



Free Upgrading Programs

You may find it difficult to use some or all the resources in this Toolkit. You may need to improve your reading and/or writing skills. Or maybe you'd like some help with math or to learn how to use computers. Or maybe it's just been a while since you were in school and some of your skills have become rusty.

There are free upgrading programs for adults in Ontario – and not just for adults who grew up outside of Canada. You may be good at speaking and understanding English but still need some help.

There are over 250 adult upgrading programs in Ontario. People attend these programs for lots of different reasons such as:

- To get a job
- To succeed in apprenticeship
- To get a Grade 12 (or its equivalent)
- To go to postsecondary
- To work on more personal goals

For more information, visit a local Learning Network [here](#).

If you don't have time to attend an adult upskilling program or if you live too far away to attend a program in person, there are also online programs you can take. They are called e-Channel courses and you can find more information about them here: <https://e-channel.ca/about-us>

E-Channel is funded by Ontario's Ministry of Labour, Training and Skills Development. This program provides online literacy courses to adults in Ontario. Courses may be offered in two ways:

- Live courses in an online classroom at a scheduled time
- Anytime courses done independently

English as a Second Language Programming

If English is not your first language, there are free programs that can support you. You can take beginner, intermediate or advanced classes. Programs may be in class or online, part-time or full-time, during the day or at night.

To go to an English as a Second Language (ESL) program, you must be a resident of Ontario AND be a:

- naturalized Canadian citizen
- permanent resident
- protected person (including Convention refugee)
- refugee claimant
- provincial nominee approved through the Ontario Immigrant Nominee Program
- person admitted under a federal caregiver program with a path to permanent residency

These programs might be good for you if you:

- came to Canada as an immigrant or a refugee and English is not your first language
- want to improve your English skills to better communicate in your everyday life
- need to improve your English skills to find a job or go to school
- need to prepare for an English test such as the Test of English as Foreign Language (TOEFL) or the International English Language Testing System (IELTS)

For more information or to find a program near you, go to: <https://www.ontario.ca/page/adult-learning-english-second-language>