

Compilation of Helpful Resources for LBS Instructors



Directory of links to available online resources and publications for the five **OACLF** goal paths.

Updated: March of 2021

Contents

- Helpful Resources for the Employment Goal Path**..... 4
 - Employment Resources 4
 - Occupation-Specific Employment Resources 6
 - Self-Employment and Starting a Business Resources 8
 - Soft Skills for Employment 9
 - Career Planning, Goal Setting and Labour Information 11
 - Math Resources for the Workplace 12
 - Workplace Health and Safety Resources 13
- Helpful Digital Skill Resources for all Goal Paths** 13
 - Digital Resources..... 13
 - Aids and Tips for Digital Technology Instruction 15
 - Apprenticeship Resources 16
 - Information on Apprenticeships 17
- Helpful Resources for the Secondary and Post-Secondary Goal Paths**..... 18
 - GED and PLAR-Preparation Resources..... 18
 - Post-Secondary Preparation Resources..... 19
 - English Upgrading for Academics 20
 - Math Upgrading for Academics 21
 - History, Government, Science and Geography 21
- Helpful Resources for the Independence Goal Path** 22
 - Skills for Independent Living 22
 - Physical and Mental Health 23
 - Life Skills Math 24

Helpful Resources for Culture and Diversity	25
Culture and Diversity	25
Interesting Information and Reports for Instructors	26
Helpful Research and Information Links for LBS.....	26



Helpful Resources for the Employment Goal Path

Employment Resources	Organization/Publisher	Web Address Online Link
CESBA's Work Skill Manual	CESBA	https://cesba.com/resources/lbs-work-skills-manual/
Connecting Literacy and Employment Through Essential Skills	Literacy Link South Central	https://www.llsc.on.ca/resources1
Easy Reading Employment Booklets, OALCF level 1+	ALIS Alberta	https://alis.alberta.ca/tools-and-resources/order-publications/ Search words: Easy Reading
EmployAbility Success (practitioner-guided workbook)	The Quills Network	http://www.quillnetwork.com/wp-content/uploads/2014/02/emsu_wrkbnk.pdf
Employment Path Learner Workbook	Project Read	http://www.projectread.ca/pdf/A3EmploymentPathLearnerWorkbook.pdf
Learning Hub Online Employment courses	Learning Hub	http://learninghub.ca/course-list-content/62
NWT Literacy Career-Life-Work Series	NWT Literacy	https://www.nwtliteracy.ca/index.php/resources/youth-and-adult-literacy#35
Paving the Way to Lasting Employment - Manual and 12 videos	KL&S	http://en.copian.ca/library/learning/paving_the_way/paving_the_way.pdf
Up Skills for Work Workbook	ABC Life Literacy Canada	https://upskillsforwork.ca/resources/
Workplace Writing	GCF Learn Free	https://edu.gcfglobal.org/en/business-communication/

Employment Resources	Organization/Publisher	Web Address Online Link
Good Learning Anywhere – Online Employment Basics Course Bundle: Customer Service, Ready for Work and Essential Career Skills	Sioux-Hudson Literacy Council	https://goodlearninganywhere.com/courses/
Interviewing Skills	Lambton College, Free Mini Courses	https://www.lambtoncollege.ca/custom/LambtonApps/PartTime/Courses/Course.aspx?id=FREE-0390
Ready for Work: An Employment Curriculum for Women	Anson Green	https://grassrootsbooks.net/products/ready-for-work
Skills at Work Series	Alan Cherwinski	https://alphaplus.ca/content-type/resources/page/2/
Survival Writing Skills for the Workplace	J. Weston Walch Publishing	Available for purchase at: www.frontiercollegebooks.ca or www.amazon.ca
Vocabulary Building Workbook	Government of Canada	https://www.canada.ca/en/employment-social-development/programs/essential-skills/tools/vocabulary.html
Work courses, including resume writing and job success	GCFlearnfree.org	https://edu.gcfglobal.org/en/subjects/work/
Workwrite Series	PTP	Available for purchase at: www.frontiercollegebooks.ca

