

Student Resources

COLLEGE AND COMMUNITY GUIDE



TABLE OF CONTENTS

01 College Resources

Campus Resources	4
Student Resources	5

02 Academic Resources

Support Resources	7
Skills Resources	8
Learning Resources	9
Troubleshooting	10

03 Wellness Resources

Health Resources	12
Mental Health	13
Substance Use	14
Crisis and Guidance	15
Family Resources	16
Indigenous Resources	17
International Students	18
LGBTQ2S+ Resources	19
Military Resources	20
As-Needed Support	21

04 Personal Resources

Practical Resources	23
Social and Recreation	24
Job Resources	25
Career Resources	26
Financial Resources	27
Legal Resources	28

College Resources



CLICK ON THE RESOURCE ICON TO BE CONNECTED TO THE RESOURCE

CAMPUS RESOURCES



CAMPUS WEBSITE



CAMPUS INFORMATION



CAMPUS SERVICES



PARKING AND LOCKERS



CARD SERVICES



PROUD SHOP



FOOD SERVICES



IT SERVICES



MOBILE SAFETY APP

STUDENT RESOURCES



SURVIVAL GUIDE



AC SIS



STUDENT EMAIL



BRIGHTSPACE



ACADEMIC CALENDAR



STUDENT ASSOCIATION



STUDENT HEALTH PLAN



SUPPORT SERVICES



FORMS AND RESOURCES

Academic Resources



CLICK ON THE RESOURCE ICON TO BE CONNECTED TO THE RESOURCE

SUPPORT RESOURCES



SUCCESS SPECIALISTS



**CENTRE FOR
ACCESSIBLE LEARNING**



ASSISTIVE TECHNOLOGY



LEARNING STRATEGIST



STUDENT SUPPORT LAB



PEER TUTORING



COUNSELLING SERVICES



REGISTRAR'S OFFICE

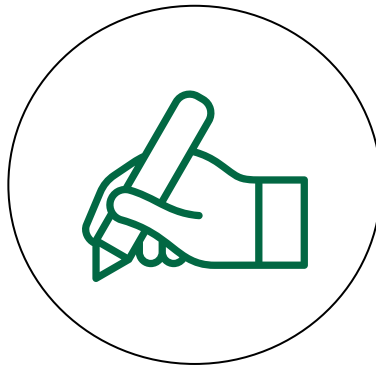


OMBUDSPERSON

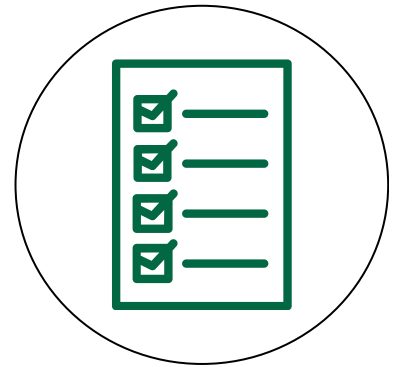
SKILLS RESOURCES



**READING AND
NOTE-TAKING**



WRITING



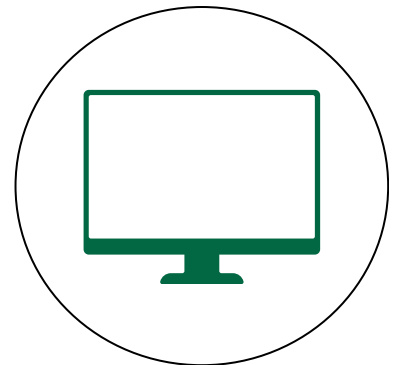
**STUDYING AND
TEST-TAKING**



RESEARCH



**ACADEMIC
INTEGRITY**



TECHNOLOGY

Workshops

The Ottawa campus offers many virtual workshops throughout the year, on topics including research, writing, exam preparation, procrastination, and time management



LEARNING RESOURCES



Library Services

The campus library staff is available to support students through resource referral, guidance, research support, workshops, and student support coaching.



