



Plans for Independent Living:

Shelter:

Emergency:

Our Place Peel (Youth Shelter & Services)

Brampton: 905-454-1048

Mississauga: 905-238-1383

Choices Youth Shelter (Orangeville)

519-942-5970

Food Path Mississauga: 905-270-5589

Employment:

Ontario Works (Employment Skills Resource)

905-793-9200

Canada Employment Commission

905-790-2525

Job Connect Program

www.edu.gov.on.ca/eng/training.cepp.html

Job Bank

www.hrsdc.gc.ca/en/gateways/where_you_live/regions/on.shtml

Jobs, Workers, Training and Careers

1-800-788-8282

www.careers.ca

Canadian Forces Recruiting Office 905-803-2474 toll free 1-800-856-8488

www.forces.gc.ca

Social Insurance Number (SIN)

www.hrsdc.gc.ca

Online Job Databases

www.mazemaster.on.ca

www.monster.ca

www.worinfonet.ca

www.workopolis.com

Ontario Training and Adjustment Hotline Futures 1-800-387-5656

Peel Career Assessment Services 905-670-1967

www.peelcareer.com

Youth Employment Services

Brampton 905-459-0111

Mississauga 905-276-9322

Youth Opportunities Ontario

www.youthjobs.gov.on.ca/eng.html

Youth Path 1-800-622-6232

www.youth.gc.ca

YMCA 905-276-9322

OTHER OPTIONS

The link below will help with the following research

<http://www.canadapropects.ca>

- [Career Exploration Strategies & Resources](#)
- [Information on Specific Occupations](#)
- [Career Resources from U.S. Sources](#)
- [Using Labour Market Information](#)
- [Finding Work](#)
- [Apprenticeship & Skilled Trades](#)
- [Ontario Colleges](#)
- [Private Career Colleges & Other Institutions](#)
- [Ontario Universities](#)
- [Colleges & Universities Outside Ontario](#)
- [Financial Assistance](#)

RESUME BUILDING

<http://www.canadapropects.ca>

- [Résumé Dos and Don'ts](#)
- [Cover Letter Dos and Don'ts](#)
- [The Hidden Job Market](#)
- [Interview Dos and Don'ts](#)
- [Selling yourself: tips for building a winning portfolio](#)
- [Résumé Advice](#)
- [10 questions and answers about résumés](#)
- The [Portfolio](#)
- [Recipe for a cover letter](#)
- [Résumé Re-Do](#)

- **<http://www.ontariopropects.info/2005/eng/6.html>**
- *use the above web site for the bottom two resume options*
- [A master résumé](#) is a career record — a complete listing of all the skills and experience you have accumulated in your life so far. As specific job opportunities arise, you can use this master document to create powerful targeted résumés that respond directly to the unique requirements of particular jobs.
- [Creating an Electronic Résumé](#)

From MonsterTRAK.ca

[Create Your Résumé](#)

<http://www.edu.gov.on.ca/eng/general/elemsec/job/prospect/6.html>

The [Are You Ready?](#) section of the Maze master site includes résumés, covers letters, thank you letters, electronic résumés and an option to create a résumé online.

[Write Your Résumé](#) from the Government of Canada Youth Path site

Further Adult Education Options

ILC

<http://www.ilc.org/cfm>

As part of [TV Ontario](#), the Independent Learning Centre (ILC) provides a wide range of distance education courses, in English and in French, for Ontario residents who want to earn Ministry of Education high school diploma credits, upgrades basic skills, or study for personal development.

GED

<http://www.ilc.org/cfm>

A Testing Service for Adult High School Equivalency

The General Educational Development (GED) testing program allows adults who have not finished high school to show that they have acquired the knowledge and skills associated with, and comparable to, high school completion. Successful GED candidates earn the Ontario High School Equivalency Certificate.

Introduction

General Educational Development (GED) is an international testing program for adults who have been unable to complete high school. Adults acquire knowledge, skills, and concepts through working, training, traveling, reading, and other informal learning. GED Tests measure the level of "educational maturity" gained through experience, which is often equal to, or above, the level of a high school graduate.

GED Tests are available in all Canadian provinces and territories, in all of the United States, and in several other countries. In 2002, more than 1,000,000 adults worldwide completed the GED Tests

****Forms are attached to the Exit package***

ILC/GED Contact Information

By Phone

The Course Guide has been carefully written to answer just about every question you might have. Before calling us, please be sure to read it thoroughly.

The [Automated Telephone System \(ATS\)](#) is open seven days a week, from 8 a.m. to 10 p.m. If you need further help, a Learner Services Officer is available between 1 p.m. and 5 p.m., Monday to Friday.

ILC's phone numbers are:

416-484-2704 (service in English only)

416-484-2722 (service in French only)

To call toll-free from **outside** the local Toronto dialing area:

1-800-387-5512 (service in English only)

1-800-265-0454 (service in French only)

By Fax

416-484-2754

It will take several days to process your request.

Do not re-fax or follow up with a copy of your request by mail.

By E-mail

Enquiries about our program or your current studies with ILC: ilc@tvontario.org

In every e-mail message, please include your full name and your ILC student number, if you have one.

By Mail

Independent Learning Centre

PO Box 200, Station Q

Toronto ON M4T 2T1

In Person

Walk-in service is available Monday to Friday, from 8:30 a.m. to 5:00 p.m., excluding government holidays. Staff will help with your questions or service requests.

Our office is located at 2180 Yonge Street, 7th floor, Toronto. By subway, take the Yonge line to Eglinton station. Walk 1 block south of Eglinton to the Canadian Tire building, 2180 Yonge Street. Take the elevator to the 7th floor.