Occupation-Specific Employment Resources	Organization/Publisher	Web Address Online Link
Bridging the Employment Gap Occupational Units, OALCF level 1, including Clerical, Grounds Maintenance, Janitorial, Kitchen Help and Retail	Simcoe/Muskoka Literacy Network	https://literacynetwork.ca/resources/bridging-the-employment-gap/
Careers Without College	GCF Learn Free	https://edu.gcfglobal.org/en/careers-without-college/
Food Safety – Ontario Guide for Food Handlers	Ministry of Health and Long-Term Care	http://www.health.gov.on.ca/en/pro/programs/publichealth/enviro/docs/training_manual.pdf
Job-Specific Curricula including: Food Counter and Kitchen Attendant, Office Administration, Retail, Landscaping, Health Care Preparation and Warehouse Worker	Community Literacy of Ontario	http://www.communityliteracyofontario.ca/resources/publications/#Curriculum
LLEO Occupational Curricula (individual job-specific manuals), including: Cleaner, Essential Skills for the Trades, Grocery Clerk, Health Care, Landscaping, Material Handler, Public Works, Retail and Skilled Trades Helper.	Literacy Link of Eastern Ontario	Available for purchase at: http://lleo.ca/resources.html
Home Care Worker: Practical Tips	NIOSH	https://www.cdc.gov/niosh/docs/2015-103/pdf/2015-103.pdf?id=10.26616/NIOSH PUB2015103

Occupation-Specific Employment Resources	Organization/Publisher	Web Address Online Link
Career in Electronics and Electricity Pre-Preparation Courses	Lambton College Online, Free Mini Courses	https://www.lambtoncollege.ca/custom/LambtonApps/PartTime/Courses/Course.aspx?id=FREE-0190
Career Videos	Khan Academy	https://www.khanacademy.org/college-careers-more/career-content
Community and Volunteering	Ottawa Literacy OCCL	http://rovl.n.ca/wp-content/uploads/2017/06/cw-handbook.pdf
Customer Service Essentials	Learning Hub	http://learninghub.ca/course-list-content/62
Customer Service Skills, Course free without certificate	Alison	https://alison.com/courses/customer-service-skills/content#event=login
Essential Food Safety	Lambton College Online	https://www.lambtoncollege.ca/custom/LambtonApps/PartTime/Courses/Course.aspx?id=FREE-0020
Healthcare Employability and Professionalism	Learning Hub	http://learninghub.ca/course-list-content/62
Introduction to Food Safety	Good Learning Anywhere	https://goodlearninganywhere.com/courses/
Laubach Get Set Series Early Childhood Education, Manufacturing, Health Service Support Jobs, Customer Service	Laubach Literacy Ontario	http://www.laubach-on.ca/bookstore Search key words: Get Set
Skill Plan – Trucking, Tourism and Construction	Employment Skills and Development Canada	http://www.skillplan.ca/measure-up/
Spotlight On Books Lab Assistants, Health Care Aides and Massage Therapists	Grass Roots Press	Available for download purchase at: https://grassrootsbooks.net/

Self-Employment and Starting a Business Resources	Organization/Publisher	Web Address Online Link
Be Your Own Boss courses – Introduction to Small Business and Create a Business Plan	Good Learning Anywhere	https://goodlearninganywhere.com/courses/
Freelance Work	GCF Learn Free	https://edu.gcfglobal.org/en/freelance-work/
Paro Centre for Women’s Enterprise And Paro’s Wednesday Business Webinars	Paro Centre	https://paro.ca/ https://paro.ca/paros-wednesday-webinars/
Small Business Savvy	Literacy Link Niagara	https://www.literacylinkniagara.ca/about-us/projects/small-business-savvy/
Start Your Business from Scratch 1, 2 and 3, and Photography for your Online Business courses	Lambton College	https://www.lambtoncollege.ca/online/free-mini-courses/
Working for Myself series includes Handy All Around, A Flair for Hair, Your Kids and Mine, The Pet Sitter, and Clean as a Whistle	Grass Roots Press	Available for purchase at: https://grassrootsbooks.net/collections/working-for-myself-series