Subject Guides

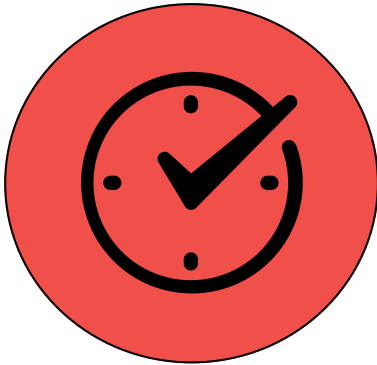
The library has a collection of curated subject-specific guides, which offer an overview of related books, videos, articles, and web resources. Subject guides are available for most programs and subjects.

Crash Course

Crash Course is an educational YouTube channel that has digestible and fun videos on topics including anatomy and physiology, chemistry, and statistics



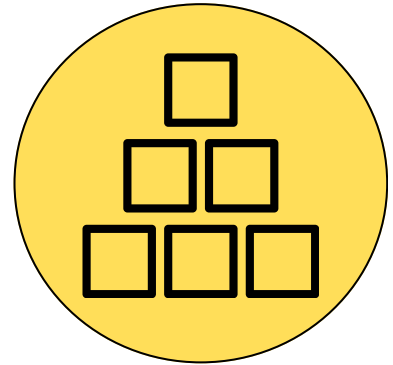
TROUBLESHOOTING



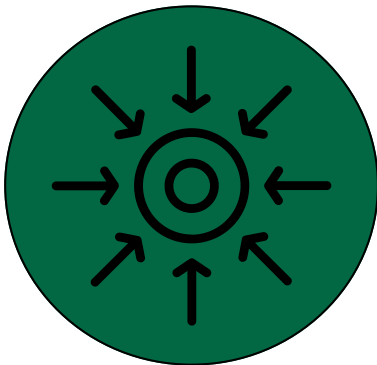
TIME-MANAGEMENT



MEMORY



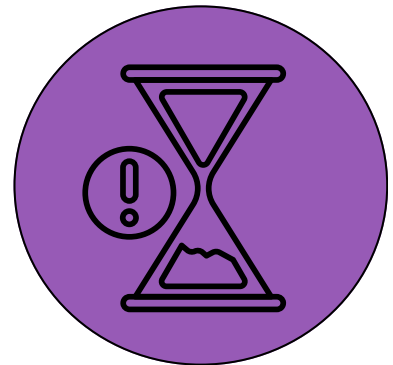
ORGANIZATION



CONCENTRATION



MOTIVATION



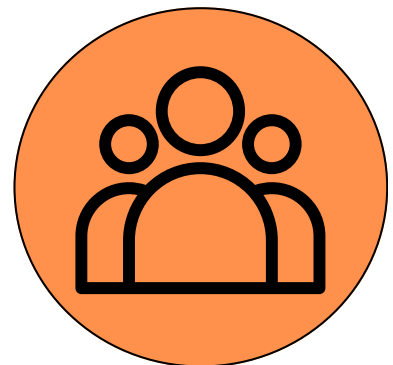
PROCRASTINATION



TEST ANXIETY



PERFORMANCE ANXIETY



GROUP WORK

Wellness Resources



CLICK ON THE RESOURCE ICON TO BE CONNECTED TO THE RESOURCE

HEALTH RESOURCES



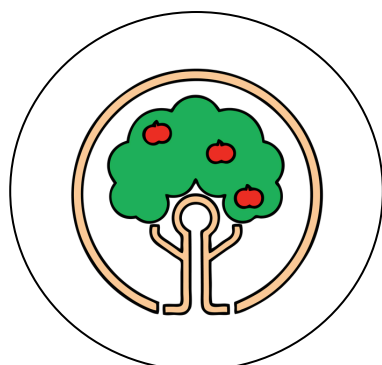
PEMBROKE REGIONAL HOSPITAL



RENFREW COUNTY VTAC



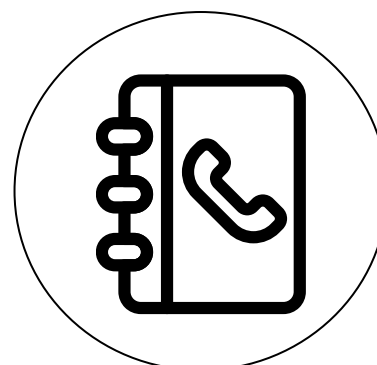
YOUTH WELLNESS HUB



RENFREW COUNTY AND DISTRICT HEALTH UNIT



HEALTH 811 ONTARIO



WALK-IN CLINIC DIRECTORY

Health Services

Campus Health Services provides advice, support, and resource referral for health-related concerns



