

# REFERENCE LIST FOR BUSINESS SERVICES

## BUSINESS SELF-HELP OFFICES

Business Self-Help Offices, co-sponsored by local government and the Ministry of Economic Development, Trade and Tourism, provide walk-in resource facilities to help you plan your business. Counselling is also available, free of charge, to help you review your completed business plan more closely.

### SOUTHERN ONTARIO:

**Brampton Small Business Enterprise Centre**  
33 Queen St. W., 1st Floor  
Brampton, Ontario L6Y 1L9  
(905) 874-2650  
Fax (905) 874-2670

**Brantford Business Self-Help Office**  
City Hall, 100 Wellington Square  
Brantford, Ontario N3T 2M3  
(519) 759-4150 ext. 256  
Fax (519) 752-6775

**Region of Halton Business Self-Help Office**  
1151 Bronte Road  
Oakville, ON L4M 3L1  
(905) 825-6123 ext. 7229  
Fax (905) 825-8839

**Hamilton-Wentworth Business Advisory Centre**  
7 Innovation Drive, Suite 100  
Flamborough, Ontario L9H 7H9  
(905) 689-2400 ext. 225  
Fax (905) 689-2200

**Huntsville Business Self-Help Office**  
37 Main Street East  
Town Hall, 2nd Floor  
Huntsville, Ontario P1H 1A1  
(705) 789-6693  
Fax (705) 789-6689

**Kitchener Business Self-Help Office**  
200 King Street West  
Kitchener, Ontario N2G 4G7  
(519) 741-2604  
Fax (519) 741-2722

**London Community/Small Business Centre**  
1764 Oxford Street East  
London, Ontario N5V 3R6  
(519) 659-2882  
Fax (519) 659-6444

**Markham Business Self-Help Office**  
Markham Civic Centre  
101 Town Centre Boulevard  
Markham, Ontario L3R 9W3  
(905) 475-4890  
Fax (905) 475-4708

**Markdale Business Self-Help Office**  
Ontario Ministry of Agriculture,  
Food and Rural Affairs  
181 Toronto Street South  
Markdale, Ontario N0C 1H0  
(519) 986-2040  
1-800-265-9162  
Fax (519) 986-3014

**Mississauga Business Self-Help Office**  
City Hall  
300 City Centre Drive, 3rd Floor  
Mississauga, Ontario L5B 3C1  
(905) 615-3275  
Fax (905) 896-5931

**Newcomers Business Self-Help Office**  
George Brown College  
145 Front Street East, Suite 101  
Toronto, Ontario M5A 1E3  
(416) 415-2370  
Fax (416) 415-2371

**Queen's Park Business Self-Help Office**  
MacDonald Block, 900 Bay Street,  
Room M1-43A, 1st Floor  
Toronto, Ontario M7A 2E1  
(416) 325-6532  
Fax (416) 325-6538

**St. Catharines/Niagara Business Self-Help Office**  
City Hall  
50 Church Street, 2nd Floor  
St. Catharines, Ontario L2R 7C2  
(905) 688-5601 ext. 1761  
Fax (905) 682-3631

**City of Scarborough Business Self-Help Office**  
150 Borough Drive, 1st Floor  
Scarborough, Ontario M1P 4N7  
(416) 396-7169  
Fax (416) 396-5088

**City of Toronto Business Self-Help Office**  
Main Floor E. - City Hall  
Toronto, Ontario M5H 2N2  
(416) 392-6646  
Fax (416) 392-0675

**Vaughan Technology Enterprise Centre**  
3300 Hwy #7, Suite 809  
Royal Bank Building  
Vaughan (Maple), Ontario L4K 4M3  
(905) 738-7211  
Fax (905) 738-8625

**Windsor-Essex Business Self-Help Office**  
333 Riverside Drive W., Suite 217  
Windsor, Ontario N9A 5K4  
(519) 253-6900  
Fax (519) 255-9987

### EASTERN ONTARIO:

**Cornwall Business Self-Help Office**  
340 Pitt Street, P.O. Box 877  
Cornwall, Ontario K6H 5T9  
(613) 933-0074  
Fax (613) 933-0745

**Hawkesbury Business Self-Help Office**  
519 Main E.  
Hawkesbury, Ontario K6A 2H2  
(613) 632-7057  
Fax (613) 632-7385

**Kingston Business Self-Help Office**  
#200 - 181 Wellington Street  
Canada Trust Building  
Kingston, Ontario K7L 3E3  
(613) 544-2725  
Fax (613) 546-2882

**Northumberland Business Self-Help Office**  
The Fleming Building  
1005 William Street, Suite 202  
Cobourg, Ontario K9A 5J4  
(905) 372-9279  
Fax (905) 372-1306

**The Entrepreneurship Centre**  
111 Lisgar Street, Main Floor  
Ottawa, Ontario K2P 2L7  
(613) 560-6081 ext. 2706  
Fax (613) 560-2102

**Peterborough Business Self-Help Office**  
351 Charlotte Street  
Peterborough, Ontario K9J 2W1  
(705) 745-9972  
Fax (705) 745-2369

**Renfrew Business Self-Help Office**  
161 Raglan Street  
Renfrew, Ontario K7V 1R2  
(613) 432-6848  
Fax (613) 432-8645

**Smiths Falls Business Self-Help Office**  
77 Beckwith Street North  
Smiths Falls, Ontario K7A 2B8  
(613) 283-4124  
Fax (613) 283-4764

### NORTHERN ONTARIO:

**North Bay Business Self-Help Office**  
200 McIntyre Street East  
P.O. Box 360  
North Bay, Ontario P1B 8H8  
(705) 474-0400  
1-800-465-6892  
Fax (705) 474-4493

**Algoma Business Self-Help Office**  
99 Foster Drive, 3rd Floor  
Sault Ste. Marie, Ontario P6A 5X6  
1-800-565-4507  
(705) 759-5461  
Fax (705) 759-2185

**Sudbury Regional Business Centre**  
Civic Square - West Tower  
200 Brady Street  
Sudbury, Ontario P3E 5K3  
(705) 688-7582  
1-800-688-7582  
Fax (705) 671-6767

**Thunder Bay & Area Business Self-Help Office**  
200 Syndicate Ave. S., Suite 102  
Thunder Bay, Ontario P7C 1C9  
1-800-668-9360  
(807) 625-3972  
Fax (807) 623-3962

**District of Timiskaming Business Self-Help Office**  
467 Ferguson Avenue, Bag "M"  
Haileybury, Ontario P0J 1K0  
1-800-361-2281  
(705) 672-5155  
Fax (705) 672-5959

**Timmins Business Self-Help Office**  
54 Spruce Street South  
Timmins, Ontario P4N 2M5  
(705) 264-3400  
Fax (705) 360-1394  
1-800-461-2936