Soft Skills for Employment	Organizations/Publisher	Wed Address Online Link
CESBA's Work Skill Manual	CESBA	https://cesba.com/resources/lbs-work-skills-manual/
Conflict Resolution Skills and Strategies online course	Learning Hub	http://learninghub.ca/course-list-content/62
Good Learning Anywhere online soft skill courses, including time management, self-esteem, attitudes, transitions and decision making. Each topic is a 2-hour live course.	Sioux-Hudson Literacy Council	https://goodlearninganywhere.com/courses/
Job Success	New Readers Press, Frontier Bookstore	Available for purchase at: https://www.frontiercollegebooks.ca/products/employment-workplace-readiness/reading-writing-communication/9781564204974-job-success-2497
Managing Myself	Laubach Literacy	Free to order at: http://www.laubach-on.ca/bookstore/book/managing-myself-module-a-and-b
Mindshift: Break Through Obstacles of Learning	McMaster University, Coursera	Free without certificate: https://www.coursera.org/learn/mindshift
Resources to Develop Soft Skills	Learning Networks of Ontario	https://learningnetworks.ca/wp-content/themes/Ino/files/resources/SoftSkillsandLBS-Feb2018-Final.pdf
Soft Skills at Work Series, includes Looking at the Bright Side, Making Up Your Mind, Teamwork, Putting Customers First, etc.	Grass Roots Press	Available for purchase at: https://grassrootsbooks.net/collections/soft-skills-at-work-series

Soft Skills for Employment	Organization Publisher	Web Address Link
Career-Life-Work Series	NWT Literacy Council	https://www.nwtliteracy.ca/resources/youth-and-adult-literacy#35
Conflict Resolution Training Manual	Conflict Resolution Network	https://www.crnhq.org/cr-trainer-manual/#
Introduction to Soft Skills	Alison	Course free without certificate: https://alison.com/courses/interpersonal-skills-introduction-to-soft-skills/content#event=login
Organization and Time Management	Laubach Literacy	Free to order at: http://www.laubach-on.ca/bookstore/book/organization-and-time-management-module
Organizing Information, Schedules	PTP	Available for purchase at: https://shop.ptpcompass.ca/collections/frontpage/products/e-workwrite-volume-1-4th-ed-books-1-3-organizing-information-schedules-information-forms
Problem Solving Module	Laubach Literacy	http://www.laubach-on.ca/bookstore/book/problem-solving-module
Resolving Workplace Conflict	GCF Learn Free	https://edu.gcfglobal.org/en/jobssuccess/resolving-workplace-conflict/1/
Taking Charge of Your Soft Skills	Up Skills for Work, ABC Life Literacy Canada	https://upskillsforwork.ca/wp-content/uploads/2019/09/ABC-UpSkills-Workbook-Introduction-Rev0819-Web.pdf
Workplace Skills Tutorials	Max Knowledge	https://www.maxknowledge.com/tutorials.php
Make It Work: Conflict and Communication	Action Read	Can be purchased by contacting: GARLIC Press ATTN: Lynn Veronneau c/o actionread@gmail.com

Career Planning, Goal Setting and Labour Information	Organization/Publisher	Web Address Online Link
Assessing You	ALIS, Alberta	https://alis.alberta.ca/media/697159/assessingyou.pdf
Career Assessments	Career Professionals	https://careerprocanada.ca/career-exploration-assessments/
Career Cruising, Adult Transitions	Career Cruising	https://public.careercruising.com/en/our-solutions/adult-transitions/
Choose a Career	Government of Ontario	https://www.ontario.ca/page/choose-career
Displaced Workers Report, Job Information	Community Literacy Ontario	http://www.communityliteracyofontario.ca/wp/wp-content/uploads/Displaced-Workers-Report-Final.pdf
Employability Skills: Career Exploration	Lambton College Online	https://www.lambtoncollege.ca/custom/LambtonApps/PartTime/Courses/Course.aspx?id=FREE-0360
Environmental (Green) Job Profiles	Eco Canada	https://www.eco.ca/training/career-profiles/
Explore Careers by Essential Skills	Government of Canada, Job Bank	https://www.jobbank.gc.ca/essentialskillsprofilelist/A
Goal Setting – Discovering Your Goals	Learning Hub	https://www.learninghub.ca/course-list-content/62
Labour Market Information and Career Exploration	Canadian Careers	http://www.canadiancareers.com/careerinfo.html
Ontario Labour Market Information	Government of Ontario	https://www.ontario.ca/page/labour-market
Plan Your Career	ALIS, Alberta	https://alis.alberta.ca/plan-your-career/
Planning Your Career	NWT Literacy	https://www.nwtliteracy.ca/sites/default/files/resources/planning_your_career_workbook.pdf
Road to Work	New Readers Press	https://www.frontiercollegebooks.ca/products/employment-workplace-readiness/esl-and-ell-workplace-resources/9781564201850-road-to-work-choosing-a-job-path