MENTAL HEALTH



COUNSELLING SERVICES



WECONNECT



YOUTH WELLNESS HUB



**MENTAL HEALTH SERVICES
OF RENFREW COUNTY**



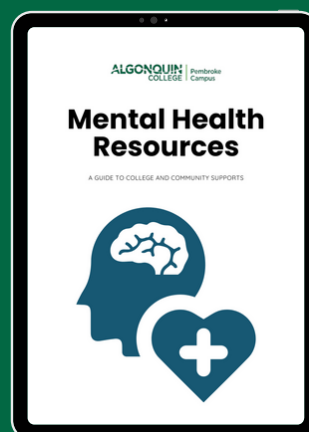
ACCESSMHA



**WES FOR
YOUTH ONLINE**

Mental Health Resources Guide

The Mental Health Resource Guide provides a detailed overview of the college and community mental health supports that are available to students



SUBSTANCE USE



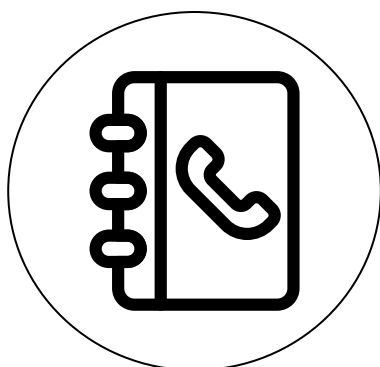
COUNSELLING SERVICES



THE UMBRELLA PROJECT



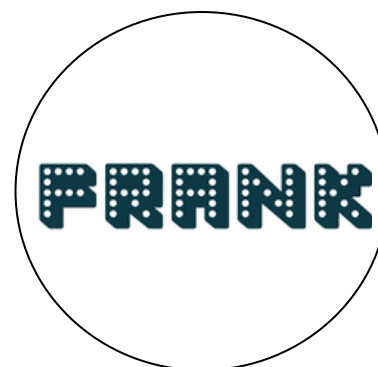
RENFREW COUNTY TREATMENT SYSTEM



SERVICE DIRECTORY



CAMH



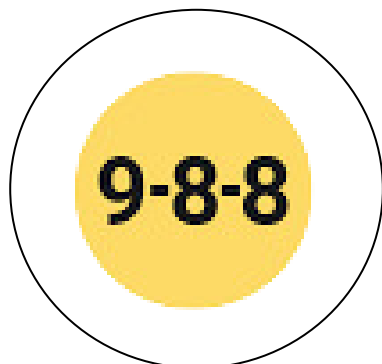
FRANK

ConnexOntario

ConnexOntario provides individuals with 24/7 access to information about mental health and specialized services



