-3237 | Website:**  
[www.leadsservices.com](http://www.leadsservices.com) | **Email:** [info2@leadsservices.com](mailto:info2@leadsservices.com)

Individualized skills development and employment support services. Leads employment specialists have diverse backgrounds, credentials and specializations for providing one to one support in customized services, including: 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 provides services both in government funded and fee-for-service formats. Individuals & advocates can contact or apply in person at Leads or at the Leads website.