Math Resources for the Workplace	Organization/Publisher	Web Address Online Link
Adding to My Skills, OALCF levels 1+	Project Read	http://www.projectread.ca/pdf/AddingToMySkills.pdf
Basic Occupational Math	J. Weston Walch, Frontier Bookstore	Available for purchase at: https://www.frontiercollegebooks.ca/products/math-numeracy-science/workplace-math/9780825143540-basic-occupational-math-043543
CESBA's Work Skill Manual	CESBA	https://cesba.com/resources/lbs-work-skills-manual/
Math for the Trades	OpenEd, BC Campus	http://solr.bccampus.ca:8001/bcc/file/77ab0254-504a-4e41-a7c2-883fad7ebdb5/1/Math-for-Trades-1594744247.pdf
Math Resource Directory	Vocational Information Centre	http://www.khake.com/page47.html
Math Trades Workbook	Government of Canada	https://www.canada.ca/en/employment-social-development/programs/essential-skills/tools/trades-math.html
Numeracy at Work Series	Ontario Native Literacy Commission	https://onlc.ca/resource-post/numeracy-at-work-math-series-preparing-indigenous-learners-for-apprenticeship-and-employment-facilitator-guide-1-cashier-working-with-money/
Open Textbook Math Lessons	NROC	http://content.nroc.org/DevelopmentalMath.HTML5/Common/toc/toc_en.html
Workwrite Series: Numeracy Book 7	PTP	https://shop.ptpcompass.ca/collections/frontpage/products/e-workwrite-book-7-numeracy-2nd-edition?variant=30148914708533

Workplace Health and Safety Resources	Organization/Publisher	Web Address Online Links
Fall Protection Toolkit	IHSA	https://www.ihsa.ca/products/W016
Health and Safety Awareness, Training for Workers and Workbook	MLTSD	https://www.labour.gov.on.ca/english/hs/training/ https://www.labour.gov.on.ca/english/hs/pdf/workbook.pdf
Health and Safety Certification	MLSTD	https://www.labour.gov.on.ca/english/hs/elearn/worker/foursteps.php
WHMIS Training	YOW Canada	https://www.yowcanada.com/register/register_login.asp?username=&password=
Workplace Health and Safety in Basic English, OALCF level 1+	WSIB	http://www.englishandliteracy.ca/asset_library/page/rsbj/HealthandSafety1011-3.pdf
Deaf Learn Now courses, include Deaf Studies, WHMIS, Food Safety	Deaf Learn Now	https://deaflearnnow.ca-central.catalog.canvaslms.com/



Helpful Digital Skill Resources for all Goal Paths

Digital Resources	Organization/Publisher	Web Address Online Link
CESBA's LBS Digital Literacy Curriculum	CESBA	https://cesba.com/cesba-launches-lbs-digital-curriculum/
Digital Technology Resources, including Online and Offline Learning, Learning with Technology – Lesson Plan and Assessment	Alphaplus	https://alphaplus.ca/content-type/resources/
Technology Section includes Email, Basics, and MS Office	GCF Learn Free	https://edu.gcfglobal.org/en/subjects/tech/
Webwise, Using the Web	BBC	http://www.bbc.co.uk/webwise/topics/using-the-web/

Digital Resources	Organization/Publisher	Web Address Online Link
ABC Internet Matters	ABC Life Literacy	https://abclifeliteracy.ca/all-programs/internet-matters/
Basic Digital Skills including Windows 10, Email, YouTube and Google Maps	Digital Learn	https://www.digitallearn.org/courses
Computer Training Series including Getting to Know Your Computer, Facebook, Shopping Online	Columbia Basin Alliance for Literacy	https://www.cbal.org/computer-training.html
Digital Online Courses including Conquer your Fear of Digital Technology, Computing for College and Careers, Word, Excel and Canva classes	Learning Hub	http://learninghub.ca/course-list-content/57
Getting Started with Computers	Northstar Online Learning	https://assessment.digitalliteracyassessment.org/basic-computer-skills/practice/getting-started-with-computers
Getting to Know Your iPad	Columbia Basin Alliance for Literacy	
Online courses including Introduction to Social Media and Making Sense of the Internet	Good Learning Anywhere	https://goodlearninganywhere.com/courses/
Youth Teaching Adults, including Skype, Facetime, Duo and Zoom	ABC Life Literacy	https://youthteachingadults.ca/resources/