CRISIS AND GUIDANCE



**SUICIDE CRISIS
HELPLINE**



**MENTAL HEALTH
CRISIS LINE**



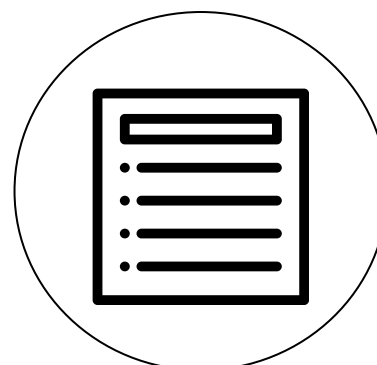
**GOOD2TALK
HELPLINE**



**HOPE FOR WELLNESS
HELPLINE**



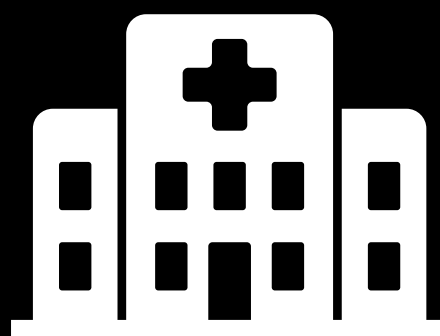
CONNEXONTARIO



**OTHER
CRISIS LINES**

Pembroke Regional Hospital

705 Mackay St.
Pembroke, ON K8A 1G8
613-732-2811



FAMILY RESOURCES



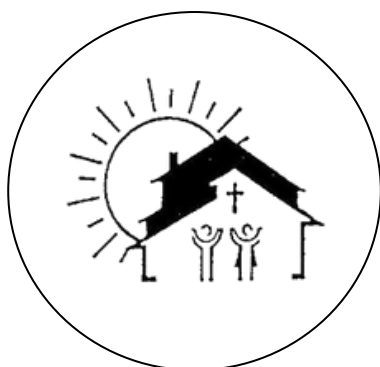
RENFREW COUNTY FAMILY AND CHILDREN SERVICES



PHOENIX CENTRE



NORTH RENFREW FAMILY SERVICES



COLUMBUS HOUSE



PARENT RESOURCE CENTRE



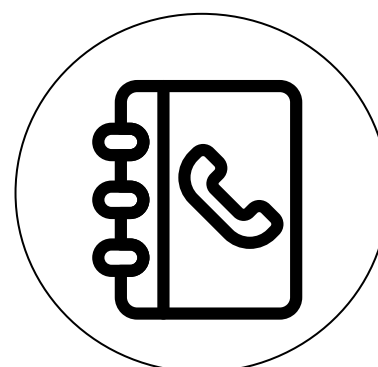
PARENTS' LIFELINES OF EASTERN ONTARIO



CHILD, YOUTH, AND FAMILY CRISIS LINE



1CALLCLICK



RESOURCE DIRECTORY

INDIGENOUS RESOURCES



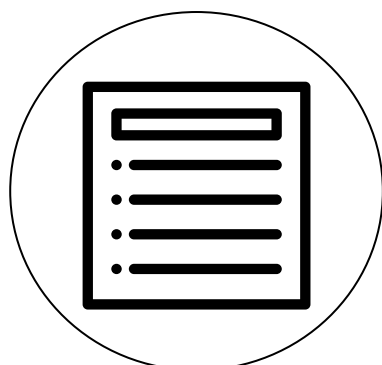
**NOOJIMO
HEALTH**



**HOPE FOR WELLNESS
HELPLINE**



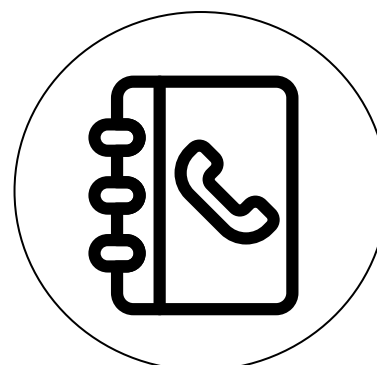
**TALK4HEALING
HELPLINE**



**RENFREW COUNTY
RESOURCE LIST**



WABANO CENTRE



**HEALTH SERVICES
DIRECTORY**

Indigenous Services

The goal of the Indigenous Services is to empower and support Indigenous students at Algonquin College into the next phase of their lives (mino-biimaadizwin — “the good way of life”) in a way that is respectful and reflective of Indigenous cultures