Digital Resources	Organization/Publisher	Web Address Online Link
CESBA's Work Skills Manual, Use Digital Technology Module	CESBA	https://cesba.com/resources/lbs-work-skills-manual/
Essential Skills for Computer Use Manuals includes Internet Use, Word Processing, Presentations and Spreadsheets	CESBA, TR Leger School STEP Program	Available late spring 2021 www.cesba.com/resources
Smart Devices: How Your Phone Talks to Everything	Lambton College	https://www.lambtoncollege.ca/online/free-mini-courses/
Digital Literacy Modules	Literacy Link South Central	https://www.llsc.on.ca/digital-literacy-modules
Parts of the Computer	Dartmouth Learning	https://dlnmovingonup.ca/lessons/using-the-computer/

Aids and Tips for Digital Technology Instruction	Organization/Publisher	Web Address Online Link
Digital Literacy Teaching Resources	Dr. Katrina Tour	https://www.digitalliteracies.info/teaching-resources-1
Driving Digital Learning, Site for Educators	Michelle M. Truman	https://sites.google.com/view/drivingdigitallearning/home
Technical How-To Guides	Alphaplus	https://alphaplus.ca/content-type/how-to/
List of How-To Tutorials, 15 Basic Internet Lessons to Teach Students	Website Builders	https://websitebuilders.com/how-to/
Useful Apps	Alphaplus	https://alphaplus.ca/useful-apps/



Helpful Resources for the Apprenticeship Goal Path

Apprenticeship Resources	Organization/Publisher	Web Address Online Link
Apprenticeship Answers	Literacy Link Niagara	https://www.literacylinkniagara.ca/wp-content/uploads/Apprenticeship-Answers-Curriculum.pdf
Apprenticeship Bundle	Learning Hub	http://learninghub.ca/course-list-content/61
Apprenticeship Resources, including Food Trade, Manufacturing, Auto Trade and Construction Trade	Literacy Link South Central	https://www.llsc.on.ca/resources1
Apprenticeship: Building for the Future, Career Exploration for Skilled Trades	PTP	https://shop.ptpcompass.ca/collections/frontpage/products/bff-apprenticeship-building-for-the-future-career-exploration-for-the-skilled-trades
Essential Skills Workbook for the Trades	Government of Canada	https://www.canada.ca/en/employment-social-development/programs/essential-skills/tools/wp-167-workbook.html
FAST (Foundational Assessment for Skilled Trades)	Simcoe Muskoka Workforce Development	https://readyfortrades.ca/Home/About
Getting the Job Done series, includes Plumbers, Construction, Maintenance Electricians, Automotive Technicians, Millwrights	Mid North Network	https://northernliteracynetworks.ca/supporting-apprenticeship-completions-exam-preparation-resources-for-the-certificate-of-qualification-writer/
Task-Based Learning for Apprenticeship	Task Based Learning for LBS	https://taskbasedactivitiesforlbs.ca/english?f%5B0%5D=field_goal_path%3A9

Information on Apprenticeships	Organization/Publisher	Web Address Online Links
Apprenticeship Grants	Government of Canada	https://www.canada.ca/en/employment-social-development/services/apprentices/grants.html
Apprenticeship Resources	Apprenticeship Search	https://www.apprenticesearch.com/apprentices/app-basic-information
Apprenticeship Tools	LLSC	https://www.livebinders.com/play/play?id=1955776
Earning to Learning Videos	Tr-County Literacy	https://tcln.on.ca/videos/
Essential Skills in the Trades	Government of Canada	https://www.canada.ca/en/employment-social-development/programs/essential-skills/tools.html#tab2
Trades in Ontario	Ontario Government	https://www.ontario.ca/page/apprenticeship-ontario
Trades Podcasts	Skills Ontario Trades and Tech Talk	https://www.skillsontario.com/the-skills-ontario-podcast
Real Seal Trades	Red Seal Program	http://www.red-seal.ca/trades/tr.1d.2s_l.3st-eng.html
Trading Up: Getting Ready for an Apprenticeship in Hairstyling and Electrician	Project Read	http://www.projectread.ca/pdf/TradingUp.pdf



Helpful Resources for the Secondary and Post-Secondary Goal Paths

GED and PLAR-Preparation Resources	Organization/Publisher	Web Address Online Links
CESBA PLAR resources	CESBA	https://cesba.com/resources/?program=23
GED Prep - Math, Reading and Language Arts, Science Online	Good Learning Anywhere	www.goodlearninganywhere.com
GED Resources, Pre-High School Equivalency Skills	Laubach Literacy	Available for purchase at: http://www.laubach-on.ca/bookstore/ged
Information on OSSD, GED and Pathways to Post-Secondary Goal Path	Literacy Network of Durham Region	https://lindr.on.ca/wp-content/uploads/2017/12/PathwaysCompanionGuide.pdf
Learn Science	LINCS	https://learner.lincs.ed.gov/resources/science
Online GED and PLAR preparation courses	Learning Hub	www.learninghub.ca
PLAR Eligibility for Mature Students	CESBA on YouTube	https://www.youtube.com/watch?v=d2ve2ycpLO8
Pre-GED Resources	Frontier College	Available for purchase at: https://www.frontiercollegebooks.ca/products/pre-ged-and-ged/?per_page=12&sort_by=1&displayMode=grid

Post-Secondary Preparation Resources	Organization/Publisher	Web Address Online Links
Clerical, Healthcare and Day Care LLEO courses	Literacy Link of Eastern Ontario	www.lleo.ca
College Preparation Courses	Learning Hub	https://www.learninghub.ca/course-list-content/60
Health Care Worker and Office Administration Preparation Courses	Community of Literacy Ontario	http://www.communityliteracyofontario.ca/resources/publications/#Curriculum
Ontario Post-Secondary Information	Ontario Government	https://www.ontario.ca/page/go-college-or-university-ontario
Open Textbook - College Reading and Writing	NROC, OpenBC	http://content.nroc.org/DevelopmentalEnglish/files/toc/toc.html
Personal Support Worker Resources	CESBA	https://cesba.com/programs/personal-support-worker/
Post-Secondary Readiness Assessment	ONLC	https://onlc.ca/wp-content/uploads/2014/05/self-assessment_-_postsecondary-native-stream.pdf
Post-Secondary Task Based Learning Materials	Tasked Based Learning for LBS	https://taskbasedactivitiesforlbs.ca/english?f%5B0%5D=field_goal_path%3A10
Ready for College Series, including Math, Science, Business, Writing, and Reading	Good Learning Anywhere	https://goodlearninganywhere.com/courses/
Spotlight On Series Lab Assistants, Massage Therapists, and Health Care Workers	Grass Roots Press	https://grassrootsbooks.net/search?type=product&q=college

English Upgrading for Academics	Organization/Publisher	Web Address Online Links
English Writing Skills online course	Alison	https://alison.com/courses/english-writing-skills-revised/content#event=login
Grammar and Reading Activities	GCF Learn Free	https://edu.gcfglobal.org/en/topics/reading/
Grammar, Khan Academy	Khan Academy	https://www.khanacademy.org/humanities/grammar
Journey to Success, Reading and Writing Series includes Science, Social Studies and Literature	Laubach Literacy	Available for purchase at: http://www.laubach-on.ca/bookstore/journey-to-success
Learner Center English Courses	Lincs Learner Centre	https://learner.lincs.ed.gov/resources/english
Meaning Matters series	Grass Roots Press	Available for purchase at: https://grassrootsbooks.net/collections/meaning-matters
Paragraph and Essay Writing	ESL Flow	https://eslflow.com/AcademicWritng.html
Punctuation	English for Everyone	https://englishforeveryone.org/Topics/Punctuation.html
Spelling Tutorials	BBC Skillswise	https://www.bbc.co.uk/teach/skillswise/spelling/z6c6d6f
Writing on the Run	Open School BC	http://media.openschool.bc.ca/osbcmmedia/english_10v5/wotr/?loadtutorial=course/media/svg/wr_process_overview%201.svg&page=1&pages=1