INTERNATIONAL STUDENTS



**INTERNATIONAL
EDUCATION CENTRE**



**INTERNATIONAL STUDENT
SUCCESS SPECIALIST**



**RESOURCES
FOR NEWCOMERS**



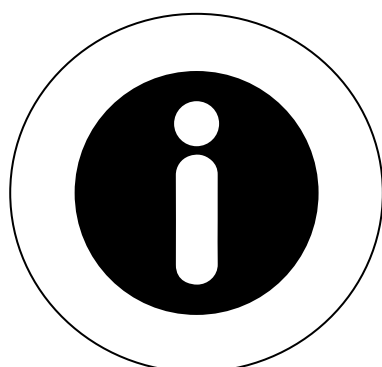
**INTERNATIONAL
STUDENT CONNECT**



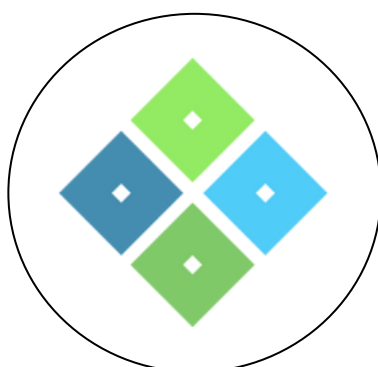
HEALTH INSURANCE



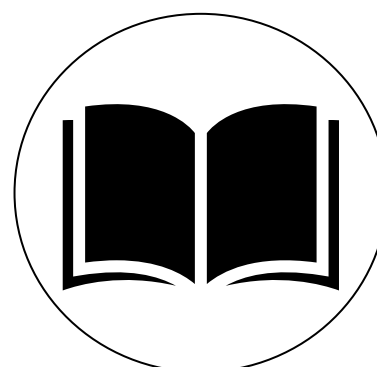
MOBILE DOCTOR



**INTERNATIONAL
STUDENT HANDBOOK**



**MULTICULTURAL MENTAL
HEALTH RESOURCE CENTRE**



**MENTAL
HEALTH GUIDE**

LGBTQ2S+ RESOURCES



AC CLUBS AND COMMUNITIES



STUDENT RESOURCES



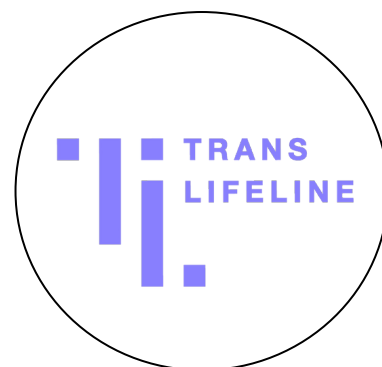
PFLAG RENFREW COUNTY



PFLAG SUPPORT LINE



LGBT YOUTH LINE



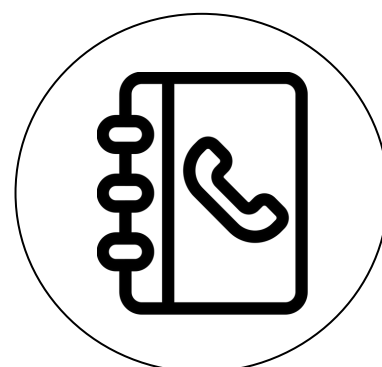
TRANS LIFELINE



KIND SPACE



TREVOR SPACE



REFERRAL DATABASE

MILITARY SUPPORTS



**CAMPUS
SUPPORT SERVICES**



PMFRC



**MORALE AND
WELFARE SERVICES**



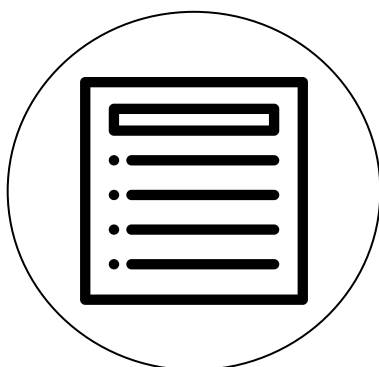
**FAMILY
INFORMATION LINE**



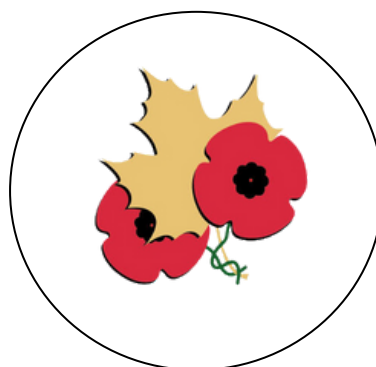
**CRISIS AND
REFERRAL LINE**



**PMFRC WALK-IN
CLINIC**



**MENTAL HEALTH
SUPPORTS**



**VETERANS AFFAIRS
CANADA**

AS-NEEDED SUPPORT



**The Ontario
Provincial Police**

1-833-310-1122



**Victim Services
Renfrew County**

1-877-568-5730



**Student Sexual
Violence Support**



**Women's Sexual
Assault Centre**

1-800-663-3060



**Regional Assault
Care Program**

1-800-363-7222



**The Assaulted
Women's Helpline**

1-866-644-1238



**Bernadette
McCann House**

1-800-267-4930



**ShelterSafe
Website**