Math Upgrading for Academics	Organization/Publisher	Web Address Online Links
BBC Skillswise Math Lessons	BBC	https://www.bbc.co.uk/teach/skillswise/maths/zfdymfr
Breakthrough to Math Levelled texts	New Readers Press, Frontier College Bookstore	Available for purchase at: https://www.frontiercollegebooks.ca/testing/btm-breakthrough-to-math
Core Skills Math	GCF Learn Free	https://edu.gcfglobal.org/en/topics/math/
IXL Math Topics	IXL	https://ca.ixl.com/math/topics
Khan Academy – Math	Khan Academy	https://www.khanacademy.org/math
Manipulatives for Hands on Math Learning	Scholar’s Choice	Available for purchase at: https://www.scholarschoice.ca/manipulatives/math-manipulatives.html
Moving on Up GED Math	Dartmouth Learning	https://dlnmovingonup.ca/subjects/ged-math/
Open Text Math Book Lessons	NROC	http://content.nroc.org/DevelopmentalMath.HTML5/Common/toc/toc_en.html
Visual Math	Visual Fractions	https://visualfractions.com/

History, Government, Science and Geography	Organization/Publisher	Web Address Online Links
Canadian History	ACALA Learn	https://www.acalalearn.ca/learner-resources/learning-resources-for-adults/
Learn Science	LINCS	https://learner.lincs.ed.gov/resources/science
Moving on Up	Dartmouth Learning Network	https://dlnmovingonup.ca/subjects/communications/#
Science and Reading	Khan Academy	www.Khanacademy.org



Helpful Resources for the Independence Goal Path

Skills for Independent Living	Organization/Publisher	Web Address Online Link
A Dream that Walks 2: Planning for Change	Action Read, Garlic Press	Can be purchased by contacting: GARLIC Press ATTN: Lynn Veronneau c/o actionread@gmail.com
Essential Skills for Personal Success	Northern Literacy Networks	https://northernliteracynetworks.ca/essential-skills-for-personal-success/
Feeding a Family, which includes meal planning and cooking	Learning Hub	https://www.learninghub.ca/sites/default/files/Feeding%20a%20Family%20Syllabus.pdf
Financial Literacy Workshop Materials	Adult Basic Education Association	https://abea.on.ca/practitioner-resources/
Legal Education Resources in many languages (Advocacy resources)	CLEO	https://www.cleo.on.ca/en/resources-and-publications/resources-and-publications
Living with Healthy Relationships	Grass Roots Press	https://grassrootsbooks.net/collections/easy-to-read-health-series/products/living-with-healthy-relationships
Moving Forward	Community Literacy of Ontario	http://www.communityliteracyofontario.ca/wp/wp-content/uploads/2013/08/Moving_Forward_HI_RES_01.pdf
Personal Management Skills	NWT Literacy	https://www.nwtliteracy.ca/sites/default/files/resources/personal_management_skills_manual.pdf
Reading, Math and Writing Essentials	Good Learning Anywhere	https://goodlearninganywhere.com/courses/
Recognizing Life's Work	Quill Learning Network	https://www.quillnetwork.com/wp-content/uploads/2014/02/helping_learners.pdf
Steps to Justice	CLEO	https://stepstojustice.ca/

Physical and Mental Health	Organization/Publisher	Web Address Online Link
Dealing with Stress	NWT Literacy	https://www.nwtliteracy.ca/sites/default/files/resources/dealing_with_stress_workbook.pdf
DESK (Diabetes Essential Skills)	Project Read	http://www.projectread.ca/pdf/DESK_Profiles.pdf
Free Online Mental Health Education, including Addictions, Depression, Youth Mental Health	CAMH	https://moodle8.camhx.ca/moodle/
Free Online Mental Health Education, including Addictions, Depression,	CAMH	https://moodle8.camhx.ca/moodle/
Health Matters	ABC Life Literacy	https://abclifeliteracy.ca/all-programs/health-matters/
Healthy Choices, Healthy Life	Lambton College	https://www.lambtoncollege.ca/online/free-mini-courses/
LBS and Covid	Alphaplus	https://sites.google.com/alphaplus.ca/covid/
Managing Emotions in Uncertain Times	Coursera	Free without certificate: https://www.coursera.org/learn/managing-emotions-uncertainty-stress
Mental Health Awareness	Simcoe Muskoka Literacy Network	https://literacynetwork.ca/wp-content/uploads/2017/09/SMLN_Mental-Health-Awareness-Resource.pdf
Positive Coping with Health Conditions, A Self-Care Workbook	Simon Fraser University	https://d3mh72llnfrpe6.cloudfront.net/wp-content/uploads/2018/03/09211650/pchc-workbook.pdf
Skill Building site to help adults manage stress, worry and low mood	Bounce Back Ontario	https://bouncebackontario.ca/
The Science of Well Being	Coursera	Free without certificate: https://www.coursera.org/learn/the-science-of-well-being