sheltersafe.ca



**Homelessness
Prevention Program**

613-732-2601



**The Grind
Pembroke**

613-732-9423



**St. Vincent
De Paul**

613-732-9058



**Ontario
Food Banks**



**Student Association
Food Cupboard**



**Child Protection
Services**

1-800-267-5878



**Planned Parenthood
Options Line**

613-226-3234



**211
Ontario**

2-1-1

Personal Resources



CLICK ON THE RESOURCE ICON TO BE CONNECTED TO THE RESOURCE

PRACTICAL RESOURCES



COUNTY OF RENFREW



211 ONTARIO



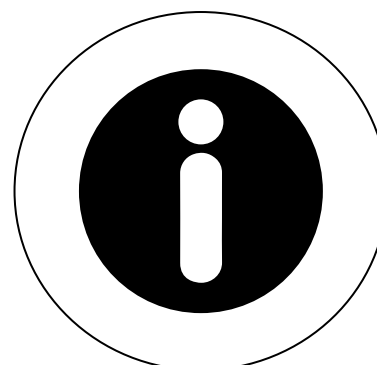
CITY OF PEMBROKE



COMMUNITY RESOURCES



HOUSING



RENTAL INFORMATION



TRANSPORTATION



**LOCAL IMMIGRATION
PARTNERSHIP**



CHILDCARE

SOCIAL AND RECREATION



AC HUB



CAMPUS EVENTS



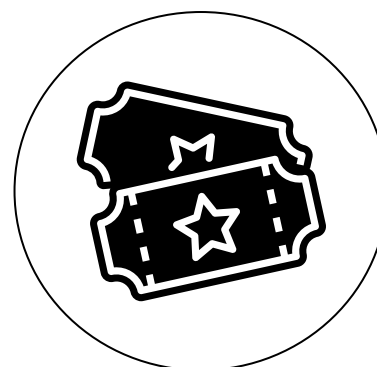
COLLEGE CLUBS



ATHLETICS



PEMBROKE RECREATION



PEMBROKE EVENTS

Bulletin Boards

Monitor the campus bulletin boards for various campus and community events, clubs, and recreational opportunities



JOB RESOURCES



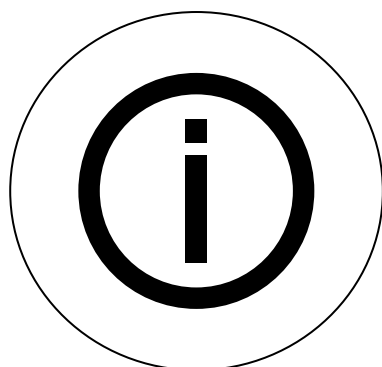
**EMPLOYMENT
SUPPORT CENTRE**



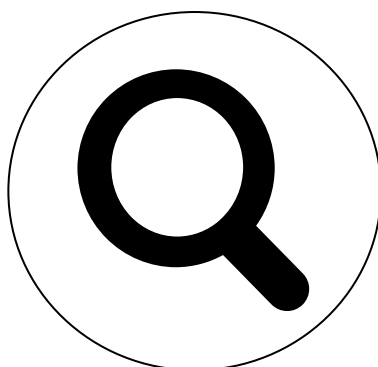
**COMMUNITY
EMPLOYMENT SERVICES**



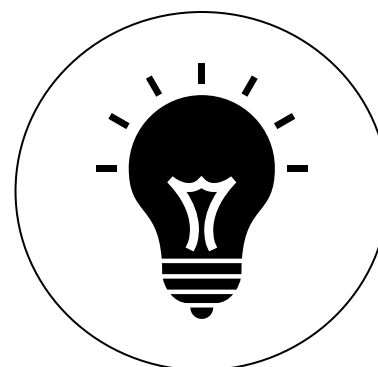
**ONTRAC
RESOURCE SERVICES**



**LABOUR MARKET
RESOURCE SITE**



**JOB SEARCH
WEBSITES**



**TIPS AND
RESOURCES**

Job Resources Hub

The Job Hub has resources for help with resumes, cover letters, interviewing skills, job searching, and building a professional network