Life Skills Math	Organization/Publisher	Web Address Online Link
Everyday Math Skills, includes: Home Math, Kitchen Math, Money Math and Simply Math	NWT Literacy	https://www.nwtliteracy.ca/resources/youth-and-adult-literacy#39
IXL Math Lessons	IXL	https://ca.ixl.com/math/topics
Lifeskills Math Resources	Frontier Bookstore	https://www.frontiercollegebooks.ca/products/math-numeracy-science/lifeskills-math/
Money Matters	ABC Life Literacy	https://abcmoneymatters.ca/resources/
Numeracy in Action	Community Literacy of Ontario	http://www.communityliteracyofontario.ca/numeracy-in-action/
Task Based Independence Math Activities	Task Based Learning for LBS	https://taskbasedactivitiesforlbs.ca/english?f%5B0%5D=field_goal_path%3A12&f%5B1%5D=field_overall_competencies_taxon%3A144



Helpful Resources for Culture and Diversity

Culture and Diversity	Organization/Publisher	Web Address Online Link
Cross Cultural Competency	University of West Florida, Canvas	https://www.canvas.net/browse/uofwestflorida/courses/cross-cultural-competency
Culture and Diversity free mini courses, including Unconscious bias, Feminism, Intercultural awareness, Disability justice, Ageism, LGBTQ identities and Mental health	Lambton College	https://www.lambtoncollege.ca/online/free-mini-courses/
Exploring First Nations Cultures live classes, including The Anishinaabe, The Mushkegowuk and The Haudenosaunee. Also available Exploring First Nations Cultures: Misconceptions and Stereotypes	Sioux Hudson Literacy Council	www.goodlearninganywhere.com
Gender and Sexuality: Diversity and Inclusion in the Workplace	University of Pittsburg, Coursera	Free without certificate: https://www.coursera.org/learn/gender-sexuality
Immigrants Perspectives on Literacy	Literacy Link South Central	https://www.llsc.on.ca/supporting_immigrants_newcomers
LGBTQI2S Awareness Resources	Simcoe Muskoka Literacy Network	https://literacynetwork.ca/wp-content/uploads/2017/09/SMLN-resource-LGBTQI2S-awareness-final.pdf



Interesting Information and Reports for Instructors



Helpful Research and Information Links for LBS	Organization/Publisher	Web Address Online Link
Connecting LBS Service Delivery to the OALCF: A Training Guide	Community Literacy of Ontario	http://www.communityliteracyofontario.ca/wp/wp-content/uploads/2014/03/Assessment.pdf
Covid-19 Resources and Online Learning	Alphaplus	https://sites.google.com/alphaplus.ca/covid/resources-for-practitioners
Displaced Worker's Report	Community Literacy of Ontario	https://cesba.com/wp-content/uploads/2021/02/Displaced-Workers-Report-Final.pdf
LBS and Manufacturing	Literacy Link South Central	https://www.llsc.on.ca/lbs-and-manufacturing
Ontario Goal Pathways Posters and Information	Literacy Network of Durham Region	https://lindr.on.ca/resources/ontario-pathways-project/
The Impact of Ontario's Digital Divide	Alphaplus	https://alphaplus.ca/download/the-impact-of-ontarios-digital-divide/
The Talented Mr. Robot (June 2016) The impact of automation on Canada's workforce	Brookfield Institute	https://brookfieldinstitute.ca/wp-content/uploads/TalentedMrRobot_BIIE-1.pdf
Through the Worker's Eyes: Developing Learning Activities with Work-Related Documents	Quill Network	https://www.quillnetwork.com/wp-content/uploads/2014/02/eyes.pdf
Toolkit for Hard to Service Clients	Community Literacy of Ontario	http://www.communityliteracyofontario.ca/wp/wp-content/uploads/Toolkit-Hard-to-Serve-Clients-LBS.pdf
Yesterday's Gone: Exploring possible futures of Canada's labour market in a post -COVID world	Brookfield Institute	https://cesba.com/wp-content/uploads/2021/02/YesterdaysGone_Final.pdf