CAREER RESOURCES



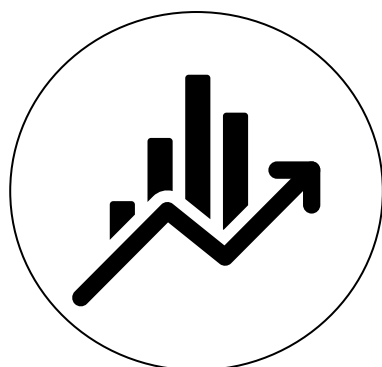
**COUNSELLING
SERVICES**



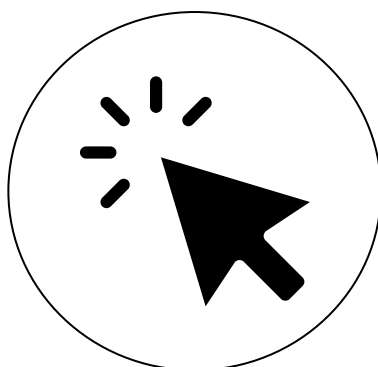
**CAREER
EXPLORATION**



**OCCUPATION
EXPLORATION**



**LABOR MARKET
INFORMATION**



**PROGRAM
SEARCH**



**OCCUPATIONAL
WELLNESS**

Career Planning Resources

The Career Planning website provides an outline of different resources to help with career and occupation exploration, as well as planning for post-secondary education



FINANCIAL RESOURCES



FINANCIAL AID



FINANCIAL AID INFO



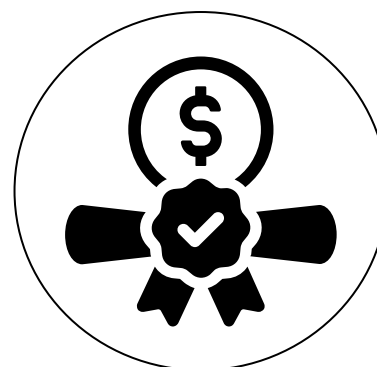
STUDENT AWARDS



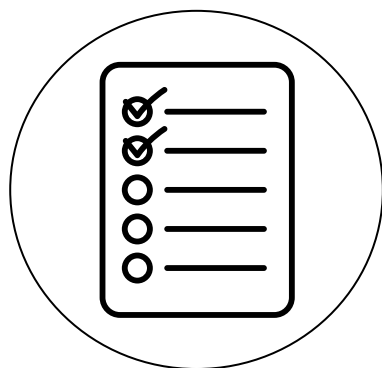
EDUCATION FUNDING



OSAP



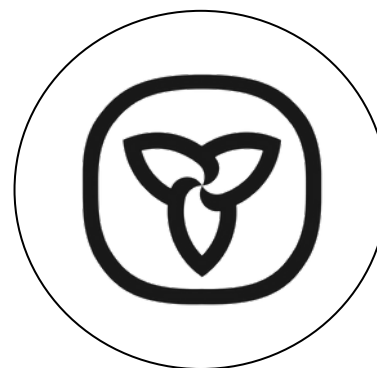
SCHOLARSHIPS



BUDGET PLANNER



ONTARIO WORKS



ODSP

LEGAL RESOURCES



**ONTARIO
PROVINCIAL POLICE**



**YOUR LEGAL
RIGHTS**



**FAMILY LAW
EDUCATION FOR WOMEN**



**LEGAL
AID ONTARIO**



**RENFREW COUNTY
LEGAL CLINIC**



**PRO BONO
LAW ONTARIO**

Legal Line

The Legal Line is a resource that provides information about legal concerns

